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📍 Address: Casoria (NA) (Italy)

ABOUT ME

Dr. **Antonio Silvestro** LM-13 BSc in '*Biological Sciences*' got with honors and joiner of the LM-7 MSc '*Agri-environmental Food Sciences Biotechnologies*' (4 exams), divulge his holistic wisdom on Google Play Book Partner and Kindle Direct Publishing (KDP) Amazon. Erasmus in Spain and Erasmus⁺ in Latvia, Europe, Asia and Africa traveller (33 countries visited), took part in permaculture, agroforestry, aquaponics, and phytoremediation eco-projects in countryside with developing communities, in organic farms, designing environmental and wellness architectures, awaking souls via Yoga, Tantra and Shamanism spiritual healing retreats, for example, giving the 'HolyYoga' workshops in Denmark and Germany, both in private estates and in public festivals. He is the designer of the 'Telepika – Telescopic Pipe Moka', discoverer of the 'Tezcatlipoca Black Hole' determining the transition Triassic – Jurassic, named by the Aztec God that guided himself in revealing it behind the glyphs of the 'Sun Stone', theoretical modeller of the Ab Initio Molecular Dynamics of the Solar System (SS-AIMD) and of the Big Bang based on a Wormhole *in vitro* invented by himself.

EDUCATION AND TRAINING

12/2023 [KalariLab Kalaripayattu Bronze Pass](#)

Gurukkal Adam Philips (<https://kalarilab-online1.teachable.com/courses/>)

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11/2023 [‘Non-compromised Pendulum’ Boxing Scientific Research](#)

Oleg Maltsev and Tom Patti book on Coach Cus D’ Amato Peek-a-boo style (Mike Tyson)
(<https://noncompromisedpendulum.com/>)

11/2023 [iBudokan Brazilian Jiu-Jitsu \(BJJ\) App](#)

Mestres Olivier Michailesco and Sébastien Lecocq students of Christian Derval
(<https://www.cerclétissier.com/portfolio/cours-de-jjb-a-paris/>)

11/2023 [Ninjutsu](#)

Halfway Home Company Android App

(https://play.google.com/store/apps/details?id=com.LearnNinjutsuTechniques.CCStudio&pcampaignid=web_share)

11/2023 [PanKration \(Παγκράτιον\)](#)

Cross guards, hands, kicks and joint locks (<https://www.youtube.com/@pankrationchannel2838>)

11/2023 [Kalaripayattu at Kshetra Kalari](#)

Asanan Kaliani writer, Jules Morel app developer, Maneesh and Fareen pics models.
Aspiration Sport Ground, Auroville, India (<https://kshetrakalari.com/> and
<https://www.youtube.com/c/KshetraKalari>)

10/2023 [Israeli Krav Maga \(IKM\) 30 videos course](#)

IKM Master Tsach Harel and contributors (Karateka Guy Mor, Kickboxer Danny Netzer and Wusher Abi Moira) (<https://www.israelkravmaga.org/>)

10/2023 [Takemusu Aikido Online Dojo](#) (Buki Waza - weapons techniques and Tai Jutsu - body art)

Michael Ormerod 3rd Dan Aikikai student of Morihiro Saito Sensei (1928 – 2002), Morihei Ueshiba founder
(<https://www.youtube.com/@TAKEMUSUAIKIDO/about>)

10/2023 [самбо Сила партера \(Sambo 'The Power of Par Terre'\)](#)

Владелец Иван Васильчук (Ivan Vasylichuk) (<https://sambo.sport/en/news/kak-sambist-ivan-vasilchuk-stal-populyarnym-videobloggerom/> and <https://www.youtube.com/@user-qm3cp1et5k>)

09-11/2023 [Shaolin Kung Fu 'The Way of Self-Mastery'](#)

Sanda (dragon Chen and horse Ma styles), Qi Gong Forms (Shi San Quan, Yi Jin Jing and Ba Duan Jin, etc.) and YouTube Live Sessions. Shifu Shi Heng Yi, disciple of Shifu Shi Yanjun (<https://www.shihengyi.online/> and <https://www.youtube.com/@ShiHengYiOnline>)

11/05 - 03/10/2023 [Capoeira](#) (luta, aulas e dicas)

Mestre Zebrinha (<https://www.learncafe.com/content/index/id/33360>)

2022-2023 [Marine Corps Martial Arts Program \(MCMAP\) from Tan to Black Belt](#)

Lieutenant General Richard P. Mills. U.S. Government Agencies, Washington, D.C. 20380-1775
(<https://info.publicintelligence.net/USMC-MCMAP.pdf>)

09-11/2023 [Deutsche Ju-Jutsu](#)

Mestre Stephan Kesting Brazilian Jiu-Jiutsu and Hawaian Kejukembo black belts. Burnaby BC, Canada
(<https://www.grapplearts.com/>)

06/2023 [Russian Systema](#)

Владелец S. Samoz and V. Ochtchepvkov. Halfway Home Company Android App

(https://play.google.com/store/apps/details?id=com.SystemaMartialArtTechniques.CCStudio&pcampaignid=web_share)

21/06/2023 [Karate Yellow belt - Sechi kyu \(9th, 8th and 7th kyu\)](#)

National Karate Kobudo Federation (NKKF). Shiho No Ho Kata (people), Ji No Kata Sho (4 directions), Ten No Kata (heaven). Japan 大阪府大阪市北区中崎西 (<https://www.nkkf.org/requirements/sechikyu-requirements>)

05/2023 [Panther Production ‘Mastering Savate’ \(10 videos of 1 h\)](#)

Professor

Salem

Assli

(https://www.youtube.com/watch?v=909w4v1HNFA&list=PLBFF_Wy0YFhakwu31evpKTdZNCdj4t6ma)

10/05/2023 [Teachable ‘Savate fundamentals and journals’ course](#)

Professor Nicolas Saignac (<https://savate.teachable.com/p/Nicolas-Saignac>)

05/2023 [Israeli Krav Maga Association \(IKMA Samuel, Imi Lichtenfeld 1978\) Black Belt \(Retzev, bladed, firearms and weapons of opportunity defence\)](#)

U.S. Royal Marines Chief Military Instructor David Kahn student of the red belt Haim Gidon (<https://masteringkravmaga.com/> and <https://www.davidkahnkravmaga.com/haim-gidon>)

09/05/2023 [Global Martial Arts University \(GMAU\) Israeli Krav Maga](#)

Mr. Micheal Hodge, Aaron Iacino et al. 8120 Research Blvd, Ste 105, PMB 491, Austin, Texas 78758, United States (USA) (<https://globalmartialarts.university/>)

08/05/2023 [NinDo Koga-ryu NinJutsu Ninnoden membership \(Ninja name: Silver\)](#)

