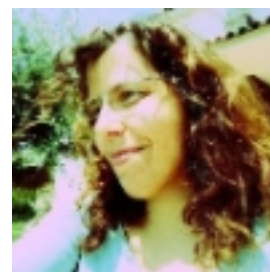


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## Alexandra Pereira

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### Research Interests

Sociology of Migrations

Nepalese Immigration

Transnationalism

Immigrant Businesses

Immigrant Entrepreneurs

Migrant Networks

Human Trafficking

### Academic Qualifications

University/Institution	Type	Degree	Period
Ordem dos Psicólogos Portugueses	Other type of qualification	Tests of Access to Clinical Specialty, Council of Portuguese Psychologists (OPP)	2020

Universidade de Lisboa Instituto Superior de Economia e Gestão	PhD	Sociologia	2019
Universidade de Lisboa Instituto de Ciências Sociais	PhD	Sociologia	2018
Universidade de Lisboa Instituto de Ciências Sociais	Post-graduation	Diploma of Data Analysis in Social Sciences - MAXQDA 2018 (Post-Graduate Training)	2017
Ordem dos Psicólogos Portugueses	Other type of qualification	Diploma of Training by the Council of Portuguese Psychologists (OPP) - Delegation of Lisbon, Lisbon	2017
Universidade de Lisboa Instituto de Ciências Sociais	PhD	Sociologia	2016
Clinic NAPsicologia	Other type of qualification	Training in Relational-Dialogic Psychotherapy	2016
Ordem dos Psicólogos Portugueses	Other type of qualification	Effective Member N° 16483 of the Portuguese Psychologists Council (OPP)	2014
ArCo - Centro de Arte e Comunicação Visual	Licentiate	Artes Plásticas - Pintura	2011
Instituto Politécnico de Tomar	Other type of qualification	Formation in AutoCad, InDesign and Photoshop	2011
Instituto Politécnico de Tomar	Licentiate	Artes Plásticas - Pintura e Intermédia	2010
Instituto Politécnico de Tomar	Post-graduation	Diploma of the Mobility Internship of the BA in Painting and Intermedia	2009
IEFP	Technical Specialization Course	Estágio Profissional de Psicologia	2007
Instituto do Emprego e Formação Profissional	Post-graduation	Diploma of the Professional Internship in Psychology	2007
British Council, Lisbon	Other type of qualification	Diploma of Advanced Training in English and IELTS Test	2007
University of Hull	M.Sc.	MA in Women, Gender and Literature	2007
Universidade Nova de Lisboa Faculdade de Ciências Sociais e Humanas	Integrated M.Sc.	Línguas, Literaturas e Culturas	2006
Portuguese Authors Society/Professor Gianluca Miraglia, PhD	Other type of qualification	Scriptwriting and Screenwriting Course - Portuguese Society of Authors, Lisbon	2005
Universidade de Coimbra	Licentiate	Psicologia - 5 Anos	2004
Universidade de Coimbra	Technical Specialization Course	Psicologia Clínica Dinâmica e Sistémica	2004
Universidade de Coimbra Faculdade de Psicologia e de Ciências da Educação	Integrated M.Sc.	Diploma in Psychology - Branch Clinical Psychology - Dynamic and Systemic	2004
Universidade de Coimbra Faculdade de Psicologia e de Ciências da Educação	Other type of qualification	Training in Analysis and Lacanian Formation	2004

Universidade de Coimbra Faculdade de Psicologia e de Ciências da Educação	Other type of qualification	Diploma of the Curricular Internship in Clinical Psychology	2003
Escola Secundária Jácome Ratton	Other type of qualification	Diploma of Secondary School: 12th Year	1998

## Total Citations

<b>Web of Science®</b>	32
<b>Scopus</b>	32

## Publications

### • Scientific Journals

#### - Scientific journal paper

1	<p>Pereira, C., Pereira, A., Budal, A., Dahal, S., Daniel-Wrabetz, J., Meshelemiah, J....Pires, R. P. (2021). 'If you don't migrate, you're a nobody': Migration recruitment networks and experiences of Nepalese farm workers in Portugal. <i>Journal of Rural Studies</i>. 88, 500-509</p> <p>- Times Cited Web of Science®: 32  - Times Cited Scopus: 32  - Times Cited Google Scholar: 53</p>
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### • Books and Book Chapters

#### - Book author

1	Pereira, A. (2007). <i>Book Continhos de Alfarrobeira</i> . Coimbra. Sinapses Editora Online. Sinapses Editora Online (Ed.).
2	Pereira, A. (2006). <i>Book Expresso Latino</i> . Palimage / Terra Ocre Edições. Palimage Terra Ocre Edições (Ed.).

