

ALVARO (ALVINHO) JENSEN

Victoria, British Columbia, Canada

+1 (604) 440 6727 | alvarojensen@gmail.com

PROFESSIONAL SUMMARY

I'm an organized and flexible person moving into QA and tech roles. I have experience in keeping things safe, clear, and well-organized in different areas like caregiving, food safety, and live events. I like solving problems, improving systems, and helping teams work better together. I speak and write English fluently and enjoy learning new tools and ways to make work easier and more human.

CORE COMPETENCIES & SKILLS

QUALITY ASSURANCE & PROCESS

Analytical Thinking: I notice patterns and problems quickly, and I enjoy finding clear, simple solutions that actually help people use things better.

Attention to Detail & Compliance: I'm used to following high standards and keeping careful records from my caregiving and food safety experience.

Operational Efficiency: I like turning messy workflows into smooth routines whether in a kitchen, production space, or digital system.

DIGITAL LITERACY & SYSTEMS

Digital Content Creation: Over 600 hours of live streaming, managing sound, lighting, recording, editing, and publishing digital content with consistency and care.

Systems Organization: I enjoy building simple systems that keep projects flowing, making it easier for teams to stay clear, connected, and on track.

SOFT SKILLS

Resilience, Flexibility, and Agility: I adapt easily to new environments and challenges, from arts and caregiving to service roles.

Leadership and Social Influence: I help different personalities work well together, creating positive and productive group dynamics.

Curiosity and Learning: I keep learning new things and improving my skills with genuine interest and care.

LANGUAGES

- **English:** Advanced proficiency, proven by TOEFL iBT 93/120 and IELTS 7.0. Comfortable communicating in professional and multicultural environments.
 - **Portuguese:** Native speaker.
-

PROFESSIONAL EXPERIENCE

Caregiver (Personal Assistant)

Nurse Next Door – Victoria, BC | December 2023 – October 2024

- Followed detailed care schedules and supported daily routines, always respecting strict health and safety standards.
- Kept accurate, confidential records and clear communication with families and management.
- Practiced empathy, patience, and clear communication in sensitive situations, strengthening collaboration skills useful in any team.

Culinary Operations & Quality Control

Various Locations – Brazil & Canada | (Culinary and Theatre Work)

- Worked as Assistant Cook and Supervisor, improving kitchen workflows and inventory systems (500-hour cooking course completed).

- Ensured food safety and hygiene according to SafeCheck Advanced Food Safety standards.
- Used continuous feedback to improve performance, reduce mistakes, and strengthen quality control habits.

Digital Content Creator / Event Production

Alvinho ao Vivo (Streaming Channel) & Multiple Theatre Collaborations / (2019, 2017)

- Produced over 600 hours of live streams, handling planning, setup, sound, lighting, and editing.
 - Operated sound and lighting for live events such as the play *Os PsicoPatos*, ensuring smooth technical delivery.
 - Designed creative and practical systems to organize video projects, interviews, and sketches, connecting art, structure, and technology.
-

EDUCATION & PROFESSIONAL DEVELOPMENT

Arts & Science Studies (Diploma Program)

Camosun College - Victoria, BC / 57 of 60 Credits Completed (Near Completion)

Relevant coursework: Psychology (PSYC 110, 130, 154, 171, 210, 256, 276, 288), English, Art, History, and Marketing (MARK 110).

Culinary Arts (Cozinheiro)

SENAC Paraná - Curitiba, Brazil / 500 hours, November 2016

Theatre and Arts Training

Escola do Ator Cômico & Arcádia Musical Formation Course - Curitiba, Brazil

- Music studies in piano, voice, and guitar (312 hours of formal training + one year of private piano lessons)
- Physical theatre workshop (9 hours, 2017) and comedy/improvisation courses (48 hours each, 2017)
- Teacher and facilitator training (48-hour course “Abrindo o jogo”, 2018) focused on methodology and group dynamics

CERTIFICATIONS & TECHNICAL TRAINING

- **SafeCheck Advanced Food Safety Certification** (No. 83627670) – valid until March 2029
- **Technical Skills:** Microsoft Office Suite, digital production tools, workflow and documentation systems

References and portfolio available upon request.

~

Alvaro (Alvinho) Jensen

Where I land, I build.