

TIAGO GILSENAN

YOUTH AMBASSADOR, DUKE OF EDINBURGH INTERNATIONAL AWARD PORTUGAL

GOLD ACTIVE PARTICIPANT

SUMMARY

Tiago is a young person who has strong leadership, communication and planning skills. He is quick to find solutions to challenges and difficult problems. He is a skilled team leader always encouraging and helping any team to function more effectively. He loves the outdoors and testing his boundaries by pushing himself to develop his skills and abilities.

With British and Irish passports as well as close family ties in Portugal, Tiago has a true global outlook.

EXPERIENCE

- Currently working as Basketball Coach to the U11 A teams, Boys and Girls under the mentorship of Teaching staff
 - 3 day internship at EUDA (the European Union Drugs Agency) working on a Media campaign targeted at young people about the dangers of Marijuana - June 2023
 - Introduction to Outdoor Climbing Residential Course at UK National Outdoor Centre, Plas y Brenin
 - Multiple residential Performance mountain biking courses at UK National Outdoor Centre, Plas y Brenin
 - Two years of Basketball training as a part of Estoril Basket Club, A-Team, playing in the first division at regional level.
 - Currently appointed Coach for School Ull's boys and girls A-Teams, with ongoing mentoring from Teaching Staff.
 - 3 day internship at the European Union Drugs Agency (EUDA) day internship at the European Union Drugs Agency (EUDA)
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EDUCATION

2012 - Current St Julian's International School

2008-2012 London

COACHING:

For the past two years I've had the great opportunity as a part of my Duke of Edinburgh volunteering section to coach the school's Ull's boys and girls basketball teams. This experience has significantly improved my leadership, communication and planning skills while balancing these commitments with my wider academic obligations.

Guiding boys in the first term and girls in the second meant that I've been able to coach a diverse group which required patience, clear communication and adaptability, all of which are skills I have been able to improve and are useful as a leader and motivator.

UK National Outdoor Centre Residential Courses:

For the past three years I have attended residential summer camps for U18's, providing an amazing opportunity to meet new people with diverse backgrounds and abilities and benefit from the highly skilled outdoor instructors and wider facilities staff.

Since my first visit at 14, I have traveled alone from Lisbon to the remote center location in the heart of Snowdonia National Park in Wales. This experience alone has helped build my confidence and independence. At the center my passion for the outdoors, working within teams and testing my boundaries really kicked off through experiences like hiking up mountains with a team of teenagers with varied ages and skill levels, rock climbing on sea cliffs, navigation activities, white water rapid canoeing, ect.

Duke of Edinburgh expeditions:

For my Bronze expedition my team and I got to walk across the Sintra hills following a route starting along the coast and heading up into the center of Sintra at Pedra Amarela where we camped the night. The next day we navigated out of the forest and back along the coast. The highlight of my bronze qualifying expedition was walking along Guincho beach with my friends heading to our last checkpoint. On the expedition I learnt that perseverance is key when guiding a team.

My silver expedition was another great experience where we got to learn how to kayak then test our skills along the Rio Zézere. This time as we were on the water we stayed together in many groups, along the expedition.

There were many highlights of this trip; from my first wild camp on a river front to kayaking down river rapids. The best however was swimming in the river at our last campsite after setting up our tents during the sunset with our group.

Moving Country:

In 2012 my family moved from London to Lisbon, entering me into an International School for the first time, presenting me with many challenges and opportunities in relation to new surroundings, friendship groups, etc. Moving to Portugal and an International School has provided valuable insights into not only Portuguese culture, but also those of the many other international students who have now become close friends, being something I would not have experienced had I stayed in London. I now have friends from a variety of backgrounds and cultures which has widened my knowledge and perspectives.

Although I hold British and Irish Passports and have close family connections in the UK and Portugal, I consider myself to be international in my outlook.

SKILLS

Outdoor Climbing, Course completed

Mountain Biking, Multiple Courses completed

Basketball, 2 years at Regional level

LANGUAGES

English (main), Portuguese

WEB & SOCIAL

Instagram and TikTok (private), plus WhatsApp and Gmail

Informatics: Google Suite; Docs, Sheets, Slides, Canva