### • Other Publications

#### - Working Papers

1	Pereira, A. (2019). "Ricos e Pobres no Alentejo": Exploração Laboral e Transformação nas Expectativas dos Trabalhadores Agrícolas Nepaleses em Portugal. "Rich and Poor in Alentejo": Labor Exploitation and Transformation in the Expectations of Nepalese Agricultural Workers in Portugal.
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#### - Non-peer-reviewed papers

1	Pereira, A. (2020). "Nepalese Immigrant Women in Lisbon - Sociodemographics, Characterization and Integration Challenges". <i>European Bulletin of Himalayan Research – EBHR</i> , Heidelberg, London, Paris, South Asia Institute/SOAS/CNRS.
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2	Pereira, A. (2019). "Dhat Syndrome Among South Asian Immigrants in USF Baixa - Martim Moniz (Lisbon)". Revista Psychologica, FPCE.
3	Pereira, A. (2019). Translating Doctors and Calling Healers Back Home Integration Process and Health Challenges Faced by Nepalese Women Immigrants in Lisbon-Portugal. Comparative Migration Studies.
4	Pereira, A. & Dahal, S. (2017). "Many Struggles: Most Nepali Migrant Workers in Portugal Don't Have Legal Papers or Are Working in Precarious Jobs". My Republica.
5	Pereira, A. (2006). "Ambivalent Self-Identity In Teenagers". Revista Psychologica, FPCE.
6	Pereira, A. (2005). "Addiction, Personality and Pseudoidentity". Revista Psychologica, FPCE.
7	Pereira, A. & Gomes, J. (2004). "Hepatitis C - Epidemiology and Treatment in CAT Coimbra's Patients". Article for the Publications of CAT Coimbra/FPCE, University of Coimbra and IDT/Ministry of Health, under supervision of Doctor Joaquim Gomes.
8	Pereira, A. & Vieira, C. (2004). "Drug Addiction and Psychiatric Comorbidity - Symptomatology of Axis 1 and Personality Disorder". Publications of the NEPPUS - Núcleo de Estudos das Perturbações por Uso de Substâncias, CAT of Coimbra and University of Coimbra.

#### - Other publications

1	Pereira, A. (2019). "Translating Doctors and Calling Healers Back Home: Integration Process and Health Challenges Faced by Nepalese Women Immigrants in Lisbon-Portugal". Comparative Migration Studies.
2	Pereira, A. (2018). Other Technological Competences, Applicable to the Social Sciences. Other Technological Competences, Applicable to the Social Sciences: NVivo, SPSS, Mac, Atlas Ti, NVivo, SQDA, WebQDA, Mendeley, Data Treatment and Client Handling Programs, Archival, Data Visualization Software in Social Sciences (Tableau Server).
3	Pereira, A. (2018). Processos de Transnacionalismo nos Empresários e Trabalhadores Nepaleses em Lisboa. Processos de Transnacionalismo nos Empresários e Trabalhadores Nepaleses em Lisboa.
4	Pereira, A. (2018). Informal consultancy, for the Hospital Center of Central Lisbon (seven Hospitals of Lisbon) on Nepalese Immigration. Informal consultancy, for the Hospital Center of Central Lisbon (seven Hospitals of Lisbon), Family Health Unit of Martim Moniz, Health Center of Penha de França and Hospital Dona Estefânia, related to Nepalese immigration assistance in Lisbon, its socio-cultural specificities and health needs. USF Baixa – Martim Moniz, Health Centre of Penha de França and Hospital Center of Central Lisbon (CHLC).
5	Pereira, A. (2018). Migration to Portugal Blogspot.
6	Pereira, A. (2018). Meetings About Migratory Experiences: Nepalese Immigration in Rural and Urban Settings. Main Talk on: "Nepalese Businesses in Lisbon and Human Trafficking for Rural Labour Exploitation".
7	Pereira, A. (2017). Imigração Nepalesa em Portugal/Lisboa - Empreendedorismo e Associações Étnicas. Imigração Nepalesa em Portugal/Lisboa - Empreendedorismo e Associações Étnicas.

