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LANGUAGE & EUROPEAN PROJECTS EXPERT



Erasmus+

# Erasmus+ mobility preparation phase

By ALFMED

*ALFMED TIPS for a #premium mobility CV*

Dear Erasmus mobility facilitator,

You are about to select and prepare your students for an ERASMUS+ Mobility at ALFMED – Perpignan – France.

We pay a lot of attention to the **preparation phase of a Mobility** because it is essential to work on an **optimum ‘matching’**

between your student– Vocation VET profile  
and  
our hosting French companies available work placements

This is why we kindly ask you to assist your students in editing a *#premium Mobility CV*.

To help you and them in this regard, we have prepared

- this document as an annex if you conduct this workshop
- this Vidéo that you can use with your participants to go through some examples and tips

**Why?** because a CV (even in English or Spanish, eventually in French) is the first contact with her/his hosting company!!

Thanks for your assistance in this process.

**ALFMED team**

*You need more tips? Assistance and information? Do not hesitate!*

☎ +33 625220090  
✉ mail erasmus@alfmed.com



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[illegible][illegible][illegible]

**Profile**

*The central description of the beneficiary, when and where the problem occurred*

**Work experience**

*Well done, (everything appears)*

**Job details**

*Short description of tasks done during the internship period*

**Skills**

*Very useful*

**Education and training**

*Important notice: It's important to write exactly what happened and what is being studied.*

**Language skills**

*The participant added in this language the language she speaks as well as the exact level, so the case, she says she has a B2 level of English.*

*Very important as it gives a general idea of the complete of what's the background level of the future interns. Very useful*

**Contact details**  
All information appears:  
- Date of birth  
- Email address  
- Phone number  
- Home address

The key information missing would be the nationality.

**Profile**  
While it is good to talk about personal skills, there is no need to develop them in the field, just mention a few relevant skills.

In this case, the participant mentioned:  
- extroverted  
- friendly  
- organised

**Language skills**  
The participant added all the languages she speaks as well as the exact level. Very useful when the employer has not previously met the intern.

**europaiss**

Please make sure the photo is professional NOT "INSTA"

**Education**  
It is important to know what level of education you have, and about the course, university, and the grades getting to know more the participant.

**Work experience**  
The participant has no working experience, therefore she started talking about her education and training. This is the right approach:  
- Name of the diploma  
- the dates of study  
- the level where she will obtain her diploma.

**Skills**  
The participant talked about her team and personal skills:  
- organisation  
- leadership  
- very well know  
- those skills help define the value of her personality & attitude

**digital skills**  
Great idea to highlight his skills, knowing how to use different software is an added bonus.

**Contact details**

Everything is well done, well completed. All information appears.

**Profile**

He put his studies / diploma and he talks about his personality.

>>> It's important to highlight his personal skills / his professional attitude.

**Education and training**

Very good:

- Name of the diploma
- Period of studies
- No description, but link towards the website

**Work experience**

Small done, everything highlighted.

Big details

Nothing personal

Clear description of tasks done

**Skills**

Very good

He is in a position to put it in / helps to fight on / personal skills, interesting addition.

**Languages**

It's important to add all the languages with their level, very useful and interesting addition, gives details on the intern.

**Digital skills**

Good idea to highlight his skills. Knowing how to use different softwares is an added bonus.

**Hobbies and interests**

It has to be relevant with the internship desired.

For example: something that shows leadership, initiative or that highlights his character.

# HOW TO DO YOUR **#Premium Mobility CV**

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**Tips & best practices  
to prepare your CV**



You are  
applying for  
an Erasmus  
Mobility  
grant ?  
So we need  
an efficient  
CV !

TO valorize &  
present YOU  
to our French  
companies

YOU can use a  
CV in English  
no problem  
BUT it has to  
be WELL  
DONE !



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1

# #Premium Mobility CV

## Oran Kunkels

Commis Chef

### Profile

Enthusiastic and driven with a passion for cooking, currently working as a Commis Chef for the past year. My ambitions are to work in fine dining as this is where my passions and drive come from. I've competed in a local competition in the college ran by the Chef Ireland Magazine where I won 2 gold medals and a silver medal. Cooking is my passion and I spend most of my spare time experimenting and recreating fine dining dishes. I have been influenced by the chef Raymond Blanc, not just on the cooking of the food but the source of the ingredients and in this respect, I have been growing my own vegetables and herbs.

