



**Nuno  
Frias**

**DATE OF BIRTH:**  
16/09/1994

## CONTACT

Gender: Male

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## WORK EXPERIENCE

01/01/2012 – 01/06/2013 – Porto, Portugal

### Grocery Store Employee

Mercadinho do Povo

General grocery store work - cashier, stock replacement, delivers.

01/09/2013 – 01/11/2013 – Bragança, Portugal

### Agricultural Worker

Frutas JS, Lda

Seasonal work - Apple harvest (catching and carrying)

01/01/2014 – 01/08/2014 – Maia, Portugal

### Warehouse operative

Galardi Norte, Lda

Forwarder company of mainly textiles products - load and unload trucks (forklift maneuver)

01/09/2014 – 01/11/2014 – Lausanne, Switzerland

### Agricultural Worker

Perey, Vignerons – Encaveurs

Harvest - carrying and catch grapes, and grapes reception at the winery

01/01/2015 – 31/12/2015 – São Mamede de Infesta, Portugal

### Factory operative

Sonafi - Sociedade Nacional De Fundição Injectada, SA

Aluminum Foundry Company for auto parts (mainly Mercedes-Benz and Volkswagen) - foundry injection machine operator.

01/01/2016 – 01/06/2017 – Maia, Portugal

### Factory operative

SAKTHI Portugal, SA

Iron Foundry Company for auto parts (Mercedes-Benz, Volkswagen, BMW, Citroen, Bentley, Maserati) - Foundry machine operator, finishing and quality control.

01/09/2017 – 01/11/2017 – Vila Real, Portugal

### Harvest Intern

Sociedade Vinhos Borges SA

1st Harvest Internship through the Oenology degree in UTAD (Universidade de Alto Douro e Trás-os-Montes) - General cleaning (vats, floor, equipments, pumps and hoses); remontages (manual), delastages, transfers and devatting.

01/09/2018 – 01/11/2018 – Vila Real, Portugal

### Harvest Intern

Gran Cruz Porto - Sociedade Comercial de Vinhos, Lda

2nd Harvest internship - Grapes reception (forklift maneuver), tank receiving machine and crusher and destemming machine operator. General cleaning.

01/09/2019 – 01/11/2019 – Vila Real

### Harvest Intern

Gran Cruz Porto - Sociedade Comercial de Vinhos, Lda

3rd Harvest internship - Special grapes reception (mainly Port wine) - delta oscillys and delta vialllys machine operator. Grapes pre-selection. General cleaning.

01/08/2020 – 01/11/2020 – Vila Real, Portugal

### Harvest Intern

Gran Cruz Porto - Sociedade Comercial de Vinhos, Lda

4th Harvest internship - Port wine operations - "lagares" control, fortification, blending, transfer, devatting, vertical press hydraulic machine operator.

## EDUCATION AND TRAINING

01/06/2012 – Avenida Luís de Camões, Maia, Portugal

### Highschool Conclusion

Escola Secundária da Maia

<https://www.aemaia.pt/index.php/agrupamento/escolas/escola-secundaria-da-maia>

01/11/2014 – 31/12/2014 – Rua Delfim Ferreira, 800 , Porto, Portugal

### Injected Foundry Machine Basic Operation Professional Course

CINFU - Centro de Formação Profissional da Indústria de Fundição

<https://www.cinfu.pt/>

01/03/2015 – Rua Marquês Sá da Bandeira 323, loja 72, Vila Nova de Gaia, Portugal

### Wine Course

Segredos d'Avó, Escola de Gastronomia

<http://www.segredosdavo.pt/>

01/06/2017 – 01/07/2017 – Rua da Espinhosa, Avioso S. Pedro, Maia, Portugal

### Frontal Forklift Operator Course

CICCOPN-Centro de Formação Profissional da Indústria da Construção Civil e Obras Públicas do Norte

<https://www.ciccopn.pt/>

01/09/2017 – CURRENT – Quinta de Prados, Vila Real, Portugal

### Oenology Degree

UTAD - Universidade de Alto Douro e Trás-os-Montes

<https://www.utad.pt/>

01/02/2020 – 01/07/2020 – Calea Mănăştur 3-5, Cluj-Napoca, Romania

### ERASMUS Student

University of Agricultural Sciences and Veterinary Medicine of Cluj-Napoca

<https://www.usamvcluj.ro/>

**ERASMUS Student**

Wrocław University of Environmental and Life Sciences

<https://upwr.edu.pl/en/>

## LANGUAGE SKILLS

**MOTHER TONGUE(S):** Portuguese

**OTHER LANGUAGE(S):**

**English**

**Listening**  
C1

**Reading**  
C1

**Spoken  
production**  
C1

**Spoken  
interaction**  
C1

**Writing**  
C1

**Spanish**

**Listening**  
C1

**Reading**  
B2

**Spoken  
production**  
B1

**Spoken  
interaction**  
B1

**Writing**  
A2

## DIGITAL SKILLS

Microsoft Office / Zoom / Social Media / Skype

## PERSONAL SKILLS

- **Autonomous and Responsible**
- **Motivated and Hardworker**
- **Facility in inter-relations and teamwork**