

Honourable members:

Subject: Exercise of rights under the General Data Protection Regulation (RGPD); following the holding of my personal data for processing purposes, I hereby exercise the powers I have under Article 12 et seq. of the RGPD to exercise the following right (I mark the right I intend to exercise):

- The right to be informed
- The right of access to my data
- The right to rectify my data
- The right to oblivion / erasure
- The right to data processing restriction
- The right to data portability
- The right of opposition
- Opposition rights to automated individual decisions, including profiling

I want the right to be exercised as follows:

To comply with my right, I expressly consent to the use of my email address _____ for further notification.

Once duly completed and signed, send to email: rgpd@est.pt

With the most respectful regards, I request,

Date:

Signature:

RGPD.I01.0