#### - Master's Dissertation

1	Pereira, A. (2003). Clinical Cases at CAT Coimbra – Intervention in Toxicomanies. Universidade de Coimbra Faculdade de Psicologia e de Ciências da Educação.
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**- Doctoral Thesis**

1	Pereira, A. (2018). Transborder Himalaya: Transnationalism Processes Among Nepalese Entrepreneurs and Workers in Lisbon (PhD Thesis). Universidade de Lisboa Instituto Superior de Economia e Gestão.
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**- Newspaper article**

1	Pereira, A., Dahal, Sanjeev & Dahal, S. (2017). "Many Struggles: Most Nepali Migrant Workers in Portugal Don't Have Legal Papers or Are Working in Precarious Jobs". My Republica, Nepal Republic Media Ltd., Kathmandu.
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**- Report**

1	Pereira, A. (2019). Final Report - FAMI Project (PT/2017/FAMI/158): Migration and Trafficking for Labor Exploitation. Nepalese in Agriculture in Portugal.
2	Pereira, A. (2018). Comprehensive Collection and Selection of Labor Legislation Applicable to Immigrant Workers in Portugal and Europe, for Intermediate Report - May 2018. In the framework of the Project Immigration and Trafficking for Labour Exploitation: Nepalese in Agriculture in Portugal, for Audax-IUL and CIES / ISCTE-IUL, in partnership with the Consulate of Nepal in Portugal, and with funding from the ACM. ISCTE-Instituto Universitário de Lisboa Centro de Investigação e Estudos de Sociologia.
3	Pereira, A. (2017). "Nepalese Immigration in Portugal/Lisbon - Sociability Networks", in Articles and Presentations for InterUniversity PhD Program - OpenSoc.
4	Pereira, A. (2017). "Nepalese Immigration in Portugal/Lisboa - Entrepreneurship and Ethnic Associations", in Articles and Presentations for InterUniversity PhD Program - OpenSoc. Universidade de Lisboa Instituto Superior de Economia e Gestão.
5	Pereira, A. (2016). Relatórios Trimestrais de Investigação Para Tese Doutoral.
6	Pereira, A. (2016). "Nepalese Immigration in Portugal/Lisbon - Sociodemographic Characterization and Environment of Origin" in Articles and Presentations for InterUniversity PhD Program - OpenSoc.
7	Pereira, A. (2015). Trimonthly Research Reports for PhD Thesis. 3
8	Pereira, A. (2009). Education and Social Inclusion Through the Arts, Final Report of the Mobility Internship, for the BA in Painting and Intermedia. Vegas Gallery; Dutch Embassy in London; Dutch Cultural Pop-Up Space in London; Instituto Politécnico de Tomar.
9	Pereira, A., Bernardes, S., Bernardes, S. & Perdigão, A. (2007). "Socio-Economic Level and School Integration of the Youth from Amadora and Sintra Municipalities - Nível Socioeconómico e Integração Escolar dos Jovens dos Concelhos de Amadora e Sintra". Instituto do Emprego e Formação Profissional.

**• Conferences/Workshops and Talks**

## - Talk

1	Pereira, A. & Rahman, S. (2018). Meetings About Migratory Experiences: Nepalese Immigration in Rural and Urban Settings. Meetings About Migratory Experiences: Nepalese Immigration in Rural and Urban Settings.
2	Pereira, Cláudia, Pereira, A., Budal, A. & Dahal, Sanjeev (2018). "If you don't emigrate, you're no one". Profiles, experiences and networks of the Nepalese (ir)regular immigrants in agriculture in Portugal. Migration and Labor Exploitation of the Nepalese in agriculture in Portugal.
3	Pereira, A. (2016). "Nepalese Women Immigrants in Portugal". Workshop Gender and Migration IGOT/IMISCOE.
4	Pereira, A. (2016). "Organizações Comunitárias da Imigração Nepalesa em Lisboa". Congresso Nacional de Sociologia.
5	Pereira, A. (2016). "O Novo Fluxo Imigrante Nepalês com Destino a Portugal". Congresso da Associação Portuguesa de Antropologia .

