



# Alexander Laluna Cabral Jr.

MAGANHAN, BAYBAY CITY, LEYTE

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## Profile

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 Data

**October 10, 1996**

Birthdate

## Education:

**Master of Management  
major in Business  
Management (On-going:  
Completed: 40 units)**

**S.Y. 2019-Present**

**Bachelor of Science in  
Hotel, Restaurant and  
Tourism Management**

*Specializing in Hotel and  
Restaurant Management*

**S.Y. 2012-2016**

*Visayas State University  
(Main Campus), VISCA,  
Baybay City, Leyte*

**Bachelor of Secondary  
Education (21 units)**

**A.Y. 2017-2018**

*Franciscan College of the  
Immaculate Conception, A.  
Bonifacio St., Baybay City,  
Leyte*

## Objective

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

## Work Experience

**VISAYAS STATE UNIVERSITY - Department of Tourism and Hospitality  
Management (5 years)**

***Instructor I (Substitute)/Laboratory Instructor (Nov. 2022 - Present)***

***Part-Time Instructor/Laboratory Instructor (Jan. 2018 - Oct. 2022)***

- 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, Gastronomy & Culture, Macro Perspective of Tourism and Hospitality, Housekeeping Operations (Half-Term), Food & Beverage Cost Control, and Quick Food Service Operations
- 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.

**Seattle's Best Coffee Mactan (November 2018 - January 2019)**

***Full-Time Barista (All around service operations)***

- 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

**Baybay Grace Christian School (August 2017 - January 2018)**

***Tutor/Substitute Teacher - Grade 1***

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

**Baybay Tourism & Investment Promotion Office (December 2016)**

***Tourism Staff/Volunteer***

- 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:

### NC III - EVENTS MANAGEMENT SERVICES

December 19, 2019

### NC II - TRAVEL SERVICES

December 18, 2019

### TOURISM PROMOTIONS SERVICES

December 17, 2019

### COOKERY

June 16, 2019

### HOUSEKEEPING SERVICES

June 10, 2017

### FOOD & BEVERAGE SERVICES

October 19, 2014

## Speaking Engagement:

**Resource Person in the  
Graduate Seminar Series:  
Webinar on Entrepreneurial  
Up-Skilling of the Livelihood  
Associations in this time of  
Pandemic**

October 23, 2021

VSU Dept. of Business and  
Management

**Resource Person in Risk  
Reduction and  
Management Methods in  
Vacation Bible School**

June 30, 2022

Baybay Grace Baptist  
Church, R. Magsaysay Ave.  
St., Baybay City, Leyte

**Resource Person in  
Hospitality and Tourism  
Skills' Training Series:  
Effective Customer Service  
and Customer Handling  
Complaints**

December 14, 2022

Merida Tourism Office  
Merida, Leyte

**Resource Person in Philippine  
Gastronomy in CAEd152**

**Himo: A Webinar on different  
types of Creative Industries  
in the Philippines**

January 28, 2023

Visayas State University,  
ViSCA, Baybay City, Leyte

## Training Exposure

July 13 - September  
22, 2015

On-The-Job Trainee at **Cebu Rajah Park Hotel**  
Fuente Osmeña Circle, Cebu City, Philippines

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 & Cagayan De Oro City)

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

## Pre-Practicum Exposure (50 Hrs.)

December 20-31, 2014

**Banquet and Catering Attendant**  
VSU Guest House and Pavillion  
ViSCA, Baybay City, Leyte

August-September,  
2014

**Food and Beverage Attendant**  
MIRTH Recreational Restobar  
R. Magsaysay Ave. St., Baybay City, Leyte

December 2013-  
January 2, 2014

**Housekeeping Attendant**  
VSU Apartelle  
ViSCA, Baybay City, Leyte

## Webinars Attended

August 22-26, 2022

**Recovery Efforts Boosting Opportunities Over Time  
(R.E.B.O.O.T) Online Series**

**Episode 1 - Adapting 21st Century Skills for  
Hospitality and Tourism - Our Road to Success  
Towards Recovery**

**Episode 2 - Entrepreneurship Opportunities in  
Tourism: Pursuing Innovation as Key to Success  
Information**

**Episode 3 - Greater Heights: Pursuing Tourism  
Development for Sustainable and Inclusive  
Recovery**

Department of Tourism - Region 8 - Zoom

June 3, 2022

**MULAT: Redesigning Grey Ideology in Hospitality  
and Tourism Industry - Preparing for Green Launch  
[with e-Certificate]**

Bulacan State University - Sarmiento Campus - Zoom

May 31, 2022

**Tourism and Hospitality Education: Moving on to  
the 4N's" [with e-Certificate]**

Tourism Industry Board Foundation, Inc. - AAHRMEI & REX  
Education

May 20, 2022

**"Level Up Your Career: Learn All the Secrets in the  
Tourism Industry [with e-Certificate]**  
STI Cubao - Zoom

## Extracurricular Positions:

### Co-Organizer -

#### Rivermaya Concert, BTIPO

*December 17, 2016 - Baybay City Gymnasium, Baybay City Leyte*

#### Co-Organizer - The Baybay City Marathon 2016, BTIPO

*December 11, 2016 - Veterans Park, Baybay City, Leyte*

#### Usher - "Dribble Giggle 2016: A Basketball Exhibition for the Benefit of Immaculate Conception Parish"

*February 27, 2016 - Baybay City Gymnasium, Baybay City, Leyte*

### Logistics

#### Chairman/Organizer - "Pasundayag sa Gugma 2016: Sonata Ko, Handog Mo Concert for a Cause"

*November - February 19, 2016 - VSU Gymnatorium, Baybay City, Leyte*

#### Usher - "HIMIG HANDOG 2015: A Post Valentine Concert with a Cause"

*February 22, 2016 - VSU Gymnatorium, Baybay City, Leyte*

#### Business Manager - Society of Hospitality and Tourism Students (SHoTS)

*July 2014 - March 2015 - Department of Tourism and Hospitality Management, VSU, ViSCA, Baybay City, Leyte*

