

CURRICULUM VITAE

Alexander Laluna Cabral Jr.

Maganhan, Baybay City, Leyte

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Objective: To be able to regain a position where I applied my knowledge and experiences in the field of hospitality and tourism management, and for the attainment of the work force's vision.

Qualification: Persistent, flexible, and hardworking, can work under pressure, computer literate, with interpersonal skills that enables to work with people, self-driven, highly competent and has a passion for excellence and in service.

Personal Background:

Date of Birth:	October 10, 1996
Place of Birth:	Maganhan, Baybay City, Leyte
Age:	24
Status:	Single
Height:	5'5
Weight:	85 kg
Citizenship:	Filipino
Name of Mother:	Lydia L. Cabral
Occupation:	Housewife
Name of Father:	Alexander T. Cabral
Occupation:	OFW
Dialects/Language Spoken:	English, Cebuano, Tagalog
Hobbies and Interests:	Travelling, Cooking, Surfing the net, Music

Educational Attainment:

Post Graduate S.Y. 2019-present	MASTER IN MANAGEMENT major in BUSINESS MANAGEMENT (MM-BM) [On-going] Visayas State University – Main Campus ViSCA, Baybay City, Leyte, Philippines
Tertiary Education S.Y. 2012-2016	BACHELOR OF SCIENCE IN HOTEL, RESTAURANT & TOURISM MANAGEMENT (BSHRTM) <i>Specializing in Hotel and Restaurant Management</i> Visayas State University – Main Campus ViSCA, Baybay City, Leyte, Philippines
A.Y. 2017-2018	BACHELOR OF SECONDARY EDUCATION (BSED- 21 units) Franciscan College of the Immaculate Conception (FCIC) A. Bonifacio St., Baybay City, Leyte, Philippines

Secondary Education
S.Y. 2008-2012

Franciscan College of the Immaculate Conception (FCIC)
A. Bonifacio St., Baybay City, Leyte, Philippines

Elementary Education
S.Y. 2002-2008

Grace Christian School (GCS)
R. Magsaysay Ave., Baybay City, Leyte, Philippines

Work Experiences:

August 2019 – Present,
January 31 – July 2019,
January 22 – July 2018

Part-Time Instructor/Laboratory Instructor

Department of Tourism and Hospitality Management (DTHM)
formerly Department of Consumer and Hospitality Management
Visayas State University, ViSCA, Baybay City, Leyte

- Taught Hospitality and Tourism subjects for HRTM and HM students like World Tourism, Culinary Arts & Sciences, Western Cuisine, Asian Cuisine, Rooms Division, Food and Beverage Management & Control System, Fundamentals of Food Service Operations, Quality Service Management in Tourism and Hospitality, Food & Beverage Operations Elective, Global Tourism, Geography & Culture, Risk Management, Kitchen Essentials & Basic Food Preparation, and Gastronomy & Culture
- Taught Food & Beverage Services for TVL-HE Senior High School students.
- Conduct and Prepares Instructional Materials, Assignments, Quizzes and Exams.
- Evaluate Students' performance and prepares Midterm and Final grades.
- Attends to different committees' meetings at the department.
- Participate in co-curricular activities.

November 3, 2018
– January 4, 2019

Barista (All around service operations) at Seattle's Best Coffee
Mactan-Cebu International Airport (Pre-Departure Area)
Lapu-Lapu City, Cebu

- Welcomes customers by determining their coffee interests and needs
- Prepare or serve hot and cold food/beverages
- Describe menu items to customers or suggest products that might appeal to them
- Receive and process customer payments thru cashiering, and spot check for point of sales system
- Clean service areas such as the bar, lobby, stock room and sanitize work areas, utensils and equipment
- Receive stocks and delivery outside the airport, pull in for security checks Dry/Perishable goods during air/sea freight or daily, and make Club House & To-Go Sandwiches, Paninis and Salads
- Rotating schedules such as Opening, Mid, Closing and Graveyard Shift

August 2017 –
January 2018

Tutor/Substitute Teacher at Grace Christian School (GCS)
R. Magsaysay Ave. St., Baybay City, Leyte

- Facilitates Pupils/Children in their learning, taught covered lessons and proctor exams.

December 2016

Tourism Staff/Volunteer

Baybay Tourism & Investment Promotion Office (BTIPO)
Baybay City, Leyte

- Facilitates/organize events managed by the Tourism Office and ushered guests/visitors, provide information/inquiries for tourists and local people, and performs other tasks in and out of the office.