### Employment History

#### Commis Chef at Carlton Hotel Dublin Airport,

August 2021 to date

- Experience of working as a Commis chef in a busy kitchen, learning the basics of HACCP, Time Management, Mise en place and Preparation for service
- Working in different sections of the kitchen and functions of large numbers.
- Working as a team in a kitchen with effective timing to execute dishes

#### Kitchen Porter at Grand Hotel Malahide

October 2019 — March 2020

#### Kitchen Porter at Jones Garden Centre Cafe, Donabate

May 2019 — October 2019

### Education

#### Level 5 & 6 Commis Chef Apprenticeship, Colaiste Ide, Finglas

September 2021 to date

- Commis Chef Apprenticeship, currently starting my 2nd year of a 2-year course.
- Studied modules such as Food Safety, Basic pastry, Larder, Culinary skills and Standards, Classical Cuisine and Scientific cooking.

#### Level 4 QQI, Ballark CTC, Santry

November 2017 — April 2019

#### Junior Cert, Fingal Community College, Swords

September 2013 — September 2017

### References

## References

No need to add this as companies will not check for references.



A picture with a smile is **great!**



### Details

XX street in Ireland  
99999998  
01/01/2007  
student@gmail.com

### Details

Peyton included his **contact details**, however he **forgot** to put his **phone code number**.

>>This is **important** as we will create a WhatsApp group prior to the students arrival.

**Date of birth** always has to be **included** in the CVs



### Skills

Culinary Creativity

Culinary Techniques

French Language A1 level

### Skills ≠ languages

Peyton should have created a **separate sector** for his **languages**.

Good to give details on Languages!! he did a **good job** by giving us his **exact level** = A1



### Profile

**Good addition to the CV.** It can be long or short **description**, it has to be clear.

### Priority to

- the **education / diploma**
- work experience
- OR **personal skills / interesting facts** (volunteering...)



Giving more information about achievements

### Employment history

**Job name, working period and short description** all appear in his CV. This highlights his skills, **very good job.**



### Education

Perfect!  
\* **diploma appears**, we can clearly know what's his level (year of study)

**This is very helpful**, especially when there is no working experience.

>>> **The company will appreciate the details to understand**

- what he **studies**
- what he is **capable of**
- what he **could do** during the internship



## 2 #Premium Mobility CV

### Contact details



- Nationality
- Date of birth
- Email address
- Phone number
- Home address



He put his **studies / diploma** and he talks about his **personality**.

>> It's important to highlight his personal skills / his professional attitude. 🙏



Well done.  
**everything**  
appears:

- Job details
- Working period
- Short description of tasks done



## Education and training

**Very good:**

- Name of the diploma
- Period of studies
- No description, but link towards the website



Here we have all **complementary courses** BUT we need to have the **name of the diploma.**

>> It's important to add **all the languages with their exact level**. Very useful when the company has not previously met the intern.



## Digital skills

**Great idea** to highlight his **skills**: knowing how to use **different softwares** is an **added bonus**.



### Hobbies and interests

It has to be **relevant** with the internship desired.  
*For example: something that shows leadership, initiative or that highlights his character.*





# 3

## #Premium Mobility CV

### Contact details

All information appears:

- Date of birth
- Email address
- Phone number
- Home address



The only information missing would be the nationality.

### Profile

While it is **good to talk** about personal **skills**, there is no need to develop them in this field. Just mention a few relevant skills.

In this case, the participant mentioned:

- extroverted
- friendly
- organised



### Language skills

The participant added all the **languages** she speaks as well as the **exact level**. **Very useful** when the company has not previously met the intern.



**Sofija Adamkevičius**

Domicile : Gatvė XX, Miestas en Lithuanie

Adresse électronique: student@gmail.com

Téléphone: (+370) 99999999

Instagram: @erasmusstudent

Date de naissance: 03/03/2006 Nationalité: lithuanienne

### JE ME PRÉSENTE

Je suis une fille solaire, extrovertie et qui aime l'organisation! J'essaie de faire sourire les gens qui m'entourent et ma phrase préférée est "Si tu ne crois pas en toi, personne ne le fera pour toi". Dans ma formation scolaire, j'ai appris comment appliquer l'économie et les mathématiques à différents domaines de l'école et de la vie; et cela m'aide à construire une pensée analytique. Je ne manque pas d'une très bonne connaissance des langues étrangères, et je m'intéresse de l'actualité du monde pour rester à jour sur les événements qui se passent dans notre société.

