



# Crishsagun Phloinarot

Stewardess / Masseuse

Contact : ☎ +66 98-180-7259 ✉ Crishsagun.p@gmail.com

## Personal Information

Nationality : Thai  
Gender : Female  
Age : 24 years.  
Date of Birth : 09/09/1998  
Marital status : Single  
Health : Excellent , Non smoker  
Vaccination status : Fully Vaccinated  
E-mail : Crishsagun.p@gmail.com  
Tel : +66 98-180-7259  
WhatsApp : +66 98-180-7259  
Currently : Pattaya, Thailand.

## Education

Pattaya Business Administration  
Technological College. (PBAC)  
Vocational Certificate in Accounting  
2017

## Qualification

- STCW
- Security Awareness
- Elementary First Aid
- Crowd Management
- Food Hygiene Level 2
- Eng1 Norwegian Maritime Authority
- Seaman Book
- Stewardess Course Certificate
- Licensed and Certificate of Massage

## Skills

- Thai Massage
- Aromatherapy Massage
- Swedish Massage
- Oil Massage
- Reflexology Massage
- Hot stone Massage
- Foot Massage
- Silver Service
- Flower arrangement
- Housekeeping
- Laundry

## About me

I am a hard working, well motivated individual. I am also a fast & willing learner who thrives on personal growth and achievements. I am a team player and will help others where I can. I am friendly, and well mannered, with a likeable demeanour. I hold respect and passion for the industry and look forward to a position that can offer me longevity as well as an opportunity to enhance my experience and skills.

## Work Experience

### Nakhonchai Air

Cusrtomer service

2019 - 2021

- Take care of passengers in the car.
- Serving food and beverages to customers in the car.
- Help passengers in various fields Introduce about the services that the company provides to guide the selection of passengers.
- Introducing safety equipment in the car It is also recommended to use in-vehicle accessories such as TV monitors, headphones, sleeper adjusters, toilets and fire exits.
- Service with quality and willingness.

### Kasikorn Bank

Customer service

2017 - 2019

- Helping customers who have problems in various fields.
- Welcome customers who come to make transactions in the branches.
- Keep solving problems for customers to be satisfied.
- Customer service with a sincere heart.
- Smiling, cheerful, taking care of customers in the branch.
- Store documents and separate customer documents into a file.

