



Alessandro Adandedjan

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● WORK EXPERIENCE

05/2014 – CURRENT Cagliari, Italy

PERSONAL FITNESS TRAINER SELF-EMPLOYED

- Discussing goals with clients
- Setting timelines and realistic expectations
- Working around different lifestyles
- Coaching good nutrition habits for different eating preferences
- Training technique coaching
- Coaching mindset in and outside the gym

30/09/2016 – 31/12/2016 Cagliari, Italy

PERSONAL TRAINER FORMA KALARIS

- Taking over new 1on1 clients
- Taking care of all gym members and equipment

01/2017 – 07/2017 Vienna, Austria

PERSONAL FITNESS TRAINER CLUB DANUBE FREIZEITANLAGEN GMBH

- Opening and/or closing the gym area
- Handling the fitness bar
- Taking over reception when needed
- Taking over and assessing new clients
- Taking care of existing clients (PT or not)

30/04/2018 – 30/10/2018 Propriano, France

FRONT DESK RECEPTIONIST HOTEL BELLEVUE

- Checking in/out hotel guests
- Taking over restaurant reservation
- Phone bookings
- Breakfast buffet setup
- Occasional help as restaurant waiter for big travel groups

30/06/2019 – 29/08/2019 Porto vecchio, France

VILLAGE GUIDE AND SECURITY "GUARDIEN PLACEUR" LA CHIAPPA VILLAGE

- Greeting and driving clients around the village with a golf cart
- Security work
- Package delivery

31/08/2019 – 30/10/2019 Propriano, France

RECEPTIONIST HOTEL BELLEVUE

- Checking in/out hotel guests
- Taking over restaurant reservation
- Phone bookings
- Breakfast buffet setup
- Occasional help as restaurant waiter for big travel groups

BEACH AND POOL SERVICE HOTEL MARINCA 5*

- Food and drink service for the private beach and pool
- Transporting guests from their boats to the shore via shuttle boat
- Setting up beds and umbrellas on client's request

08/2022 – CURRENT Lund, Sweden

WAITER ALICE OCH KATTENS TESALONG

- Tea and food service
- Clearing and setting tables
- Kassa
- General cleaning and maintenance

EDUCATION AND TRAINING

09/2015 – 02/2019

LANGUAGE UNDERGRADUATE WITH FOCUS ON GERMAN AND ENGLISH University of Cagliari

09/2014 – 06/2015

PERSONAL FITNESS TRAINER ISSA Europe

09/2024 – CURRENT Stockholm, Sweden

FRONT-END DEVELOPER FOR WEB AND MOBILE Chas Academy

- Html, css, Javascript
- React and React Native
- Agile
- SEO
- Accessibility
- UX and UI

Field of study IT

LANGUAGE SKILLS

Mother tongue(s): **ITALIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
FRENCH	C2	C2	C1	C1	B2
GERMAN	C1	C1	B2	B2	B2
ENGLISH	C2	C2	C1	C1	C1
SPANISH	B2	B2	B1	B1	B1
SWEDISH	C1	C2	B2	B2	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Google Drive | Google Docs | Zoom | Instagram | Facebook | Social Media | React | React native | HTML, CSS, JS