

Curriculum Vitae

Personal details

Claes Folkestad
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0482 OSLO
Norway

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Date of birth: 8/13/1988

Work experience

- 2021-05 - 2021-10** Bærum Municipality Public Health Office / Adecco
Covid track & trace team
Establishing and following up on contact with positive cases/close contacts, creating a picture of who may have met/infected whom, and communicating this information to administration or municipal doctors. Conveying information or measures, coordinating with testing/other tracing teams. Daily use of advanced custom software for contact tracing called FIKS.
- 2021-01 - 2021-04** Unicare
Consultant/Engagement
Engaged in an 80-100% position at the Trasopp department. The assignment involved working with a user to write and complete decisions, as well as maintaining measures, routines, and daily plans for the user. Collaboration with a new primary contact after providing training was also part of the role.
- 2020-02 - 2020-12** Ammerudtunet Care Home, Oslo Municipality, Grorud District
Manager of Services
One of Norway's largest care homes with 19 residents and over 80 employees. The majority of the resident group has an autism spectrum diagnosis. The service manager's tasks include providing follow-up to three primary contacts, assisting them with guidance, professional input, and the development of measures for each resident with an autism spectrum disorder. For the majority of shifts, I held the role of shift manager, which involved coordinating and organizing the daily activities for the entire department and providing care for 3-6 residents. The remaining time was spent providing one-on-one support to the residents I was responsible for or performing office work such as developing measures, reviewing and providing input on the professional aspects of my resident group. High-paced work environment.
- 2019-04 - 2020-02** Unicare BAB, Skogveien Care Home, former manager Sondre Nesje
Miljøterapeut ("Environment Therapist")
Care home for young adult men with various support needs. Tasks included personal care, assistance with activities of daily living (ADL), medication management, and collaboration with other professionals. I also held the role of primary contact and deputy manager.
- 2018-10 - 2019-04** Unicare BAB, Day Center F19, team leader Daniel Rosmo
Miljøterapeut ("Environment Therapist")
Day-care center for young adults with physical/learning disabilities. Experience with different types of service recipients, including wheelchair users with varying support needs and related aids, providing guidance for our service recipients, including service recipients with various levels of autism spectrum disorder, as well as working with clients with extended staffing needs. I held the role of primary contact and was responsible for processing the department's damage reports.
- 2018-04 - 2018-10** Checkpoint Charlie, managed by Kato Austrått
Bartender
A popular bar known for its concerts. Primarily worked as a bartender but also took responsibility for opening, closing, restocking, change management, and settlement.
- 2017-06 - 2017-08** Gauselskogen Treatment and Rehabilitation Unit, Stavanger University Hospital
Assistant
Treatment facility for young adults with co-occurring substance abuse disorder and mental health struggles. Tasks included environmental work, being a contact person for patients, acting as a shift leader, assisting/guiding with activities of daily living (ADL), documentation, following up on management's measures, urine sample monitoring before/during screening, and ad hoc handling various situations.
- 2016-05 - 2018-09** Tasta Home Care Services - Lensmannstunet Housing Facility
Care Worker - Summer Substitute/On-call Substitute
Lensmannstunet is a residential facility with four apartments for adults/elderly individuals with cognitive impairments. Tasks include personal care, engagement, ADL assistance/guidance, medication management, documentation, basic medical sampling (e.g., blood pressure and urine tests), as well as conflict resolution and providing help in case of emergencies.
- 2013-08 - 2014-12** Volunteer at Hulen, Bergen

Caretaker/Material Manager

Hulen is an old mountain bunker facility formerly owned by the Civil Defense Authority. Varied tasks, including construction of furniture when prefabricated solutions were not available, renovation, concrete casting, maintenance, etc. Responsible for organizing and coordinating monthly voluntary work sessions.

2013-05 - 2015-06

Ujevnt

Bartender/Security

A high-level cocktail bar well-known in Bergen and recognized by certain related actors outside the city. Extensive selection of beer, cocktails, and spirits. Required expertise in the field, knowledge of ingredients and their preparation, and the ability to work quickly and efficiently while maintaining a calm, pleasant, and polite demeanor. Responsibilities included opening/closing, daily settlement, change management, and restocking. Bar staff rotated as security staff. Security staff were responsible for ensuring compliance with fire regulations and liquor licensing requirements, as well as conflict resolution and prevention of harm.

