


## PERSONAL INFORMATION

**Stan Andrei**

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## WORK EXPERIENCE

21/01/2019–07/04/2019

**Chef Helper**

Restaurant miorita, Buzau (Romania)

I was in training for my Chef diploma, the courses were arranged by AJOFM Valcea and had been completed at Miorita Restaurant for the practice part of the courses (3 Months) and at the AJOFM center in Buzau for the written part of the courses (3 Months).

I have improved communication skills from working with 2 chefs and 2 other chef helpers in the kitchen, also attention to details and resilience to stress from big work flows.

I helped in the kitchen at events with over 40 people so I am used to increased workflows and don't easily crack under pressure, I was in 3 such events over the course of 3 months and many more smaller events with 10+ people.

09/2016–01/2019

**Online seller**

Pandora Beauty Salon Buzău, Buzau (Romania)

While in Highschool I worked part time for my mother's beauty salon as an online seller.

I would post the products online, speak with clients and manage the transport and payment sometimes even the procuring of the products.

I have experience talking to people online and on the phone also explaining and answering questions about certain products that I research before selling.

## EDUCATION AND TRAINING

2006–2014

General School No. 3, Mangalia (Romania)

2014–2015

Economic Highschool, Mangalia (Romania)

2015–2018

**Certificate in Personal Training.**

LPS Iolanda Balas Soter, Buzau (Romania)

## PERSONAL SKILLS

Mother tongue(s)

Romanian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	B2	B2	B2
French	A1	B1	A1	A1	A1

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

I love explaining, teaching, listening and debating to a wide array of subjects such as sports, cars, IT, health, science and many more.

I'm an open minded and funny individual, I like to keep a pleasant work environment and good relationships with other people around me.

I'm a fair and responsible person.

I've been part of many teams in high school where we had to hold speeches such as different events that occurred like:

-making a project about ecology and presenting it in front of an amphitheatre full of students and explaining our ideas/findings.

-making a project about efficiency of the human body and muscle types/different training methods and resting methods for performance athletes.

I had my finals for my personal trainer certificate where I had to explain my subject of choice in front of a committee of teachers and experts in the field.

### Job-related skills

I got good communication skills from working in a kitchen with more than 7 people.

I know how to structure my time and effort to increase proficiency in the workplace.

### Digital skills

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

#### Digital skills - Self-assessment grid

I got good hardware knowledge and some software knowledge.

I know how to use the internet to search and find the answer to many problems that can and may arise.