JNC Advisor Jinichi Kawakami (<https://ninja-official.com/>)

05/2023 [CoachTube ‘MMA Judo grappling’ certificate \(17 lessons\)](#)

Coach Combat Fitness (<https://coachtube.com/course/martial-arts/mma-techniques-with-combat-fitness/27321>)

05/2023 [Shaolin Kung Fu - Meihua Quan style digital apprenticeship](#)

Shifu Shi Yanjun, 35th Generation Shaolin Warrior Disciple & 18th Generation Disciple Traditional Heritage of Meihua Quan. Guandu Ancient Town, Guandu District, Kunming City, Yunnan Province, China (<https://shaolintemple.com/>)

22/01/2022 [Alison ‘Save lives from BloodBorne Pathogens \(BBP\)’ certificate](#)

Postgraduate Institute of Medicine (PMI), NHCPS (<https://alison.com/courses/bloodborne-pathogens-bbp/content>)

01/2022 [Massachusetts Institute of Technology \(MIT\) ‘Calculus Revisited: Complex Variables, Differential Equations, and Linear Algebra’ Online Open-Source Courseware](#)

Professor Herb Gross (<https://www.ocw-openmatters.org/2020/06/10/>)

11-12/2021 [Future learn ‘Modern Sculpture: an introduction to Art History’ certificate of achievement](#)

University of York, Mr. Michael White (<https://www.futurelearn.com/courses/introducing-art-history-discovering-public-sculpture/>)

15/11-06/12/21 [Future learn 'Engineering the Future – Creating the Amazing!' certificate of achievement](#)
University of York, Department of Electronic Engineering, Mr. Jude Brereton and Miss. Andy Hunt
(<https://www.futurelearn.com/courses/creating-the-amazing-engineering-the-future/>)

1/10/2021 [Live Ceremony: Tantric healing symposium](#)
Spiritual Buddhist guide Shashi Solluna (<https://community.livetantra.com/posts/replay-opening-ceremony-tantric-healing-symposium>)

12/11/2021 [ISCC International R&D Conference Invitation](#)
Shri. Mahathi VDGGOOD, Chennai, India (isccawards@gmail.com, iscc2021conference@gmail.com)

14/7/2021 [CaochTube 'Muay Thai sparring' certificate of completion](#)
Mr. Dalton Smith (<https://coachtube.com/course/martial-arts/free-muay-thai-training/9080401>)

29/05/2021 [Reaktor 'Elements of Artificial Intelligence \(AI\)' 11 chapters Online Course](#)
University of Helsinki and Reaktor Online Education, Finland (<https://www.elementsofai.com/> and <https://buildingai.elementsofai.com/>)

07/9/20 – 06/5/21 [Coursera 'Paradoxes of War' certification](#)
Princeton University Professor of Sociology and International Affairs Musgrave Miguel A. Centeno
(<https://www.coursera.org/learn/war/home/info>)

29/04/2021 [Coursera 'In the Studio: Postwar Abstract Painting' certification](#)
Department of Education by the Museum of Modern Art, Art Conservator, Technical Art Historian and Artist Art Corey D' Augustine (<https://www.coursera.org/learn/painting/home/info>)

23/04-15/05/2021 [Coursera 'Biomedical engineering' certification](#)
Dr. Kirill Aristovich by Peter the Great of the St. Petersburg Polytechnic University
(<https://www.coursera.org/learn/bioengineering/home/welcome>)

24/04 - 30/05/2021 [Coursera 'Building Arduino robots and devices' certification](#)
Dr. Alexeliy Perepelkin and Dmitri Saviskiy by Moscow Institute of Physics and Technology
(<https://www.coursera.org/learn/arduino/home/info>)

27/10/2020 [CoachTube 'Brazilian Jiu-Jitsu' certificate of completion \(4 lessons\)](#)
Coach *Brigadeiro* Dalton Smith (<https://coachtube.com/course/martial-arts/brazilian-jiu-jitsu/11257162>)

28/09/2020 [CoachTube 'MMA Groundwork & Submissions' certificate of completion \(31 lessons\)](#)
Pro Mai MMA Coach Lee Aylett (<https://coachtube.com/course/martial-arts/mma-groundwork-submissions/88905>)

25/10/2020 [CoachTube Muay Thai online course](#)
Coach Cyrus Washington (<https://coachtube.com/course/martial-arts/learn-to-fight-with-black-dynamite/331872>)

15/09/2020 – 01/10/2020 [Tantra Virtual International Pleasure](#)
'Truth and love' Coach Layla Martin. Address: LLC 73 Greentree Drive # 75 Dover, DE, 19904

29/04/2020 [MATLAB Onramp certificate \(R2019b\)](#)
MathWorks(R)|Training Service (<https://matlabacademy.mathworks.com>)

07/05/2020 – 15/06/2020 [Coursera 'Modern Art & Ideas' certificate of completion of the course](https://www.coursera.org/learn/modern-art-ideas) Museum of Modern Art' (MoMa), Miss Lisa Mazzola. 11 West 53 Street, Manhattan, NY USA, 10019 New York (United States) (<https://www.coursera.org/learn/modern-art-ideas>)

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21/03/2020 – 25/04/2020 [Shaolin Kung Fu](https://courses.kungfu.life/enrollments)

Shifu Yian Xin Shi. Foundation Stances and Qi Gong Eight Section Brocade (Bā Duàn Jīn 八段錦) (<https://courses.kungfu.life/enrollments>)

16/01/2020 [Duolingo English Test Certificate - Score 130 : CEFR C1 \(Advanced\)](https://en.wikipedia.org/wiki/Duolingo)
Duolingo (<https://en.wikipedia.org/wiki/Duolingo>)

2019 [Microsoft Visual Academy – 3D Printing Essentials](https://slideplayer.com/slide/12619010/)

Mechanical Engineer Emmet Lalish and Principal Development Lead Kris Iverson (<https://slideplayer.com/slide/12619010/>)

11/12/2019 [Engineering and Architectures modelling 'Onshape Fundamentals: Computer-Aided Design \(CAD\)' certificate of completion](https://www.onshape.com/) (<https://www.onshape.com/>)

02/12/2020 [Karana Yoga](https://www.udemy.com/tutorial/hatha-yoga-vinyasa-yoga-for-beginners-green-yoga/karana-yoga-warm-up-for-legs)

Guru Seva Samadhi (<https://www.udemy.com/tutorial/hatha-yoga-vinyasa-yoga-for-beginners-green-yoga/karana-yoga-warm-up-for-legs>)

02/05/2020 [CoachTube 'Seraiah Wrestling: solo skill and drills' certificate of completion \(22 lessons\)](https://coachtube.com/course/wrestling/seraiah-wrestling-solo-skills-and-drills/26177)

