



Mara-Maria Sudor

Passport: [REDACTED]

Date of birth: [REDACTED]

Place of birth: [REDACTED]

Nationality: Romanian

Sex: Female

CONTACT

Iasi, Romania (Home)

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[REDACTED]

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EDUCATION AND TRAINING

2022 – CURRENT Iasi, Romania

General Medicine (MD) Grigore T. Popa University of Medicine and Pharmacy, Iasi

2018 – 2022 Piatra Neamt, Romania

Baccalaureate Diploma Petru Rareș National College Piatra Neamt

Field of study Natural sciences, mathematics and statistics

LANGUAGE SKILLS

MOTHER TONGUE(S): Romanian

Other language(s):

English

Listening C1

Reading C1

Writing C1

Spoken production C1

Spoken interaction C1

French

Listening B1

Reading B1

Writing B1

Spoken production B1

Spoken interaction B1

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

DRIVING LICENCE

Driving Licence: B

CERTIFICATIONS

American Society of Lifestyle Medicine, 2024

Base Nutrition Certificate

Mode of learning: Online

NETWORKS & MEMBERSHIPS

2022 – CURRENT Iasi

Society of Medical Students From Iasi

Deputy Director of the Culture Division 2023-2024

Deputy Director of the Puplic Health Departament 2024-2025

CONFERENCES & SEMINARS

2023 – 2023 Iasi

Organising Committee of Congressis - Medical Congress 2024

2023

Passive Participant at Congressis - Medical Congress 2023

SKILLS

computer skills | ballroom performance professional dancer | piano player | horse riding
| skying | leadership skills | teaching

PUBLICATIONS

2022

"Flori de munte" Magazine No. 152

ISSN: 1584-8620

Volume, Issue and Pages pg. 54-55, 102-103, 140-143 |

2021

"Flori de munte" Magazine No. 151

ISSN: 1584-8620

Volume, Issue and Pages pg. 42-43 |

2020

"Flori de munte" Magazine No. 150

ISSN: 1584-8620

VOLUNTEERING WORK

2022 – CURRENT

SSMI

- Leadership 2019-2021 (choir coordinator of the "Petru Rareș National College Choir Piatra Neamt")
- Junior Class Dance Trainer Team 4y-10y "Ray's Dance Club" 2018-2020
- Winner Entrepreneurship Contest 2019
- Volunteer at Orientation Days 2023 at SSMI
- Volunteer at Orientation Days 2024 at SSMI
- Assistant Coordinator of the Division of Culture at SSMI
- Coordinator at "Summer MedSchool for students" 14-20 July at SSMI
- Volunteer at "Summer MedSchool for students" 2024 at SSMI
- Volunteer at "Summer MedSchool for students" 2023 at SSMI
- Supervisor at "Addmision Simulation" 10 March 2024 at SSMI
- Organizer "Smile, Teddy Bear" 8-22 April at SSMI
- Organising Committee of Congressis 2024 at SSMI
- Volunteer at Congressis 2023 at SSMI
- Participant "Winter Ball" 14 Dec 2022 at SSMI
- Participant "Stand-up comedy love" at SSMI
- Organizer "Med Students got Talent" 2023 at SSMI
- Organizer "Spring Dance" 2023 at SSMI
- Organizer "Art in any shape or form" 2023 at SSMI
- Organizer "Summer dance" 2023 at SSMI
- Coordinator "Winter Ball" 2023 at SSMI
- Organizer "Junior Prom" 2023 at SSMI
- Volunteer at "Your donation, my salvation- Donate Blood" at SSMI
- Volunteer at "National Campain- Fight for your heart (H)TA!" at SSMI
- Volunteer at "Tutor for the new generation 2023/2024" at SSMI
- Organizer at "Hidden Talents" 2023 at SSMI
- Organizer at "Junior Med Party" 2023 at SSMI
- Coordinator at "Blind date with a book" 2023 at SSMI
- Organizer "Dance with a Doc" and Volunteer at RSLM 35 h of volunteering work 2024
- Organizer "Dance through the decades" 27 Sept 2024 at SSMI
- Organizer "Hidden talents" at SSMI
- Organizer "Art in any shape or form" 2024 at SSMI
- Organizer "Dance Lesson" 2024 at SSMI
- Organizer "Med Students got Talent" 2024 at SSMI
- Organizer at "Blind date with a book" 2024 at SSMI
- Organizer "Music Club" 2024 at SSMI
- Organizer "Love is in the air" 2024 at SSMI
- Volunteer at "Tutor for the new generation 2024/2025" at SSMI
- Volunteer at "Tutor for the new generation 2025/2026" at SSMI
- Volunteer, Admission Exam Simulation, March 2025 Edition, on March 9, 2025
- Project Coordinator, Book of my Heart, within the project "CULTURA", on April 14, 2025
- Project Coordinator, Book of my Heart, within the project "CULTURA", on March 20, 2025
- Volunteer, Admission Exam Simulation, on May 11, 2025
- Organizer, Donate Blood, Be a Hero! – April 2025, from March 31, 2025 to April 10, 2025
- Organizer, WORKSHOP "Kidney Transplant – Evaluation of Potential Candidates", from March 14, 2025 to May 14, 2025
- Organizer, Little Medics, from March 3, 2025 to April 14, 2025
- Organizer, WORKSHOP "Chest X-ray Interpretation: Normal vs. Pathological", on April 10, 2025
- Organizer, Health Under Control, from January 1, 2025 to May 30, 2025
- Organizer, Winter Ball 2024

