

# CRISTINA MARTÍNEZ JIMÉNEZ

**PERSONAL INFORMATION:** **Birth place and birth date:** Pontevedra, 2<sup>nd</sup> of November, 1978  
**Citizenship:** Spanish  
**E-mail:** [info@cristinamj.com](mailto:info@cristinamj.com)  
**Web:** <http://www.cristinamj.com>

**EXPERIENCE:** July 2020 – Now  
**Manager and fitness instructor at Tenorio Rural Bootcamp (Tenorio, Cerdedo-Cotobade, Pontevedra, Spain).**  
<https://www.tenoriouralbootcamp.com>

January 2020 – March 2020  
**Lab technician at Rocktype Ltd. (Oxford, United Kingdom) and personal assistant.**  
<http://www.rocktype.com>

September 2019 – December 2019  
**Journalism internship at the Galician Weightlifting Federation.**  
<https://www.halterofilia.org/>

January 2019 – September 2019  
**Freelance based in Madrid (sports blogger, personal assistant, model, translator, instructor and crafter with online shop).**  
<https://www.gimnastas.net>

September – November 2018  
**Artistic gymnastics coach (pre-team) at Gràcia Gimnàstic Club (Barcelona).**  
<https://www.facebook.com/GraciaGimnasticClub>

August – September 2018  
**CrossFit and CrossFit Gymnastics instructor at Condal CrossFit (Barcelona).** <http://www.condalcrossfit.com/>

July 2017 – December 2018  
**CrossFit, CrossFit Gymnastics and CrossFit Weightlifting Instructor at CrossFit Raval (Barcelona).**  
<http://www.crossfitraval.com>

February 2017 – September 2017  
**CrossFit, CrossFit Gymnastics and CrossFit Kids Instructor at CrossFit Poblenou (Barcelona).**  
<http://www.crossfitpoblenou.com>

November 2016 – January 2017  
**CrossFit Gymnastics Instructor at Kilian CrossFit (Vigo).**  
<http://www.kiliancrossfit.com>

March 2016 – July 2016  
**Podcaster and webeditor at "Podcast Asimétricas", the first podcast in Spanish about Women's Artistic Gymnastics.**  
<http://www.podcastasimetricas.com>

January 2015 – January 2017  
**Life model (figure drawing) for the Faculty of Fine Arts of the Universidade de Vigo in Pontevedra (Spain).**  
<http://belasartes.uvigo.es/bbaa/>

June 2015 – April 2016  
**CrossFit Gymnastics and CrossFit Kids Instructor at the affiliate box CrossFit Pontevedra.**  
<https://www.facebook.com/Crossfitpontevedra/>

November 2014 – December 2014  
**CrossFit Instructor at the affiliate box CrossFit Salnés (Nantes, Pontevedra, Spain).**  
<http://www.crossfitsalnes.com/>

July 2014 – November 2014

**CrossFit Gymnastics instructor at the affiliate box CrossFit Pontevedra (Pontevedra, Spain).**

<http://www.crossfitpontevedra.es>

April 2012 – July 2014

**Life model (figure drawing) for the Faculty of Fine Arts of the Universidade de Vigo in Pontevedra (Spain).**

<http://belasartes.uvigo.es/bbaa/>

October 2013 – June 2014

**Teacher of English and German as foreign languages and as an extracurricular activity at Primary and Secondary Education schools in the council of Pontevedra (Spain).**

<http://www.activa.org>

July 2011 – November 2011

**Translator and interpreter at the National Police of Spain in Pontevedra (Spain).**

October 2009 – July 2012

**Artistic gymnastics coach and community manager at the club Ximnasia Pontevedra in Pontevedra (Spain).**

<http://www.ximnasiapontevedra.com>

December 2008 - August 2010

**Translator, web-editorialist and co-manager at Traduxnet C.B. in Pontevedra (Spain).**

<http://www.traduxnet.com>

July 2007 - October 2008

**Spanish web-editorialist at Blizzard Entertainment in Paris (France).**

<http://eu.blizzard.com/>

October 2006 - July 2007

**Assistant women's artistic gymnastics coach for the club Le Réveil-Bettembourg in Bettembourg (Luxembourg).**

<http://www.lereveil.lu/>

From the 1<sup>st</sup> of March until the 31<sup>st</sup> of July 2006

**Traineeship at the Spanish Unit of the Directorate-General Translation of the European Commission in Luxembourg.**

Tasks: Translation into Spanish of Commission's documents; web-edition of the trainees' site and forums; teacher of Spanish as a second language for some other fellow trainees two hours per week.

