



# Rinalds Henrijs Dērics

**Date of birth:** 14/06/2006 | **Nationality:** Latvian | **Gender:** Male | **Phone number:**

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## ABOUT ME

I am disciplined and skilled across several areas, comfortable working both independently and in a team, and ready to take on new challenges. I learn carefully and precisely at first, so that I can then work quickly and efficiently. Also I love implementing systems and automating processes that help me to save time or improve quality.

## WORK EXPERIENCE

### MY FITNESS, SIA – RĪGA, LATVIA

#### ADMINISTRATOR – 19/12/2024 – 30/12/2025

- Provided front-desk customer service and handled member enquiries in person and by email
- Operated the cash register and bank terminal for membership payments
- Explained membership terms and onboarded new clients
- Maintained reception standards and gym organisation; opened and closed the club independently
- Covered shifts across all 15 MyFitness clubs in Riga

#### ADMINISTRATOR – 03/03/2026 – Current

Returned to the same role after seasonal work abroad; same responsibilities as above

### IT REPAIR TECHNICIAN (SCHOOL PRAXIS PLACEMENTS) – EIROPAS SERVISA CENTRS LATVIJA, SIA – 03/06/2024 – 29/05/2026 – RĪGA, LATVIA

- Repaired and serviced office printers and equipment
- Installed and configured 160 kg A3 multifunction printers on-site at client locations
- Worked hands-on with printers, computers, components and peripherals; installed operating systems and software

### STAGE CREW MEMBER – STAGECREW OÜ – 11/11/2025 – 16/11/2025 – RĪGA, LATVIA

- Supported stage load-in/load-out for OneRepublic and Zara Larsson productions at Xiaomi Arena
- Worked with international touring production staff and local crew to assemble stage structures, lighting and audio rigging

### POSTMAN FOR CHARITY BAGS – CLOTHES COLLECTIONS LTD – 05/01/2026 – 23/02/2026 – MANSFIELD, UNITED KINGDOM

- Distributed charity collection bags across Mansfield, Chesterfield and Sheffield
- Covered 20–30 km on foot daily, delivering 800–1,500 bags per day
- Loaded bags into containers and trucks

### GARDEN LABOURER – JĀŅA ALDERMAŅA DĀRZNIECĪBA, SIA – 01/05/2023 – 01/10/2023 – RĪGA, LATVIA

- Carried out landscaping, tree removal and trench digging; planted thuja
- Moved and arranged plants, flowers and soil; mowed lawns; cleaned plant tables
- Unloaded 4 tons of materials for new greenhouse construction

### ACTOR – MISTRUS MEDIA, SIA – 28/05/2026 – 28/05/2026 – RĪGA, LATVIA

Appeared as an extra in a rave scene for the Belgium film "Strokes of Madness"

## EDUCATION AND TRAINING

01/09/2022 – 26/06/2026 Rīga, Latvia

**COMPUTER SYSTEMS TECHNICIAN (DATORSISTĒMU TEHNIĶIS)** Rīgas Tehniskā koledža

- Install and configure computer hardware
- Create and configure simple local computer networks
- Connect and configure a computer to work on the Internet Install and configure software
- Create and maintain simple Internet websites

**Website** <https://www.rtk.lv> | **Field of study** Database and network design and administration , Computer use |

**Level in EQF** EQF level 4 | **Thesis** Awarded Silver Certificate for academic achievement (grade average above 8/10)

06/02/2026 – CURRENT Rīga, Latvia

**SPORTS TRAINER IN FITNESS CATEGORY C** Sporta izglītības aģentūra

- Anatomy and Sports Physiology
- Sports Nutrition and Medicine
- Sports Pedagogy and Psychology
- Basics of Sports Training Theory

**Website** <https://sportaizglitiba.lv/> | **Field of study** Fitness | **Level in EQF** EQF level 4

01/09/2013 – 14/06/2022 Rīga, Latvia

**BASIC EDUCATION** Riga's 64th Middle school

**Website** [www.r64vsk.lv](http://www.r64vsk.lv) | **Level in EQF** EQF level 2

## HOBBIES AND INTERESTS

### Entrepreneurship

Launched several self-directed online ventures: two dropshipping stores (US market) and a honey brand in Latvia. Ran Facebook and TikTok ad campaigns (~€900 across 6 campaigns) and built a YouTube channel for the store that reached 2.3M+ total views, including one video at 2M. Generated sales but did not reach profitability — identified ad-creative quality as the main bottleneck.

### Gym

4 years of training. Bench 100 kg, deadlift 160 kg, squat 140 kg. Trained across all 15 MyFitness clubs and 7 of 8 Lemon Gym locations.

### Running

Completed 1 marathon (42 km) and 2 half-marathons (21 km).

### Other

Played volleyball at Riga Volleyball School and trained judo at "LIDO" (Judo Club), roughly 5 years each.

## LANGUAGE SKILLS

Mother tongue(s): **LATVIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	B2	B2	B2	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

## ● SKILLS

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### Digital Skills

AI (Gemini, Claude, Integrating AI With Code Using API Keys In VSCode) | Google Suite (Doc, Slides, Form, Sheet, Drive) | Microsoft Office (Outlook, Excel, Word, PowerPoint) | Content editing tools (Canva; Adobe Premiere Pro) | IP Routing, DHCP, Linux OS, Windows Powershell | Mediat | Zabbix | Cisco | Mikrotik | Winbox

### Business and Marketing

Shopify Store Development | Facebook Ads Manager (Facebook, Instagram) | social media management | Website Development (HTML, Cloudflare, GitHub, Domains) | maintain customer service | Lead Gen (Meta ads, Zapier, Clickfunnels)

## ● DRIVING LICENCE

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**Driving Licence:** AM | 10/10/2024 – 10/10/2034

**Driving Licence:** B1 | 10/10/2024 – 10/10/2034

**Driving Licence:** B | 10/10/2024 – 10/10/2034