

ROSE FRANGOU

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PROFESSIONAL SUMMARY

Friendly, thorough, a quick learner, and eager to try a hand at anything. Passionate about music and film, would like to have a career in the creative arts. Extensive experience in hospitality and have also been a floor runner from small independent film projects up to large scale TV productions.

WORK HISTORY

Barista & Bartender

Patchworks - London

06/2022 - 09/2022

- Making and serving barista-grade coffees.
- Providing friendly and helpful customer service.
- Hygienically storing and handling food items.
- Entrusted with keys for both opening and closing shifts.
- Serving alcohol such as draft beer, wines and mixed drinks.
- Keeping the cafe and venue clean through regular sweeping and wiping of surfaces.
- Serving ice-creams to customers.

Runner

Discovery+ - London

09/2021 - 09/2021

- Escorting cast members to and from their locations.
- Assisting the costume and props department with dressing actors.
- Serving lunch and refreshments to the cast and crew.
- Assisting in the construction and deconstruction of sets. • Using the clapperboard during takes.
- Asserting and maintaining COVID-19 protocols.

Runner

Netflix - London

09/2021 - 09/2021

- Escorting the supporting actors to makeup and costume departments.
- Supervising and transporting supporting actors and film equipment to sets.
- Cueing supporting actors in scenes.
- Serving lunch and refreshments to the cast.
- Operating in-ear radios to communicate with the crew on set.

Runner

Splice Post Production - London

10/2019 - 04/2020

- Greeting and escorting clients to suites.
- Preparing and delivering meals and making barista-grade coffee.
- Maintaining a clean and tidy environment through regular sweeps.
- Shadowing in-house staff (colourist and sound editor).
- Safely saving and closing down clients' editing projects.
- Monitoring and replenishing stock.
- Transporting sensitive cargo such as confidential hard drives across London.
- Logging drives into the ingest library.
- Covering the receptionist's desk, answering calls, assisting clients and logging drives into the ingest library.

Runner

Speedwagon Productions - London

06/2019 - 09/2019

- Transporting filming equipment to and from locations.

- Shooting additional footage for film projects.
- Shadowing editing sessions and providing creative feedback.

Assistant

Edward Holland Hair & Beauty - London

05/2018 - 08/2018

- Greeting customers and serving them beverages.
- Maintaining a clean environment through sweeping hair and washing equipment.
- Washing customers' hair and assisting the senior hair colourist with highlight applications.

SKILLS

- Food preparation and safety
- Professional communication
- Cleaning and sanitising
- Problem-solving
- Teamwork and collaboration
- Flexible and adaptable

EDUCATION

A-Levels: Film Studies (A) and Music (B)

Stoke Newington School & Sixth Form - London

2019

Bachelor of Arts: Film Studies

Liverpool John Moores University - Liverpool, LIV

2023

LANGUAGES

English

Native

Greek

Elementary

ACCOMPLISHMENTS

• **Hackney Empire Artist Development Program (2016 -18)**

Drummer and songwriter in house band two years running.

• **Member of the Hackney Youth Forum (2018)**

Planning and coordinating local art events in Hackney with other young people.

• **Hackney Creative Jazz Ensemble (2015 -16)**

Drummer /percussionist for two years.

• **Community Music, Tower Hamlets (2015 - 2016)**

One year workshopping with other young musicians.