

# **CURRICULUM VITAE**

## **PERSONAL DETAILS**

**Surname:** Alova  
**Given Name:** Anabel  
**Middle Name:** De la Cruz  
**Date of Birth:** May 15, 1977  
**Place of Birth:** Maragusan, Tigbao Comual Province  
**Gender:** Female  
**Height:** 5 ft.  
**Marital Status:** Single  
**No. of children:** N/A  
**Nationality:** Filipino  
**Religion:** Roman Catholic  
**Language(s) spoken:** English, Tagalog, Basic Mandarin  
**Able to drive:** No  
**Willing to learn:** Yes  
**Able to swim:** Yes

## **EDUCATIONAL BACKGROUND**

**Elementary:** Tigbao Elementary School  
**Address:** Tigbao Maragusan Comual Province  
**Year Graduated:** 1991

**Secondary:** Mati National Comprehensive High School  
**Address:** Mapantad Sainz, Mati Davao Oriental  
**Year Graduated:** 1995

**College/University:** Bukidnon State College  
**Address:** Maragusan Comual Province  
**Year Graduated:** 2000

**Course:** Bachelor of Elementary Education

**Major: English**

**SEMINARS/TRAINING ATTENDED**

- 120 Hours Caretaker Course
- Basic First Aid Training

**OTHER SKILL**

- Able to use most kitchen appliances
- She plays volleyball
- She can cook
- Able to sing and dance
- She can swim

**EMPLOYMENT HISTORY**

**Name: Peng Mei Chu**  
**Address: Taiwan**  
**Period of Experience: November 27, 2006 up to Present**  
**Position: eldercare/nanny**

**Duties and Responsibilities:** I am taking care of 94 year old woman, I wake up at six in the morning to prepare food for the family, I feed her then I will wake up the kids ages 10 year old girl and 12 year old boy her grandchildren's who will go to school, after they take a bath they will eat their breakfast, after they left I will wash the dishes, then give grandma her medicine, check her blood pressure and assist her in bathing or sponge bath, oral hygiene. Then I will start to sweep and mop the floor, cook for lunch and dinner, do laundry. In the afternoon I will bring grandma to the park. At night I help the two kids if they have homework in English, then before I go to bed I will give grandma a massage.

**Name: Teng Ching Cheng**  
**Address: Taiwan**  
**Period of Experience: December 21, 2005 up to Aug. 2006**  
**Position: Eldercare/nanny**

**Duties and Responsibilities:** I took care of an 87 year old bedridden woman and 9 year old girl, in the morning I sponge bath her, dress her up, then I will prepare breakfast and feed her, and I will prepare the uniform of the girl and her lunch box for school, I will fix her hair, then after she left I will check grandma's blood pressure and give her medication. I will start to do the household chores, then laundry in the evening I will do ironing of clothes, and help the girl if she has home work.

**Name: Chang Li Mang**  
**Address: Taiwan**  
**Period of Experience: February 2004 up to August 2004**  
**Position: Eldercare**

**Duties and Responsibilities: I took care of a 100 year old bedridden woman for six months only because she died, my duties is to prepare her meals thrice a day and feed her, monitor her medicine intake, check blood pressure and blood sugar, I clean her body, change her clothes and diaper. I still have to do all full housekeeping and cook for the family.**