

I hold Master's Degree in Physical Education and Sports from Instituto de Estudos Superior da Maia (Portugal) and in the last ten years dedicated my professional life to sports and teaching youth of different ages.

I started my teaching career in Portugal in middle school and spend a few more years working with kindergartens and primary schools. My first international experience was in China working with groups between 5-10 years old.

I now call Tallinn my second home, coaching football in Harju JK with a group of under 14 players.