



BIOGRAPHY

Colonel Benedito Dias Quintas, born on March 12, 1960, in Lospalos, Timor-Leste, has dedicated his life to serving his country. He is recognized for his extensive military training, leadership roles, and commitment to his duties. Colonel Quintas spent 24 years as a guerrilla fighter in the jungle, opposing the Indonesian occupation.

Colonel Quintas began his academic journey at Missão Fuiloro, where he completed his primary education from 1970 to 1975. He furthered his political knowledge through various courses, including the 1st Political Formation in Cavaroni (1976), Political Training Courses in Helefatilu (1977) and Maputo (1977), and the Ideological Political Training Course in Itiula (1982). In 2018, he pursued a post-graduation in Strategy, highlighting his dedication to strategic thinking and decision-making.

In addition to his academic pursuits, Colonel Quintas underwent professional training to enhance his military capabilities. He completed an Officer Training Course in Aileu in 2001 and participated in the Transfer of Knowledge program from UNTAET to F-FDTL in 2003. He attended the General Staff of the Army (CEME) course at IESM Lisbon, Portugal, in 2010. Colonel Quintas also completed the International Humanitarian Conflict Course in Brasilia, Brazil, in 2017, the Psychological Operations Course at IUM Lisbon, Portugal, in 2020, and the Joint and Integrated General Staff Course at the National Defense Institute in Timor-Leste in 2021.

Throughout his military career, Colonel Quintas held various key positions within the armed forces. He served as a military instructor during the formation of the 1st Battalion in 2001, showcasing his leadership and instructional skills. From 2001 to 2004, he served as the Head of the Personnel Section of the 1st Battalion, followed by his role as the Head of the Operations Section from 2004 to 2005.

Colonel Quintas' expertise and leadership abilities led to his appointment as the Deputy Head of the Headquarters Operations Division from 2006 to 2008. In 2008, he became the Division Chief of Operations for the PNTL and FFDT Joint Command and held the position of 2nd Tactical Operational Commander. From 2009 to 2010, he served as the Division Chief of Headquarters Operations and subsequently as the Chief of Staff of the Chief of Staff from 2010 to 2011.

Continuing his ascent through the ranks, Colonel Quintas assumed the role of Chief of Staff of the Deputy Chief of General Staff from 2011 to 2016. From 2016 to 2019, he showcased his exceptional organizational skills as the Commander of the Support and Services Component. He also contributed to the development of military education as the Director of the Department of Military Studies at the National Defense Institute.

Outside his military career, Colonel Quintas enjoys a fulfilling personal life. He is married and blessed with two sons who bring joy and inspiration to his journey.