Coach Brian Seraiah Wood (<https://coachtube.com/course/wrestling/seraiah-wrestling-solo-skills-and-drills/26177>)

10-17/01/2021 [Anatomical Massage Therapy course – English as Second Language \(ESL\)](https://www.udemy.com/course/esl-for-massage-therapy/) (<https://www.udemy.com/course/esl-for-massage-therapy/>)

14/06/2019 [Biotechnology Seminar - 3rd generation Omic Sequencer](https://store.nanoporetech.com/)

Oxford Nanopore TM Technologies, University of 'Science and Technology' Associate Director Regional Sales (Europe South) PhD Oliver Lucas. n° 19, Camillo Golgi street, 20133 Milan (Italy) (<https://store.nanoporetech.com/>)

2019 [Fisherman licence](#)

Makskeresanas karte EMK10625. Rēzekne, Latvia

2018 - 2019 [BodyBuilding](#)

Austrmlatvijas Radošo Pakalpojumu Centrs. Trenažieru zāla, Rēzekne (Latvia)

2018 – ongoing [Yousician Piano \(classical level 5, pop lev. 5\), Guitar \(theory 5, lead 6, rhythm 5\) and Voice \(2\) certificates of completion](#)

Music educators: Leah Harris, James Neilson, and Sonja Patrikainen

2016 – ongoing [Local Guide Google Explorer \(5th Level – Score 1353\)](https://www.google.com/maps/contrib/113361513557622109010/photos/@40.2885911,15.3586607,16z/data=!3m1!4b1!4m3!8m2!3m1!1e1)

Google Maps Reviews and Photos (<https://www.google.com/maps/contrib/113361513557622109010/photos/@40.2885911,15.3586607,16z/data=!3m1!4b1!4m3!8m2!3m1!1e1>)

10/2018 – 06/2019 [Hatha-Dynamic Yoga course](#)

'Amara Yoga studi' - Guru Inese Liepiņa. Rēzekne (Latvia).

2016 – 2018 [LM-7 MSc ‘Agri-environmental and Food Science Biotechnologies’ \(P07/39\)](#)

EQF level 7 (4 exams passed)

‘University Federico II of Naples’, Director Matteo Lorito, Coordinator Rosa Rao. n°100, St. University, 80055 Portici (NA) (Italy). Page | 6

11/2018 [Mixed Martial Arts \(MMA\) lessons](#)

Mr. Edgars Samoilovs. Rēzekne (Latvia)

19/05/2018 [Napoli Yoga Festival](#)

Manager Giula Sodo and Assistant Roberta Dottrini. Oki Do Yoga Guru Lilla De Angelis, Raja Yoga and Kashmir Tantra Guru Giuseppina Cabino e Guru Armando Perrotta. Naples (Italy).

05/12/2017 [Sacco System s.r.l. – Dairy Tour](#)

N. 29/A Manzoni 22071. Cadorago (Co) (Italy) (<http://www.saccosystem.com/home/it/>)

01/12/2017 [AIRC Food&Health Conference](#)

‘University Federico II of Naples’ Agriculture Department (Chinese chamber) Epidemiologist Researcher Carlotta Sacerdote. Portici (Italy).

10/11/2017 [BE.HA.VE. The BittEr, the HeAlthy project: promoting healthier VEgetables and olive oil through experimental and behavioral economics](#)

Scientific Researchers: Carla Cavallo, Riccardo Vecchio, Teresa Del Giudice, Gianni Cicia, Betina Piqueras-Fizman. *Goal:* The objective of the project is to increase the intake of antioxidants, through the diet, among European consumers, developing strategies to increase the preferences for bitter taste. *Target:* Brassica vegetables and Extra-Virgin Olive Oil (EVOO). *Methods:* Focus Group, Discrete Choice Experiments, Latent Semantic Analysis and Experimental Auctions

2017 [Cameback Canapa Felix](#)

‘Royal Estate of Carditello’ President Luigi Nicolais, ‘Department of Agriculture’ Counselor Franco Alfieri, ‘Committee Agriculture Campania Region’ President Maurizio Patracca, ‘Trade Chamber’ President Tommaso de Simone, ‘University Federico II of Naples’ Rector Gaetano Manfredi, ‘DisBA-CNR’ Director Francesco Loreto, ‘Crea’ Director Nicola Pecchioni, ‘Isoform-CNR’ Director Giorgio Matteucci, ‘Isoform Dr. Giuseppe Sorrentino’. San Tammaro (CE) (Italy).

09/2017 [Vipassana Mindfulness Meditation \(MM\) measured by MagnetoEncephalography \(MEG\)](#)

Diagnosis and Cure Institute (IDC) ‘Hermitage Capodimonte’ (<http://www.hermitagecapodimonte.it>) and ‘Parthenope University of Naples’ Department of ‘Movement and Wellness Sciences’, NeuroPsychologist PhD Anna Lardone et al. and Guru Giuseppina Cabino Scientific Research Article ‘*Hindawi - Neural Plasticity*’ volume 2018, ID 5340717 (<https://doi.org/10.1155/2018/534017>)

23/09/2017 [Napoli Yoga Festival](#)

Anukalana (Yoga, Natana, Kaulina, Yaudha, Ciktisa) Guru Jacopo Ceccarelli, AcroYoga Guru Giulia Sodo and Vinyasa Yoga Guru Sarah Zen. Naples (NA) (Italy)

16/09/2017 – 18/09/2017 [Yoga Festival](#)

Ashtanga Yoga Guru Monica Bertauld, Harmonic Chanting Musician Igor Oliver Ezendam. Villa Piccolomini, Rome (RO) (Italy) (<https://www.yogafestival.it/>)

14/09/2017 – 17/09/2017 [Visionary Shamanic Retreat – Ayni Pachamama Ceremony](#)

Massimiliano Pagano e the Machupe Paulo ‘Weichafe’. Pesco Sannita (BN) (Italy).