National Certificates:

Technical Education and Skills Development Authority (TESDA)

December 19, 2019 National Certification III – **EVENTS MANAGEMENT SERVICES**

December 18, 2019 National Certification II – **TRAVEL SERVICES**

December 17, 2019 National Certification II – **TOURISM PROMOTION SERVICES**

June 16, 2019 National Certification II – **COOKERY**

June 10, 2017 National Certification II – **HOUSEKEEPING SERVICES**

October 19, 2014 National Certification II – **FOOD & BEVERAGE SERVICES**

Training Exposure:

July 13 - September 22, 2015 On-The-Job Trainee at **Cebu Rajah Park Hotel**
Fuente Osmeña Circle, Cebu City, Philippines

- Food & Beverage, Banquet, F.O., Sales & Marketing Dept.

June 23- July 2, 2015 **(ApEx) Apprenticeship by Experience in 2GO Travel**
M/V-SJP II, Inter-Island Philippines
(Port of Manila City, Cebu City & C.D.O City)

- F&B: Mess Hall, Cafeteria, Café, Housekeeping: Cabin, Tourist and Economy Class, Front Office, Galley/Kitchen

Pre-Practicum Exposure (50 Hours):

Banquet and Catering Attendant December 20-21, 29-31, 2014
VSU Guest House and Pavilion
ViSCA, Baybay City, Leyte

Food and Beverage Attendant August 29-30 - September 6-21, 2014
MIRTH Recreational Restobar

Housekeeping Attendant

R. Magsaysay Ave., Baybay City, Leyte

December 26-31, 2013 - January 2, 2014

VSU Apartel

Lower campus, ViSCA, Baybay City, Leyte

Webinars Attended:

June 12, 2021

KAIN NA! Food Tourism 101 [with E-Certificate]

Department of Tourism – Zoom

May 20, 2021

Food Safety & Hygiene Seminar [with E-Certificate]

PEPTarsus Corp & WOFEX University – Zoom

April 19, 2021

CME ViSERDAC Webinar Series: Statistical Analysis using IBM SPSS Software for Management and Economic Research – Regression Analysis [with Certificate]

Visayas State University – Zoom

May 3-4, 2021

Infinite Escapes: Entrepreneurial Instincts toward Business Recovery [with E-Certificate]

Department of Tourism (Reg.8) – Zoom

April 19, 2021

CME ViSERDAC Webinar Series: Statistical Analysis using IBM SPSS Software for Management and Economic Research – Parametric Analysis [with Certificate]

Visayas State University – Zoom

March 26, 2021

Infinite Escapes: Front Office Operations under the New Normal [with E-Certificate]

Department of Tourism (Reg.8) – Zoom

March 25, 2021

Infinite Escapes: Ecotourism 101 [with E-Certificate]

Department of Tourism (Reg.8) – Zoom

March 22, 2021

Infinite Escapes: Sustainable Livelihood and Tourism [with E-Certificate]

Department of Tourism (Reg.8) – Zoom

March 17-18, 2021

Tourism & Technology FORUM [with E-Certificate]

Department of Tourism – Zoom

March 11, 2021

Infinite Escapes: Managing Sustainable Tourism [with E-Certificate]

Department of Tourism (Reg.8) – Zoom

March 3, 2021

Reviving Tourism Amidst CoVID-19 Pandemic [with E-Certificate]

VSU - Dept. of Tourism and Hospitality Management – Zoom

February 16, 2021	D.A.W.N.ing of Plant-based Food Revolution [with E-Certificate] School of Food Science and Technology Philippine Women's University – Zoom (Whole Day Session)
December 16, 2020	Handmade: Tourism Product Development for Inclusivity [with E-Certificate] Philippine Ecotourism Education – Zoom
December 3, 2020	Business Strategy Planning Seminar and Workshop Limitless Power Coach– Zoom
November 28, 2020	6th Graduate Research Colloquium: MS in Tourism & Hospitality Management by S.H.R.I.M De La Salle – College of St. Benilde Manila – Zoom
November 23, 2020	Kain Na! : Slow Food, Slow Travel (Global Perspectives on Slow Food and Slow Travel) [with E-Certificate] Department of Tourism – Zoom
November 13, 2020	CME ViSERDAC Training Series: Developing Fundable Research Proposals [with Certificate] Visayas State University – Zoom
October 22, 2020	2nd UNWTO Gastronomy Tourism Start-Up Competition UNWTO & Eventbrite – Youtube Live
	Supply Chain & Distribution UP Diliman - Asian Institute of Management – Zoom
October 16, 2020	Halal Friendly Establishments: Concepts, Markets and Certification (with E-Certificate) Department of Tourism – SOX (Region 12) – Zoom
October 15, 2020	Get Notice: Content Creation in Tourism Promotions (with E-Certificate) Department of Tourism – SOX (Region 12) – Zoom
	Sustainable Tourism for Better Normal Department of Tourism & WWF– FB Live
October 14, 2020	Ecotourism Opportunities: Biodiversity & Conservation ISST EVENTS – Zoom
August 27, 2020	PamanangKulinarya: Making your Location a Culinary Destination Department of Tourism (DOT Trains) – FB Live
August 6, 2020	Research Topic Generation for Hospitality and Tourism Post Graduate Students (with E-Certificate) UiTM, Malaysia in partnership with PARTH and APCoRE– Zoom

