**SAMUEL JOSEPH BOWLING**

Cambridge

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**EDUCATION**

October 2019 – Present **University College, Durham University**

BA History

2007-2018 **Nottingham High School, Nottingham**

*A Levels:* 3 A\*s in Geography, History and Spanish

*GCSEs:* 10 A\*s including Mathematics and English Language/Literature

The Cusins Memorial Prize for *History*

The Dame Agnes Mellers Masonic Lodge Prize for *Modern Languages*

Prize for Services to the *Model United Nations* andthe *History Society*

*Distinction* in *AQA Baccaleaureate*

**WORK EXPERIENCE AND VOLUNTEERING**

**July-August 2017: World Challenge Expedition Volunteer, Bolivia.**

* Strengthened social and communication skills by conversing with the locals in Spanish and translating back to team.
* Had to be adaptable when volunteering to build a church in a village near La Paz when materials ran out – using shaped corrugated iron to carry water when the buckets broke.
* Required to use initiative and problem-solving skills when several challenges arose at altitude.
* Enriched time management capabilities when there was pressure to stick to a tight and fast-paced schedule.

**September 2016-June 2018: Debating Society & Model United Nations Society, Nottingham High School.**

* Allocated a nation to debate on behalf of when discussing global geopolitical issues.
* Learned to appreciate alternative viewpoints when listening and responding to other people’s points.
* Enhanced teamwork skills when collating views and succinctly presenting them to the group.

**September 2014-June 2015: Tennis Tots Assistant Coach, David Lloyd Leisure Club.**

* Acted as assistant leader in tennis sessions and led a variety of interactive activities.
* Involved careful liaison with both colleagues and parents to report back on child’s progress during tennis session.

**September 2015-June 2018: Language Ambassadors Scheme, Nottingham High School.**

* Taught younger pupils basic language skills in Spanish and German.
* Engaged with pupils using interactive activities to make grammar and vocabulary more exciting whilst continually evaluating and adjusting teaching style to meet students’ needs.
* Had to be adaptable when the supervising teacher did not turn up and was commended for my informative yet enjoyable lessons.

**October 2014-June 2018: Football Captain, Nottingham High School/West Bridgford Colts.**

* Organised and led weekly training sessions, developing leadership capabilities and innovation.
* Retained team morale and relationship bonds when leading training sessions and competing in matches.

**LANGUAGE SKILLS**

**Languages:** Advanced Spanish

**ADDITIONAL INFORMATION**

**Sports:**

* Nottingham High School 1st XI Football Captain (2017-2018).
* Nottingham High School 1st Team Cross Country Captain (2017-2018).
* Nottinghamshire County Tennis player (2011).
* Durham University Athletics Team.

**Leadership Roles:**

* School Officer (2017-2018).
* Head of History Society.
* Holocaust Educational Trust Ambassador.