

Nikolett Kalóz

📍 Haller street 23-25. D 306, Budapest, 1096, Hungary

📞 +36706252554

✉️ [kaloznikolett@gmail.com](mailto:kaloznikolett@gmail.com)



## PROFESSIONAL EXPERIENCE, VOLUNTEERISM

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06/2022 – 08/2023 Budapest, HUNGARY

### HR TRAINEE, ASSISTANT- RANDSTAD HUNGARY

Recruiting candidates via internal and external databases

Identifying, approaching, and preparing interviews with potential candidates, checking their interests, salary expectations, and professional backgrounds

Checking English proficiency

Inviting suitable candidates to a detailed interview with consultants

Database- management and supporting the recruitment processes

Writing and posting job advertisements

08/2023 – 01/2024 Utah, USA

### VOLUNTEER PROGRAM ORGANIZER- SOUTHERN UTAH UNIVERSITY

During my Erasmus semester at SUU I had the opportunity to help organizing, managing different student programs, such as karaoke, dance, board game, cupido nights, hiking trips.

02/2022 – 08/2023 Budapest

### PR AND MARKETING GROUP VOLUNTEER- PSZINAPSZIS

Creating psychoeducational posts for social media (instagram, tik-tok)

Looking for supporters, promoters for the event

05/2021 – 09/2021 Szolnok

### ONLINE MARKETING ASSISTANT- ADRY FASHION

Creating photos, posts for social media

09/2021 – 04/2022 Budapest

### ANIMATOR- EOTVOS LORAND UNIVERSITY

Voluntarily making activities for ELTE Animátor kör

2016 – 2017

### COACH TRAINEE- NEW TOP TALENT SPORT ASSOCIATION

Gymnastics for children, playful activities

05/2019 – Present

### TEACHER OF ENGLISH LANGUAGE- INDIVIDUAL

Preparing students for language exam and high level graduation exam

## EDUCATION

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08/2023 – 01/2024 UNITED STATES OF AMERICA, UTAH, CEDAR CITY  
**PSYCHOLOGY MA SOUTHERN UTAH UNIVERSITY- ERASMUS**

09/2022 – PRESENT BUDAPEST, HUNGARY  
**PSYCHOLOGY MA EOTVOS LORAND UNIVERSITY**

08/2019 – 09/2022 BUDAPEST, HUNGARY  
**PSYCHOLOGY BA EOTVOS LORAND UNIVERSITY**  
**THESIS:** Impact assessment of congruent and incongruent sponsored posts of a social media influencer in the light of self-disclosure, personal appearance and parasocial relationship

08/2021 – 02/2022 ALMERIA, SPAIN  
**PSYCHOLOGY BA UNIVERSIDAD DE ALMERÍA- ERASMUS**

08/2015 – 06/2019 SZOLNOK  
**SECONDARY GRAMMAR SCHOOL; ENGLISH SPECIALIZATION CLASS Verseyhy Ferenc**  
**Gimnázium**

08/2007 – 06/2015 SZOLNOK  
**ELEMENTARY SCHOOL KASSAI STREET HUNGARIAN ENGLISH DOUBLE LANGUAGE**  
**ELEMENTARY SCHOOL**

## LANGUAGE

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**MOTHER TOUNGUE: HUNGARIAN**

**OTHER LANGUAGES:**

**ENGLISH – C1**

**SPANISH – B1**

## DIGITAL SKILLS

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Advanced knowledge of Internet browser, editing of tables, diagrams, texts, images,  
Microsoft Office (Word, Excel, PowerPoint, Outlook)  
Social media posts

## OTHER INFORMATIONS

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Fit-kid, athletics

I competed in the Fit-Kid for almost 10 years, I won several medals and cups, such as European Cup in 2016.

2006 -2020

I started athletics in 2017 and won several national championship in relay. E.g. 4x100 meter relay championship at the U23 national championship in 2020

06/2019

Good Student, Good Sportsman of Hungary - ministerial recognition

I received this title in recognition of my successful academic work and outstanding sports performance.