July 30, 2020	Overview of GMP and HACCP in the Food Industry (with E-C) Glenwoods Technologies Int'l., Inc. – Private FB Live Group
July 27, 2020	A Glimmer of Hope for Tourism and Hospitality Workers (with E-Certificate) TIBFI & GM Confirmation – Zoom
	Restarting Tourism Business in ASEAN (with E-Certificate) PHRI and USAHID Universitas Indonesia - Zoom
July 24, 2020	Tourism Recovery & Development: Responsibility, Sustainability and Value Creation UCSI Int'l Tourism Seminar– Zoom
July 15, 2020	Emerging Social Enterprises Innovation for Social Impact Partnership (ISIP) & UNDP - Zoom
July 9, 2020	Food Safety and Overview of Environmental Monitoring Program (with E-Certificate) Glenwoods Technologies Int'l., Inc. – Private FB Live Group
July 8, 2020	Infinite Escapes Reboot: Infection, Prevention and Control: Cleaning, Disinfection and Hygiene in Tourism and Hospitality Facilities (with E-Certificate) Department of Tourism (DOT – Reg. 8) - Zoom
	Travel Business during the New Normal Department of Tourism & Klook Travel - Zoom
July 4, 2020	Culture and Tourism: The Pitfall and Successes (with E-Cert.) Department of Tourism (DOT – Reg. 7) - Zoom
July 2, 2020	WHERE TO NEXT, TOURISM? (with E-Certificate) Eastern Visayas Tourism Association-EVTA – Googlemeet
	E-Pamanang Turismo Series, From Filipino Values to Filipino Brand of Service: Expressions in time of COVID-19 (with E-C) Department of Tourism (DOT Trains) – FB Live
July 1, 2020	Hotel Digital Marketing during COVID-19: Turning lookers into bookers Discovery Hospitality – FB Live
June 30, 2020	Boosting Tourism amid the crisis: Policies and Programmes of the Department of Tourism - PH German-PH Chamber of Commerce and Industry-GPPCI – FB
June 26, 2020	The FUTURE of CATERING: Adapting to the New Normal WOFEX University – FB Live

June 23, 2020	Strategies & Opportunities of Sommelier in F&B Service in the new normal (with E-Certificate) College of Int'l Tourism and Hospitality Management Lyceum of the Philippines UniversityBatangas– FB Live
June 19, 2020	FARM Tourism: Moving forward in the new normal Department of Tourism – FB Live
June 16, 2020	Technologies & Strategies in preventing the spread of virus in Food establishments (with E-Certificate) DOST – CALABARZON & Glenwood Technologies– FB
June 4, 2020	Essentials of Destination Marketing RiseUP.Ph– FB Live

Seminars and Workshops Attended:

October 24, 2019	Seminar on FOOD SAFETY AND INNOVATION VSU Center for Continuing Education (Department of Food Science and Technology) Visayas State University, ViSCA, Baybay City, Leyte
September 28, 2019	Seminar-Workshop on M.I.C.E and MORE The Oriental Leyte Convention Hall (Eastern Visayas Tourism Association-EVTA with the DOT Reg.8) The Oriental Leyte Hotel and Resort, Palo, Leyte
May 2, 2019	Seminar on INTERNATIONAL TRADE LAWS AND POLICIES VSU Convention Center (College of Management and Economics) Visayas State University, ViSCA, Baybay City, Leyte
March 11-13, 2019	Training-Workshop on EVENTS MANAGEMENT International Skills Republic Academy, INC. (ISRA) 0775 Jasmin St., Capitol Site, Cebu City
March 10, 2019	Training-Workshop on Tourism Promotion International Skills Republic Academy, INC. (ISRA) 0775 Jasmin St., Capitol Site, Cebu City
March 9, 2019	Training-Workshop on Travel and Tour Operations International Skills Republic Academy, INC. (ISRA) 0775 Jasmin St., Capitol Site, Cebu City
April 21, 2018	Training-Seminar on Disaster Preparedness VSU Convention Center – Events Mgt. Students Visayas State University, ViSCA, Baybay City, Leyte
January 24, 2018	Effective Customer Service Training – DOT Region 8 Baybay City Auditorium, Baybay City, Leyte

