

# Sarah Danestone

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## EDUCATION

### University of Aberdeen | MA Archaeology and History 2022 – 2026

- Courses include: Making History, Birth of Modernity, Europe in the Twentieth Century, Vikings: An Introduction, and various Archaeology courses including Archaeology in Action

### Oldhills School 2016 – 2022

- SQA Advanced Higher: History (B) and a National Progression Award in Sports Development
- SQA Highers: English (A), Modern Studies (A), History (A), PE (B), Geography (B)
- SQA National 5: 6 including Maths, English and History

## WORK EXPERIENCE

### Bar Staff, All Bar One, Aberdeen August 2023 – present

- Provide excellent customer service when greeting, serving, and looking after guests which requires enthusiasm, a high level of attention to detail and stamina when working in a fast-paced environment.
- Maintain the highest standards of cleanliness, adhering to health and safety regulations.
- Collaborate with 30 colleagues to create a friendly atmosphere and a relaxed environment for customers. I also know the menus inside out and make recommendations to customers as and when appropriate.

## VOLUNTEERING

### Active Schools Volunteer, Sport Aberdeen April 2023 – present

As part of Aberdeen University Netball Club, I volunteer with Active Schools to help more children and young people access the sport.

- Organise, deliver and promote opportunities for pupils from P1 to S6 to help them develop their confidence and behaviour through playing sport and taking part in physical activity sessions.
- Consistently volunteer approximately 8 times a month, running morning and lunchtime sessions with up to 15 pupils.
- Before taking on this role I received training in health and safety, first aid, child protection, GDPR guidelines, communication, problem solving, motivation and attitudes.

## POSITIONS OF RESPONSIBILITY

### Social Secretary, Aberdeen University Netball Club (AUNC) Sept 2024 – May 2025

- Created and shared content across the team's social media platforms (Facebook, Instagram and TikTok). Increased follower numbers by 30% across all three platforms which required reviewing existing engagement data and running targeted campaigns accordingly.
- Organised a social calendar of events which required contacting venues across Aberdeen City and liaising with other societies to host joint events. During the academic year we ran 7 social events and attended the AUSA Sports Ball in March 2025 which required arranging tickets and communicating dietary requirements for approximately 40 members of the club.

## VIRTUAL WORK EXPERIENCE

### Internship Experience UK

June 2025

#### Bright Network

- Took part in the UK's #1 virtual internship experience completing the *Public Sector, Policy and Charity* stream lead by GCHQ, the Department for Education, Civil Service Fast Stream and TeachFirst.
- Over 3 days I engaged with leading organisations in the public and charity sectors and completed a mock policy briefing document as part of the work sample task.

### Digital Marketing: Storytelling in the New Communication Landscape

November 2022

#### Certified by Ravensbourne University London | FutureLearn

- Upskilled in creative strategy design, social media content creation, critical and contextual theory and emerging creative practice in relation to communication design.
- I plan to use my learning to design a social media strategy for the AUNC that will see us achieve our 30% increase in follower numbers.

## SKILLS

### Communication

I am developing written communication skills as part of my degree writing long-form essays and short copy for social media in my role as social secretary. I have experience communicating with a range of different people, from children as young as 4 in my volunteer role with Sport Aberdeen to adults of all ages in my bar job.

### Time management

I am meticulous in planning my work to ensure I meet all deadlines, both for academic coursework and when designing activities for the children in my Sport Aberdeen role. As I work on a zero-hours contract with All Bar One I am required to communicate my availability a week in advance, managing my shift pattern in accordance with pressure points across the semester.

### Flexibility

Working in a busy restaurant in the heart of Aberdeen requires me to be adaptable and react to unforeseen circumstances such as staff illness. When working with children I am always open to changing my activity plans depending on the mood of the children and the number of attendees at each session.

### Resilience

Finishing school and starting university during the COVID-19 pandemic required resilience in completing studies online (watching pre-recorded lectures) and building a new community of friends in a socially distanced environment. Although it was tough to stay motivated, I overcame the challenge by designing a schedule and making an effort to meet fellow students through organised events and university societies.

## INTERESTS

### History Society

2022 – present

I have explored new places in Aberdeen as part of the History society, most recently the newly-reopened Provost Skene House which tells the story of Aberdeen city, its industry and people. I hope to get an article published in the Aberdeen Historical Review before I graduate.

### Netball

2017 – present

I have been playing netball since I was at school. I am currently part of the 4<sup>th</sup> team for Aberdeen University Netball Club and train twice a week as well as competing in British Universities and Colleges Sport league (BUCS).