



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 a regular 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 (January 2018 - Present) [4 years]

Part-Time Instructor/Laboratory Instructor

- 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, and Housekeeping Operations (Half-Term)
- 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

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

**NC II - TOURISM
PROMOTIONS SERVICES**
December 17, 2019

NC II - COOKERY
June 16, 2019

**NC II - HOUSEKEEPING
SERVICES**
June 10, 2017

**NC II - 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*

**Judge on the DTHM
Virtual Skills
Competition**

*March 31, 2022
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	Church Response in Crises and Disasters Crisis Relief Wesley - Singapore RDE Hall, ViSCA, Baybay City, Leyte
October 24, 2019	Seminar on FOOD SAFETY AND INNOVATION DFST & Glennwood Technologies, Inc. VSU Center for Continuing Education, ViSCA, Baybay City, Leyte
September 28, 2019	Seminar-Workshop on M.I.C.E and MORE Eastern Visayas Tourism Association & DOT Region 8 The Oriental Leyte Convention Hall, 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 9-13, 2019	Training-Workshop on EVENTS MANAGEMENT, Tourism Promotions, and Travel & 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 Management Students Visayas State University, ViSCA Baybay City, Leyte
January 24, 2018	Effective Customer Service Training - DOT Reg. 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 Management Students Visayas State University, ViSCA Baybay City, Leyte
September 26-28, 2014	1st Hospitality and Tourism Youth Conference VSU Convention Center - Events Management Students Visayas State University, ViSCA Baybay City, Leyte

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
	Lecture on Hotel Operation and Demo on Basic Food & Beverage Service 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