

IRENE CARBÓ

**CHEF, DECKHAND and STEWARDESS
YOGA and MASSAGE THERAPIST**



Currently living in Palma de Mallorca.

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I have skippered my own 30” sail boat in the South Pacific, both cruising and on offshore passages (videos on the website above); so I understand the challenges of living on the water and I would like to work at helping other people enjoy the lifestyle.

I have experience of navigating, keeping the log and communications; my duties on deck have included sail handling, taking watches, steering, maintenance, line handling, sail repairs, fishing, dinghy handling, going aloft and anchoring.

Below I have cooked for guests and crew, provisioned, planned meals and stowage, managed laundry and made up cabins to a high standard as well as keeping everything clean and tidy on deck and below.

Nowadays I am organising and hosting a 6 people yoga retreat on board a catamaran sailing around Mallorca.

PROFESSIONAL AND MARITIME EXPERIENCE

- 2022-2023 Running a yoga retreat on a catamaran (www.yogaconsailing.com) .
- 2021 Running the yoga retreat on a catamaran while working punctually as chef/deck/stew (during the summer 2021) in:
S/Y Seatius 96’, Malta. **S/Y Libelula** 65’, Spanish. **S/Y Neptuno** 50’, Spanish.
M/Y First Element 72’, UK.
- 2014 – 2021 Since 2014 working as deckhand, stewardess and sometimes chef in private yachts in Balearic Islands, Mediterranean Sea and South Pacific:
Summer 2019: **S/Y Libelula** 65’, Spanish.
Summer 2017: **S/Y Golden age** 45’, New Zealand; **M/Y White shark** 104’, Spanish..
Summer 2016: **S/Y Better than shares** 45’, Australian.
Summer 2015: **S/Y Carradale** 55’, Australian.
- 2014 Working as deckhand 5 months in **catamaran Calimera** 55’, South African. Sailing around the sea of Java, Indonesia.
- 2012 Living on board my own **S/Y Neuromancer** (C&C 30’) for 1 year sailing through the east coast of Australia and its islands.
- 2010 Sailing New Zealand – Tonga on board **S/Y Larooba** 55’, as deckhand, navigational watchend mooring tasks. Purchase of own boat **S/Y Neuromancer** in Tonga, preparation and subsequent crossing from Tonga to Fiji, Vanuatu, New Caledonia and Australia. During the preparation time of my boat, I worked as cook for 1 month on board **S/Y Seastar** 55’ for charter at the Fafa Island resort in Tonga.

QUALIFICATIONS AND TRAINING

May 2017	STCW 95. Escuela Náutico Pesquera. Palma de Mallorca.
2014-2015	Postgraduate in Design for Sustainability. UOC (Open University of Catalonia) with GAIA Education. (On-line).
2011 – 2012	Master in sustainable management: Environment, RSC and Agenda 21. EUDE. Escuela Europea de Dirección de Empresa. Madrid. (On-line).
2007 – 2008	MBA (Masters in Business Administration) ESADE Business School. Barcelona.
2005	Spanish Skipper Licence (P.E.R.). Marinantípodas. Barcelona
2001 – 2003	Degree in Research and Market Techniques. University of Barcelona.
1997 – 2001	Degree in Statistics. University of Barcelona.

LANGUAGES

English:	High level.
French:	Medium level.
Catalan:	High level (native).
Spanish:	High level.

OTHERS

Born in Tarragona, Spain. 20/04/1978.

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Certified Yoga Teacher Training (Navadurga School of Yoga. India).

Massage therapist (La Magia del Masaje. Mallorca).

Driving licence. Own vehicle.

Total availability to travel.

PADI Open water.

No smoker. Non tattoo.

I am passionate about cooking, yoga, wellness, spiritual growth, sailing, kayaking, singing, dancing, acrobatics, trekking and reading.

REFERENCES

For confidentiality reasons, please ask me the contact details of the person whose reference you would like to have. Thank you.