## Research Projects

Project Title	Role in Project	Partners	Period
Immigration and trafficking for labor exploitation. Nepalese in greenhouses in Portugal	Research Assistant	CIES-Iscte	2018 - 2019

## Awards

Best Short Story Award for "Cristais Como Nós" (Theme: Racism). From the Book Continhos de Alfarrobeira. São Paulo, Brazil. (2011)
Award at Best Young Creators Show – Field of Literature, Portuguese Club of Arts and Ideas (CPAI). (2006)
Award at Best Young Creators Show – Field of Literature, Portuguese Club of Arts and Ideas (CPAI). (2005)
Best Narrative Fiction Award for the Book "Expresso Latino". NOVA FCSH and Montijo Municipality. (2005)

## Professional Associations

Council of Portuguese Psychologists - OPP (2014 - 2025)
Portuguese Psychologists Council (OPP) (2004 - 2020)
Associative Libraries of the Municipality of Abrantes. Experience as a Volunteer. (2002 - 2008)

Activities of the República Corsários das Ilhas.  
University of Coimbra. Experience as a Volunteer.  
(2002 - 2004)

Centre for Studies in Cinematography.  
AAC – Academic Association of Coimbra. Coimbra University. Experience as a Volunteer.  
(1998 - 2004)

NEPCE – Nucleus of Students of Psychology and Educational Sciences.  
University of Coimbra. Experience as a Volunteer.  
(1998 - 2004)

## Organization/Coordination of Events

Type of Organization/Coordination	Event Title	Organizer	Year
Member of scientific event committee	Approved as a doctorate-holder researcher in the Project of the European International Consortium BioVoices, Department of Applied Social Sciences, FCT-NOVA Caparica, Lisbon. (the project didn't develop due to the reallocation of European funding)		2019
Member of non-scientific event's organizing committee	Science communication: "Nepalese in Agriculture in Portugal. Profiles, experiences and migratory networks." Multilateral meeting co-organised with Cláudia Pereira, AHSA, CLAIM, governmental and non-governmental authorities. Interventions: Cláudia Pereira, Alexandra Pereira, AHSA, CLAIM Odemira and several governmental and non-governmental authorities.	CIES, ISCTE-IUL, AUDAX	2018 - 2019
Coordination of non-scientific event	Multilateral Meeting at the High Commission for Migrations - Including Representatives of 3 Ministries, CAP, ACM and CIES	CIES, ISCTE-IUL, AUDAX	2018 - 2019
Member of non-scientific event's organizing committee	Science communication: "Nepalese in Agriculture in Portugal. Profiles, experiences and migratory networks." Multilateral meeting co-organised with Cláudia Pereira and with the cooperation of Isa Dias, Madrefruta cooperative. Presentation and discussion of the main results of the Project "Nepalese in Agriculture in Portugal" to the 43 associate producers of Madrefruta and to 17 governmental and non-governmental authorities. Interventions: Cláudia Pereira, Alexandra Pereira, João Bento and Isa Dias (Madrefruta), Manuel João Ramos (CEI-IUL), Kamal Bhattarai (ISPUP - University of Porto), governmental authorities and NGO.	ISCTE-IUL, CIES-IUL, AUDAX	2018 - 2019