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May 18, 2022

**Padayon Turismo: Rebuilding Tourism and Hospitality through Gastronomy [with e-Certificate]**  
STI Cubao - GPLH Events - Zoom

April 20, 2022

**Food Fraud and Food Defense [with e-Certificate]**  
DOST - CALABARZON - Zoom

March 28-29, 2022

**Strategic Marketing for Hospitality and Tourism [with e-Certificate]**  
Department of Tourism - Region 8 (Zoom)

March 19, 2022

**Quantitative Approaches in Text Analysis: Leveraging Text Mining Methods for Analyzing Customer Experience [with e-Certificate]**  
De La Salle - CLSB - SHRIM (Zoom)

March 3, 2022

**Politics and the Future of Tourism in the Philippines [with e-Certificate]**  
VSU DTHM - Zoom

February 12, 2022

**Tourism and Hospitality in Asia: A Review of Critical Issues, Challenges and It's Development [with e-Certificate]**  
De La Salle - CLSB - SHRIM - Zoom

December 6, 2021

**CME Orientation 2021 [with e-Certificate]**  
VSU College of Management and Economics- Zoom

October 18, 2021

**"Digital Transformation and Defining New Indicators Towards Tourism Recovery and Rebuilding" [with E-Certificate]**  
VSU College of Management and Economics- Zoom

October 15, 2021

**"The Future of Food and Beverage Industry" [with E-Certificate]**  
WorldBEX Services Int'l/Manila Foods & Beverage Expo - Zoom

October 7-8, 2021

**2nd Tourism & Technology Forum (A Hybrid Events) [with E-Certificate]**  
Tourism Promotions Board PH - Zoom

August 2, 2021

**"UNLOADING THE BAGGAGE: Check-in on the Impacts of COVID-19 in Hospitality and Tourism [with E-Certificate]**  
LPU DAVAO-DTHM - Zoom

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

March 26, 2021

**Front Office Operations under the New Normal**  
Department of Tourism Reg. 8 - Zoom

March 11, 22 & 25, 2021

**Sustainable Tourism Webinar Series: Managing Sustainable Tourism, Sustainable Livelihood and Tourism, and Ecotourism 101 [with E-Certificate]**  
Department of Tourism Reg. 8 - Zoom

March 3, 2021

**Reviving Tourism Amidst the COVID-19 Pandemic [with E-Certificate]**  
VSU DTHM - Zoom

## Seminars & Workshops Attended

July 26-28, 2022	<b>Church Response in Crises and Disasters</b> Crisis Relief Wesley - Singapore RDE Hall, ViSCA, Baybay City, Leyte
October 24, 2019	<b>Seminar on FOOD SAFETY AND INNOVATION</b> DFST & Glennwood Technologies, Inc. VSU Center for Continuing Education, ViSCA, Baybay City, Leyte
September 28, 2019	<b>Seminar-Workshop on M.I.C.E and MORE</b> Eastern Visayas Tourism Association & DOT Region 8 The Oriental Leyte Convention Hall, The Oriental Leyte Hotel and Resort, Palo, Leyte
May 2, 2019	<b>Seminar on INTERNATIONAL TRADE LAWS AND POLICIES</b> VSU Convention Center (College of Management and Economics), Visayas State University, ViSCA, Baybay City, Leyte
March 9-13, 2019	<b>Training-Workshop on EVENTS MANAGEMENT, Tourism Promotions, and Travel &amp; Tour Operations</b> International Skills Republic Academy, INC. (ISRA) 0775 Jasmin St., Capitol Site, Cebu City
April 21, 2018	<b>Training-Seminar on Disaster Preparedness</b> VSU Convention Center - Events Management Students Visayas State University, ViSCA Baybay City, Leyte
January 24, 2018	<b>Effective Customer Service Training - DOT Reg. 8</b> Baybay City Auditorium, Baybay City, Leyte
July 8, 2017	<b>Training on Housekeeping NC II (436 Hrs.)</b> Acedilla Technological Institute, INC. (ATI), Baybay City, Leyte
February 28, 2015	<b>"Business and Strategy Innovation"</b> VSU Convention Center - Events Management Students Visayas State University, ViSCA Baybay City, Leyte
September 26-28, 2014	<b>1st Hospitality and Tourism Youth Conference</b> VSU Convention Center - Events Management Students Visayas State University, ViSCA Baybay City, Leyte

## Extracurricular Activities and Participation

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

### Food Service Volunteer - Farmers and Fisherfolk's Day

August 21, 2014 - VSU  
Convention Center, VSU,  
ViSCA, Baybay City, Leyte

### President - World Tourism: Travel Expo'14

May - June 5, 2014 - VSU  
Convention Center, VSU,  
ViSCA, Baybay City, Leyte

### Logistics Coordinator - Mr. & Ms. Philippine Tourism 2014

May - June 13, 2014 - VSU  
Gymnatorium, VSU, ViSCA,  
Baybay City, Leyte

## Membership in Organizations:

### Eastern Visayas Tourism Association (EVTA)

2019-Present

### Society of Hospitality and Tourism Students

2012-2016

## Character References:

### Genevieve Marie T. Bactasa, Ed.D

FCIC - College Dean  
0915-172-9488

### Ms. Nikki Lou M. Baslot

Former Café Manager  
Seattle's Best Coffee Mactan  
0927-961-8673

### Ms. Jemaima R. Lisondra

GCS - Grade 1 Teacher  
0906-632-2255