July 8, 2017	Training on Housekeeping NC II (436 Hrs.) Acedilla Technological Institute, INC. (ATI) Baybay City, Leyte
February 28, 2015	“Business and Strategy Innovation” VSU Convention Center – Events Mgt. Students Visayas State University, ViSCA, Baybay City, Leyte
September 26-28, 2014	1st Hospitality and Tourism Youth Conference - Region 8 VSU Center of Continuing Education Visayas State University, ViSCA, Baybay City, Leyte
February 15, 2014	“Proper Food Handling and Safety in the Food Production Area” Department of Consumer and Hospitality Management Visayas State University, ViSCA, Baybay City, Leyte
March 1, 2014	“Personality Development and Social Graces Seminar” VSU Center of Continuing Education Visayas State University, ViSCA, Baybay City, Leyte
September 6-8, 2013	Current Trends in Tourism Tour in Cebu and Bohol World of Adventures Travel and Tours Cebu City, Philippines
September 8, 2013	“The Latest Trend in Hospitality and Tourism Industry” Hotel Fortuna Borromeo Street, Cebu City, Philippines
April 12, 2013	Anti-Illegal Recruitment & Trafficking in Persons Campaign Seminar Baybay City Auditorium Baybay City, Leyte, Philippines

Extracurricular Activities and Participation:

April 28, 2019	Hotel Orientation, Front Office Operation – Rooms Division, and Fine Dining & Business Etiquette SEDA Hotel Ayala Center Cebu Cebu City, Philippines
March 11, 2018	Lecture on Customer Complaints (Handling Guest Complaints and Quality Service) Alta Cebu Village Resort and Convention Center Tugbungan, Pilipog Road, Cordova, Cebu City, Philippines
March 11, 2018	Lecture on Hotel Operation and Demo on Basic F&B Service Jpark Island Resort & Waterpark Maribago, Mactan, Philippines

December 17, 2016	Co-Organizer during the Rivermaya Concert - BTIPO Baybay City Gymnasium, Baybay City, Leyte
December 11, 2016	Co-Organizer during The Baybay City Marathon 2016 - BTIPO Veterans Park, Baybay City, Leyte
February 27, 2016	Usher during the event “Dribble Giggle 2016: A Basketball Exhibition for the Benefit of Immaculate Conception Parish” Baybay City Gymnasium, Baybay City, Leyte
November - Feb. 19, 2016	Logistics Chairman/Organizer of the event “PasundayagsaGugma 2016: Sonata Ko, Handog Mo Concert for a Cause” VSU Gymnatorium, ViSCA, Baybay City, Leyte
February 22, 2015	Usher during the “HIMIG HANDOG 2015: A Post Valentine Concert for a Cause” VSU Gymnatorium Visayas State University, ViSCA, Baybay City, Leyte
July 2014 – March 2015	Business Manager in the organization of Society of Hospitality and Tourism Students (SHoTS) Department of Consumer and Hospitality Management Visayas State University, ViSCA, Baybay City, Leyte
August 21, 2014	Food Service Volunteer of the Farmers and Fisher folks’Day VSU Convention Center Visayas State University, ViSCA, Baybay City, Leyte
May - June 5, 2014	President for the event World Tourism: Travel Expo ‘14 VSU Convention Center Visayas State University, ViSCA, Baybay City, Leyte
May - June 13, 2014	Logistics Coordinator of the event Mr. & Ms. Philippine Tourism 2014 VSU Gymnatorium Visayas State University, ViSCA, Baybay City, Leyte
February 28, 2014	Flambé Competition during the HRTM Month Celebration VSU Center of Continuing Education Visayas State University, ViSCA, Baybay City, Leyte
October 4, 2013	2 nd Placer in defending the case analysis: Case 2 during the Case Study Presentation of Mgmt 101(Concept & Dynamic of Management) VSU Center of Continuing Education Visayas State University, ViSCA, Baybay City, Leyte

Character Referenc

Dr. Nancy V. Dumaguing
VSU – College Instructor/Assoc.Prof.
Department of Tourism and Hospitality Management
Mobile no.09268014558

Genevieve Marie T. Bactasa, Ed.D.-Ed.Mgt.
FCIC – College Facilitator/Asst. Dean
College of Education
Mobile no. 09151729488

Ms. Nikki Lou M. Baslot
Former Cafe Manager (Shift)
Seattle's Best Coffee Mactan
Mobile no. 09279618673

Ms. Jemaima R. Lisondra
GCS–Grade 1 Teacher
Mobile no. 09066322255