

## International Traineeship Proposal

<b>Host Institution</b> (placement place)	CrossFit Albufeira
<b>Web</b>	Crossfitalbufeira.com
<b>Activity</b> (working area)	Fitness and Training Center
<b>Contacts of the Host Institution</b> (contact person, address, tel and e-mail)	Crossfitalbufeira@hotmail.com 913362398 Rua do Mediterraneo lote 18/19 apartamento 104 8200-156, Albufeira, Portugal
<b>Number of students</b>	1
<b>Student Profile</b> (academic area)	Conditioning Tranining, Performance training, weightlifting training, Nutrition for Sport, Marketing and Publicity, and/or Fitness Instructor.
<b>Duration in months</b>	At least 3 months.
<b>Starting date</b> (preview)	From September on... (to be discussed)
<b>Host department</b>	
<b>Department function / job title</b>	Trainer, Sports Nutritioner or Fitness Instructor
<b>Description of activities</b> (general programme of the training period and main activities)	<i>Help in training, nutrition for our athletes, programming training and nutrition accordangly with athletes goals. Help developing our center image and reaching more athletes.</i>
<b>Other qualifications or comments</b>	<ul style="list-style-type: none"> <li>• Team Spirit: Beeing able to put others before ourselves and help others develop and achieve their goals. Be able to help others psychological even if you don't feel like it.</li> <li>• Dedication and commitment: Beeing able to work in areas where you don't feel comfortable so you and our athletes may evolve. Commitment to schedule and beeing able to put work before party. Commitment to do what is arranged on time</li> </ul>

	and with no excuses.									
	<ul style="list-style-type: none"> <li>Creativity: Being able to work outside the Center, create new activities, explore the good weather and great atmosphere that exists in Algarve.</li> </ul>									
<b>Computer skills</b>	<table border="1"> <thead> <tr> <th>Skills</th> <th>Level</th> </tr> </thead> <tbody> <tr> <td>1. Word</td> <td>good</td> </tr> <tr> <td>2. Excel</td> <td>good</td> </tr> <tr> <td>3. Any program that may to a poster or work with photos and publicity</td> <td>good</td> </tr> </tbody> </table>	Skills	Level	1. Word	good	2. Excel	good	3. Any program that may to a poster or work with photos and publicity	good	
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<b>Language skills</b>	<table border="1"> <thead> <tr> <th>Skills</th> <th>Level</th> </tr> </thead> <tbody> <tr> <td>1. English</td> <td>good</td> </tr> <tr> <td>2. Portuguese</td> <td>If no good, no worries</td> </tr> </tbody> </table>	Skills	Level	1. English	good	2. Portuguese	If no good, no worries			
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<b>Comments on the trainee profile</b>										
<b>Monthly remuneration</b>										
<b>Accommodation</b> (please select)	Accommodation will be provided for the first month We assist with finding accommodation									
<b>Other facilities</b>										
<b>Contact person at the HOST Institution</b> (name, position, e-mail)	Debora Castro Owner deboracastro5@hotmail.com									

**Applications:**

In order to proceed with the application, interested students should send the following documents to [crossfitalbufeira@hotmail.com](mailto:crossfitalbufeira@hotmail.com) :

- Letter of Motivation
- Curriculum Vitae (europass model) <http://europass.cedefop.europa.eu/europass>