### EDUCATION ET FORMATION

[ 12/09/2018 - En cours ] RIM - Relations Internationales du Marketing / Technical schools ADMINISTRATION, FINANCE AND MARKETING Specialization: "INTERNATIONAL MARKETING RELATIONS"

ITE Guido Piovene

Adresse: 30 Liepų g., 60221 Ariogalos seniūnija, Kaunas, Lituanie

[ 2020 - 2021 ]

Startup your Life

Unicredit

Adresse: 30 Liepų g., 60221 Ariogalos seniūnija, Kaunas, Lituanie

[ 07/06/2021 ]

Certification de langue Anglaise

Oxford University Press

Adresse: 30 Liepų g., 60221 Ariogalos seniūnija, Kaunas, Lituanie

[ 16/06/2022 - 23/06/2022 ]

Laboratoire de théâtre pour un nouveau départ

Sančiai Ecole secondaire

Adresse: 30 Liepų g., 60221 Ariogalos seniūnija, Kaunas, Lituanie

[ 01/04/2022 ]

DELFI B1

Sančiai Ecole secondaire

Adresse: 30 Liepų g., 60221 Ariogalos seniūnija, Kaunas, Lituanie

### COMPÉTENCES LINGUISTIQUES

Langue(s) maternelle(s): lithuanien

Autre(s) langue(s):

Anglais

COMPRÉHENSION ORALE B2 COMPRÉHENSION ÉCRITE B2 ÉCRIT B2

EXPRESSION ORALE EN CONTINU B2 INTERACTION ORALE B2

Français

COMPRÉHENSION ORALE B1 COMPRÉHENSION ÉCRITE B1 ÉCRIT B1

EXPRESSION ORALE EN CONTINU B1 INTERACTION ORALE B1

Please make sure the photo is **professional** NOT "INSTA"

### Hobbies

It is **important** to know which **hobbies** to highlight when talking about this. It is not compulsory, however it helps getting to know more the participant.



The participant has no working experience, therefore she started talking about her **education and training**. This is the **right approach**:

- name of the diploma
- the dates of study (until when she will study / when she will obtain her diploma)



### Russe

COMPRÉHENSION ORALE A2 COMPRÉHENSION ÉCRITE A2 ÉCRIT A2

EXPRESSION ORALE EN CONTINU A2 INTERACTION ORALE A2

### Espagnol

COMPRÉHENSION ORALE A2 COMPRÉHENSION ÉCRITE A2 ÉCRIT A2

EXPRESSION ORALE EN CONTINU A2 INTERACTION ORALE A2

### COMPÉTENCES NUMÉRIQUES

Microsoft Word | Microsoft Excel | Google Drive | Microsoft Powerpoint | Google Docs | Gmail | Power Point | Microsoft Office

### PERMIS DE CONDUIRE

Voitures: B

### LOISIRS ET CENTRES D'INTÉRÊT

#### Peinture

J'aime l'art et la peinture. Je suis fascinée par les œuvres d'art qui concernent la nature et les environnements qui donnent des sensations de paix. Je peins moi-même, mais ce sont des œuvres plus modernes et colorées.

#### Sport

J'ai toujours aimé faire du sport. J'ai pratiqué de la danse classique, moderne et hip-hop pendant six ans; mais j'ai changé de sport et je pratique du volley depuis sept ans: c'est le meilleur sport du monde! J'aime courir et aller au gymnase, aller à la campagne à vélo et faire des promenades avec ma mère ou avec mes amis.

### COMPÉTENCES INTERPERSONNELLES ET EN COMMUNICATION

#### Organisation

Je suis une personne très organisée qui sait comment gérer plusieurs engagements pendant la journée. J'aime savoir les choses que je dois faire et quand je les dois faire pour réussir à atteindre une organisation optimale pour gérer mes engagements pris.

#### Leadership

Quand je travaille dans un groupe, j'essaie de rejoindre des idées qui peuvent être utilisées pour atteindre le résultat voulu, j'écoute les idées des autres et je les compare pour obtenir la meilleure solution. J'apprécie le contact avec des autres fils et filles, parce que je suis une personne tellement sociale et amicale.

Kaunas, 04/04/2023

Laura Asadauskaitė-  
provskienė

### Skills

The participant talked about her two main personal skills:

- organisation
- leadership



**Very well done**, those skills help define the future intern's **personality / attitude**.



### Digital skills

**Great idea** to highlight his skills: knowing how to use different softwares is an added bonus.



### Contact

Everything **done, well** All information appears:

- Nationality
- Date of birth
- Email address
- Phone number
- Home address



### Profile

He put his **diploma** about his p

>> It's important to highlight his skills / his attitude.




