



## DECLARAÇÃO

Processo nº 23117.022774/2026-27

Interessado: Carlos Henrique Gonçalves Freitas

### **TO WHOM IT MAY CONCERN**

I am pleased to recommend Mr Carlos Henrique Gonçalves Freitas as a candidate for your Master's programme.

I taught Carlos in three courses—Research Methods, Teaching Methodology, and Research Seminars—as part of the Master's in Administration at our School of Management and Business. In addition, I served as a member of the board of examiners for his Master's dissertation, entitled "*Medieval Cuisine: Regionality and Postmodernity in Fine-Dining Restaurants in a Global City.*" Across all these contexts, he consistently demonstrated academic and technical rigour, a strong work ethic, and a clear aptitude for analytical thinking, alongside a solid understanding of the importance of methodological precision in the social sciences.

Carlos showed particular strength in linking theoretical questions to appropriate research designs, and he was proactive in identifying and engaging with a wide range of relevant sources, data, and authors. He demonstrated the ability to critically assess both qualitative and quantitative methodological approaches, justifying his choices with clarity and coherence. His work consistently reflected a firm grasp of core concepts such as research design, case selection, and the relationship between theory and empirical inquiry. He approached all assignments with intellectual discipline and a clear commitment to producing well-structured and well-substantiated arguments.

What impressed me most was his ability to engage with complex research problems in a mature and reflective manner. Drawing on his professional background and academic interests, Carlos demonstrated increasing sophistication in formulating research questions, particularly in areas related to the sociology of food, organisational culture, and Brazil's historical inequalities, as well as their broader social and political implications. He showed a strong awareness of the challenges inherent in studying complex and sensitive contexts, and he approached issues such as bias, validity, and ethical responsibility with care and seriousness.

Carlos is also a highly committed and resilient individual. He approaches his academic work with dedication and persistence, and he has demonstrated the ability to maintain focus and high performance. I recommend Carlos without reservation for admission to your programme. He possesses the methodological foundation, intellectual curiosity, and research orientation required to succeed in a demanding academic environment. His proposed research interests—particularly concerning the institutional culture of military organisations and their relationship to

democratic governance—are both timely and of clear theoretical, social, and practical relevance. I am confident that he will contribute meaningfully to academic discussions and benefit fully from the rigorous training offered at your institution.

Please do not hesitate to contact me should you require any further information.

Yours sincerely,

Prof. Dr. Valdir Machado Valadão Junior  
Uberlândia, 9th April 2026  
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