- Organizer, Staying Alive, from April 7, 2025 to April 11, 2025
- Organizer, Staying Alive – First Aid for Newborns, on March 15, 2025
- Organizer, Staying Alive, on July 12, 2025
- Organizer, Workshop BLS – Basic Life Support, on September 24, 2025
- Organizer, How to SCOPH, on September 30, 2025
- Participant, Conference, on September 30, 2025
- Participant, KS – Knots and Sutures by SSCR, from September 26 to September 28, 2025
- Organizer, National Campaign “Fight for HTA – Pay Attention to Your Blood Pressure”, from September 27 to September 28, 2025
- Organizer, Promenade of Hearts, on October 5, 2025
- Volunteer at “Summer MedSchool for students” 2025 at SSMI
- Organizer, Orientation Days, on September 15 and 16, 2025

2018 – 2022

National College Petru Rareș

- Good communication skills | volunteer coordinator of the team of the Republic of Bulgaria at the International Astronomy Olympiad 2019 Piatra Neamt
- Active participant "Open Doors Day National College Petru Rareș Piatra Neamt" 2019
- Volunteer educational project "Chromatics of Autumn" in Biology ,National College Petru Rareș Piatra Neamt 2018
- Participant of the course Public Speaking Summer Camp English is Fantastic 2017 Tarcău
- Participant summer camp Scouts 1-2 Zărnești, Brasov 2016-2017

SPORTS AND ARTS

2005 – CURRENT

Other competences

- Sports dance course 2015-2021 IMPETUS Bucharest
- 3rd place International Transylvanian Grand Prix open category Latino 16-35y, representative of Impetus Bucharest 3 November 2019
- 1st place National Contest Bucovina Dance Cup category Open Latino 16-35 years, representative Of Impetus Bucharest 15 Dec 2019
- 1st place International Transylvanian Grand Prix Junior category 2, representative of Impetus Bucharest 4 November 2018
- Place 2 Dance Masters Bucharest Romania, category class D 14-15 years 2018
- Place 4Th Place Ray's Dance Cup National Competition, category class D 14-15 years 9 Jun 2018
- Place 3 National Contest Bucovina Dance Cup category class D 14-15 years 17 Dec 2017
- Finalist of the National Class Championship of Romania Brasov category class D 14-15 years
- Sports dance course 2008-2015 LIA ART Piatra Neamt
- piano class 2011-2016 School of Arts "Carmen Saeculare" Piatra Neamt
- singing class 2010-2018 School of Arts "Carmen Saeculare" Piatra Neamt
- riding course "Horses of Dreams" Ilișești, Suceava 2014-2016
- Farkas Toplița ski course 2016-2018
- participant in numerous national and international competitions of sports dance class C Latino value