



## Lucia-Teona Vrabie

**Date of Birth:** 02/05/1999 | **Citizenship:** Romanian | **Gender:** Female | **Phone number:**

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### PROFESSIONAL EXPERIENCE

**PHYSICAL THERAPIST – SC KINEGO SRL – 06/13/2022 – Currently employed – IAȘI, ROMANIA**

**PHYSICAL THERAPIST – KINETIC SPORT & MEDICINE – 10/11/2021 – 06/01/2022 – IAȘI, ROMANIA**

**VOLUNTEER – NATIONAL ORGANIZATION OF ROMANIAN SCOUTS – 2009 – Ongoing**

- Assistant Leader
- Organizing weekly meetings for children and youth
- Organizing activities for children and youth
- Organizing events at the local, regional, and national levels
- Trainer

**STUDENT REPRESENTATIVE ON THE FACULTY COUNCIL – FACULTY OF PHYSICAL EDUCATION AND SPORTS – 02/14/2020 – 2023 – IAȘI, ROMANIA**

**STUDENT REPRESENTATIVE ON THE UNIVERSITY SENATE – “ALEXANDRU IOAN CUZA” UNIVERSITY OF IAȘI – 02/14/2020 – 2023 – IAȘI, ROMANIA**

**VICE PRESIDENT – STUDENT COUNCIL – 2015 – 2017**

**VOLUNTEER – “ȘANSA” ASSOCIATION – 2010–2013 – 2017**

### EDUCATION AND PROFESSIONAL TRAINING

September 27, 2021 – 2023 Iași, Romania

**MASTER’S STUDENT** “Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sports

**Field of Study:** Kinesiotherapy in Sports Traumatology

2018 – June 20, 2021 Iași, Romania

**GRADUATE** “Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sports

**Field of Study:** Kinesiotherapy and Special Motor Skills

October 26, 2019 – November 1, 2019 Lithuania

**YOUTH PASS CERTIFICATE: YOUTH EXCHANGES “I KNOW MY RIGHTS”** Erasmus+, Mano Europa

April 27, 2019 – May 3, 2019 Italy

**YOUTH PASS CERTIFICATE FOR YOUTH EXCHANGES “HEALTHY MIND IN A HEALTHY BODY”** Erasmus+, ABICI Association

December 12, 2018 – December 20, 2018 Spain

**YOUTH PASS CERTIFICATE YOUTH EXCHANGES "GLOBAL YOUTH ADVOCACY"** Erasmus+, Joint Association

January 27, 2017 – January 29, 2017

**SOCIO-EDUCATIONAL ACTIVITIES TRAINING PROGRAM** National Organization of Romanian Scouts

September 6, 2015 – September 12, 2015

**NATIONAL SCOUT EDUCATION WORKSHOP** National Organization of Romanian Scouts

2014–2018 Pașcani, Romania

**HIGH SCHOOL DIPLOMA** “Mihail Sadoveanu” National High School

## ● LANGUAGE SKILLS

Native language(s): **ROMANIAN**

Other language(s):

|                | COMPREHENSION       |         | SPEAKING        |              | WRITING |
|----------------|---------------------|---------|-----------------|--------------|---------|
|                | Oral                | Reading | Oral Production | Conversation |         |
| <b>ENGLISH</b> | Comprehension<br>B1 | B1      | B1              | B1           | B1      |

*Levels: A1 and A2 Basic User B1 and B2 Independent User C1 and C2 Proficient User*

## ● SKILLS

Microsoft Office (Word, Excel, PowerPoint) | Proficient use of communication programs (email, Messenger, Skype, etc.) | Proficient use of a PC

## ● COMMUNICATION AND INTERPERSONAL SKILLS

### Communication and interpersonal skills

- Ability to understand patients' needs and emotions, providing emotional and motivational support during the recovery process
- Handling difficult situations calmly, supporting patients during times of physical or emotional distress
- Collaborating effectively with medical colleagues to create personalized treatment plans
- Strong communication skills acquired through my experience as a leader and trainer at the National Scout Organization of Romania, as a volunteer with the “Șansa” Association in 2010, and as a participant in Erasmus+ exchange programs
- Excellent skills in interacting with children and young people, acquired through my leadership role at the National Scout Organization of Romania, where I supported non-formal education activities, and as a camp counselor at the “Together for Youth” (3rd edition) and “The Survivor” (1st edition) camps

## ● ORGANIZATIONAL SKILLS

### Organizational Skills

- Creating and managing individualized recovery programs for patients, ensuring optimal use of time.
- Quickly identifying alternative solutions when patients encounter difficulties or when changes occur in the program.
- Strong organizational skills acquired through: - serving as secretary at national Scout camps and at the “Together for Youth” camp, 1st and 2nd editions; - organizing various Scouting events at the local, regional, and national levels; - organizing various school activities;
- Leadership experience gained through coordinating Scout groups, activities, and events.