Member of scientific event's organizing committee	International Seminar: Immigration and Labor Exploitation of the Nepalese in Agriculture in Portugal	Course of Family and Migration, European Master on Social Work with Family and Children; Project "Immigration and labor exploitation. Nepalese in agriculture in Portugal" (PT/2017/FAMI/158); em colaboração com os eventos periódicos: "Encontros sobre Experiências Migratórias" (Meetings of Migratory Experiences)	2018
Member of non-scientific event's organizing committee	Co-organisor of the International Scientific Conference: "Migration and Labor Exploitation of the Nepalese in Agriculture in Portugal" (CIES/ISCTE-IUL) - <a href="http://observatorioemigracao.pt/np4/6395.html">http://observatorioemigracao.pt/np4/6395.html</a>		2018
Coordination of scientific event (with scientific committee) outside of ISCTE-IUL	Multilateral Meeting at Madrefruta Cooperative of Producers (Olhão), gathering multiple Government bodies of Portugal, Nepal and Bangladesh, SEF, ACT, CNAI-ACM, NRNA, APAV, among others. For discussion of results of the project "Migration and Labor Exploitation of the Nepalese in agriculture in Portugal", knowledge dissemination and to find common grounds for bilateral agreements.		2018
Member of scientific event's organizing committee	Co-production of informative flyers and pocket cards, in English and Nepalese, for Nepal and Portugal - aimed at preventing and assisting victims of human trafficking networks and labor exploitation processes in Portugal. Production of webpage and other additional informative material, online and printed. Framework of the Project Immigration and Trafficking for Labour Exploitation: Nepalese in Agriculture in Portugal.		2018
Member of non-scientific event's organizing committee	Workshop Coordination and Programming – Nepal Day: a set of lectures on Nepalese immigration in Lisbon, held at Hospital Dona Estefânia, for all the professionals of the seven Hospitals of CHLC – Hospital Center of Lisboa Central. In collaboration with Dr. Kamal Bhattarai (Institute of Public Health – ISPUP/University of Porto), Nurse Anabela Namora and Nurse Ivete Monteiro (Hospital Dona Estefânia-CHLC). Hospital Dona Estefânia/CHLC, Lisbon <a href="http://www.chlc.min-saude.pt/wp-content/uploads/sites/3/2019/05/Poster-Caminhos-de-Proximidade-AMCA.pdf">http://www.chlc.min-saude.pt/wp-content/uploads/sites/3/2019/05/Poster-Caminhos-de-Proximidade-AMCA.pdf</a>		2018
Member of scientific event's organizing committee	Workshop - Nepalese Patients in Portugal: Health Care Challenges	Hospital Dona Estefânia (Enfermeiras Ivete Monteiro e Anabela Namora), Inês Lourenço e Jason Fernandes, CRIA, ISCTE-IUL, Kamal Bhattarai, ISPUP-Universidade do Porto	2018

Member of scientific event committee	Fieldwork (35 interviews with workers, smugglers, recruiters and agricultural entrepreneurs, participant observation, field diary and ethnography), transcriptions, data processing and analysis and writing of scientific articles, within the framework of the Project Immigration and Trafficking for Labour Exploitation: Nepalese in Agriculture in Portugal, for Audax-IUL and CIES / ISCTE-IUL, in partnership with the Consulate of Nepal in Portugal, and with funding from the High Commission for Migrations (ACM). Coordination: Professor Cláudia Pereira, PhD		2018
Member of scientific event committee	Lunch Writing Scientific Seminars	Cláudia Pereira, Joana Azevedo e Raquel Matias, CRIA e CIES, ISCTE-IUL	2018
Member of non-scientific event's organizing committee	Preparatory meetings and a clinical session / meeting with the entire health team (about 30 professionals) of the Family Health Unit of Martim Moniz on Nepalese immigration in Lisbon, socio-cultural and clinical aspects. In collaboration with Doctor Tatiana Consciência, MD (USF Baixa – Martim Moniz) and the researchers Jason Keith Fernandes and Inês Lourenço (CRIA/ISCTE-IUL). USF Baixa – Martim Moniz and CRIA/ISCTE-IUL Lisbon.		2018
Member of scientific event committee	Participation in different debates, advisory meetings for health professionals, workshops and informative sessions, related with Nepalese immigration in Lisbon, at the Family Health Unit of Baixa-Martim Moniz, Hospital Dona Estefânia (CHLC), the Health Center of Penha de França and with medical interns from Nova University, together with the researchers Jason Fernandes and Inês Lourenço (CRIA/ISCTE-IUL), with Arianna Borelli, MD and Fabrizio Cossutta, MD, and with Anabela Namora, Registered Nurse and Ivete Monteiro, Registered Nurse. Lisbon.		2017 - 2020
Member of scientific event committee	Discussant of several Masters projects by Nepalese students in the Masters Programme MFamily Masters Erasmus Mundus (ISCTE-IUL / University of Gothenburg / University of Stavanger / University of Makerere),	Sob orientação da Professora Doutora Maria das Dores Guerreiro e da Professora Doutora Cláudia Pereira. CIES/ISCTE-IUL, Lisboa.	2016 - 2018
Member of scientific event committee	Elaboration of a set of scientific articles, among which articles submitted to various scientific publications individually and in collaboration, within the scope of the Project Immigration and Trafficking for Labour Exploitation: Nepalese in Agriculture in Portugal – 2017 and 2018.		2016 - 2020
Member of scientific event committee	Research activities under the PhD Thesis Project for the Inter-University PhD Program in Sociology - Opensoc: Processes of Transnationalism Among Nepalese Entrepreneurs and Workers in Lisbon. (36 interviews with Nepalese entrepreneurs and 30 interviews with Nepalese workers in Lisbon, participant observation, field diary and ethnography), transcriptions, data processing and analysis, writing of articles and reports. Supervision: Professor João Peixoto, PhD		2014 - 2018

