

## Alexander Laluna Cabral Jr.

Maganhan, Baybay City, Leyte

09271386965

alcabral10@yahoo.com



**Objective:** To be able to regain a position where I could apply 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:	80 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	<b>MASTER IN MANAGEMENT major in BUSINESS MANAGEMENT (MM-BM) [On-going]</b> Visayas State University – Main Campus ViSCA, Baybay City, Leyte, Philippines
Tertiary Education S.Y. 2012-2016	<b>BACHELOR OF SCIENCE IN HOTEL, RESTAURANT &amp; TOURISM MANAGEMENT (BSHRTM)</b> <i>Specializing in Hotel and Restaurant Management</i> Visayas State University – Main Campus ViSCA, Baybay City, Leyte, Philippines
A.Y. 2017-2018	<b>BACHELOR OF SECONDARY EDUCATION (BSED- 21 units)</b> 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 Management & Control System, 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 and Risk Management
- 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
- 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
- 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**  
R. Magsaysay Ave., Baybay City, Leyte

Housekeeping Attendant

December 26-31, 2013 - January 2, 2014  
**VSU Apartel**  
Lower campus, ViSCA, Baybay City, Leyte

**Character Reference:**

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

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

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

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