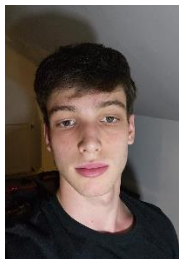


PERSONAL INFORMATION



Grigoraș Alexandru-Nicolae

 Jud. Bc sat. Valea Șoșii (com., Poduri)

 0742779327

 alexandrugrigoras223356@gmail.com

 https://www.instagram.com/grigo_22/

Sex masculin | Date of birth 22/08/2006 | N Română

PROJECT APPLIED FOR

ERASMUS + STAGII DE PRACTICĂ PENTRU UN VIITOR DE SUCCES, NR. 2023-1-RO01-KA122-VET-000148433

WORK EXPERIENCE

November 2023- Present

SCB “ Sport Club Municipal Bacău” swimmer

June 2022- July 2023

German dance crew “SONNENSCHN”

April 2023

Prom 2023
-voluntary

February- April 2022

Project TACT- “ Tineri Activi pentru Comunitate”
-voluntary

October 2022

GLITFEST
-voluntary

December 2021

Project “ Studio de Arte – Studio și Tabără de Film”, organized by “ Breasla Actorilor” asociation
- the best direction voted by the public
- the best short film voted by the public

EDUCATION AND TRAINING

september 2021 – present

Theoretical Highschool” Spiru Haret” Moinești student
- mathematical-informatics profile

september 2012 - june 2021

Primary and Secondary School “George Enescu “ Moinești Student
- intensive english class (5-8 classes)
- primary classes

PERSONAL SKILLS

Mother tongue Romanian language

Other languages	UNDERSTANDING		TALKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B1	B1	B1
French	A1	A2	A1	A1	A1

Organisational skills

Within the TACT project I developed teamwork skills:

- leadership
- The skill of listening and fulfill the needs and lusts of my coworkers in order to create a safe place and to fulfill the goals of the project
- the skill of exploiting the rules to the advantage of the goals tha must be fulfilled

Job-related skills

In my school journey I developed some skills like:

- The skill of compliance
- The spirit of collegiality and teamwork with the goal of the comun good
- The sense of responsibility

Computer skills

- A good knowledge of the use of Mircrosoft Office, in special Power Point and Word
- A good knowledge of the use of Adobe Premier Pro

Other skills

Being a professional swimmer I developed some skills like:

- The skill of being disciplined
- The skill of being consistent
- The skill of being focused on my goals without being distrctated by external factors

