



# tayyaba mariam

Date of birth: 30/12/1986

Nationality: Pakistani

## CONTACT

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europass

## ABOUT ME

I am a hardworking and cooperative culinary arts professional with formal training and experience in reputable restaurants. My academic background and practical expertise allow me to excel in food preparation, hospitality, and customer service. I thrive in fast-paced environments, bringing teamwork, professionalism, and creativity to every role.

## WORK EXPERIENCE

**Call Arrifana** Arrifana, Portugal

### Kitchen assistant

28/07/2025 – Current

- Completed a one-year Culinary Arts course, achieving significant academic and professional growth in kitchen environments.
- Gained expertise in preparing traditional dishes such as **Sopa, Peixinho s Da Horta, Tiborna de Bacalhau, Arroz de Grão, and Polvo**.
- Acquired skills in desserts including **Açaí, Tarte de Chocolate, and Bolo de Banana**, enhancing versatility in pastry and confectionery.
- Demonstrated adaptability in mastering new recipes, strengthening teamwork, and applying technical expertise with creativity in diverse kitchen settings.

**Cygnet Healthcare** Barnsley South Yorkshire , United Kingdom

### Mental health support worker

02/01/2024 – 30/05/2024

- Built strong, trusting relationships with patients by providing continuous support and delivering person centered care by adhering to confidentiality and GDPR.
- Helped service users with cooking, cleaning, shopping and other domestic duties, promoting independence.
- Remained calm and effective under pressure to maintain high care standards against performance targets.
- Assisted patients with hygiene and disposed of hazardous and chemical waste into correct disposal systems, following company regulations.

**NHS Professionals** Chesterfield South Yorkshire , United Kingdom

### Health Support Worker

01/03/2023 – 30/09/2023

- Built positive relationships with patients and provided attentive clinical care by carrying out basic health checks on patients to evaluate patient condition, checking matters such as weight, pulse and temperature.
- By complying with 6 C values, helped patients with tasks when required such as walking, toileting and washing and feeding etc.
- Stayed in line with health and safety regulations by wearing PPE throughout patient examinations, such as gloves, aprons, and face masks.

**Domino's** Handsworth South Yorkshire , United Kingdom

### Shift Manager

15/08/2021 – 30/08/2023

- Pleasantly welcomed customers, proactively helping with browsing and purchasing needs.
- Helped open shops by preparing tills, adhering to food safety regulations, sweeping floors and conducting visual merchandising tasks.
- Re-stocked shelves within a 2-hour timeframe after closing, beating company deadlines, and working in a fast paced environment.

- Attended regular store training to keep up to date with store's regulations, emergency procedures and policies.

## EDUCATION AND TRAINING

**08/09/2024 – 09/10/2025** Lisbon, Portugal

**Diploma** Escolas do Turismo de Portugal

Website <https://escolas.turismodeportugal.pt/en/> | Field of study Culinary Arts | Level in EQF EQF level 4

**01/04/2024 – 30/06/2024** Rotherham, United Kingdom

**Certificate mental health Care** Rotherham College,

Website <https://www.rotherham.ac.uk/> | Level in EQF EQF level 1

**15/01/2021 – 30/06/2022** Sheffield, United Kingdom

**M.Sc. Hospitality and Tourism Management** Sheffield Hallam University, UK

Website <https://www.shu.ac.uk/> | Level in EQF EQF level 7

**01/01/2019 – 01/03/2020** Islamabad, Pakistan

**Master degree in education** Allama Iqbal Open University, Islamabad

Website <https://www.aiou.edu.pk/> | Level in EQF EQF level 7

## LANGUAGE SKILLS

**MOTHER TONGUE(S):** Urdu | Punjabi

**Other language(s):**

**English**

Listening C2

Spoken production C2

Reading C1

Spoken interaction C2

Writing C1

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**Portuguese**

Listening A1

Spoken production A1

Reading A1

Spoken interaction A1

Writing A1

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Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

## SKILLS

Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access | Kommunikations-Tools (Zoom, Skype, Teams) | Good Communication and Writing Skills | Good listener and communicator | Team-work oriented | Organizational and planning skills | Google Suite (Doc, Slides, Form, Sheet, Drive)