## References

### Nakhonchai Air Company

Rayong Branch

Phone: +66 38-615-205

Email: Customerservice@nakhonchaiair.com

### Kasikorn Bank

Jomtien beach road branch

Phone: +66 38-236-269

Email: info@kasikornbank.com



Sjøfartsdirektoratet  
Norwegian Maritime Authority

Helseerklæring / Medical certificate  
Serienummer / Serial number H- 1515971

1. Etternavn Family name	PHLOINAROT	2. Kjønn Gender	
3. For- og mellomnavn First and middlename	CRISHSAGUN	Mann Male	Kvinne Female <input checked="" type="checkbox"/>
4. Nasjonalitet Nationality	Thailand/Thailand	5. Fødselsdato Date of birth	
6. Personnummer Norwegian personal identity number		0 9 0 9 1 9 9 8	
8. Type ID dokument Type of ID document	Pass/Passport ADOAAS644	7. Sjekk av ID ID checked	Ja <input checked="" type="checkbox"/> Nei <input type="checkbox"/>
9. Hørsel møter kravene i STCW konvensjonen, avsnitt A-I/9? Hearing meets the standards in STCW Code section A-I/9?	Ja <input checked="" type="checkbox"/> Nei <input type="checkbox"/>		
10. Hørsel tilfredsstillende uten hjelpemidler? Unaided hearing satisfactory?	Ja <input checked="" type="checkbox"/> Nei <input type="checkbox"/>		
11. Synet møter kravene i STCW konvensjonen, avsnitt A-I/9? Visual acuity meets standards in STCW Code section A-I/9?	Ja <input checked="" type="checkbox"/> Nei <input type="checkbox"/>		
12. Fargesyn møter kravene i STCW konvensjonen, avsnitt A-I/9? Colour vision meets standards in STCW Code section A-I/9?	Ja <input checked="" type="checkbox"/> Nei <input type="checkbox"/>		
13. Dato for forrige test av fargesyn Date of last colour vision test	3 0 1 1 2 0 2 2		
14. Skikket for utkikk Fit for lookout duties?	Ja <input type="checkbox"/> Nei <input checked="" type="checkbox"/>		
15. Skikket til sikkerhetsfunksjon? Fit for safety function(s)?	Ja <input checked="" type="checkbox"/> Nei <input type="checkbox"/>		
16. Skikket til annet arbeid om bord Fit for other work on board?	Ja <input checked="" type="checkbox"/> Nei <input type="checkbox"/>		
17. Skikket til tjeneste uten begrensinger Fit for service without limitations or restrictions?	Ja <input checked="" type="checkbox"/> Nei <input type="checkbox"/>		
Hvis «Nei» spesifiser begrensingen If «No», please specify			
18. Er arbeidstakeren fri for sykdom som det er sannsynlig vil bli verre ved å gjøre tjeneste til sjøs, eller som vil gjøre vedkommende uegnet til slik tjeneste eller sette helsen til andre personer om bord i fare? Is the seafarer free from any medical condition likely to be aggravated by service at sea or to render the seafarer unfit for such service or to endanger the health of other persons on board?			
Ja <input type="checkbox"/> Nei <input checked="" type="checkbox"/>			
19. Sjømannslegens navn Name of the seafarer's doctor	Thanes Sinsongsook	20. Sjømannslegens telefonnummer Seafarer's doctor's phone number	+66 2022 2222
21. Sjømannslegens adresse Seafarer's doctor's address	Samitivej Sukhumvit Hospital, 133 Sukhumvit 49, Khlong Tan Nuea, Vadhana 10110 BANGKOK Thailand		
22. Sjømannslegens signatur, stempel og dato for undersøkelsen Seafarer's doctor's signature, stamp and date of health examination	Thanes Sinsongsook, M.D. 1.25265		
23. Utløpsdato for helseerklæringen Expiry date of the medical certificate	2 9 1 1 2 0 2 4	Samitivej Sukhumvit Hospital Wellness Center Department 133 Sukhumvit 49, Khlongtan Nuea, Vadhana, Bangkok, 10110, Thailand Tel. +66 020 222-165 E-mail: svhwellness@samitivej.co.th	
24. Arbeidstakerens signatur Seafarer's signature	Crishsagun Phloinarov		

Denne helseerklæringen er gitt ut med hjemmel i lov 16. februar 2007 nr. 9 om Skipssikkerhet § 17. Dette helseerklærings-skjemaet tilfredsstiller de krav som følger av MLC-konvensjonen og STCW-konvensjonen.

This medical certificate has been issued under the provisions of Act of 16 February 2007 No. 09 relating to ship Safety and Security § 17. This certificate meets the requirements set out in the Maritime Labour Convention and the STCW convention.



30 NOV 2022





## Gentleman Mariners School

### CERTIFICATE OF TRAINING

This is to certify that

**MISS CRISHSAGUN PHLOINAROT**

Date of Birth: 09 SEPTEMBER 1998, ID/Passport No.1209701842177

Nationality: THAI

has successfully participated in and completed an approved course on

### Elementary First Aid

Conducted from 26 NOVEMBER 2022 to 28 NOVEMBER 2022

This course complies with the requirements of regulation VI/1 and table A-VI/1-3 of the International Convention on Standard of Training Certification and Watchkeeping for seafarers, 1978 as amended in 2010. This course follows the guideline as given in the IMO model course 1.13. The Marine Department of the Kingdom of Thailand has approved this course on 28 JANUARY 2022.



