



TOMÁS ALEIXO PAIS BARROSO LOPES

CONTACTS

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PERSONAL PROFILE

Great learning ability.
Verry sociable and communicative.
Cheerful, energetic and charismatic.

VOLUNTEERING

Surf coach to people with disabilities.
Helper at Refood.

EDUCATION

Graduated in Sciences and technologies at EBSC in 2019.

English - Advanced.
Portuguese - Native.
Spanish - Intermediate.

SKILLS

- Capability of communicating in portuguese, english and spanish.
- Capable of working under pressure and in mutiple tasks.
- Capable of handling and teaching children of different ages.

PROFESSIONAL EXPERIENCE

Aqua Carca - Surf and Bodyboarding Coach

2018 - 2021

- Taught kids (5 - 12yo) the basics about the sport and introduced them to being in the water safely.
- Taught teenagers about the correct positioning in the board, begginer/advanced maneuvers and how to compete.
- Explained the correct approach and proceeding before entering in the water (warm up, the importance of being in a group, the importance of keeping calm and other guidelines).

SONAE - Continente, Warehouse and store operator

MAR. 2021 - FEB. 2022

- Resposable of discovering missing products.
- Repositor of diverse items.
- Warehouse organization.

Douro's Flavours, Sales assistant

OCT. 2020 - JAN. 2021

- Liquor seller to clients of diverse nationalities.
- Opening and closing of the store.

Capital do Natal, Animator

NOV. 2019 - JAN. 2020

- Operator in the ice tent.
- Tourist animator
- Making sure tourists were safe while navigating in the ice.