<http://europa.eu>

September 2004 - February 2006

**Teacher of Spanish as a foreign language at Akcent C.J.O., in Łódź (Poland).**

<http://www.akcent.win.pl/>

January-February 2003

**Pollster for Vicerrectorado de Calidade Universitaria of the University of Santiago de Compostela.**

July-September 2002

**Volunteer in the Pedagogical Department of the Provincial Museum of Pontevedra** (Pontevedra), working as a visitors guide in the Ruins of Sto Domingo, belonging to the mentioned museum.

From 1995 onwards, occasionally

**Private lessons** of Primary and Secondary school subjects and some Linguistics subjects at university level. Also, English, French and Spanish as a foreign language.

From 1995 onwards, occasionally

**Folkloric performances in popular celebrations and festivities, private parties and in television** with the Asociación Cultural Os Trazantes de Tenorio and the ensemble Roxidoiro.

<http://www.trazantes.com>

**HIGHER EDUCATION:** January 2019 – February 2020  
 Universidad Católica San Antonio de Murcia (UCAM), Murcia (Spain)  
<http://www.sportsuniversity.ucam.edu/programas/murcia/master-periodismo-deportivo>  
 Master's Degree in Sports Journalism – Online  
 45 ECTS-credits

December 2012 – May 2013  
 National University of Distance Education (Spain) <http://www.uned.es>  
**University Expert Course on reading promotion**  
 25 ECTS-credits

October 2010 – June 2011  
 University of Santiago de Compostela, Santiago de Compostela (A Coruña, Spain) <http://www.usc.es>  
**Thesis period of the Ph.D. program in Linguistics:**  
 "Connectors in Spanish: prepositions", under the supervision of Tomás Jiménez Juliá. **Unfinished.**

2003 – 2004  
 University of Santiago de Compostela, Santiago de Compostela (A Coruña, Spain) <http://www.usc.es>  
**Diploma de Estudios Avanzados (DEA)**  
**Investigation phase of the Ph.D program in Linguistics**  
 Two-year period 2002-2004. Research work: "La voz pasiva en español actual: presencia y uso en las llamadas 'bitácoras' de Internet" ("Passive Voice in Contemporary Spanish: Presence and Use in Weblogs"), under the supervision of Tomás Jiménez Juliá.

2003 – 2004  
 Institute of Educational Sciences (ICE) of the University of Santiago de Compostela  
**Course of Pedagogical aptitude**  
 Practice period developed in the IES A Xunqueira II in Pontevedra (Pontevedra, Spain).

2002 – 2003  
 University of Santiago de Compostela  
**Courses phase of the Ph.D program in Linguistics**  
 Two-year period 2002-2004

2001 – 2002  
 University of Santiago de Compostela  
**3rd year (of five) of English Philology**

2000 - 2001 Universidad de Santiago de Compostela  
**3rd year (of five) of French Philology**

1997 – 2001  
 University of Santiago de Compostela  
**Masters Degree in Spanish Philology**  
 Master's Thesis: "Contribución a la terminología de la gimnasia artística femenina: los llamados 'elementos con nombre propio'" ("Contribution to Women's Artistic Gymnastics Terminology: Named-after Skills", under the supervision of Ana I. Codesido García. Marked with honors. 300 ECTS-credits

1996 – 1997  
 University of Santiago de Compostela  
**1st year of Medicine**

**LANGUAGES:** **SPANISH and GALICIAN:** Mother languages and usual languages. High competence in both of them, especially in Spanish.