22/08/2017 – 30/08/2017 [Himawari Shiatsu \(APOS\) course](#)
Sensei Samanta Artesia. Torre Canne Fasano (BR) (Italy) (<http://www.himawari.it/>)

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06/2017 [Arterra Bioscience s.r.l. seminar](#)
n° 69 St. Benedetto Brin, 80142 Napoli (Italy) (<http://www.arterrabio.it/>)

27/06/2017 [Kundalini Yoga - Waheguru Sikhist](#)
Guru ManDeep Signh, Yoga Oraequi Seashore Sirene Guru Mariafrancesca Truccillo & Guru Pasquale Uiliano, Posillipo (NA) (Italy) (<http://www.yogaoraequi.it/>)

25/06/2017 [Seven 7 Rays Archangels and Forty-Nine 49 Angelic Symbols](#)
Spiritual lineage: Uwe Gonzalez Burgunder, Suzanne Roloff, Tracey Loper, Debora Nappi and Manuela Mazzarella (www.holisticresonance.org)

23/06/2017 [World Metaphysical Association accreditation](#)
Vibrarmonia Musical Massage-Therapists Davide Preiti&Fiorella Orazio and Piotr Cwojdzinski. Licola di Giugliano (NA)

22/06/2017 [Saint John's Eve - Shamanic Earth Circle Gong](#)
Sachjot Kaur (Antonella Notturmo) disciple of Don Conreaux (Baba, Guru Jagat). Meiln 32” Eight Corners of Heaven Mirror Gong - 8 runic glyphs, Planet&Symphonic Paiste Gong, Nepalese and Indonesian Gong, and ancestral instruments such as Koshi, Tibetan bells, Shruti box and Didgerido. Resonating Gong bath. Quarto (NA)

23/07 - 21/08/2016 [Naqshbandi Sufi Muslim order \(tariga = way\)](#)
Shaykh Nazim Efendi. Remembrance ceremony (Dhikr) and meditation (muraquaba). Lefke (TRNC) (Cyprus) (<http://saltanat.org/>)

2015 [Daimoku Nam\(u\) Myōhō Renge Kyō](#)
Soka Gakkai - Buddhism Nichiren Daishonin (<https://www.sgi-italia.org/>)

22/12/2005 [Taekwondo – Best Athlete of the Year 2005](#)
'Centro Azzurro' Dojan Mr. Domenico D'Alise (RIP 49 y.o.) (<https://www.taekwondoitalia.it/news/1804-addio-al-campione-e-maestro-domenico-d-alise.html>)

05/07/2015 [Duolingo Proficiency Exam - Advanced 5.0 English \(B2 CEFR\)](#)
Verify at: cert.duolingo.com/6djhm275

22/06/2015 [Bachelor's degree in L-13 Biological Sciences \(curriculum bio-ecological\) – 110 Summa Cum Laude - First class with honors – 180 ECTS - Register n°: CE2014N88544000009 EQF level 6](#)
'University Federico II'. Naples (Italy).

02/2015 – 05/2015 [National Research Council - Internship Chemical Biology \(NRC-ICB\)](#)
Tutor Adele Cutignano and Supervisory Angelo Fontana. N°. 34 Campi Flegrei Street, Pozzuoli (NA) (Italy)
Exploitation of microbial biomass in quality energy supply chain (PON01_02740): 'Biochemical analyses of marine diatom *Cyclotella cryptica* grown under different nutritional condition for biotechnological applications'. 'National Program of Research in Antarctica' (PNRA) Nutraceutical drug discovery: isolation and characterization of secondary metabolites from Antarctic Porifera and 'Italian National Agency for New Technologies, Energy and Sustainable Economic Development' (ENEA)

28/03/2015 Academic IELTS (International English Language Testing System) Test Report Form
14IT002611SILA012A - CEFR B2

British Council Centre Number IT012. Naples (NA) (<http://ielts.ucles.org.uk>)

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12/2014 – 02/2015 - Rama Ashram - Ashtanga Yoga (up to 3th series)
Ashtanga Yoga Guru Tomás (Rama). Oviedo, Asturias (Spain)

11/01/2015 Reiki – Mikao Usui Shiki Ryoho (1/3 level)
Sensei Luigi Vincenzo Torelli, Manuela Mazzarella, Immacolata Anna Torelli, Giuseppe Cangiano. N° 72/1
Grotta dell'Olmo St., 80014 Giugliano in Campania (NA) (Italy)

26/11 - 31/12/2014 Ashram Joytinat Yoga and Ayurveda Retreat
Swami Vaidya Joythimayananda. Corinaldo (AN)

2013 – 2014 University Scholarship Erasmus/LLP Program (6 exams in Spanish)
'University of Oviedo'. Oviedo - Asturias (Spain).

11/2014 Tai Chi – Quan Style
Shifu Patricia Ferrer, Shaolin Kung Fu Black belt 2nd Dan, a disciple of D. Zhong. Oviedo, Asturias (Spain)

10/2014 Falun Dafa - Gong stage (Truth, Compassion and Tolerance)
Shifu Africa Rèposo, Shifu Li Hongzhi. 'Parque de Invierno', Oviedo (Spain)

09/2014 Integral & Family Psychology Course – Body, Mind, Sensation and Consciousness (Space for
Change and Personal Development)
Miss Elisa Salvador Kopp. Gijón, Asturias (Spain) (www.psicologiaintegralasturias.com)

08/2014 Yoga Kundalini and Massages (Shiatsu and Thai)
Resort Bolonia Beach, Cadiz (Spain).

21/06/2014 Surya Namaskar Spring Equinox (108 reps!)
'Casa del Yoga' Guru Nuno De Oliveira. Oviedo (Spain)

09/2013 - 30/04/2014 Tandem language learning (Italian-Spanish) (30 hours)
'Casa de las Lenguas' Director Daniel García Velasco and Tandem Program Coordinator Ana Ojanguren
Sánchez. Oviedo (Spain)

04/2014 Stage Acro Yoga and Thai Massages
Acrobatic Yoga Guru 'La Glo' and Nacho Kaleta Thai Massages. Bilbao (Spain)

03/2014 Pilates
Centro Social Pummarin. Turina Street, Oviedo (Spain).

03/2013 - 23/03/2014 Ashtanga Yoga
'University of Oviedo' Health&Sport Center (CAU) Rector Delegate Miguel Del Valle Soto (Spain)

2013 'Yoga for Lazies' book Asanas Poses Model
Author Guru Arcangelo Silvestro

26/12/2013 [Yoga Retreat Parhamasana Yogananda](#)
Swami Kryananda – Umbria Community. Perugia (PG)

14 - 16/06/2013 [Yoga Festival](#)

Dharma Pitha Shri Tathat, Zen Dario Doshin Girolami, Hatha&Tantra Antonio Nuzzo. Cascina Frasetti, Giardini di Villa Pamphilij, Roma (RO)

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18-20/05/2013 [‘Yoga: reconnect to the spring’ Seminar](#)

‘Tandava’ Kashmir Tantric Shiva Dance, Vidya Surya Namaskar (Sun salutation) and Watsu Guru Giuseppina Cabino, Five 5 Rites Tibetans Armando Perrotta, Reconnection Healing Eric Pearl, Meditation and Visualizations Mauro Zoller. Ischia Island, Naples (Italy)

05/02/2013 [Yoga Guiding Internship](#)

Cultural Association ‘Prana Vidya Yoga’ Classic Yoga & Natural Therapies Guru Giuseppina Cabino. Caivano (NA)

