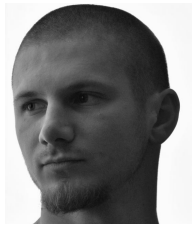


## PERSONAL INFORMATION



## Alexandru Ungureanu

📍 Strada Podul de Piatra numarul 3, 700011 Iasi (Romania)

☎ +40 747 110 909

✉ [alex.monstru@gmail.com](mailto:alex.monstru@gmail.com)

Sex Male | Date of birth 23 June 1990 | Nationality Romanian

## JOB APPLIED FOR

## Fitness and Bodybuilding Instructor

## WORK EXPERIENCE

27 January 2014–17 March 2014

## Security Guard

SC Divizia de Paza SRL, Iasi (Romania)

- assuring the safety and security of various shops in the Palas Iasi Mall Complex
- checking merchandise against inventory
- working with security cameras and specialized equipment
- managing legal documents regarding various security situations

01 November 2013–01 February 2014

## Trainee

AJOFM - County Association for Work Force Placement, Iasi (Romania)

- weapons training
- first aid training
- work place protection training
- security specific training

## EDUCATION AND TRAINING

15 September 2005–15 June 2009

## Plastic Arts Technician

"Octav Bancila" National Art College, Iasi (Romania)

- art history
- graphic and plastic design
- classic color painting
- gray scale graphic design

01 October 2009–01 July 2010

## Bachelor of Art (not obtained)

"George Enescu" University, Faculty of Decorative and Plastic Arts, Iasi (Romania)

- decorative plastic arts

01 October 2010–01 July 2013

## Bachelor of Physical Education and Sports

"Alexandru Ioan Cuza" University, Faculty of Physical Education and Sports, Iasi (Romania)

- biomechanics
- massage
- anatomy and physiology

- team sports
- management of sports teams and facilities
- martial arts
- sports history
- fitness
- deontological ethics
- didactics and pedagogy

**PERSONAL SKILLS**

Mother tongue(s) Romanian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C1
French	A2	A2	A2	A2	A2
Italian	A1	A1	A1	A1	A1

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2: Proficient user  
[Common European Framework of Reference for Languages](http://www.cedefop.europa.eu/en/files/questdocument/11811/11811_en.pdf)

**Communication skills** Team spirit - obtained by working with large teams both in the professional and in the academic environment  
 Presentation skills and public speaking - obtained through direct participation in public speaking events and giving presentations at the faculty  
 Self confidence in public speaking - obtained through years of experience, dealing with various types of crowds

**Organisational / managerial skills** Leadership skills - obtained by coordinating martial arts training groups, along with fitness and bodybuilding training sessions  
 Survival group leadership skills - obtained through many years of leading tough expeditions through Romania's most dangerous mountain ranges  
 Civic duty - spent years being a part of the Scouts

**Job-related skills** Willing and able to help colleagues with anything they need  
 Fluent in English and capable of having a conversation with native English speaking colleagues or customers  
 Detail orientated - meaning I always look into tasks in detail, making sure nothing slips by unnoticed.  
 Analytical thinking - meaning I'm always thinking objectively, seeing exactly what needs to be done and how it can be done efficiently.  
 I do not let my emotions get in the way of my work. Never afraid to speak. Always respectful.

**Computer skills** Experienced with Office solutions such as MS Office  
 Experienced with Windows based Operating Systems

**ADDITIONAL INFORMATION**

**Memberships** Member of the Scouts from 2001 to 2005  
 Practitioner of Judo since 2005, under Sensei Constantin Largu, not ranked.

Practitioner of Kendo and Iaido since 2010, under Sensei Bejenariu Gabriel, not ranked.

Practitioner of Tae Kwon Do, from 2010 to 2012, under Sensei Serban Narcis, not ranked.

Practitioner of Kickboxing and Boxing, from 2011 to 2013, under Coach Mihai Constantin, not ranked.

Practitioner of Brazilian JuJitsu and MMA, from 2012 to 2013, under Coach Adrain Marin, not ranked.

Ranked Brown Belt (1 kyu) in Shotokan Karatedo, under Sensei Arustei Sorin, practicing since 2007.

Ranked Brown Belt (1 kyu) in Aikijujutsu, under Sensei Ungureanu Catalin, practicing since 2004.

Self taught practitioner of Muay Thai since 2010.