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# 4 #Premium Mobility CV

  
 Be careful, depending on the internship, the hairstyle or piercings can be a problem!!

## Profile

She didn't write a **profile description** but she mentions **additional certificates**, when and where she got them 😞




## Education and training

Important notice: It's **important** to write **exactly which field** she is studying.

For example: nursing, administration, communication... 😞





**Zoe Wees**  
 Nationality: German Date of birth: 01/01/2007  
 Phone number: (+49) 9999999 Email address: student@gmail.com  
 Home: XX Straße, Stadt in Germany

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**WORK EXPERIENCE**

**BABY SISTER**  
*Bénie marie* [ 01/07/2021 - 30/07/2021 ]  
 City: Hamburg  
 Country: Germany

- Take care of the child's hygiene (wash them, clean them, change them)
- Prepare meals and provide assistance during meals.
- Picking up on children's needs and wants and intervening accordingly.
- Accompany children to various activities (daycare, holding)

**INTERN NURSERY SCHOOL ( Children from 2 to 5 years old)**  
*Mons. Timoteo Teló - Ms Dina* [ 20/02/2022 - 04/03/2022 ]  
 City: Hamburg  
 Country: Germany

- Assistance in educational activities
- Set up activities that promote children's growth and development
- Stimulate the children's sense of relationship
- Assist them and teach them hygiene and cleanliness
- Accompany children to sleep

**EDUCATION AND TRAINING**

**HIGH SCHOOL LICENSE**  
 A-Levels/High school degree "Privatschule Hamburg" [09/09/2018 - Current]  
 Address: Am Lohsepark, 20457 Hamburg, Germany

**FIRST-CYCLE CERTIFICATE OF STUDY**  
*J. & R. Kennedy d'Inzago* [ 08/09/2014 - 08/06/2017 ]  
 Address: Am Born 16, 22765 Hamburg, Germany

**CERTIFICATE OF ELEMENTARY STUDIES**  
*Grundschule Ottensen* [09/09/2013 - 04/06/2014]  
 Address: Amtsstraße 62, 20255 Hamburg, Germany

**WORKERS' SAFETY TRAINING**  
*Institute of Higher Education "Privatschule Hamburg"* [2020-2020]  
 Address: Heussweg 48, 20255 Hamburg, Germany

**LANGUAGE SKILLS**

Mother tongue(s): German

Other language(s):

English  
 LISTENING B2 READING B2 WRITING B2  
 SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

1 / 2

## Contact details

Everything is **well done**, well completed. All information appears:

- Nationality
- Date of birth
- Email address
- Phone number
- Home address



## Work experience

Well done. Everything appears:

- Job details
- Working period
- Short description of tasks done during the internship period



## Language skills

The participant added all the languages she speaks as well as the exact level. In this case, she says she has a B2 level of English.

>> This is important as it gives a general idea to the company of what's the language level of the future intern. **Very useful.**





# 5 #Premium Mobility CV

## Contact details

everything is *well done, well completed*. All information appears:



- Nationality
- Date of birth
- Email address
- Phone number
- Home address

>> Julia did not detail her professional expectations, but she gave a lot of information about her diploma.



## Language skills

The participant added **all the languages** she speaks as well as the exact level. In this case, she says she has a B2 level of English. She has a good level, which shows she is able to fluently interact in this language.



**Giulia Diletta Leotta**

Home : Via XX, Città in Italy  
Email: student@gmail.com Phone: (+39) 9999999  
Date of birth: 01/01/2007 Nationality: Italian

## EDUCATION AND TRAINING

[ 2020 - Current ] Aviation Services Management Technicians

ITE Luigi Einaudi - ITT Guglielmo Marconi

Address: Via Enrico Mattei, 32, 34079 Staranzano GO, Italia  
Logistics; Aerodynamics;  
Principles of flight; Flight Mechanics;  
Electrical engineering, electronics, and automation;  
Navigational sciences, structure, and aircraft construction;

## COURSES

[ 02/2023 ] Fundamentals of Air Traffic Flow Management (4 Hours)

Eurocontrol E-Learning Course

[ 02/2023 ] Inside Air Traffic Management (7 Hours)

Eurocontrol E-Learning Course

[ 02/2022 ] Fundamentals of Airport Collaborative Decision Making (2 Hours)

Eurocontrol E-Learning Course.

