

Gellie Vichozo

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Education & Training

National Certificate II in Caregiving | Universidad de Sta. Isabel | 04/10/2017 - 30/05/2018 | Naga City, Philippines

- Provision of personal care and assistance with activities of daily living (ADLs) such as bathing, feeding, grooming, and mobility support
- Monitoring and reporting of client's health condition and vital signs
- Basic healthcare procedures and first aid application
- Care for elderly, persons with disabilities, and patients with special needs
- Communication and emotional support for patients and families
- Implementation of patient safety, infection control, and emergency procedures
- Proper documentation and reporting of care provided

Level in EQF: 5

Bachelor of Science in Food Service and Institutional Management | Universidad de Sta. Isabel | 13/06/2011 - 21/03/2015 | Naga City, Philippines

Food service operations and institutional management with practical exposure in hospitality settings

- Housekeeping operations, hotel room maintenance, and cleanliness standards (OJT at The Manor Hotel)
- Application of hygiene, sanitation, and safety procedures in accommodation services
- Customer service and guest relations in a hotel environment
- Time management, teamwork, and workplace discipline in a professional hotel setting
- Support in maintaining quality standards in food service and housekeeping departments
- Exposure to real hotel operations through on-the-job training (housekeeping department)

Level in EQF: 6

Work experience

Warehouse worker | Ceva logistics | 12/02/2026 - Current | Swiebodzin, Poland

- Repacking and processing items such as clothes, shoes, and jewelry
- Sorting, labeling, and organizing goods for storage or shipment
- Checking items for quality and completeness
- Packing orders according to company standards
- Maintaining cleanliness and following safety procedures in the workplace

Adult community care worker | Amble Takamachi | 15/06/2023 - 15/02/2026 | Tokyo, Japan

- Provided personal care and assistance with daily living activities (bathing, dressing, feeding, mobility support)
- Assisted elderly clients with hygiene, comfort, and routine care needs
- Monitored and reported changes in clients' health condition
- Ensured safety, cleanliness, and infection control in the care environment
- Offered emotional support and companionship to elderly residents

Skills

health and safety in the workplace | first aid | assess others feelings | assume responsibility