Certificate Number

002-00372/22

Date of Issue

28 NOVEMBER 2022



Signature of Candidate

*A. Theerasak*

MR. THEERASAK AUTCHARIYAWITKUL  
Principal

Gentleman Mariners School, 22 Sukhumvit 70/3 Road, Bangna, Bangkok 10260

TEL : +66 02 3936660, FAX: +66 02 3936373

Website: [www.gm.ac.th](http://www.gm.ac.th), Email: [admin@gm.ac.th](mailto:admin@gm.ac.th)





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This is to certify that

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Date of Birth: 09 SEPTEMBER 1998, ID/Passport No.1209701842177

Nationality: THAI

has successfully participated in and completed an approved course on

### Fire Prevention and Fire Fighting

Conducted from 23 NOVEMBER 2022 to 29 NOVEMBER 2022

This course complies with the requirements of regulation VI/1 and table A-VI/1-2 of the International Convention on Standard of Training Certification and Watchkeeping for seafarers, 1978 as amended in 2010. This course follows the guideline as given in the IMO model course 1.20. The Marine Department of the Kingdom of Thailand has approved this course on 28 JANUARY 2022.



Certificate Number

003-00365/22

Date of Issue

29 NOVEMBER 2022



Signature of Candidate

*A. Theerasak*

MR. THEERASAK AUTCHARIYAWITKUL  
Principal

Gentleman Mariners School, 22 Sukhumvit 70/3 Road, Bangna, Bangkok 10260

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This is to certify that

**MISS CRISHSAGUN PHLOINAROT**

Date of Birth: 09 SEPTEMBER 1998, ID/Passport No.1209701842177

Nationality: THAI

has successfully participated in and completed an approved course on

### **Personal Safety and Social Responsibilities**

Conducted from 21 NOVEMBER 2022 to 22 NOVEMBER 2022

This course complies with the requirements of regulation VI/1 and table A-VI/1-4 of the International Convention on Standard of Training Certification and Watchkeeping for seafarers, 1978 as amended in 2010. This course follows the guideline as given in the IMO model course 1.21. The Marine Department of the Kingdom of Thailand has approved this course on 28 JANUARY 2022.



Certificate Number

001-00380/22

Date of Issue

22 NOVEMBER 2022



Signature of Candidate

*A. Theerasak*

MR. THEERASAK AUTCHARIYAWITKUL  
Principal

Gentleman Mariners School, 22 Sukhumvit 70/3 Road, Bangna, Bangkok 10260

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### CERTIFICATE OF TRAINING

This is to certify that

**MISS CRISHSAGUN PHLOINAROT**

Date of Birth: 09 SEPTEMBER 1998, ID/Passport No.1209701842177

Nationality: THAI

has successfully participated in and completed an approved course on

### Personal Survival Techniques

Conducted from 23 NOVEMBER 2022 to 29 NOVEMBER 2022

This course complies with the requirements of regulation VI/1 and table A-VI/1-1 of the International Convention on Standard of Training Certification and Watchkeeping for seafarers, 1978 as amended in 2010. This course follows the guideline as given in the IMO model course 1.19. The Marine Department of the Kingdom of Thailand has approved this course on 28 JANUARY 2022.



Certificate Number

004-00366/22

Date of Issue

29 NOVEMBER 2022



Signature of Candidate

*A. Theerasak*

MR. THEERASAK AUTCHARIYAWITKUL  
Principal

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## Gentleman Mariners School

### CERTIFICATE OF TRAINING

This is to certify that

**MISS CRISHSAGUN PHLOINAROT**

Date of Birth: 09 SEPTEMBER 1998, ID/Passport No.1209701842177

Nationality: THAI

has successfully participated in and completed an approved course on

### **Security Awareness Training for All Seafarers**

Conducted on 17 NOVEMBER 2022

This course complies with the requirements of regulation VI/6 and table A-VI/6-1 of the International Convention on Standard of Training Certification and Watchkeeping for seafarers, 1978 as amended in 2010. This course follows the guideline as given in the IMO model course 3.27. The Marine Department of the Kingdom of Thailand has approved this course on 28 JANUARY 2022.



