

Curriculum Vitae

Personal information

First name(s) / Surname(s) **Tommaso Merati**

Address(es)

Telephone(s)

E-mail

Nationality

Date of birth

Gender

Education and training

2016 – to date	Faculty of Medicine and Surgery, University of Insubria, Varese
2011 - 2016	High school leaving qualification in Scientific Studies, Liceo Scientifico Leonardo Da Vinci high school, Gallarate (Va)
2008 – 2010	Middle School at Scuola del Sacro Cuore, Gallarate (Va)

Work experiences

2019 – to date	Scout Chief of Rovers at the AGESCI scout group Gallarate 1.
2017 – 2019	Scout Chief at the AGESCI scout group Somma Lombardo 1.
2015 – 2019	Chief of animators and educators in the parish "Oratorio San Luigi" of Somma Lombardo.
2015 – 2018	Tutoring in Science, Math, Literature, English and Philosophy.

Further informations

March 2019	Internship at Sant' Anna Hospital of Como, Geriatrics
November 2018	Fourth place at the youth literary competition "Premio Chiara Giovani 2018"

October 2018	Internship at Ospedale del Circolo of Varese, Oncologic surgery
November 2017	Finalist at the youth literary competition "Premio Chiara Giovani 2017"
July- August 2017	Ambassador of the Varese and province's scout groups at the World Scout Moot 2017 in Iceland
Dicember 2015	Winner at the Poetry competition "Concorso Bardi e Menestrelli 2015"
2012 – 2018	Winner of some youth tennis tournaments

Personal skills and competences

Mother tongue(s) Italian

Self-assessment
European level

	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	C1	C1	B2
Spanish	A2	A2	B1	B1	B1

Developed Capacities

Problem solving

Responsibility

Team Work

Leadership

Critical Thinking

Communication

Creativity

Strong ability to concentrate and manage emotions

Organization

Adaptability to different situations and environments

Computer skills and competences | Excellent mastery of the Microsoft Office instruments.

Interests | SCOUTING: I belong the Scout Movement AGESCI (Group Somma Lombardo 1) since I was 9. I'm a formed scout chief of Rovers (ages between 16 and 20 years old) in the group AGESCI Gallarate 1. I represented my province (Varese) at the World Scout Moot 2017. I've written some papers for the national chiefs scout review "Progetto Educativo"

SPORT: I played tennis as semi-pro for 10 years. Nowadays I play soccer as central defender in "Oss Mezzana Football Club". Love free- climbing (rock climbing and bouldering), swimming, running, going trek along the mountains of the North of Italy and skiing.

THEATER: I've been part of my High School's theater class. I performed in some plays.

MUSIC: I studied guitar at the Associazione Musicale Synfonia (Somma Lombardo, Va) with individual lessons. I learned how to play the ukulele as self-taught.

WRITING: I love writing novels and poems and I won some important literary competitions such as Premio Chiara Giovani and Premio Bardi e Menestrelli.

TRAVEL: I travelled a lot in Japan, United States, United Kindom and Spain. I had different trips also in Danmark, Greece, France, Portugal, Germany, Austria, Iceland. Nowadays I am enjoying hiking with minimum needed in the mountains of Lombardy and Piedmont.

VOLUNTEERING: Since I was 15 I voluntee at the food bank of my province. I used to serve at the Refettorio Ambrosiano of Milan which is one of the most famous refectory in Italy.