06/2012 [Shivananda Yoga Vedanta](#)

Yoga Ashram Swami Vishundevananda. Wien (Austria)

02/2012 [OrthoBionomy Massage Course](#)

Canadian Osteopath and Quiropracticer Founder Arthur Lincoln Pauls. Obeat OrthoBionomy^(r) - European Association Teacher Fabrizio Cappa, and Reflexology Zu 'il sorriso del corpo' Massimo Elia. N° 156, Toledo St., Naples (NA) (Italy)

4/06/2001 [EFCELT \(Education First Cambridge English Level Test\) - ESOL Examination – \(A2 of CEFR\) - EF Language Travel](#)

'University of Cambridge' ‘EF Global Village’ Director of Academic Affairs Luca Marchiori. Brighton, England, United Kingdom (UK)

21/03 – 08/04/2011 [Adecco ‘Technical Engineer Calibrator’ Course Code P0581100860248](#)

Protom Group S.p.a. (Elasis - Mr. Penta), Forma Temp Sponsor. Naples (Italy).

09/2010 – 01/2011 [University Federico II of Naples – Aerospaziale Engineering \(N35000692\) EQF level 6](#)

First semester course. Naples (NA) (Italy)

09/2009 – 12/2010 [AfraSport - Bodybuilding](#)

Mr. Antonio Piscopo. Afragola (Italy) (<https://palestre.fitness/it/i/2559-afrasport/>)

2005 – 2010 [High School Collage ‘Aeronautics Technical Institute \(ATI\) - Diplome 100/100 EQF level 4](#)

Dean Giusto Nardi. Maddaloni (CE) (Italy)

06/09/2010 [Bodybuilding ‘Body Gym Club’ - Athlete Card N° 586806](#)

Nation Educational Sports Center (CSEN)

02/08/2010 [PADI \(Professional Association of Diving Instructors\) Open Waters Diving Pas EN14153-2](#)

Diving Centre Instructor Roberto Balzano. Cirò Marina (KR)

01 - 06/2010 [Gin Gin Club - Bodybuilding](#)

Mr. Luciano Esposito. Caivano (Italy)

2010 [Trinity College London \(speaking score 6\) and ESOL International \(speaking and listening score 3\) - \(CEFR B1.2 with merit\)](#)

Patron HRH the Duke of Kent KG Chief Executive Sarah Kemp and Mrs. Antonietta Alberico. Maddaloni (CE)

20/05/2010 [FISE \(Italian Federation Equestrian Sports\) Horse Riding License A](#)
'Lo Sperone Club - ASD144063', Unire 'Gente e Cavalli'. Naples (Italy)

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23/04/2010 [ECDL \(European Computer Driving License\) – Skill Card N° IT - 1713005](#)
Italian Association for Informatics and Automatic Calculus (IAIAC) and ECDL Foundation Institute
'Giuseppe Moscati' (Test Center AGGN0001). Casoria (NA)

05/06 - 09/12/2009 [Music Shows Bass Player](#)
High School 'Filippo Brunelleschi'. Afragola (NA)

25 - 26/09/2009 [1st Edition Archery Competition - 2nd place Silver Trophy \(Young Category\)](#)
President of Pro Loco '*Mons Militum*' Rosario Longo and Manager Gaetano Brogna. Montemiletto (AV)

09/2008 – 06/2009 [Bodybuilding - Sports World](#)
Mr. Angelo Bardoni. Afragola (Italy)

06/06/2009 [Music Shows Bass Player](#)
High School 'Gian Battista Vico', Napoli (NA)

05/2009 [Trinity College London \(speaking score 6\) and ESOL International \(speaking and listening score 3\) - \(CEFR B1.2 with merit\)](#)
Patron HRH the Duke of Kent KG Chief Executive Sarah Kemp and Mrs. Antonietta Alberico. Maddaloni (CE)

18/04/2009 '[Music for Youth - Armonia Culture Club](#)' [Feedback Rock Band](#)
Giuseppe Rocco 'Peppe Rock' (voice), Vincenzo Falanga 'John Rent' (drum), Daniel Fiorentino 'Jack Daniel' (guitar), Alan Falco 'Alain' (keyboard) and Antonio Silvestro 'Tony Silver' (bass). Frattamaggiore (NA)

2008 [Music Festival&Jam session - Bass player](#)
'Officina Sonora'. Grumo Nevano (NA)

2008 [Boxing club 'Picardi' lessons](#)
Delphinia Sports Center. Casoria (NA)

28/09/2009 '[Aviation Airoportual Safety](#)' (ex regulation EU 2320/2002 12.3) [Training Prot.467/07](#)
Service Management Airport Capodichino (GESAC) British Airports Authority (BAA) Mr. Fabio di Vito and ENAC Certificated Instructor Rinaldo Monteneri. International Airport of Naples (NA)
(<https://www.aeroportoedinapoli.it/>)

13/10/2008 [ENAC - ICAO Student Pilot Certificate No. I-SPC-054304](#)
Italian Civil Aviation Authority Mr. Ilario Sezzi. Italy

2007 [Bass lessons](#)
'Musical Village' School. Afragola (NA).

06/2001 '[XXVI Music Festival](#)' - [Piano Certificate of Merit](#)
Associazione Gioventù Musicale Afragolese (A.G.M.A.) Mrs. Giovanna Vitale and Mrs. Carmela Iafaioli

1997 – 05/08/2007 Taekwondo – Black Belt 1st Dan certificate
President of Taekwondo Federation Woon Kyu Uhm Kukkiwon.

2006 FIJLKAM (Italian Federation Judo Martial Arts) Ju-Jitsu – Brown Belt
TaekJutsu Gym Sensei Pasquale Stanzione (5th Dan), Cardito (NA) (<https://palestre.fitness/it/i/2494-asd-taekjitsu-judojitsupankrationkinesiologo-correttivoposturale-prof--pasquale-stanzione/>)

2003 – 2006 Taekwondo Tournaments - Gold Medals
CUS Naples a.s.d. (2003, 06/06/2004, 08/05/2005, 16/12/2006)

21/05/2006 – 22/05/2006 Taekwondo – InterRegional Championship - Silver Medal (cadets category 1992, 53 kg)

FITA Sport Center ‘Luigi Marini’. Avezzano (AQ)

07/05/2006 Taekwondo – Regional Championship - Gold medal– Cadets category (1992-49 kg)

FITA (Italian Federation of Taekwondo) is recognized by WTF (World Taekwondo Federation) and CONI (Italian National Olympic Committee)

25/03/2006 – 26/03/2006 Ju-Jitsu - 9th Fair Fighting System - 1st place cup
FIJLKAM - Manduria (TA)

