

## PERSONAL INFORMATION 履歷表

CODE NO.編號 DHML721

Name 名字 JOSEPHINE ATANOY LAO

City Address SCOPA 3 BLIS PROJECT 4, QUEZON CTY

Date of Birth 出生日期 NOVEMBER 27, 1990 Age 年齡 35 YEARS OLD

Place of Birth 出生地 CARMEN DAVAO

Height 身高 144CM

Weight 體重 58KG

Tel No. 電話

Blood Type 血型

RELIGION 宗教 CATHOLIC

☐ Buddha 佛教

☐ Muslim 回教

☐ Christianity 基督教

☒ Catholic 天主教

LANGUAGE ABILITY 語言能力

☒ English 英語

☐ Mandarin 國語

☐ Training Center of Mandarin 中文續練

EDUCATION DEGREE 教育程度

☐ Elementary 基本

Vocational Course 職業學校

☒ High School 高中

College 學院

MARITAL STATUS 婚姻狀況

☒ Single 單身

Divorced 離婚

Married 結婚

Widowed 寡居

HOME ELECTRICAL APPLIANCE OPERATION 家庭電氣用品操作

☒ Washing Machine 洗衣機

☒ Microwave Oven 微波烤箱

☒ Vacuum Cleaner 真空擦淨劑

☒ Coast Bread Machine 烤麵包機

☒ Electric Kettle 電水壺

☒ Flat Iron 電熨斗

☒ Blender 攪拌器

☒ Rice Cooker 電鍋

BABY SITTING AND CHILDREN 照顧小孩

☐ Bathing 洗澡

☐ Feeding 哺乳

☐ Changing Diapers 換尿布

☐ Washing Clothes 洗衣

☐ Sterilize Utensils 消毒

☐ Ironing Clothes 燙衣服

☐ Taking Temperature 量體溫

☐ Tutorial 家教

☐ Care of Baby During Night Time 夜間照顧

CARETAKER TRAINING 監護工

☒ Feeding 餵食

☒ Giving Medicine 餵藥

☒ Changing Diapers 換尿布

Phlegm Suction 抽痰

☒ Taking Temperature 量溫度

Massage 按摩

☒ Taking Blood Pressure 量血壓

Turning Patient Side to Side 翻身

### Family Data 家庭資料

Father 父親 DECEASED

Age 年齡

Mother 母親 DECEASED

Age 年齡

No. of Brother 兄弟數 2

No. of Sister 姐妹數 1

In The Family 排行 3RD

Name of Spouse 配偶的名字

Occupation of Spouse 配偶的職

Age of Spouse 配偶的年齡

No. of Children 孩子數

Age of Children 孩子的年齡

### OVERSEAS WORKING EXPERIENCE 國外工作經

| Country 國家 | Inclusive Dates 期間        | Position 地點     |
|------------|---------------------------|-----------------|
| OMAN       | OCTOBER 2021-OCTOBER 2023 | DOMESTIC HELPER |



**WORK EXPERIENCE 工作經驗  
(START FROM MOST RECENT)**

|                                                                                |                                         |
|--------------------------------------------------------------------------------|-----------------------------------------|
| <b>1. FOR DOMESTIC HELPER APPLICANT 幫傭</b>                                     |                                         |
| Name Of Employer 雇主的名字 KHALIFA SAQAR                                           | Country 國家 OMAN                         |
| Inclusive Dates 起始日期 OCTOBER 2021-OCTOBER 2023                                 | Duration 期間 2 YEARS (FINISHED CONTRACT) |
| No. Of Children 孩子數                                                            | Salary 薪資 PHP24,000                     |
| Age Of Children 孩子年齡                                                           |                                         |
| Your Duties : 工作內容 ELDERLY CARE, CLEANING THE HOUSE, WASHING & IRONING CLOTHES |                                         |

(工作內容簡介)

I WORKED AS A DOMESTIC HELPER IN PHILIPPINES FOR 3 YEARS DOING ELDERLY CARE, CLEANING THE HOUSE, WASHING & IRONING CLOTHES.

I hereby certify that all the above information are true and correct to the best of my knowledge. Any false statement or misrepresentation on my part shall be sufficient ground for termination.

(我特此聲明上述資料都是真實的。如有任何虛假陳述或者不實資料將可隨時終止契約。)

**JOSEPHINE ATANOY LAO / 01 JUN 2026**

Applicant's signature over printed name Date (日期)

(申請人的簽名)

**DO NOT WRITE BELOW THIS LINE**

Original Documents on file

■ Passport No.: P3653211B

Expiration: 25 OCT 2029

Ø NBI

Ø Medical

Ø Training

**SUGGEST POSITION APPLIED**

建議應徵職位 DOMESTIC HELPER