2011-05 - 2013-05

Garage Bergen

Bartender

A popular nightclub and concert/festival organizer with a capacity of 510 guests. Worked as a bartender and assisted with cleaning. Became accustomed to working quickly and efficiently under time pressure in a hectic work environment. In addition to regular opening shifts, responsible for the basement area, including restocking, opening, settlement, and change management.

2011-03 - 2015-06

PS:Crew Bergen

Stagehand (Freelance)

Rigging and construction of outdoor stages during the summer months, often involving long days with heavy lifting, fast pace, and tight deadlines. Mostly worked on productions for exhibitions and events at Grieghallen.

2010-08 - 2011-05

Volunteer at Hulen, Bergen

Bar Team Leader

Hands on middle management role. Responsible for the bar operations during evening shifts, restocking, inventory counting at the start and end of shifts, replenishment, evacuation if necessary, as well as training and welfare of the volunteers in my bar team.

2010-05 - 2010-08

Sævareid Fish Farm

Summer Substitute

Fish farm duties, miscellaneous work, general operations, and maintenance.

2010-01 - 2010-08

Volunteer at Hulen, Bergen

Bartender

Hulen is a volunteer-run nonprofit foundation, primarily by and for students, organizing concerts and operating a bar. High-paced work environment in the evenings with up to 350 guests.

2007-05 - 2007-08

Lier Municipality/Department of Water- and Sanitation

Summer temp.

Operation and maintenance of a wide assortment of facilities and equipment.

2005-01 - 2007-01

Lier Musikkverksted

Instruktør

Bass- og gitarlærer for barn/unge på nybegynnernivå. Frivillig basis

Education

2015-08 - 2018-06

Universitetet i Stavanger

Bachelor's Degree in Child Welfare Services

2009-08 - 2011-05

Universitetet i Bergen - AHKR

Bachelor's Degree in Ancient History/Archaeology

Discontinued due to uncertain job prospects.

2007-08 - 2008-05

Holtekilen Folk High School

Music Program

2004-08 - 2007-06

Sankt Hallvard Upper Secondary School

General Education Programme with a focus on Study preparations, Economics and Administration

Course/certification

10/2/2018 - 10/4/2018

Unicare BAB

HAVA

HAVA (Handling of Violent and Aggressive Behavior). A two-day course with theoretical and practical components.

5/1/2016 - 12/1/2020

Stavanger kommune, Unicare BAB, Oslo kommune.

Medications Management

Several courses. Familiarity with medication management after four years of that as one of the daily responsibilities.

9/15/2011 - 9/15/2011

Bergen Municipality Licensing Office

Responsible Hosting

Mandatory training including first aid, conflict management, alcohol levels, and general good professional practices, enabling work in serving and security roles at entertainment venues.

Language skills		
German	Spoken : Good	Written: Good
Norwegian	Spoken : Excellent	Written: Excellent
English	Spoken : Excellent	Written: Excellent
References		

Manager Lensmannstunet bofellesskap

Omar Shazad

48894643

Department Manager, Gauselskogen

John Wilhelm Helland

91648249

Practicum Supervisor, Gauselskogen

Grete Grov

94206372

Manager Checkpoint Charlie

Kato Austrått

40610470

Manager, Ujevnt

Silje Tombre

46429566

Manager, Garage

Henning Christensen

91148029

Former Bar Manager Garage

Benjamin Helland

41106667

Former Bar Manager, Hulen

Silje Synnevåg

41575889

Former Head of Maintenance Group, Hulen

Karsten Nilsen

97586806

Most Frequent Shift Manager, PS:Crew

Margrethe Johannessen

98890779

Manager, Sævareid Fish Farm (also related, uncle)

Gustav Folkestad

97667833

Former manager, Lier School of Music

Mari Grimsrud

32 84 71 70

Former Department Manager, Unicare Day Care Center

Renate Bjergene

98906288

Former Department Manager, Skogveien

Sondre Nesje

41408589

Lead Environment Therapist, Ammerudtunet Care Home

Line Marie Hellberg

41008377

Former Department Manager, Unicare Day Care Center

Daniel Rosmo

97464741

Recruiter for Contact Tracing

Hanne Dahl Aabakken

98204741

hanne.dahl.aabakken@adecco.no

Former manager Unicare Trasop

Paul Bjørneskaret

45234500