



Curriculum Vitae

Name: Kristi Teras

Birth date: 30.07.1985

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Education:

2006 - 2011	public relations, University of Tartu bachelor's programme
2004 - 2008	Estonian and Finno-Ugric languages, University of Tartu bachelor's programme
1993 - 2004	Saaremaa Co-Ed Gymnasium specialized in informatics and languages in high school

Additional courses: Practical Consciousness I-II (emotions), III (thoughts)

Work experience:

October 2023 - ...	DJ, event planner & host, Tartu, Estonia
October 2024 - February 2025	customer service specialist Butcher's Shop & Restaurant, Tartu, Estonia

December 2023 - January 2024	childcare hotel Hestia Haapsalu, Estonia
July 2023	librarian West-Estonian library, Haapsalu, Estonia
April 2023, spring & autumn 2018-2019	event & project manager Young Artists' Auction, Loomemajanduskeskus Tartu >> ostanootkunsti.ee
January - March 2023	customer service specialist winery & restaurant Prelude, Kuressaare
October 2016 - July 2021	customer service specialist in different institutions: restaurant Monk, Kuressaare beauty salon Glamuur, Tallinn restaurant Jakobi Jalats, Tartu
April 2015 - April 2016	sous chef, customer service specialist Beguta vegetarian cafe, Haapsalu
September 2014 - March 2015	news editor, journalist regional newspaper Meie Maa, Saare county, Estonia
May 2013 - February 2014	marketing and events project manager Port Artur shopping centers, Pärnu
March 2012 - February 2013	customer service specialist restaurant Neikid, Tallinn
February 2011 - January 2012	project manager design and advertising agency Refleks, Tallinn
March 2008 - February 2011	marketing specialist Estonian Traditional Music Center, Viljandi

November 2007 - March 2008	event marketing assistant, customer service assistant lifestyle agency Deluxe, Tallinn
May - July 2007	media project manager assistant MediaBroker, Tallinn
September 2006 - May 2007	specialist on public transportation data analysis Tallinn Transport Department
June - August 2006	secretary Arens kitchen solutions, Tallinn

Language skills:

Estonian - native, very good spoken and written
 English - fluent spoken, correct in writing
 Italian, French, Russian - basic knowledge & social skills
 Finnish - basics to understand some food industry talk

Computer skills: internet, documents, some customer databases,
 cashier systems, webpage admin, Canva & photo editing

Drivers license: B-category, since August 2003

Interests: cooking, yoga, health, reading, arts, nature

Additional activity in society:

1. I have contributed as a volunteer for different projects and NGO-s.
 Few examples:

- NGO Lilleoru, Harjumaa
- radio host in Generaadio, Tartu
- Tallinn Music Week 2012, Tallinn
- Musiikki & Media konverents ja Lost in Music festival 2012, Tampere
- Flow kultuurifestival 2012, Helsinki
- Stalker kultuurifestival 2011, Tallinn
- Jazzkaar 2012, Tallinn
- DJ / Selector

2. i am actively interested in raising awareness about emotional and mental health; licensed Rei-Ki energy healer and Yin Yoga teacher
3. additional training in Practical Consciousness: I-II (Emotions) and III (Thoughts)