28/01/2006 Accompanist National Team - Open of Ju Jitsu — Fighting and Duo System

Dojo JC Rousseau rue Sensei F. Pelloutier — D'Orleans/Loiret (France)

2005 English Cum Laude (29/45)

ACER (Australian Council for Education Research) S.M.S. ‘Gennaro Aspreno Rocco’ II A class, Research Director Professor Jim Tignolini in collaboration with STIVA PhD founder and director of cultural association Alexander L. Cicchinelli

2005 Math Magna Cum Laude (34/45)

S.M.S. ‘Gennaro Aspreno Rocco’ II A class, ACER -STIVA Research Director Professor Jim Tignolini

18/03/2004 – 2005 Kangourou Math Test - Cadet&Benjamin categories

Middle School ‘Gennaro Aspreno Rocco’ Professor Angelo Lissoni of Kangourou and Clemente Zanco of ‘University of Milano - Department of Mathematics’

2002 – 2005 Diploma ‘Very Well’ EQF level 1

Middle School ‘Gennaro Aspreno Rocco’. Afragola (NA)

10 - 11/12/2005 Ju -Jitsu Fighting System - National Championship - Silver medal

CSEN - Passo Cortese - Rieti (RO)

12/11/2005 Ju - Jutsu Fighting System - Gold medal

FIJLKAM -1st Trophy Cardito (NA).

05/06/2005 Ju - Jutsu - 2nd National day of sport - Medal of participation

Municipality of Cardito (NA)

01/05/2005 Ju-Jitsu Fight System - Campania Trophy - Team demonstration

FIJLKAM Sports Center ‘Sandro Pertini’, Pomigliano d'Arco (NA)

30/04/2005 [Champion class Mathematicians III A 2004/2005 - Mathematical games](#)

Middle school 'Gennaro Aspreno Rocco'. Afragola (NA) (Italy)

20/04/2005 [8th edition of National Mathematical games 'Maratona nazionale di matematica'](#)

MIUR and 'University La Sapienza di Roma' and Institutes 'A. Fanelli and F. Marini' Roman Theater – Ostia Antica (RO)

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06/03/2005 [Kick Jutsu - Inter-Federal Championship - Second place Cup](#)

WJJ - FIM, Faiano (SA)

2004 [English Certificate of Participation](#)

ACER – STIVA .S.M.S. 'Gennaro Aspreno Rocco' class II A, Professor and Research Director Jim Tignolini

2004 [Math Summa Cum Laude \(35/45\)](#)

ACER - STIVA S.M.S. 'Gennaro Aspreno Rocco' class II A, Professor and Research Director Jim Tignolini.

19/12/2004 [Kick Jutsu - National Championship - Bronze Medal \(category 35-40 kg\)](#)

LIBERTAS, Rome (RO)

11/12/2004 – 12/12/2004 [Ju-Jutsu Fighting System - National Championship - Silver Medal \(36.4 kg\)](#)

CSEN (Nation Educational Sports Centre), Rome (RO)

15/05/2004 [Final of the 11th edition International Championship of Mathematical Games](#)

Director of 'P.R.I.ST.EM. - ELEUSI - University Bocconi' Mr. Donato Michele Cifarelli. Milan (MI) (Italy)

27/03/2003 – 12/03/2004 [Semifinals of the International Championships of Mathematical Games](#)

'University of Bocconi' and 'High School Pitagora' Headmistress Maria Ortello. Torre Annunziata (NA)

2000 [Judo Regional Championship - Gold Medal](#)

FILPJK. Judo (Yellow belt - 5th kyu). Sensei Mario Palermo A.S.D. Sannitica St. km 9600, Afragola (Na) (Italy)

1999 [Karate Regional Championship - 8th place](#)

FILPJK. Karate (Yellow Belt - 5th kyu)

19/12/1999 [Shotokan-ryu Karate – Yellow Belt 5th Kyu.](#)

FILPJK (Italian Judo Wrestling Karate Martial Arts Federation). Sensei Raffaele Ciotola, Gichin Funakoshi Shotokan Club. Casoria (NA), Italy

1997 [ACSI - FGI - CONI Artistic Gymnastic](#)

C.S. Quasar. Casoria (NA)

1997- ongoing [Songwriter, composer, poly-instrumentalist, sound engineer and DJ](#)

Keyboard, Chordophone (classic, acoustic and electric guitar, guitalele, kanun, kora, ukulele, violin, bouzouki) percussion (djembe, drum, duduk, taiko), aerophones (pan flute, diatonic and tremolo harmonica), kalimba, mbira, didgeridoo, etc. (<https://tonysilver.bandcamp.com/releases>,
<https://www.reverbnation.com/tonysilver2>, <https://soundcloud.com/tonysilver92>,
<https://www.soundtrap.com/tony.silver?>)

WORK EXPERIENCE

24 - 25/09/2019 [Waiver 'Electro-Technical Technician' \(ATA\) N.093, 0404000010-0503010609](#)
Ministry of Education, University and Research (MIUR), Higher Education Institution 'Paolini - Cassiano' ^{Page |,13}
0542658711. N° 2 Giuggiardini St., 40026 Imola (BO) (Italy) (<http://www.paolinicassiano.gov.it/>)
Business or sector: Education

2012 – ongoing [Guru 'Instante' Yoga Ashram](#)
HolYoga system (<https://www.facebook.com/HolYoga1/>). N° 100, St. Nazario Sauro, 80026, Casoria (NA)
(Italy) <http://www.yogamap.it/item/holyoga-antonio-silvestro>

04/02/2019 – ongoing [Art Model](#)
Latvijas Mākslas akadēmija. N° 13 Kampala bulvārī, LV-1050 Rīga (Latvia)
(<https://www.facebook.com/LMAlatgalesfiliale/>)
Business or sector: Arts and Entertainment

03/2018 – ongoing [Scientific Researcher, Author, Writer and Divulgator](#)
https://www.amazon.com/s?k=antonio+silvestro&i=digital-text&ref=nb_sb_noss,
https://www.researchgate.net/profile/Antonio_Silvestro2, <https://unina.academia.edu/TonySilver>,
<https://orcid.org/0000-0002-3111-4233>, <https://www.scribd.com/user/245247301/Antonio-Silvestro>,
<https://issuu.com/tonysilver4>
Business or sector: Scientific and Technical Activities

10/01/2019 [Herbalist Promoter 'Linfavita'](#)
N° 13 Linfavita Cos.na S.r.l., Marzabotto St., 40050 Funo di Argelato (BO) (Italy)
(<http://www.linfavita.com/antoniosilvestro>)
Business or sector: Beauty and Cosmetics

27/08 - 03/09/2018 [Workaway - Woodhouse Renovatio](#)
Christel and Den Friedl. Ringsted (Denmark) (<https://www.workaway.info/766844444913-en.html>)
Business or sector: Buildings and Carpentry

