



VARINIA CABERO

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Cellphone/Wp: (+54) 9 297 4933668

07/08/1991 - Argentina

LANGUAGES

SPANISH - Native speaker

ENGLISH - Advanced

ABOUT ME

I currently live in Buenos Aires.

I am detail-oriented and very active.

Fan of sports and the benefits it brings to both: physical and mental health.

My strength are tasks that require my attention and my physical presence.

My day was successful if I ensured that my students or passengers had a safe, satisfactory and unforgettable experience.

QUALITIES



Organization



Punctuality



Responsibility



Team Work

EDUCATION

- > PERSONAL TRAINER - CLINICA EXERCISE SPECIALIST
High Fitness Trainer. Buenos Aires
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High Fitness Trainer. Buenos Aires
- > ADVENTURE TOURISM, TRAILS AND JUNGLE GUIDE
Escuela Argentina de Actividades de Montaña (EAAM) (Buenos Aires)
Complete career (owes 1 trip to the field)
- > HIGH SCHOOL:
Abraham Lincoln Bilingual School, Comodoro Rivadavia, Patagonia, Argentina.

WORK EXPERIENCE

- 2024 - Actual Personal Trainer:
Private students. Senior citizen fitness.
- 2017 - Actual Tour Guide:
Bike Tours Buenos Aires:
Bicycle tours with information about each of the highlights of the city. Safety and attention on the route.
- 2018 - 2022 Kayak Guide:
-Kayaking experience on the river in summer season.
Islas Delta, Tigre.
- 2017 - 2020 Rock Wall Instructor - Adventure Parks assistance:
Assistance in rappelling and security during activities for children and adults:
Isaac Adrenalina - En Punto - Campus Escalada - Chacra Sauzalito.

ADDITIONAL INFORMATION

- > First Aid Certificate - Aider - 2024
- > MASTERCLASS: MUSCLE HYPERTROPHY - 07/11/2024
High Fitness Trainer. Buenos Aires
- > Club de Remo y Náutica Belén de Escobar (Buenos Aires, Argentina)
- Guided techniques in kayak, rescue and self-rescue.
- > Climbing School: Punto Cumbre (Buenos Aires, Argentina)
-Safety and rescue techniques on sport climbing