

## PERSONAL INFORMATION

## Tilen Gubeljak

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📅 Date of birth 31 December 1999 | 🇸🇮 Nationality Slovenian

## APPLIED FOR

## WORK EXPERIENCE

Sept 2017 – Jun 2019

## Intern

University Clinical Center Maribor, Ljubljanska ulica 5, Maribor, Slovenia

Through my high-school programme I was a nursing intern at the University of Maribor Hospital. My duties were patient care and check-up, such as changing sheets, supervising patients' nutrition, measuring their blood sugar levels and blood pressure etc. For one part of the internship, I was also in the emergency response team, in an ambulance.

Nov 2019 – December 2019

## Promoter

Zavarovalnica Generali, Ptujška cesta 116, Maribor, Slovenia

Promoting the policies of the company by encouraging bystander to sign up for a play contest.

April 2022 – May 2022

## Intern

Health care center, Alfred Merlini-Allee 7, 8490 Bad Radkersburg, Austria

During my clinical internship at a prominent Austrian health center I had the privilege to gain hands-on experience in the field of physiotherapy. My responsibilities during this period were assisting senior physiotherapists in conducting initial assessments and treatment plans for patients with various musculoskeletal conditions, designing and implementing personalized rehabilitation exercises and therapies to improve patients' mobility and reduce pain.

June 2022– August 2022

## Intern

Football club Mura, Kopališka ulica, 9000 Murska Sobota, Slovenia

My internship at FC Mura provided a unique opportunity to work in a high-pressure, professional sports environment and contribute to the health and performance of elite athletes. This experience honed my skills as a physiotherapist and reinforced the importance of immediate and effective injury management in sports.

February 2024– Present

## Physiotherapist

Rug Expertise Centrum, Tjerk Hiddes de Vriesstraat 21-23, 1055 WL Amsterdam

As a physiotherapist, I specialize in assessing, diagnosing, and treating musculoskeletal and neurological conditions. With a holistic approach, I utilize personalized exercise programs, manual therapy techniques, and patient education to enhance physical function and mobility. I prioritize compassion, empathy, and effective communication to establish trust and collaboration with patients. Committed to evidence-based care, I continuously pursue professional development to enhance my skills.

## EDUCATION AND TRAINING

Sept 2022 – Present

## Master's Musculoskeletal Physiotherapy Sciences

Vrije Universiteit Amsterdam, De Boelelaan 1105, 1081 HV Amsterdam

Attended and successfully completed all courses within the Musculoskeletal Physiotherapy Science program. The program combines theoretical knowledge with practical skills to train students in providing evidence-based physiotherapy interventions. As part of my studies I am doing a research that focuses on understanding the mechanics of skin displacement in the context of low back issues.

## Oct 2019 – August 2022 Bachelor of Physiotherapy 2

Alma Mater Europea, Maribor, Slovenia.

Subjects studied include Physiotherapy practical skills and assessment, Functional anatomy, Electrotherapy and Thermotherapy, Rehabilitation medicine, Manual therapy and Clinical practice.

## Sept 2015 – June 2019 Medical Care - Nursing

Medical and Cosmetics High School Maribor, Trg Miloša Zidanška 2, Maribor, Slovenia

Attended and successfully completed the nursing programme. The programme involved practical work in care homes and at a hospital as an integral part of the qualification.

## Sept 2012 – June 2018 Lower Musical school

Conservatorium for Music and Ballet Maribor, Mladinska ulica 12, Maribor, Slovenia

Studied guitar, jazz guitar and music theory throughout the programme at six hours per week of contact time.

## Sept 2007 – June 2012 Ballet preparatory school

Conservatorium for Music and Ballet Maribor, Mladinska ulica 12, Maribor, Slovenia

Attended preparatory classes in ballet for eventual entry into the Lower Musical School-Ballet course. Attended practice lessons six hours a week. Was chosen as an extra for a ballet performance (Wojchiech) in the Slovenian National Theatre, Maribor.

### PERSONAL SKILLS

Mother tongue Slovene

#### Other languages

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
Croatian	C1	C2	C1	C1	B2
English	B2	B2	B2	B2	B2
German	A2	A2	A2	A2	A2

Levels: A1 and A2: Basic user – B1 and B2: Independent user – C1 and C2: Proficient user  
[Common European Framework of Reference for Languages](http://europass.cedefop.europa.eu)

#### Communication skills

- Collaboration skills: I was part of various types of teams from an early age, first in theatre as a ballet dancer, then in a school band as a guitarist and also in sports, as part of a handball team. During my work experience in the service industry I ran my shifts smoothly, and worked successfully with my colleagues throughout the day and was always friendly towards the customers.
- Mediation skills: Through my hospital internship I always kept a calm and friendly demeanour, assuaging patients' worries and responding to their queries so that their therapy could progress and they could feel comfortable in the hospital.
- Through my work and in my surroundings I was always in contact with people of different national and ethnic backgrounds.

## Digital competences

SELF-ASSESSMENT				
Information Processing	Communication	Content creation	Safety	Problem solving
Independent user	Proficient user	Proficient user	Independent user	Independent user

[Digital competences - Self-assessment grid](#)

**Computer skills** – Competent with most Microsoft Office programmes (MS Word, PowerPoint, Excel)

**Other skills** Proficient guitar player with 11 years of experience. Enjoy all sports particularly football, handball, basketball and running. Love to travel and experience different cultures.

**Driving licence** AM, B1, B