 **Curriculum Vitae**

PERSONAL INFORMATION 

 **Paraschiv Cristian**

**Romanian,04.05.1979**

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WORK EXPERIENCE 

Apr 2017-Feb 2019 **Housekeeping** -Premier Inn Heathrow Airport

*Sheffield Road London Heathrow Airport, Hillingdon, TW6 3AF UK*

3 Stars Hotel near Heatrow Airport with double rooms,family rooms and twin rooms.

Typically activities like:

-cleans rooms, hallways, and other living or work area

- changes sheets and towels; makes beds; washes, folds, and irons clothes

- vacuums rugs, carpets, and upholstered furniture, cleans or polishes windows..

May 2015- Mar 2017 **Tehnical Mentenance**  [Heathrow Airport Terminal 4 UK](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=2ahUKEwjjoLintKjkAhUtmYsKHbFtDa4QFjAAegQIARAB&url=https%3A%2F%2Fwww.heathrow.com%2Fairport-guide%2Fterminal-4&usg=AOvVaw0t0izH5xzu4is9sOYFtLsa)

-Repair as well as installation of water systems, lifts and moves lightweight objects and equipment,fixing doors-furniture-

windows,fencing as well as basic carpentry and plumbing,etc

Feb 2009-Ian 2015 **Railway technician** Central London Railway (CLR ) UK

*Hawthorn Centre, Hawthorn Grove, London SE20 8LB Phone: 0800 5282 100*

- Mentenance or undergound railway-shovelling ballast,  workload , underground utilities,safety etc.

Apr 2008-Ian 2009 **Housekeeping &Cleaning** Jet Group UK

[*Shepperton Marina, Felix Lane, Shepperton, Middlesex TW17 8NS*](https://www.google.co.uk/maps/search/Shepperton+Marina,,+Felix+Lane,+Shepperton,+Middlesex+TW17+8NS/@51.3921625,-0.428205,17z/data=!3m1!4b1) *phone* [*01932 267777*](tel:01932%20267777)

-Perform general clean-up off all areas of the builing as directed,handle emergency cleaning and upkeep requests,ensure rooms

are maintained and fully equipped,trubleshoot with HVAC system,lighting and indoor climate control as necessary.

Iun 2006-Mar 2008 **Industial Civil Constructions** Inca Force (Civil Engineering Limited) UK

*Incaforce Civil Engineering Ltd Unit 1 Gills Madway City Estate Kent,ME2 4 NR Phone 01634 290 806*

-Construction and civil engineering worker –general builder, grout, install fiberglass sidin,assiting contractors electricians

and painters,assisting with transport and operation of heavy machinery and equipment etc

May 2002-Dec 2005 **Delegate,Desck sergeant** Star Foods EM S.R.L

*Constanta, Constanta, 900040, Constanța 900178*

-Front desck,Receiving,Invoices etc

Iun 2000-Oct 2001 **Housekeeping** Skandinavia hotel (4 stars)

*Blvd. Mamaia, Nr.443, 900001 Mamaia, Romania*

- Performing a variety of cleaning activities such as sweeping, mopping, dusting and polishing

- Ensuring all rooms are cared for and inspected according to standards

- Protecting equipment and making sure there are no inadequacies.



EDUCATION AND TRAINING 

15 Sep 1993- Jun 1997 **High School “Sportiv” Constanta**

Jul 20182009 **CSQ (Civil Construction Program) UK London**

# CSCS(Construction Skills Certification Scheme) UK London

Ian 2018 **Profesional Driving Licence AM/A/B UK London**

Apr 2017 **Level 1 Award in Health and Safety in a Construction Enviroment**

 PERSONAL SKILLS

Mother tongue(s) Romanian

Other language(s) UNDERSTANDING SPEAKING WRITING

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Listening | Reading | Spoken interaction | Spoken production |  |
| English | C1 | C1 | C1 |  | C1 |

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/en/resources/european-language-levels-cefr)

Communication skills friendliness,confidence,emphaty,open-mindedness,teamwork-independent skills

Job-related skills interpersonal and communication skills ,able to operate under pressure,Multi-tasking,Technical skills,Team work,Adaptability,Communication,Leaderhip,Time management,Detail-oriented.