## CREATIVE WORKS

[ 06/2022 - Current ] Aviation Curiosity Youtube Channel

- Seek and process information from reliable sources.
- Develop a network with industry professionals to improve product quality and management of public relations with other entities.
- Coordinate the work of a small team to match their personal commitments with those of the channel.

## DIGITAL SKILLS

### Digital Skills

Microsoft Office | Photoshop | Premier Pro | Video Script writing

## LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

English

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Giulia has **no work experience**, however she was able to **highlight her studies and motivation** to obtain a new professional experience by talking about extra courses she did.



## Education and training

All relevant information appears:

- Name of the diploma
- Period of studies
- Description of what she studies



## Digital skills

*Great idea* to highlight her skills: knowing how to use different softwares is an added bonus.

She mentions she knows how to use:

- Photoshop
- Premier Pro
- Video Script



*this is very valuable knowledge!!*

## WORK EXPERIENCE

[ 06/06/2022 - 02/07/2022 ] Technical photographer

Tarcio shoes

City: Bologna

Country: Italy

I worked in a shoes company and I took photographs and when they were worn by the clients, cameras and tools like mirrors, reflex and softbox. I also took care of postproduction and publication on networks and on the website of the company.

## LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

English

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1



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# 6 #Premium Mobility CV



**Maria Candreva**

Home : XX via in Italy  
Email: student@gmail.com Phone: (+39) 9999999  
Gender: Female Date of birth: 12/10/2006 Nationality: Italian

## Contact details

Everything is well done,  
well completed. All  
information appears:

-Nationality  
-Date of birth  
-Email address  
-Phone number  
-Home address



Speaking  
another  
language than  
English can be  
a PLUS!  
**VERY  
NICE**

Very good if  
you speak  
French but  
not  
obligatory!



## Spanish

LISTENING A1 READING A1 WRITING A1  
SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

## French

LISTENING A2 READING A2 WRITING A2  
SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

Important to put  
your picture. It is  
the **first contact**  
with the  
company!



## Profile

>> Short description,  
straight to the point.

Briefly talk about her  
personal skills / attitude,  
very good way to  
highlight her personality  
and to show her  
motivation.



## ABOUT ME

I consider myself a determined, committed and punctual person. I have good listening attitude and quick learning ability, a natural propensity for teamwork or for work in my own. I like to get involved and learn always new things.

## EDUCATION AND TRAINING

2020 - Current ] **Attending the 3rd year of Secondary School**

**Its Aldini Valeriani**

Address: Via Sario Bassanelli 9/11, 40129, Bologna, Italy

Field(s) of study: Graphic and Communication

Technical subjects:

- Communication,
- Multimedia design,
- Technologies of production processes,
- Technical laboratories.

General subjects:

- Italian literature,
- History,
- Mathematics,
- English,
- Physical Education.

## WORK EXPERIENCE

[ 06/06/2022 - 02/07/2022 ] **Technical photographer**

**Tarcio shoes**

City: Bologna

Country: Italy

I worked in a shoes company and I took photographs of the shoes, both during production and when they were worn by the client. To take them, I used professional cameras and tools like mirrorless, reflex and softbox.

I also took care of postproduction and publication of photos and videos on social networks and on the website of the company.

## LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

**English**

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

## Education and training

All relevant information appears:

-Name of the diploma / Field of study  
-Period of studies  
-Description of what she studies



## Work experience

All information appears:

-Dates  
-Job name  
-Company name  
-Short description of  
tasks done during the  
internship. This is **very  
helpful**.



## DIGITAL SKILLS

Skype | Organizational and planning skills | Google (Google Meet, Google Docs, Google Forms, Google Drive, Google Slide) | Social Media (Twitter, Facebook, Workplace, LinkedIn, Pinterest, Instagram) | Photoshop (Adobe) | Illustrator (Adobe) | knowledge of Office (Word - Excel - PowerPoint) | Zoom | Good knowledge of Autocad

## HOBBIES AND INTERESTS

**My spare time**

In my spare time, I enjoy:

•Playing volleyball: I train

three times a week, excluding weekend matches;

•Taking photos: often, when I have time, I go out and I take photos with my professional camera;

•Spending time with my close friends, my family and my animals;

•Travelling: I visit some countries like Spain, Egypt, Greece and United Kingdom;

•Reading: I especially like romance books.

