



# Jarle Ervesvåg Sjursen

## Student

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## Profile

I have a broad educational background in sports, physiotherapy, graphic design and media and communications, and have developed strong management, organisational and communication skills through coaching and leadership roles. I combine knowledge of visual communication and holistic design from my graphic design and media education. In addition, I have achieved success as a salesperson/store employee at Kid Interior, where I have developed customer service skills, achieved sales targets and created a positive working environment through collaboration with colleagues.

## Employment History

Dec 2020 — Dec 2022

Domus Athletica, Trimveien  
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### Board member at Oslostudentenes Idrettsklubb (OSI)

As a board member of Oslostudentenes Idrettsklubb (OSI), I was responsible for several key tasks. I was responsible for running and updating the club's website and social media, where I ensured relevant and engaging content. In addition, I managed the club's finances, including invoicing and accounting follow-up. Through my role as a board member, I contributed to the efficient and professional operation of the club.

Jun 2021 — Sep 2022

Domus Athletica, Trimveien  
4

### Freelance, Graphic Design at Oslostudentenes Idrettsklubb

In my role as Graphic Designer for Oslo Student Sports Club (OSI) - Jujutsu and with knowledge of graphic design, I was responsible for designing an attractive recruitment poster and professional business cards for the club. I combined my graphic design skills with an understanding of the club's need for effective marketing and visual appeal. Through my contribution, I helped to strengthen the club's profiling materials and recruitment strategy.

Jan 2023 — Apr 2023

Universitetet i Oslo

### Graphic Designer/Layout manager for Samfunnsviter'n at Universitetet i Oslo

In my role as layout manager for a student newspaper, I was responsible for preparing and designing the newspaper's layout, ensuring a coherent and appealing visual expression. I was involved in the entire process, from planning to completion, and ensured that the newspaper's content and design harmonised effectively. As an involved board member, I also contributed

## Details

Date of birth

15/01/1996

Nationality

Norwegian

Driving license

Drivers license, class B

## Links

LinkedIn

## Skills

Adobe Photoshop, Illustrator, InDesign, Figma, WordPress

● ● ● ● ● ● ● ● ● ● ● ●

Organized

● ● ● ● ● ● ● ● ● ● ● ●

Creative

● ● ● ● ● ● ● ● ● ● ● ●

Graphic Design

● ● ● ● ● ● ● ● ● ● ● ●

Social Media

● ● ● ● ● ● ● ● ● ● ● ●

## Languages

Norwegian

● ● ● ● ● ● ● ● ● ● ● ●

English

● ● ● ● ● ● ● ● ● ● ● ●

German

● ● ● ● ● ● ● ● ● ● ● ●

## Hobbies

- Hiking
- Cooking
- Travelling
- Sports
- Music
- Game design
- Board and video games

to the overall operation and development of the student newspaper.

Oct 2020 — Present

Torggata, 5

## Salesperson/store employee at Kid Interiør

As a salesperson/store employee at Kid Interiør, I have been committed to delivering first-class customer service and guidance. Through my experience, I have developed strong sales skills and achieved sales targets through needs analysis and negotiations. I have also been responsible for efficient stock management and accurate execution of administrative tasks. Co-operation with colleagues has contributed to a positive working environment and I have demonstrated the ability to handle challenges and stressful situations in a calm and professional manner.

## Education

Aug 2020 — Jun 2022

Rosenkrantz' gate, 16

## Høyskolen Kristiania

Two-year specialised school programme

Through my two-year vocational school programme in graphic design, I have gained practical expertise in visual communication and interaction design. I have solid knowledge and experience in the use of visual tools such as InDesign, Photoshop, Illustrator and Figma, which have been essential in the design of various graphic projects. These skills give me a solid platform for creating creative and professional design solutions.

Aug 2022 — Jun 2023

Pilestredet, 44

## OsloMet – Oslo Metropolitan University

Media and Communication - Year-long programme

Through my education in Media and Communication, I have developed my creative and innovative skills and learnt how to effectively communicate using text, images, film and sound. I have gained insight into the importance of media and communication on cultural, social and political levels. In addition, I have gained practical experience with film and photography tools, as well as Wordpress, which has strengthened my skills in visual communication and digital publishing.

## Courses

Aug 2017 — Jun 2018

## Emergency Medical Responder at Columbia Bible College, Canada

Aug 2017 — Jun 2018

## Avalanche Safety, Search and Rescue at Columbia Bible College, Canada

Aug 2017 — Jun 2018

Rope Rescue Technician at Columbia Bible College, Canada

Aug 2017 — Jun 2018

Emergency Rescue Technician at Columbia Bible College, Canada

## Extra-curricular activities

Aug 2015 — Present

Domus Athletica, Trimveien 4

Elite athlete in Volleyball, Oslostudentenes Idrettsklubb (OSI)

As an elite volleyball athlete at Oslostudentenes Idrettsklubb (OSI), I have dedicated myself to developing my skills and performing at a high level. Through training, competitions and working with a strong team, I have achieved great results and gained valuable experience in team play and sports performance. This has helped to strengthen my discipline, endurance and ability to handle challenges under pressure.

## References

References available upon request