Member of scientific event's organizing committee	Seminars and Conferences in Sociology at ICS - ICS Students	ICS - Universidade de Lisboa	2014 - 2016
Member of non-scientific event's organizing committee	Open Seminars and Conferences ICS - University of Lisbon.		2014 - 2018
Member of scientific event committee	Extensive fieldwork and ethnographic experience in the PhD Thesis Transnationalism Processes Among Nepalese Entrepreneurs and Workers in Lisbon (including the production of Quarterly Reports) for the Inter-University PhD Program in Sociology - OpenSoc, with Nepalese immigration in Lisbon/Portugal: field diaries, video/audio recordings and photographic records, intense and prolonged contact with this immigration (also in Porto and Algarve, as well as Lisbon). Includes attendance at events, celebrations and meetings, private dwelling places, meetings.		2014 - 2018
Member of scientific event's organizing committee	International Meeting of the Institute of Employment and Professional Formation (IEFP) - Lisboa	IEFP	2007
Member of non-scientific event's organizing committee	International Meeting of the IEFP - Lisbon.		2007
Member of scientific event's organizing committee	Meeting IDT: "Memory of the Future - 25 Years of Intervention in Drug Addictions"	IDT/Ministério da Saúde	2003
Member of scientific event committee	Cycle of Conferences in Psychology - "Seeds Under Moonlight"	FPCE, Universidade de Coimbra, Coimbra	2003
Member of non-scientific event's organizing committee	Cycle of Conferences in Psychology Sementes ao Luar, FPCE, University of Coimbra, Coimbra.		2003
Member of non-scientific event's organizing committee	Meeting IDT/Ministry of Health - Memory of the Future: 25 Years of Intervention in Drug Addictions, Coimbra.		2003
Member of non-scientific event's organizing committee	Colloquium of the Portuguese Society of Psychoanalysis, Coimbra.		2002
Member of scientific event's organizing committee	Annual Meeting of the Portuguese Psychoanalysis Society (SPP)	Sociedade Portuguesa de Psicanálise e FPCE - Universidade de Coimbra	2001 - 2002
Member of non-scientific event's organizing committee	Cycle of Conferences Risking Death (Arriscar a Morte), FPCE, University of Coimbra, Coimbra.		2000
Member of scientific event's organizing committee	Cycle of Conferences "Risking Death"	FPCE, Universidade de Coimbra, Coimbra	2000

## Diffusion Activities

Activity Type	Event Title	Activity Description	Year
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Talk/Conference in public diffusion event	Nepalese Population in Portugal	Meeting with clinical staff of USF Almirante, Lisbon, about clinical cases, their experiences with Nepalese patients and cultural background.	2019
Talk/Conference in public diffusion event	Nepalese in Agriculture in Portugal. Profiles, experiences and migratory networks.	ISCTE-IUL, CIES-IUL, AUDAX. Co-organised with Cláudia Pereira. Presentation and discussion of the results of the Project PT/2017/FAMI/158 to the 43 associate producers of Madrefruta and to 17 governmental and non-governmental institutions, including the Consulate of Nepal and the Embassy of Bangladesh. Participants Alexandra Pereira, Cláudia Pereira, João Bento and Isa Dias (Madrefruta), Manuel João Ramos (CEI-IUL) and Kamal Bhattarai (ISPUP-Univ. Porto).	2019
Talk/Conference in public diffusion event	South Asian Patients, including Nepalese Patients: Health Care Challenges	Meeting with clinical staff of USF Baixa-Martim Moniz, Lisbon, about clinical cases and their experiences with Nepalese patients.	2018
Talk/Conference in public diffusion event	Round Table South Asian Populations in Portugal	Org. by Inês Lourenço and Jason Fernandes, CRIA, ISCTE-IUL, with the cooperation of Câmara Municipal de Lisboa, CNAI (National Centre for Immigrant Support of the High Commission for Migrations), and ARS (Regional Health Administration)	2018
Publication in general diffusion news outlet	Migration to Portugal	Website, FB Page, Blog, Flyers and Informative Pocket Cards	2018