

## PERSONAL INFORMATION

## Annaice Maria Donici

 Bucuresti, Sector 4 (Romania)

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## WORK EXPERIENCE

07/2019–Present

## Volunteer Physiotherapist

"Carol Davila" military hospital, Bucharest, București (Romania)

- The application of the treatment of the medical-medical treatment;
- Patient supervision;
- Recovery of patients diagnosed.

01/2019–01/2020

## Commercial worker

Shop&Go, Bucuresti (Romania)

- Providing the necessary goods on the shelf;
- Bringing the goods from the warehouse;
- Ordering shelves by product categories and product types Exposure of the goods in an aesthetic way, attractive and easily accessible to the customers;
- Tracking the shelves and ensuring the loading of the goods according to the sale;
- Comparison, sorting and verification of goods;
- Adaptation of labels and display according to current requirements;
- Updating the labels according to the price of the respective day;
- Replacement of damaged labels;
- Checking the terms of validity of the products;
- Making the orders according to the sales of the previous day;
- Respect for verbal and written instructions given by superiors.

01/2018–07/2018

## Receptionist for shipping logistics

Depanero, Bucuresti (Romania)

- The verification of documents is unaccompanied by what went into service;
- Verification of the products received;
- Quickly or correctly fill in the internal application of the information about the goods entered;
- Taking over in a manner of defective equipment of the clients and handing over any subsequent repairs;
- Verification of the accompanying documents of the care products and the follow-up of a reception being in service;
- Checking the reception status of the products for the care of the tracking of an operating premium, as well as an accessory to see;
- Shipment of the product in service in time;
- Maintaining liaison by e-mail or telephone with the collaborating courier companies;
- Maintaining the connection with the customer department in solid solutions requested to clients;
- Communication by e-mail with the other departments;
- Proper use of handling equipment;
- Preparation of invoices for products with a quote.

10/2017–12/2017

### Warehouse order picker

Amazon, Rugeley ((Regatul Unit))

- Picking ("collecting" from the warehouse the products from each order);
- Inventory (making inventory of goods from warehouse picking once every 2 weeks);
- Checking the products after the validity date and sorting them;
- Handling the goods according to the received provisions and the workflow in the warehouse;
- Reception of goods;
- Order preparation;
- Shipment of orders;
- Performing quantitative and qualitative control;
- Storage of goods;
- Comparative verification of goods and products in stock;
- Moving goods and products to the warehouse;
- Signing the delivery documents;
- Consignment of damaged or damaged goods;
- Selection and packaging of shipping products;
- Tasks for loading and unloading goods and goods;
- Visiting the loading and unloading spaces of the goods.

02/05/2016–06/05/2016

### Balneofiziokinetoterapeut

Recovery Clinical Spite "Physical Medicine and Balneology (SCRMFB)", Eforie Nord (Romania)

- Application of mud treatment to patients;
- Recovery and therapeutic massage;
- Use of electrotherapy equipment according to the recommendations of the specialist doctor.

2013–2016

### Hidrokinetoterapeut; Kinetoterapist; Physiokinetoterapist; Masseur

SC GTL Medical Clinic SRL, Bacau (Romania)

- Realization and application of the individualized kinotherapy programs of affection in the basin;
- Carrying out the plan and the kinotherapy program at the patients' domicile;
- Recovery, therapeutic massage (relaxation, lymphatic drainage) according to the recommendations of the specialist doctor;
- Physical-kinetic programs for the recovery in diseases of the locomotor, cardio-vascular, respiratory, as well as geriatric recovery;
- Physiotherapy sessions in the electrotherapy department (low, medium and high frequency currents, low frequency magnetic field);
- Use of techniques, exercises, applications with water and heat (paraffin);
- Application of treatments by medical gymnastics;
- Prompt compliance with clinic requests and consultations.

01/06/2015–05/06/2015

### Balneofiziokinetoterapeut

Complex Balnear Bradu-Calimani, Bacau (Romania)

- Preparation of the necessary equipment for the application of the procedure;
- Patient supervision during the application of the procedures;
- Instructing the patient to use the specific treatment.

## EDUCATION AND TRAINING

2013–2016

### Certified Physiotherapist

"Vasile Alecsandri" Bacau University, Faculty of Movement, Sport and Health Sciences, Physical Therapy and Special Motility specialization, Bacau, Bacau (Romania)

## PERSONAL SKILLS

Mother tongue(s) Romanian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B1
French	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

Communication skills

- Friendly, communicative, open;
- Responsiveness to patient requirements.

Organisational / managerial skills

- team spirit;
- leadership;
- time management;
- organizational culture;
- management of public relations;
- interpersonal skills;
- resource planning in an organization.

Job-related skills

- Analytical and strategic competence;
- Social competence;
- Results orientation;
- Orientation to the needs of patients;
- Adaptability;
- Ability to work independently;
- Acquire team spirit;
- Guidance and respect for the patient;
- Capacity of organization and punctuality;
- Fairness, receptivity, new orientation, flexibility and creativity.

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem-solving
Independent user	Independent user	Independent user	Independent user	Basic user

Digital skills - Self-assessment grid

Driving licence B

ADDITIONAL INFORMATION

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## Courses

Intensive course of initiation and improvement in YUMEIHO® THERAPY

## Certifications

Yumeiho Graduation Certificate, Grade One, issued by the Yumeiho® Romanian Society

## Certifications

Reflexologists

Module: Aromatherapy and phytotherapy