

## TRISTAN GOMEZ TONGOL

#283 Puruk II Brgy. Anupul, Bamban, Tarlac

E-mail Add: [tongoltristan@yahoo.com](mailto:tongoltristan@yahoo.com)

Contact No.: 0995-224-1025



### POSITION DESIRED:

***Forklift Operator***

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### JOB OBJECTIVE:

To reveal my capabilities and practice, flexibility in all workload and it is my purpose to be an asset and an inspiration to the company and be a responsible office employee.

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### WORK EXPERIENCES:

#### **BRGY. HALL ANUPUL**

Bamban, Tarlac

Position: ***Sports Coordinator***

January 16, 2014 up to PRESENT

#### **YOKOHAMA TIRE PHILS. INC.**

Clarkfield, Pampanga

Position: ***Machine Operator/Forklift Operator***

June 2007 up to December 2013

#### **SM MART INC.**

Cubao, Quezon City

Position: ***Stock Clerk***

September 2006 – February 2007

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### SEMINAR AND TRAININGS:

- **JUST-IN-TIME SEMINAR**  
IE5 Clark Special Economic Zone  
Clarkfield, Pampanga  
April 27, 2011
- **MUDADORI**  
IE5 Clark Special Economic Zone  
Clarkfield, Pampanga  
March 26, 2011
- **GENERAL KNOWLEDGE**  
(Housekeeping, Bartending, Waitering)  
MDP Ship Maritime Training Center  
Ermita, Manila  
May 30 – June 03, 2005
- **PHILIPPINE SEAFARERS TRAINING CENTER**  
Basic Safety Training  
Personal Survival Techniques  
Fire Prevention and Fire Fighting  
Elementary First Aid  
Personal Safety and Social Responsibility  
#938 Arlegui St., cor. Aguila St.,  
Quiapo, Manila, Philippines  
November 13, 2002 – November



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**PERSONAL INFORMATION:**

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Date of Birth : February 25, 1984  
Place of Birth : Tarlac, Tarlac  
Gender : Male  
Civil Status : Married  
Height : 5'9 ½"  
Weight : 89kgs.  
Citizenship : Filipino  
Religion : Roman Catholic  
Spouse's Name : Mrs. Richel Reyes Tongol  
Language Spoken : English, Tagalog &Pampango

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**EDUCATIONAL BACKGROUND:**

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Tertiary : **INTERNATIONAL COLLEGES OF ASIA**  
Dagupan City, Pangasinan  
Course : ***Basic Seaman Course (1year)***  
2001 - 2002  
  
Secondary : **SAN ROQUE HIGH SCHOOL**  
Bamban, Tarlac  
S.Y. 2000 - 2001  
  
Primary : **BAMBAN CENTRAL ELEMENTARY SCHOOL**  
Bamban, Tarlac  
S.Y. 1996 - 1997

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**CHARACTER REFERENCES:**

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- **ALEXANDER CAUGUIRAN**  
*President*  
Clark International Airport
- **HON. JOSE M. SALTING JR.**  
*ABC President*  
Bamban Tarlac
- **HON. JOSE T. FELICIANO**  
*Municipal Mayor*  
Bamban Tarlac

*I hereby certify that the above information is true and correct to the best of my knowledge and belief.*

  
**TRISTAN GOMEZ TONGOL**  
*Applicant*