

## \* Honest CV \*

Ways of addressing me (from most to less used): Manel ~ Manuel ~ Manel Justo ~ Manu ~ Manecas ~ Justo ~ Manuel Justo ~ Nel ~ Justiceiro ~ Nhuca ~ Maior ~ Manuel Terra da Mota Miranda Justo ~ Manuel Terra da Monta Mirnada Justo (misspelling on my official Identity Document provided by the canton of Basel-Stadt in 2018)

b. 05/07/1994, 09h00 UTC+1, S. Francisco Xavier Hospital, Lisbon, PT

Homes over time: Mafra, PT ~ Campo pequeno, Lisbon, PT ~ Alameda, Lisbon, PT ~ Alto do Pina, Lisbon, PT ~ Tarbes, FR ~ Alameda, Lisbon, PT ~ Mattenstrasse, Basel, CH ~ Birsstrasse, Basel, CH

### Relatively significant occurrences

- 2020 Was censored and 'unfriended' on Facebook by a childhood friend, after my questioning of his interest in a neo-Imperialist Portuguese group, followed by a month-long discussion on Portuguese colonial history
- Got a warning for not having brought my supporting documents when presenting a train ticket and was subsequently corrected on my pronunciation of the word *Susch*, Susch, CH
- 2019 Was told that I should 'go back to my country', Basel, CH
- Got fined by undercover controller for not having validated my bus ticket, Lyon, FR
- 2013 Flunked Plastic Arts, the central class of my bachelor program (first flunk ever), FBAUL, PT
- 2013 Broke left meniscus while attempting a somersault against a tree, Lisbon, PT
- Ca. 2007 Finished 2<sup>nd</sup> last in the yearly running competition, Eugénio dos Santos middle school, Lisbon, PT
- 2006 Got 4 out of 20 points in piano class, Instituto Gregoriano, Lisbon, PT
- Got a disciplinary process for kicking a sewer lid, Eugénio dos Santos middle school, Lisbon, PT

### Key life events

- 2012 First panic attack. Result of a major bad trip on pure weed, which established in me a belief that something had irreversibly changed forever. Spent the following year feeling horrendously light.
- 2009 First depression. After two weeks of being in a happy relationship with a girl, I suddenly was terrified with the idea that I might not actually 'love' her (according to my unrealistic standards of the time on what the word 'love' meant to me). This obsession of mine led to a gradual collapse of the relationship after one year.
- 2007 First suffered rejection in love. After two weeks of being in a happy relationship with a girl, after my first kiss ever, she dumped me over a text message.

- 2000 Parents divorced. They agreed (allegedly mutually) that my father would leave. Me and my brother would later stay with him for a weekend every 15 days.
- 1998 Premature birth of brother, Chico. My brother's reduced chance of survival was an extremely difficult situation for my parents. Thankfully, he pulled through and developed without resulting complications.

#### Relevant medication and diagnosed medical conditions

- 2020 Bioflorin (Probiotic)  
 Ca. 2016-present Lactase  
 2010-2018 Antidepressant  
 Anxiety medication
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- Lactose intolerance  
 Allergy to cats, olive trees and dust  
 Scheuermann disease (juvenile kyphosis)  
 Irritable Bowel Syndrome / Chron's disease  
 Chronic Sinusitis  
 Chronic Rhinitis  
 Nasal septum deviation  
 Herpes labialis  
 Pneumothorax (controlled)

#### Closest deaths

- 2017 Cousin  
 Cat  
 2016 Cat  
 2006 Grandfather

#### Confessions

- 2012-2014 Helped some of my closest-circle friends create gossip around personal matters of other members of the group, actively discriminating against them behind their backs. Sometimes directly mistreated some of them.
- 2009-2013 Kept on being a voluntary member of the Communist Portuguese Party youth organization, despite not agreeing to its hierarchic system and constant pressuring of volunteers into work
- Ca. 2008 Abused permission to graffiti the school's walls, generously granted by the ATL (free time association) of Eugénio dos Santos middle school, Lisbon, PT
- 2007 Broke up with 3-year-long girlfriend online
- Ca. 2006 Prank-dialed a good friend, insulting him (he knew it was me all along)
- 2005-2006 Mistreated a colleague on a regular basis

Ca. 1998 Backed out from a kiss during my 'marriage' with my 'girlfriend' at the time, arranged by our friends in the school's playground, Jardim Infantil Pestalozzi, Lisbon, PT

#### Awards (selected)

2012 Earned a helicopter trip by being voted the best student of the class, António Arroio, Lisbon, PT

2011 1st prize in Associação Zappanoia's band contest with Yzzothep, Catacumbas do Liceu Camões, Lisbon, PT

Ca. 2007 1<sup>st</sup> place in the Diabolo competition at Eugénio dos Santos middle school, Lisbon, PT

Ca. 2001 Award for 'Textos Livres' writing (after Freinet's concept of Texte Libre), granted by my classmates, Jardim Infantil Pestalozzi, Lisbon, PT

#### Achievements (selected)

2019 Beat Osama Al Rayyan at arm wrestling, Basel, CH

Ca. 2013 Applauded for climbing a tree and safely descending, Miradouro da Graça, Lisbon, PT

Skip-ran 2,5 km with José Albuquerque on our way back home from a night out, Lisbon, PT

2012 Remembered the name of, learned and played one Green Day song per letter of the alphabet on the guitar, entirely based on acoustic memory (excepting the ones I had already learned). There were none for Q, V, X or Z.

