

LUKAS RIDSTRÖM



1993



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Language

Swedish	●●●●
English	●●●●
Mandarin	●○○○

Software

Office	●●●○
AutoCAD	●●○○
Midas Civil	●○○○
MATLAB	●○○○
SketchUp	●●○○

Other Skills

Driving License B
PADI Open Water Diver
CSCS Card (UK)

Interests

Maths
Physics/Astronomy
Reading
Rock climbing/Bouldering
Snowboarding
Calisthenics
Rugby
Scuba diving
Juggling
Cooking
Cold water immersion
Breath work
Travelling

Volunteer Work

Marie Curie

A charity for the care and support of the terminally ill in the UK. A fund-raising collaboration with the University of Brighton rugby society.

World Challenge

Fund raising and hands-on work with a primary school in northern India.

EDUCATION

UNIVERSITY OF BRIGHTON

BRIGHTON, ENGLAND

BACHELOR'S DEGREE IN CIVIL ENGINEERING

SEP 2015 – JUL 2019

Graduated with an upper second-class degree 2:1 (GPA: 4.5/5)

Led a lab-based investigation on the bond strength between Ultra High Performance Fibre Reinforced Concrete (UHPFRC) and normal concrete as a potential solution for reinforcing and repairing current concrete structures.

Extensive experience in lab protocol and use of equipment e.g. hydraulic presses, LVDTs, etc.

FUDAN UNIVERSITY

SHANGHAI, CHINA

FURTHER CHINESE LANGUAGE STUDIES

JAN 2012 – JUN 2012

PRIOR

YEAR 10-12: BALWYN HIGH SCHOOL

MELBOURNE, AUSTRALIA

YEAR 9: RÖDABERGSSKOLAN

STOCKHOLM, SWEDEN

YEAR 6-7: MÅNESKÖLDSSKOLAN

LIDKÖPING, SWEDEN

YEAR 2-5, 7-8: SHANGHAI AMERICAN SCHOOL

SHANGHAI, CHINA

YEAR 0-1: JARLABERGSSKOLAN

STOCKHOLM, SWEDEN

WORK EXPERIENCE

SOVEL – SOUS CHEF

STOCKHOLM, SWEDEN

JUL 2012 – JUN 2021

Running the kitchen by manning the charcoal grill during service and keeping on top of mise en place. Responsible for managing a team of staff including delegating roles, training team members, rostering and overseeing health and safety procedures. Maintained legal and financial documents, assisted in menu creation, events and catering. Sorted out general maintenance of various tasks and have covered areas of waitering, bartending and dishwashing. Worked here full time; and part time through out my studies during holidays and some weekends.

THE MARMOT ARMS – BARTENDER/CHEF

TIGNES, FRANCE

DEC 2019 – MAR 2020

As a popular spot for après ski and late-night events I was responsible for serving drinks and food, making cocktails and creating an upbeat atmosphere for our patrons. I covered the kitchen 2 days a week and ran a karaoke night.

SPEIGEL TENT/THE MESMERIST – BARTENDER

BRIGHTON, ENGLAND

MAY 2019 – OCT 2019

The Spiegel Tent is a pop-up venue for the Brighton Fringe Festival that houses 2 performance stages and multiple bars and food outlets. I was responsible for serving drinks and washing our reusable plastic cups. I helped with the disassembly of the venue at the end of the festival. The venue was run by the owners of The Mesmerist cocktail bar where I continued my bar work over the summer after the festival's completion.

THE OLD BANK STEAK & RIBS – BARTENDER/WAITER

BRIGHTON, ENGLAND

OCT 2016 – MAY 2017

Managing the bar, making desserts, taking orders and creating a pleasant dining experience for our customers as well as helping out in the kitchen when necessary.

CAXTON ARMS SHEAPERDS NEAME – BARTENDER

BRIGHTON, ENGLAND

AUG 2015 – APR 2016

Serving drinks, making cocktails, taking food orders, setting up events and general bar upkeep.

DELAWARE NORTH COMPANIES – RETAIL/RUNNER

MELBOURNE, AUSTRALIA

SEP 2009 – FEB 2012

A giant catering company situated over multiple arenas across the globe. I started working in retail outlets selling food and beverage to the public and then moved over into running stock to outlets and setting up areas in preparation for events. Communication and teamwork were vital aspects when working with such a large number of people and venues.

TONY'S GOURMET DELIGHTS – HELP

MELBOURNE, AUSTRALIA

AUG 2009 – FEB 2012

A deli specializing in prime cuts of meat, precooked meals, assorted charcuteries and catering. I helped around the kitchen with preparing and packing food, cleaning equipment and dishes, running errands and general upkeep of the shop.