**ENGLISH:** High competence in general. Level C1-C2 according to the CEFR  
 - TOEFL: 637 / TWE: 5/6 (January 2004).  
 - Certificate in Advanced English (C1 CEFR). Grade A. (December 2004).  
 - Advanced level certificate. Escuela Oficial de Idiomas.

**FRENCH:** High competence in reading and translating into Spanish; medium-upper level in conversation. Intermediate level in writing (B2-C1 CEFR)

- Advanced level certificate. Escuela Oficial de Idiomas.

**GERMAN:** Basic skills (A2-B1 CEFR).

- Basic level certificate. Escuela Oficial de Idiomas.

**PORTUGUESE:** High competence in reading and translating; intermediate-upper level in conversation. Learned by immersion.

**ITALIAN:** Intermediate competence in general with communicative skills.

Level 1 (of 4) in the Centro de Linguas Modernas (Centre of Modern Languages) of the University of Santiago de Compostela.

Term 1998-1999. Marked with honours.

**POLISH:** Basic skills (A1-A2 CEFR).

Linguistic immersion during my 18 months period in Łódź (Poland).

**ROMANIAN:** Basic skills (A1-A2 CEFR).

40 hours course in the Faculty of Philology of the University of Santiago de Compostela.

Term 1999-2000. Marked with honours.

**RUSSIAN:** Basic skills.

Level 1 (of 3) in the Centro de Linguas Modernas of the University of Santiago de Compostela.

Term 2000-2001. Grade: A

Knowledge of **CLASSICAL LATIN** and **PROTO-ROMANCE**.

**CONFERENCES & COURSES  
ATTENDED:**

"Freestyle Connection Workshop" by Carl Paoli in Barcelona on the 21st of December, 2017.

"Gymnastics masterclass with Rubén López", given by Rubén López and Jeroni Casassas the 16th of December, 2017 in Ripollet, Barcelona. (4 horas).

"Leisure Time Instructors Course" given by Aika Formación in Pontevedra. Summer, 2016 (200 hours). Diploma issued by the Galician Government. Traineeship completed at the Cies Islands Work Camp in August 2016.

"Movegraphy", mobility clinic given by Reset Movement at Kilian CrossFit, Vigo, the 16<sup>th</sup> of April, 2016 (8 hours).

Mobility clinic given by TJ García and Verónica Sellis at CrossFit Ourense the 14<sup>th</sup> of February, 2016 (8 hours).

"CrossFit™ Competitors Course", organised by CrossFit Inc. in Geneva (Switzerland) the 23<sup>rd</sup> and 24<sup>th</sup> of March, 2016.

"CrossFit's Online Scaling Course", completed the 4<sup>th</sup> of January, 2016.

"CrossFit's 2014, 2015 and 2016 Online Judges Courses", completed at the beginning of each season.

"CrossFit™ Level 2 Trainer Certificate Course", organised by CrossFit Inc. in Madrid the 28th and 29th of March, 2015.

"CrossFit™ Gymnastics Level 2 Course", organised by CrossFit Inc. in Padova the 7th and 8th of March, 2015.

"Curso de Instructor de Kettlebell Fitness nivel I" organised by Kettlebell Training Madrid® in Pontevedra on the 1st of March, 2015.

"Curso de Monitor de halterofilia" (Weightlifting Instructor Course), organised by the Galician Weightlifting Federation in A Coruña the 19th and 20th of December, 2014.

CrossFit™ Kids course, organised by CrossFit Inc. in Stockholm the 9th and 10th of August, 2014.

CrossFit™ Gymnastics course, organised by CrosFit Inc. in Nurnberg the 7th and 8th of June, 2014.

"CrossFit™ Level 1 Trainer Certificate Course", organised by CrosFit Inc. in Madrid the 8th and 9th of February, 2014.

"Curso online de primeros auxilios básicos" (Online course on Basic First Aid), organised by the Spanish Red Cross from the 14<sup>th</sup> of October to the 14<sup>th</sup> of November, 2013.

"Curso en Community Management" (Course on Community management), organised by the Fundación UNED from the 15<sup>th</sup> of October, 2012 to the 15<sup>th</sup> of February, 2013 (500 hours).