12 - 26/08/2018 [Workaway - Farmer and Yoga Guru](#)
Chalotte and Steen Vald. Sorø, Fluglebjerg (Denmark) (<https://www.workaway.info/643459844856-en.html>).
Animal farming (pigs, ducks and chickens), horticulture (raised beds, fruit picking and seedling), painting
(walls and furniture), cleaning maintenance and private Yoga lessons.
Business or sector: Organic Animal Farming and Spirituality

10 - 11/08/2018 [Haven Festival - Main Entrance Security Staff](#)
June Kleis Rasmussen. Copenhagen (Denmark) (<https://ruby.havenkbh.dk>)
Wristbands checking and visiting.
Business or sector: PR and security

01 - 09/08/2018 [Workaway - Permaculturist](#)
Nicki Dreyer and Tirza Snip. Tranekær, Lagenland (Denmark) (<https://www.workaway.info/933527487886-en.html>). Raised beds, solarization, soil tests (granulometry and pH), composting, cuttings and transplant,
seedling, taxonomy and labelling.
Business or sector: Farming and Horticulture

17/07 - 31/07/2018 [Workaway - Gardening](#)

Günter (Ramanada as renamed by Osho) Leitner. Hamburg (Germany) (<https://www.workaway.info/2112481634e6-en.html>)

Bamboo management, eradication of Saxon's taxon trees (*Taxus baccata*) and cleaning maintenance.

Business or sector: Agro-Forestry

13 - 16/07/2018 [Antaris FestivalHolYoga System Workshop](#)

Lynne Ford. Gollenberg, Stölln (Germany) (<http://www.antis-project.de>).

Hatha Yoga, Raja Yoga, Kashmir Tantra and Massages.

Business or sector: Holism, Yoga and Wellness

16/01/2018 [HolYoga - Holistic Yoga System online course](#)

(<https://www.udemy.com/holyoga1/?instructorPreviewMode=guestInsert>)

15/07/2016 [Workaway - Grol Garden - Urban Gardening Project](#)

Manager Ishan Ullah. Animal care, pruning, harvesting, pest control, watering, weeding.

(<https://permacultureglobal.org/projects/2118-grol-garden>)

Business or sector: Permaculture, Agroforestry and Aquaponics

22/05 - 06/06/2016 [Workaway - Crooked End Farm – Soil Association Organic GB-ORG-05 Agriculture](#)

Director Simon Kilburn. GL179XF Ruardean, Gloucestershire (United Kingdom)

<http://www.crookedend.co.uk/>, <https://www.soilassociation.org/>, <http://www.organicholidays.com/self-catering/crooked-end-farm-cottage/forest-of-dean/gloucestershire/3336.html>

Bed preparation (mowing, weeding, digging-forking, manure spreading, lime stabilization), planting in polytunnel, salad delivered to Riverford[®] (stopping and picking), hard-softwood boiler, pallet stripping, hens-geese.

Business or sector: Permaculture, Nursery, Animal Care and Organic Farming

07 - 21/05/2016 [Workaway – Estate Gardener](#)

David C. Halpin family. Ash-Sycamore framework, composting, lawn mowing, digging, grapevine field.

(<https://www.workaway.info/571254638959-en.html>).

Business or sector: Horticulture, Gardening, Architectural, Fermented Alcoholic Beverages

02 - 06/05/2016 [Workaway – Eco house-studio Building](#)

Siddy Langley. Plymtree, East Devon - England (United Kingdom).

Timber cladding, plastering, vineyard design.

Business or sector: Building

12/04 - 01/05/2016 [The Devonshire Dairy - Lucy's Ice Cream & Frozen Yoghurt](#)

Lucy Nicolaysen. N° 36 The square, Newton Abbot, TQ138AH Chagford (United Kingdom) (<https://www.thedevonshiredairy.co.uk/lucys-ice-creamchagford/4585212833>,

<https://www.facebook.com/lucysicecreamchagford/>, <http://www.tasteofthewest.co.uk/taste-of-the-west-awards/taste-of-the-west-productaward-winners-2016.html#top>).

Bread making and confectionery, cooking, accounting, customer service.

Business or sector: Artisan Alimentary

04 - 11/04/2016 [Low-Impact Dynamic Community ‘Steward Wood’](#)

Moreton Hampstead. England (United Kingdom) (<https://www.Bit.ly/savestewardwood>,

<http://www.stewardwood.org/index.html>).

Woodworking (pallet and logs chopping), orchard design, lauerl shrub (*Laurel nobilis*) – deer (*Cervus elephus*) conservation project.

Business or sector: Permaculture, Food, Building and Woodland Management

28/03 - 03/04/2016 [Workaway - Organic Farming](#)

Hilton Martin and Sara Melendro. Northlew Rd., EX2015N Okehampton, England (United Kingdom) (<https://www.soilassociation.org/>).

Poultry, scythe trimming, chopping, wood chipping and fences constructions.

Business or sector: Sustainable food, Organic farming and Agroforestry

21 - 27/03/2016 [Workaway – Multitasking in a young family](#)

Allan Kerr and Bella Liley. Chagford - Dartmoor Park - Devon - England (United Kingdom) – (<https://www.workaway.info/166689768554-en.html>).

Au pair, djembe skin replacement, gardening (weeding, mowing), painting, housekeeping.

Business or sector: Education and Childcare, Music and Veggies Gardening.

07 - 20/09/2015 [Workaway – Development Shamanic Community](#)

Mirjam Helfenberger and Jürg. Guggisberg, near Freiburg and Bern (Switzerland) – (<http://www.workaway.info/695288753483-en.html>).

Coaching, Body Mind Recall, horticulture, carpentry (woolen thermal insulation), painting, music jam.

Business or sector: Community Development, Health and Social Care.

16/08/2015 – 06/09/2015 [Workaway - Renovating Eco village](#)

987 3800 Schmalenhals Sundlauenen, Lake Thun (Switzerland) (<http://www.workaway.info/984516464673-en.html>).

Kirtan Yoga (mantra chanting), wellness eco-sauna, water depuration project.

Business or sector: Community Development and Eco-architecture.

03/08/2015 – 09/08/2015 [Workaway - Gardening maintenance](#)

Sandra Imperiale. Aarwangen (Switzerland) (<https://www.workaway.info/124359154484-en.html>)

Gardening, au pair, dog sitter, painting.

Business or sector: Gardening and Building.

20/07/2015 – 02/08/2015 [Workaway – Permaculture project](#)

Stochammer Susanne and family. Lichtensteig (Switzerland) – (<https://www.workaway.info/288412475642-en.html>). Permaculture, French garden design and housekeeping.

