




SOFIA ERATO KONTA KI


Date of birth: 04/03/2002


Place of birth: KAVALA, Greece

Nationality: Greek

CONTACT

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WORK EXPERIENCE

Karnagio Beach Bar Thassos, Greece

Head waitress (Seasonal-Summer period)

01/06/2020 – Current

- Ensuring high standards of customer service
- Taking orders and serving food and beverages efficiently
- Supervising junior staff and assisting in staff training
- Handling customer complaints and resolving issues promptly
- Collaborating with kitchen and bar staff to ensure smooth service
- Managing daily cash register and processing payments

EDUCATION AND TRAINING

2017 – 2020 Greece

Secondary School Leaving Certificate General Lyceum of
Limenas Thassos

Level in EQF EQF level 4

2020 – 2024 Greece

Bachelor's Degree in Nursing International Hellenic University
(IHU)

- Clinical training across multiple hospital departments including: Internal medicine, general surgery, pediatrics, gynecology, psychiatric care, intensive care units (ICU)
- Practical experience in both hospital wards and community-based primary care settings during all semesters
- Participation in Erasmus+ mobility programme at the Escola Superior de Enfermagem de Coimbra, Portugal
- Clinical practice at a kidney transplant unit in a hospital setting
- Internship in primary healthcare and public health services

Final grade 8,73 | **Level in EQF** EQF level 6 | **Type of credits** ECTS |
Number of credits 240

2024 – CURRENT Greece

**MSc in Quality, Safety, Security, Health and Enviromental
Management** Democritus University of Thrace

Level in EQF EQF level 7

LANGUAGE SKILLS

MOTHER TONGUE(S): Greek

Other language(s):

English

Listening C1

Reading C1

Writing C1

Spoken production C1

Spoken interaction C1

German

Listening B2

Reading B2

Writing B2

Spoken production B2

Spoken interaction B2

Russian

Listening A2

Spoken production A2

Reading A2

Spoken interaction A2

Writing A2

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

SKILLS

Critical thinking | Time Management: | Organisation skills | Adaptability

DIGITAL SKILLS

ECDL PROFILE CERTIFICATE

DRIVING LICENCE

● **Driving Licence:** B

07/06/2022 – 07/06/2035

HOBBIES AND INTERESTS

● **Hiking**

● **Stand-Up Paddle**

● **Travel**

HONOURS AND AWARDS

2018 Hellenic Mathematical Society

● **Distinction in the “Thales” and “Archimedes” Mathematics Competitions**

Achieved distinction in the national mathematics competitions “Thales” and “Archimedes” during the first year of upper secondary school (Grade 10).