Ca. 2009 Skateboarded down the biggest half-pipe at Parque das Nações, Lisbon, PT

Ca. 2007 Refused to sit down through a whole history class at Eugénio dos Santos middle school, Lisbon, PT

#### Underrated academic education

1998-2004 Pestalozzi kindergarten and primary school, Lisbon, PT

#### Academic rejections and underachievements (selected)

2018 Was put on the waiting list for the MA program at Institut Kunst, Basel, CH

Another F grade on my application for the MA program at HFBK, Hamburg, DE

Application for the MA program at KHIO, Oslo, NO

Application for the MA program at Piet Zwart Institute, Rotterdam, NL

- 2017 F grade on my application for the MA program at HFBK, Hamburg, DE  
Application for the MA program at Malmö Art Academy, SE  
Application for DE ateliers, Amsterdam, NL
- 2016 Application for a summer program at Watermill Center, New York, US
- 2014 Was given my 4<sup>th</sup> option for the Erasmus program, at ESA Pyrénées in Tarbes, FR, instead of Hamburg, Berlin and Paris. Ended up being one of the best things that ever happened to me.

Projects (selected)

- 2007 Cofounded music group Yzothep  
Ca. 2007 Cofounded M&X film studio with Francisco Justo  
Ca. 2005 Cofounded MJ&FL animation studio with Francisco Lemos  
Ca. 2004 Codirected the movie "O Desconhecido" with João Barbosa  
Ca. 2002 Wrote two 100-paged Miittle The Banana comic book volumes  
2000 Cofounded the Banana Club with Henrique Barros and others

Suffered robberies (remembered), 2007-2015

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| Motorola phone                             | Daylight street robbery, approached while skating, 2 VS 2, Alvalade, Lisbon, PT  |
| 6€   | Daylight street robbery, approached while skating, 1 VS 3, Alvalade, Lisbon, PT  |
| 1€   | Night street robbery, approached while playing guitar, threatened with x-acto knife 1 VS 3, Praça de Londres, Lisbon, PT   |
| BMX bike                                   | Daylight street robbery, approached while biking, 3-4 VS 1, Alameda/Olarias, Lisbon, PT  |
| Classical guitar                           | Night street robbery, after lending my guitar to a stranger, 1 VS 1, Almirante Reis, Lisbon PT   |
| Zoom recorder                              | Night street robbery, undetected, while playing music with a group of known and unknown people (robber was part of this group, sitting beside me, and considerably told me I had my backpack open), Chiado, Lisbon, PT |
| Macbook + iPod                             | Apartment break-in, after leaving home with the window open (ground floor), Cité-U, Tarbes, FR   |
| Various belongings (including another BMX) | Garage break-in, Lisbon, PT  |
| 10€  | Payed the entrance for my own concert with Yzothep at a birthday party, Lisbon PT  |

VS: number of robbers vs number of people on my side

Lost belongings (remembered)

- Ca. 2017 All of my Karate Equipment  
2016 One winter glove of a women's pair, given to me by a friend  
2013 Photographic camera containing amazing pictures, during road trip  
2012 Sleeping bag and audio recorder, during Interrail  
2010 A beautiful blue and white winter cap, bought in Frankfurt

Ca. 2007 iPod Nano  
Ca. 1998 Bus-toy

Travels (selected)

2005-2015 Visited all 9 of the Azores islands, PT  
2014 Hitchhiked alone 705 km for 3 days for a surprise appearance at a birthday party, FR  
2013 Hitchhiking road trip with Vasco Rézio, from Porto Covo to Lagos and back  
2012 Interrail with friends, ES, FR, BE, DE, CZ, IT  
2010 'Intrarail' with friends, Portugal

Collected band discographies in CDs – Studio albums only (no compilations)

U2 (JT, ATYCLB, AB, HTDAAB)  
Green Day (All until 2009)  
Foo Fighters (FF, TINLTL, IYH, ESPG)  
Metallica (All until 2008, except for Saint Anger)  
Testament (All until 2012)  
Pink Floyd (AHM, ZP, Meddle, DSotM, WYWH, Animals, The Wall, MLR,TER)  
Chico Buarque (All except for Vol.4)