



# MELISSA VAN DER SAR

Trustworthy English-Dutch translator with 9 years of experience as a social and care worker and as a Yoga and meditation teacher

## PROFILE

- Worked as a social and care support worker for 3 years
- Living abroad in the UK for over 3 years using English daily
- Translating regularly for Dutch relatives
- Can do translations of spiritual scriptures and texts
- Expert in mindfulness and stress reduction

## LANGUAGES

- Native Dutch
- English, writing and speaking fluently

## CONTACT

EMAIL:

[melissa@lovingpresence.co](mailto:melissa@lovingpresence.co)

PROZ PROFILE:

[www.proz.com/profile/3859337](http://www.proz.com/profile/3859337)

PHONE:

+31614123714  
+447828611396

LINKEDIN:

[www.linkedin.com/in/melissavand  
ersar](http://www.linkedin.com/in/melissavandersar)

## KEY SUCCESSES

- Finished the education 'Become a freelance translator' at The Translator Academy
- Mastered three proof translations reviewed by The Translator Academy
- Translated 350 words in under an hour
- Teaching classes in fluent English daily
- Translated tarot cards and daily conversations easily for Dutch friends and relatives
- Extensive knowledge in the social work and care work sector
- Studied Psychology and Social work for 4 years in the Netherlands
- Experienced Yoga and meditation teacher for over 5 years

## EMPLOYMENT HISTORY

**Freelance translator** since 2023

**Senior care support worker and mental health first aid worker** for A Family's Best Friend since 2021. Worked with clients with learning disabilities, physical disabilities, mental health issues and their support system

**Freelance Yoga and Meditation teacher and Mindfulness Based Stress Reduction trainer** for my own company 'Loving Presence' since 2018. Teaching classes, organising workshops and day retreats, administration and promotion work

**Receptionist, barista, cook and front of house staff** at Café Soof and The Flex Office Rotterdam, 2018-2019 and at the Whale Tail Cafe, Lancaster, 2020-2021. Receptionist work, preparing meals and coffees, counter work, serving, barista work, cleaning.

**Employee for commercial outbound call centre** at Eneco Rotterdam, 2014-2015. Selling contracts over the phone, making basic calculations and administration work

**Hostess in care home and domestic cleaner** in Rotterdam, 2010-2017. Preparing meals, socializing with the elderly, cleaning, giving emotional and mental support

**Allround employee in a supermarket** at Plus Verhoeven Rotterdam, 2009-2010

## HOBBIES AND INTERESTS

- Singing and playing ukulele and piano
- Travelling
- Indian culture
- Outdoor activities
- Hiking and walking
- Spirituality
- Yoga & Meditation
- Reading
- Personal development and wellbeing
- Nature and environment
- Holistic health
- Human behavior
- Languages
- Learning Hindi
- Silent retreats
- Buddhism
- Cooking, food

## SKILLS

- Competent in using Smartcat
- Fast with typing
- Competent in Word and Excel
- Excellent communication skills
- Very skilled in learning new languages
- Very competent in networking
- Nonviolent communication skills
- Flexible and creative
- Experience with freelancing and starting up a company

## EDUCATION AND TRAINING

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**Freelance translation course at The Translator Academy 2023**

**Psychology** at the University of Tilburg 2013-2014

**Social Work** at the University of Applied Sciences in Rotterdam with a specialisation in children and young adults 2014-2017

**Mindfulness Based Stress Reduction teacher training** at the School of Mindfulness in Amsterdam, 2019

**Sivananda Yoga and Yin Yoga teacher training** at Arhanta Yoga, 2018-2019

**Counselling level 2** at Free Courses in England, 2023

**Mental Health First Aid** at Free Courses England, 2023

**Non Violent Communication basic course and foundation training** in Amsterdam, 2018 and in Durham, 2023

**Mindfulness Based Stress Reduction course** at University of Applied Sciences Rotterdam, 2016

**Mindfulness Based Compassionate Living** at Praktijk Puntegale in Rotterdam, 2017

**First aid basic level** at A Family's Best Friend, 2021

## VOLUNTEERING AND INTERNSHIPS

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- Help to set up and host a nonviolent communication foundation training, Lancaster, 2023
- Barista and reflection coach in Silence Café in Rotterdam, 2018
- Social worker at a primary school, kids talent coach within their family and support worker in a nursery, Rotterdam, 2014-2017
- Fruit picker and worker on an organic farm, New Zealand, 2012
- Promoter for Yoga School, 2017-2018
- Receptionist and cleaner Yoga School, Rotterdam, 2017-2019
- Mentor summer camp Girl Scouts, 2015