"Primer Congreso Internacional de Observadores de Nubes" (First International Conference of Cloudspotters). Sarria (Lugo, Spain) from the 26<sup>th</sup> to the 28<sup>th</sup> of October, 2012.

"3<sup>er</sup> Curso de Verano para Cheerleaders y Dancers de España" (3<sup>rd</sup> summer course for cheerleaders and dancers from Spain), organised by España Cheer and Dance in Madrid from the 6<sup>th</sup> to the 8<sup>th</sup> of July, 2012. (20 hours).

"Entrenadora de primer nivel de gimnasia artística femenina" (Women's artistic gymnastics coach level 1 of 3), organised by the Royal Gymnastics Federation of Spain from the 13<sup>th</sup> of July to the 15<sup>th</sup> of December 2009 plus practice period (250 hours).

"Galicia durante a invasión francesa (1808-1812)" (Galicia during the French invasion), organised by the council of Cotobade (Pontevedra, Spain) together with the University of Santiago de Compostela the 17<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> of April, 2009 (20 hours).

"XML and XSLT", organised by Blizzard Entertainment for employees from the 19<sup>th</sup> to the 23<sup>rd</sup> of November 2007 (25 hours).

"Curso online de diseño de webs eficaces (3<sup>a</sup> edición)" (Online course for effective website design), organised by the University of Murcia from the 26<sup>th</sup> of March until the 27<sup>th</sup> of April 2007 (30 hours).

Several courses on computer assisted translation during my traineeship at the Directorate-General Translation of the European Commission in Luxembourg. From the 3<sup>rd</sup> of March until the 31<sup>st</sup> of July 2006. (TRADOS, translation of Office documents, etc.).

"Curso de formación básica para la enseñanza del español como lengua extranjera" ("Basic course for teaching Spanish as a foreign language"), organised by the Instituto Cervantes in Santiago de Compostela, from the 19th to the 30th of July 2004 (40 hours).

"Taller de cuentos: aproximación al cuento literario" (Short stories Workshop: an approach to literary short stories), organised by the International University Menéndez Pelayo in Pontevedra, from the 16th to the 20th of July 2001 (30 hours).

"Congreso Internacional Iberia Cantat", organised by the University of Santiago de Compostela, from the 1st to the 5th of April 2001.

"Lingüística aplicada e novas profesións" ("Applied Linguistics and new professions"), organised by the University of Santiago de Compostela, from the 19th to the 23rd of July 1999 (25 hours).

"Curso de técnicas tradicionais de canto e pandeireta" ("Course on traditional techniques for chanting and tambourine"), organised by the 5th Folk Festival "Domingos de Santo Estevo" in the Monastery of St. Steven (Ourense), 8th and 9th of August, 1998.

"Curso elemental de urxencias médico-quirúrxicas" ("Elementary course on medical emergencies"), organised by the University of Santiago de Compostela, from the 25th of November to the 4th of December 1996.

"Biomecánica de la columna vertebral y escuelas de espalda" ("Biomechanics of the spinal column and spine schools"), organised by the University of Santiago de Compostela, the 22nd and 23rd of November 1996.

**COMPUTER SKILLS:**

- Computer assisted translation tools: TRADOS Translator's WorkBench and OMEGA T+.
- Good command of XHTML and CSS to meet W3C-established web standards and build web-compliant and cross-browser webpages
- Proficient user of hand coding tools such as NOTEPAD ++.
- Understanding of MySQL databases, PHP and JavaScript
- File Transfer Protocol (FTP) software
- cPanel
- Installation / Management of CMS (content management systems)
- Notions of graphic design and photo editing (Paint Shop Pro, versions 7-9)
- Microsoft Office and Open Office
- Windows, Android and Ubuntu

**PUBLICATION:** Responsible of the management, design and contents of several Internet domains and over 30 websites hosted there. Web portfolio: <http://www.diletante.net>

From October 2006 until May 2007, **collaborator for the Internet Portal Maestrosdelweb.com**, for which I wrote 18 articles. <http://www.maestrosdelweb.com/autores/calitoe/>

"Carl Sagan (noviembre 1934-diciembre 1996) In memoriam en el quinto aniversario de su fallecimiento" published in *Boletín Informativo de la Asociación Astronómica Sirio de Pontevedra*, nº12, December 2001.