Business or sector: Permaculture by Bill Mollison and Biodynamic by Alan Chadwick.

04/12/2014 [Casting film ‘Il Destino di un Incontro’](#)

Director Daniele Poggiolini, Writer Mery Fabbicino. Naples (Italy).

Business or sector: Cinema.

08/2014 [Workaway - Farm Volunteering](#)

Yolanda's family. Ciudad Real, Castilla la Mancha (Spain) (<http://www.workaway.info/137283147225-en.html>).

Eco project, Gardening, Yoga Lessons and Massages.

Business or sector: Biodynamic Agriculture by Rudolf Steiner and Healthcare.

07/2014 [Workaway - Hare Krishna Ashram](#)

Hare Krishna's monks. Address: Gavalines/Avila – Castilla y León (Spain)

(<http://www.workaway.info/587538744391-en.html>).

Eco project, gardening, farming, Bhakti Yoga retreat in accordance with Vedic culture.

Business or sector: spirituality.

06/2014 [CES \(Community Exchange System\) - Yoga lessons](#)

Sergio Rastru local red Administrator. Address: Oviedo – Asturias (Spain) (<https://www.community-exchange.org/>, <http://www.rastru.es/>).

Business or sector: Yoga, record keeping, barter, swapping, gifting and sharing, time and direct exchanging.

03 - 05/2014 [Disco pub 'La Guacara'](#)

Ceferino Verdas alias Freddy 'La Guacara' Pub owner Address: No. 3 Mon St., Oviedo (Spain) (<http://www.asociacionabaco.org/es/pag201?bar=5>)

Party Manager and Public Relationships.

Business or sector: Disco Pub and Social Entertainment

03/2011 – 05/2011 [Warehouseman](#)

Supermarket Decò. Duomo St., Naples (Italy). Deliveries, fruit desk, shelves tidy, load stock.

Business or sector: Food and Beverage, Detergent and Sanitaries.

07/09/2018 – 03/06/2019 [European Volunteering Service](#)

Erasmus + EVS - Solidary Corps. Rēzekne (Latvia).

Yoga guru, chef, music and languages (Italian, English, Spanish) teacher.

Business or sector: Food and Beverage, Detergent and Sanitaries.

05 - 08/07/2019 [Antaris Festival HolYoga System](#)

Kuji-Kiri NinJutsu - Reiki - Kundalini).

Lynne Ford. Gollenberg, Stöln (Germany).

Business or sector: Yoga.

LANGUAGE SKILLS

Mother tongue(s): Italian

Idiom	Listening	Speaking	Reading	Writing
French	B2	B2	C1	B2
Portuguese	B2	B2	B2	B2
Spanish	C1	C1	C1	C1
English	C1	C1	C1	C1
German	B1	B2	B1	B1
Russian	A1	A2	A1	A1
Chinese	A1	A1	A1	A1
Japanese	A1	A1	A1	A1
Arabic	A1	A1	A1	A1
Greece	A1	A1	A1	A1

DRIVING LICENCE

Driving Licence: A1 and B.

RECOMMENDATION

References available on request.

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ORGANISATIONAL SKILLS

Enjoyable brainstorming and problem-solving in dynamic cutting-edge research team, exchanging with colleagues innovating ideas about current or potential projects, always ready to lend a hand and offer suggestions to achieve the goals of the group. Otherwise, individual governor and executer of his own research and development independent projects, strictly scheduling an ahead organized daily, monthly or yearly tasks to be accomplished spontaneously along the time spent in the biomedical laboratory, private farm and engineering creations for extending its arms.

COMMUNICATION AND INTERPERSONAL SKILLS

Assertive verbal communication skills gained via public speaking such as presentations, seminars and conferences exposed during and after academic courses (e.g. presentation review article "*Zooming into food-associated microbial consortia - a cultural evolution*" by Luca Cocolin - Department of Agriculture, Forest and Food Science, University of Torino, Largo Paolo Braccini n° 2, 10095 Grugliasco Italy and Danilo Ercolini - Department of Agriculture Sciences, Division of Microbiology, University of Naples Federico II, Via Università n° 100, 800055, Portici, Italy) and written qualities obtained publishing books as KDP Amazon Author since 2019.

JOB-RELATED SKILLS

Keen interest in Research&Development field is manifested, fascinating, above all, to analytical -omics processes and investigating biological properties, chemical pathways, environmental risks and quality control of nutraceuticals products.

Different technical skills have been developed through many experimentations during the Bachelor course, both at the 'University Federico II of Naples' and at the 'University of Oviedo' - Erasmus/LLP: for example, hops (*Humulus lupulus*) *in vitro* growth culture supplemented with phytohormones, from which DNAs been isolated with phenol-chlorophorm extraction kit, genome and transcriptome analysed using Polymerase Chain Reaction (PCR), antibodies and proteome assessed with Enzyme-Linked ImmunoSorbent Assay (ELISA), Organism Genetically Modified (OGM) identification with genomic markers, Spectro-photometric UV-Vis quantification of several compounds.

Egregious laboratory dexterity has been developed attending an internship to the "ICB – CNR" closely working with an excellence team of professionals researchers, learning how to prepare culture media in sterile condition, to quantify cell density utilizing a Bürker counting chamber coupled with a phase contrast light microscope, isolating and characterizing chemicals utilizing solvent extraction Chromatography separation, purification technique coupled with Mass Spectroscopy (TLC, HPLC, GS-MS) and Nuclear Magnetic Resonance (NMR). Furthermore, attending the 'MSc Plant, Food Science, Environmental Biotechnology' other lab skills have been gained during which is making cDNA Cloning into Plasmid Vector, Miniprep, RNA isolation, Electrophoresis in Agarose gel, SDS-PAGE, qPCR, Real Time-RT-PCR, Bioinformatic pipeline for protein and nucleotide manipulation sequencing, alignment, assembly and annotation (EMBL/EBI-NCBI-DDBJ consortium resources, SMS, Blast, Clustal W, Primer Design, Mascot, etc.), molecular 3D modelling (RasMol, wwPDB, UniProt, etc.) and pathway unrevealing (Reactome, Phanter, Kegg, etc).

Digital skills: information processing, communication, content creation, safety, problem-solving (proficient user).

MARITAL STATUS

Single.

CERTIFICATIONS

2018 National Aeronautics and Space Administration (NASA) - Parker Solar Probe Your Name on the Sun
(2B2D5A5F-CC69-DFD2-A732-6560951F16A8)

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Country visited: Austria, Belarus, Bulgaria, Croatia, Czech Republic, Denmark, Egypt, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Moldova, Netherlands, Norway, Poland, Portugal, Romania, Russia, San Marino, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, Ukraine, United Kingdom, Vatican City State.