Certificate Number

006-00456/22

Date of Issue

17 NOVEMBER 2022



Signature of Candidate

*A. Theerasak*

**MR. THEERASAK AUTCHARIYAWITKUL**  
Principal

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This is to certify that

**MISS CRISHSAGUN PHLOINAROT**

Date of Birth: 09 SEPTEMBER 1998, ID/Passport No.1209701842177

Nationality: THAI

has successfully participated in and completed an approved course on

### **Security Training for Seafarers with Designated Security Duties**

Conducted from 17 NOVEMBER 2022 to 18 NOVEMBER 2022

This course complies with the requirements of regulation VI/6 and table A-VI/6-2 of the International Convention on Standard of Training Certification and Watchkeeping for seafarers, 1978 as amended in 2010. This course follows the guideline as given in the IMO model course 3.26. The Marine Department of the Kingdom of Thailand has approved this course on 28 JANUARY 2022.



Certificate Number

007-00553/22

Date of Issue

18 NOVEMBER 2022



Signature of Candidate

*A. Theerasak*

**MR. THEERASAK AUTCHARIYAWITKUL**  
Principal

Gentleman Mariners School, 22 Sukhumvit 70/3 Road, Bangna, Bangkok 10260

TEL : +66 02 3936660, FAX: +66 02 3936373

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Galileo Certificate No.: **GMAFH22022034**

Date Issued: **10 DECEMBER 2022**

## Certificate of Proficiency in Food Hygiene Level 2

This is to certify that: **CRISHSAGUN PHLOINAROT**

Date of Birth: **09 SEPTEMBER 1998**



has successfully completed a programme of training and has met all the standards and criteria in the course module meeting the requirements laid down for proficiency in food safety and personal hygiene.

Signature of Principal or Authorised Representative  
of the Approved Training Centre :

Signature of person whom this certificate  
was issued :



Enquiries concerning this certificate should be addressed to:

**GALILEO MARITIME ACADEMY**

141/2, Moo 2, Maikhao, Thalang, Phuket, Thailand 83110

Email: [info@GalileoMaritimeAcademy.com](mailto:info@GalileoMaritimeAcademy.com) ; Contact number: +669 0490 7443





141/2, Moo 2, Maikhao, Thalang, Phuket, Thailand 83110  
Email: info@GalileoMaritimeAcademy.com  
Contact number: +669 0490 7443

Galileo Certificate No.: **GMASTS0402022**

Date Issued: **11 DECEMBER 2022**

### Certificate of Proficiency as Superyacht Stewardess

This is to certify that: **CRISHSAGUN PHLOINAROT**

Date of Birth: **09 SEPTEMBER 1998**

has successfully completed a programme of training and has met all the standards and criteria in the course module meeting the requirements for proficiency as follows:

**GALILEO**  
★★★★★  
**MARITIME ACADEMY**  
Personal presentation and hygiene;  
Barista training;

Silver service, table settings, napkin folding, cutlery handling and elegant table decoration;

Wine appreciation, grape varieties and food compliment, storage and professional handling and service;

Cocktail making, standard drink menus, creativity, ingredients and mixology, professional handling and service;

Floral arrangements for table, interior and exterior, bouquet and welcome presentation;

Laundry and garment care, handling, folding and storage, ironing and towel art

Signature of Principal or Authorised Representative  
of the Approved Training Centre :

Signature of person who this certificate  
was issued :



Maritime &  
Coastguard  
Agency



MCA accredited course provider

Inquiries concerning this certificate should be addressed to the *Issuing Authority* at the address above





## International COVID-19 Vaccination Certificate

Name MISS CRISHSAGUN PHLOINAROT  
Passport No. AD0448644  
Nationality THAI  
Date of Birth 09-09-1998  
Sex Female



### Certificate Information

Certificate Status **VALID** Issuance Date 19-12-2022  
Certificate Identifier C1920221219000004001525  
Certificate Issuer Division of Communicable Diseases

### Vaccination Record

Dose	Name of Vaccine	Date of Vaccination	Vaccine Batch Number	Vaccine Manufacturer	Administering Center
1	COVILO	16-09-2021	202108B2107	Sinopharm	28005
2	Comirnaty	07-07-2022	FP1983	Pfizer, BioNTech	28005

Date Format: DD-MM-YYYY