Chen Polat - chenpolat@gmail.com

About me

Israeli born, raised in the California Bay area in the US, currently living on an island in Thailand. Interests include understanding how people work (language, Psychology, Sociology), learning (books, workshops), and passing on knowledge.

Education

2010-2014: Ben-Gurion University of the Negev, B.A. in Behavioral Science (Psychology, Sociology, Anthropology). Took part in a research facility on decision-making and moral behavior. Honors student.

2001-2005: Ohel Shem high school. Psychology and Communications major. Winner of Krinzi award for social work in 2005 for heading volunteer projects in a closed ward for teenagers in Geha mental hospital.

Work Experience

2016-2021: Freelance Translation (English->Hebrew and Hebrew-> English)

- Audio-visual and subtitle translation for Sfera Deluxe, Zoo Digital, and Andovar.
- Subtitle creation and document translation for private clients across various platforms.

Freelance Content Writing

- Weekly writing for the leading social skills website, SocialProNow.
- Writing articles, blog posts, website content for a variety of clients on topics dealing with mental health, Psychology, mindfulness, nutrition, relationships, wellness, and more.

2016: Substitute teacher for preschools. Working with children 0.5-5 years.

2016: "Nof Hadarim" residential rehabilitation in Haifa, Israel. Rehabilitation counselor for adults dealing with schizophrenia and mood & personality disorders.

2015: "Beyond Verbal", research assistant. Research of emotional recognition in voice patterns, tagging emotional arousal in audio clips.

2014: Yehousha TBWA advertising company. SEO and content writing for several clients across a wide array of topics, including dental health and design. Tracking Google rankings across several keywords and coming up with content strategy.

2012: Ben-Gurion University of the Negev, research assistant. Going into schools and kindergartens to administer tests to children ages 3-10.

2005-2014: Ariel and Adiel events company. Events facilitator, Photoshop design. Leading groups of children of all ages in art projects and activities.

National Service

2006-2007: Wizo. Kindergarten teacher, working with kids in welfare aged 1-7. Organizing children in groups and teaching one

2005-2006: Farm Park equine Tchool. Managing horses and equine therapy with handicapped, autistic, and other children and adults.

Volunteering

June - November 2016 and June 2017-February 2018: New Life Foundation Thailand. Marketing, social media, and content writing. Managing the blog, Facebook, and Instagram pages as well as front desk & reception. Working with SurveyMonkey to collect and analyze client review data.

2010 & 2009: "Perach" & "Tzeva" mentoring programs. Solo and group emotional and educational mentoring to preteens.

Additional skills

Photoshop, HTML/CSS, Excel, and Office programs. Subtitle Edit, Aegisub, and Filmora. Fully fluent in Hebrew and English (both at mother tongue level).