"¿Terminamos alguna vez de estudiar?", speech given in the graduation ceremony of the Spanish Philology class of 2001 of the USC and then published in *Xuncos*, revista escolar do Instituto de Educación Secundaria "A Xunqueira I", nº 16 (Term 2000-2001).

"Os dous reloxos", published in *Xuncos*, revista escolar do Instituto de Educación Secundaria "A Xunqueira I", nº 15 (Term 1999-2000).

"Titán, el gigante misterioso", written along with Natalia Veiga G., published in *Diario de Pontevedra*, Sunday, 28<sup>th</sup>/12/1994.

**RESPONSIBILITY POSTS:**

Season 2003-2004  
President of the Cultural Association Os Trazantes de Tenorio (Tenorio-Cotobade, Pontevedra) and of the University of Santiago Association-Theatre Group NNC.

Season 2002-2003  
President of the English Theatre Group of the University of Santiago de Compostela.

Seasons 1997-1998 and 1998-1999  
Secretary of the Cultural Association Os Trazantes de Tenorio (Tenorio-Cotobade, Pontevedra)

**AWARDS, SCHOLARSHIPS AND ACHIEVEMENTS:**

In 2017, Galician Weightlifting champion in my weight category (<53) and over all by points.

In 2011 and 2013, Galician champion on the all-around, uneven bars and beam in Women's Artistic Gymnastics.

In 2009, Galician champion on uneven bars in gymnastics.

Term 2003-2004  
Renewal of the scholarship for Ph. D. courses given by the Ventura Figueroa Foundation.

Term 2002-2003  
Scholarship for Ph. D. courses given by the Ventura Figueroa Foundation.

In 1999  
Chosen as a Spanish representative in the Annual Meeting of the Latin Union (Unión Latina) in Constanza (Romania).

**PAST / CURRENT MEMBERSHIPS:** Astronomical Association "Sirio" of Pontevedra  
Cultural Association Os Trazantes de Tenorio  
Asociación de Gaiteiros Galegos  
Galician Athletics Federation  
Galician Badminton Federation  
Galician Gymnastics Federation  
Galician Swimming Federation  
Galician Weightlifting Federation  
Galician Yatching Federation  
Iberian Association of Cloudspotters  
Luxembourgish Gymnastics Federation  
Spanish Red Cross  
The National Geographic Society  
The Planetary Society

**LICENSES:** -Driving license B1 issued in Spain in December 1998.  
-Women's artistic gymnastics coach level 1. Issued in Spain in 2009.  
-CrossFit™ Level 2 Trainer Certificate issued in March 2015.  
-Food-handling license issued in August 2016.  
-Leisure time instructor diploma issued in September 2016.  
-Weightlifting judge level 1. Issued in 2019.

**OTHER FACTS:** I usually adapt to new situations and new countries/cultures easily.

I am used to working with children and teenagers.

From 1999 until 2004, member of several theatre groups of the University of Santiago de Compostela (English Theatre Group, La Troupe Française and NNC).

I have posed as a model for a publicity campaign and for artistic photography.

I can knit and crochet, and also make soap.

I can play the Galician tambourine, the accordion and the piano (self-taught mainly).

I have practised the following sports: athletics, basketball, swimming, badminton, football (soccer), aerobics, artistic gymnastics, cheerleading and ballroom dancing. I currently practise CrossFit.

Willing to travel or move to other zones. I know most of the Spanish provinces and the following areas in the world: Portugal, France, Southern England, Mid-Western Norway, Andorra, Poland, Malta, Belgrade (Serbia), Arizona (USA), Ontario (Canada), North of Mexico, Luxembourg, Belgium; Trier, Berlin and Munich (Germany), Salzburg (Austria), The Netherlands and Romania.