

António Sobral

Personal Information

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Work Experience

- 2024-2026 **Construction Worker**, Melides, Portugal.
- 2018-2023 **Agricultural Worker and Manager**, Melides, Portugal.
Sheep farming.
- 2015-2017 **Hotel attendant**, Church of Jesus Christ, Stockholm, Sweden.
- 2012-2015 **Cleaner**, ISS Facility Services, Oslo, Norway.
- 2010 **Kitchen Assistant**, Kafé Tenerife, Oslo, Norway.
Prepared various Portuguese and Spanish dishes in a hectic work environment, which required great flexibility and ability to work under pressure.
- 2009-2011 **Cleaner**, Kvalitets Fokus, Oslo, Norway.
- 2002-2015 **Volunteer Work**, Portugal and Norway.
Spanish Teacher and translator for three years at the Church of Jesus Christ of Latter-Day Saints.
Participation as a volunteer in diverse charitable organizations in order to help the people who struggle with loneliness, addiction, or psychological challenges – as well as providing general support to families.
- 2002 **Vehicle Inspector** – Cars and Trucks, Lisbon, Portugal.
- 2000-2002 **Driving Instructor** - Class B and C, Lisbon, Portugal.
- 1992-2000 **Assistant Daily Leader**, Cafeteria, Lisbon, Portugal.
Responsible for sanitation, quality of food production, ordering of goods, and food storage. Here, I developed both my abilities to work as a member of an organization and to manage resources. Received many positive reviews and comments from guests and managers about high quality and efficiency.
- 1987-1992 **Agricultural Worker**, Melides, Portugal.
Farming of tomatoes.

Education

2002-2008 **Bachelor in Business Management**, ISCTE-IUL, University of Lisbon.
Areas of study: Business Administration, Economy, Business Strategy, Accounting, Entrepreneurship, Marketing, and a Business Project which included creating a complete economical/financial project for the building of a nursing home.

Courses

2012 **Occupational Information and Case Management** , Syslab, Oslo.
Workplace qualification course with Norwegian course at a high level.
Introduction to case management, labor laws, as well as Norwegian work life and work culture.

2011 **Occupation and Communication Course**, Stamina Kurscenter, Oslo – 15 weeks.
Qualifying in Norwegian and general communicational competence with focus on spoken Norwegian and participation in society and the workplace.

2009-2010 **Norwegian Course**, Oslo Voksenoppl ering, Smedstua – 339 hours.

2004-2008 **Religious Institute Course**, The Church of Jesus Christ of Latter-day Saints, Lisbon, Portugal.
Study of the standard works of the Church of Jesus Christ.

1999 **Driving Instructor Course**, EPST, Figueira da Foz, Portugal.

1992 **Cafeteria and Food Preparation Training**, EPAM, Lisbon, Portugal.
Food preparation, food storage, cafeteria administration, sanitation and use of equipment.

Languages

- Norwegian – good, spoken and written.
- English – good, spoken and written.
- Spanish – fluent, spoken and written.
- Portuguese – native language.

Interests

- Volunteer work in charitable organizations and in the church.
- Sports – swimming and football.
- Cooking – preparation of Portuguese and Spanish dishes.