





Employ-Able People

José Belo is 40 years old, has a degree in Social Policy and lives near Praia das Maças in Sintra.

“

People, playing, dating, loving, communicating, existing, living, walking, talking, savouring the air that I breathe, vague things.

”

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“

A body that does not walk and does not speak but thinks well and listens better.

Normal, what is normal? If the whole world was according to standards it was much less interesting!

We all have limits, flying only imagining or dreaming, fortunately.

”



José Belo

José had an accident in 2006 that resulted in a TBI (traumatic brain injury) that left him with mobility and speech difficulties.



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Despite his therapeutic life, José is an optimist who loves life and expresses himself with technological support and through his hobbies:

“

*I love to write, and dance comes later.
The loss of speech led to develop it.*

”

José has a blog where he writes frequently:
www.brincadeirieces.blogspot.com

José Belo

José has a Degree in Social Policy held in Lisbon, which he said to be important for his way of thinking and being.

He did a Leonardo da Vinci internship in Berlin (2006) and after the accident he participated in an EVS (European Volunteer Service) in Murcia (2012).

He was also an animator and director of the *Mocamfe* vacation camp, having been important for his professional career, and he also writes a quarterly rubric called **"Smiling inside and always growing"** for it.

In addition to his fighting and resilient attitude, José also has an entrepreneurial spirit and a sense of community and support for others.



“

In my understanding of community/society, everyone is born and dies together, we must try to win with the lifetime together; it is utopian, but we all have to gain if we collaborate and have common goals.

”

José Belo

José has the idea of forming a team and creating support groups in his area of residence to support people in need. For example, unemployed, people with disabilities, young people with school difficulties.

“

People as different as possible (in gender, ages, areas, thinking, etc.)

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What do people say about José?

“Understands people well; Funny; Creative; Resilient; Positive; Optimistic; Unifying; Relaxed; Communicator; The social; There are a lot of friends everywhere.”



“My optimism can be disconcerting, uncomfortable, incomprehensible, it can leave more questions than answers, but here is my confidence, security, my foundations in response to the challenge that life has placed on me.

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