



Vlad Cosmescu

Date of birth: 06/03/1999 | **Nationality:** Romanian | **Gender:** Male | **Phone number:**

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Address: Bucuresti, Romania (Work)

WORK EXPERIENCE

23/02/2024 – CURRENT Bucharest, Romania

UNIVERSITY TEACHING ASSISTANT UNIVERSITY OF AGRONOMIC SCIENCES AND VETERINARY MEDICINE OF BUCHAREST

- Department of Physical Education and Sport

15/08/2023 – 23/02/2024 Bucharest, Romania

PHYSICAL EDUCATION AND SPORT TEACHER SECONDARY SCHOOL NO 307

15/08/2023 – 23/02/2024 Bucharest, Romania

PHYSICAL EDUCATION AND SPORT TEACHER SECONDARY SCHOOL NO 85

01/09/2021 – CURRENT Bucharest, Romania

PILATES TEACHER MAISON PILATES

19/07/2021 – 13/08/2021

PHYSICAL EDUCATION AND SPORT TEACHER - URBAN ENGLISH CAMP EKA-EDUCATION FOR TOMORROW'S LEADERS

01/06/2021 – 01/07/2021 Romania

VOLUNTEER EURO 2020 TEAM LEADER - VENUE OPERATIONS

25/05/2021 – 25/07/2021 Romania

SOCCER COACH STELELE VIITORULUI BUCHAREST

01/09/2020 – 20/05/2021 Romania

SOCCER COACH PROSPORT ACADEMY BUCHAREST

01/06/2020 – 01/09/2020 Romania

CMR- TRANSPORT AUTO1 GROUP AG

01/11/2018 – 01/01/2024

SOCCER REFEREE BUCHAREST MUNICIPAL FOOTBALL ASSOCIATION

01/08/2018 – 01/10/2018 Bucuresti, Romania

SHOP SELLER STRADIVARIUS

2006 – 2018 Bucharest, Romania

SPORTS PERFORMANCE - FOOTBALL F.C DINAMO ŞI F.C VOLUNTARI

EDUCATION AND TRAINING

2023 – CURRENT Bucharest, Romania

PHD - SPORT SCIENCE AND PHYSICAL EDUCATION National University of Physical Education and Sport

25/07/2021 – 15/06/2023 Bucharest, Romania

MASTER - PHYSICAL EDUCATION AND LEISURE MOTOR ACTIVITIES National University of Physical Education and Sport

I finished module 2 of psychopedagogy.

01/09/2018 – 05/07/2021 Bucharest, Romania

BACHELOR DEGREE - COACH-TEACHER - FOOTBALL SPECIALIZATION National University of Physical Education and Sport

In the second year, first semester, I participated in the Erasmus+ program at VIA University, specialization Social Entrepreneurship, Denmark.
I also finished module 1 of psycho-pedagogy.

2014 – 2018 Bucharest, Romania

BACCALAUREAT DIPLOMA Theoretical High School C.A Rosetti

● LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	B2	B2	B2	B2

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

● DIGITAL SKILLS

Social Media | Microsoft Office (Word, Excel, Power Point) | Facebook Twitter Instagram | Health promotion at the workplace.

● DRIVING LICENCE

Driving Licence: B

● ORGANISATIONAL SKILLS

Organizational skills

Decision making, taking responsibility, demanding, rigorous.

● COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

- good communication skills acquired as a result of my experience as a participant in the Erasmus+ program;
- excellent interaction skills with children, acquired through my work as a referee in the Bucharest Municipal Football Association;
- team spirit, adaptability and communication skills.

● SKILLS ACQUIRED ON THE JOB

Skills acquired on the job

- social skills: empathy, patience
- leadership skills: empowering, involving;