I authorize the processing of my personal data pursuant to the GDPR (EU regulation 2016/679) and the Legislative Decree 30/6/2003, n. 196 "Code regarding the protection of personal data".

## Digital skills

**Great idea** to highlight her  
skills: knowing how to use  
different softwares is an  
added bonus.



## Hobbies and interests

It has to be relevant with  
the internship desired. For  
example: **something that  
shows leadership,  
initiative or that  
highlights her character.**



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# 7 #Premium Mobility CV

**Profile**

Short, straight to the point. The idea is good, he mentions his personal skills: responsible / organised, says what he is **studying** and mentions he is **looking to obtain his first job experience**.

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**Contact details**

Some information is **missing: No nationality written, no date of birth**. He wrote his phone number, email address and home address. **That is good**.

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**SOBRE MI**

Estudiante de electricista. Me considero una persona responsable y ordenado. Buscando mi primera experiencia laboral.

**CONTACTO**

(+34) 99999999

student@gmail.com

Calle XX en España

**PABLO GAVI**

Estudiante

**ESTUDIOS**

INSTITUT PUBLIC FERRAN TALLADA

2021 - 2023

INSTITUTO RUBIO Y TUDORI

2017-2021

**IDIOMA**

INGLES BASICO.

ARABE ORIGEN.

FRANCES BASICO.

ESPAÑOL NATIVO.

Please make sure the photo is **professional** NOT "INSTA"

As he does not have work experience, he talks about his studies.

Important:

- more details on what he is studying (name of diploma, not just the school)
- a short description of what he learned at school
- This helps the company to understand his skills

Also: We know he obtains his diploma in 2023, but in which month? It's important for it to be clear if he already has his diploma or is about to get it.

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**Language skills**

We need to have more information on **Languages' exact level....** better to use A1-A2-B1-B2

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It would be nice to insert:

- digital skills
- relevant information: volunteering, participation in an association
- more in-depth description of his personal skills



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**What's next ?**

**Now you're ready to do your  
#premium mobility CV**

**Welcome to ALFMED Perpignan  
France**



## 5 #Premium Mobility CV

**Contact details**

Everything is well done, well completed. All information appears.

- Nationality
- Date of birth
- Email address
- Phone number
- Home address

→ Julia did not detail her professional expectations, but she gave a lot of information about her diploma.

**Language skills**

The participant added all the languages she speaks as well as the exact level. In this case, she says she has a B2 level of English. She has a good level, which allows her to be able to fluently interact in the language.

**Digital skills**

Great idea to highlight her skills: knowing how to use different software is an added bonus. She mentions she knows how to use:

- Photoshop
- Premiere Pro
- Video Script

(This is very valuable knowledge!)



## 6 #Premium Mobility CV

**Contact details**

Everything is well done, well completed. All information appears.

- Nationality
- Date of birth
- Email address
- Phone number
- Home address

**Profile**

→ Maria did not detail her professional expectations, but she gave a lot of information about her diploma.

**Language skills**

The participant added all the languages she speaks as well as the exact level. In this case, she says she has a B2 level of English. She has a good level, which allows her to be able to fluently interact in the language.

**Digital skills**

Great idea to highlight her skills: knowing how to use different software is an added bonus. She mentions she knows how to use:

- Photoshop
- Premiere Pro
- Video Script

(This is very valuable knowledge!)

## 7 #Premium Mobility CV

**Contact details**

Everything is well done, well completed. All information appears.

- Nationality
- Date of birth
- Email address
- Phone number
- Home address

**Profile**

→ Pablo did not detail her professional expectations, but she gave a lot of information about her diploma.

**Language skills**

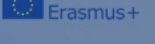
The participant added all the languages she speaks as well as the exact level. In this case, she says she has a B2 level of English. She has a good level, which allows her to be able to fluently interact in the language.

**Digital skills**

Great idea to highlight her skills: knowing how to use different software is an added bonus. She mentions she knows how to use:

- Photoshop
- Premiere Pro
- Video Script

(This is very valuable knowledge!)



### HOW TO DO YOUR #Premium Mobility CV

Tips & best practices to prepare your CV

Erasmus+ ALFMED

## 4 #Premium Mobility CV

**Contact details**

Everything is well done, well completed. All information appears.

- Nationality
- Date of birth
- Email address
- Phone number
- Home address

**Profile**

She didn't write a profile description but she mentions additional certificates, when and where she got them.

**Work experience**

Well done. Everything appears.

**Language skills**

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**Digital skills**

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## 2 #Premium Mobility CV

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