

PERSONAL INFORMATION



WORK EXPERIENCE

07/2015–10/2015

Internship Globus Project

Il Viaggio Travel CR, San Josè (Costa Rica)

Help the company achieve a higher level on the Certification of Tourism Sustainability by designing, planning and implementing new ideas; Management the databases of the company; Update tariff books for 2016;

2011–Present

Waiter/ Maintainer/ Student Collaborator Service Office

Hotel Sa Muvara, Aritzo (Nu); Idrotecnica SRL (Ca); Sarda Servizi Impianti (MC), Cagliari (Italy)

Worker under a part time contract as a Waiter; Manintenance of purifications system and supermarkets; Worker as a part-time contract as : Students documents ceck, Release University canteen budge;

EDUCATION AND TRAINING

05/05/2016–13/05/2016

Erasmus + (Surviving the 21st Century)

European Commission, Birmingham (United Kingdom)

Mix of Workshops, Role-Plays, Simulations and outdoor activities.

2013–17/03/2016

Master Degree; CDL: Policies, Society and Territory (Faculty of political Sciences); Thesis Title: " Costa Rica's model of sustainable development". Final Grade: 110/110 e lode.

EQF level 7

University of Cagliari, Cagliari (Italy)

Sociology on Local Development;

Geography of Tourism;

Sociology of the Territory;

Economy;

Law;

English;

02/2014–07/2014

Erasmus LLP

Universitatea din Bucuresti, Facultatea Stinte Politice., Bucharest (Romania)

European Political Cultures;

Revolutions and Regime Changes in Eastern Europe;

A Comparative Approach to Political Elites;

History of European Universities;

2007–2012 Bachelor's Degree; Faculty of Political Sciences; Thesis Title: "Promotion of Renewable Energy Sources. The Action in the European Union.";

EQF level 6

University of Cagliari, Cagliari (Italy)

Sociology;
Jurisprudence;
Economy;
History;
English;

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
Spanish	B2	B2	B2	B2	B2

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 Good communication and relational skills acquired during my abroad experiences (Erasmus in Romania and Internship in Costa Rica) and good skills to manage the clientele acquired through the Ersu and Waiter work time.

Organisational / managerial skills Good organisational skills acquired as a secretary in the Ussaramanna youth club (Consulta Giovanile), as a voluntary member of Civil Protection "Valenza Marmilla" and as a Student Worker.

Digital competence

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

Digital competences - Self-assessment grid

Good knowledge of the Office package, Power Point and Outlook.

Driving licence B



