

FILIPINO MAID BIODATA

Name: VALERIA ROSALINDA ABALOS

Code: IJ-AV-052

Personal Particulars

Age : 24
 Date of birth : 29 January 2001
 Height (cm) : 157cm
 Weight (kg) : 56kg
 Religion : Christian (Roman Catholic)
 Education level : High School Graduate
 Marital status : Single
 No. of children : 0
 Age of children : 0
 Husband/Live-in status : Not applicable
 Husband/Live-in job :
 No. of siblings : 8
 Position in family : 4th
 Provincial city : Agusan del sur
 Current living city : Tanza Cavite

Experience status

☒ First timer ☐ Ex-abroad

Personal Preference for Work Categories

(1 = most preferred 4 = least preferred)

2 Housework + Infants/toddlers care
 1 Housework + Children care
 1 Housework + Elderly/disable care
 4 Housework + Bedridden care

Employment History in Origin Country

1. City/Province: CAVITE
 How many: 3 year 0 months
 From what: 2022 year to 2025 year
 Work details: General housework, cooking, children care, (3 & 6y.o), gardening, carwash
 2. City/Province:
 How many: 0 year 0 months
 From what: year to year
 Work details:

Employment History in Overseas

1. Country/City:
 How many: 0 year 0 months
 From what: year to year
 Finish contract: ☐ Yes ☒ No
 Work details:
 2. Country/City:
 How many: 0 year 0 months
 From what: year to year
 Finish contract: ☒ Yes ☐ No
 Work details:
 3. Country/City:
 How many: 0 year 0 months
 From what: year to year
 Finish contract: ☒ Yes ☐ No
 Work details:



Specific Working Experience & Preference

TYPE OF WORK	DO YOU HAVE EXPERIENCE ? (experience in your country or overseas)	ARE YOU WILLING ?
General Cleaning	☒ Yes ☐ No	☒ Yes ☐ No
Ironing	☒ Yes ☐ No	☒ Yes ☐ No
Cooking	☒ Yes ☐ No	☒ Yes ☐ No
Care for newborn	☒ Yes ☐ No	☒ Yes ☐ No
Care for toddlers (1-3yo)	☒ Yes ☐ No	☒ Yes ☐ No
Care for children (<10yo)	☒ Yes ☐ No	☒ Yes ☐ No
Care for special child	☐ Yes ☒ No	☒ Yes ☐ No
Tutoring children	☒ Yes ☐ No	☒ Yes ☐ No
Care for elderly/disable	☒ Yes ☐ No	☒ Yes ☐ No
Care for bedridden	☒ Yes ☐ No	☒ Yes ☐ No
Care for pets (dogs/cats)	☐ Yes ☒ No	☒ Yes ☐ No
Laundry - handwash	☒ Yes ☐ No	☒ Yes ☐ No
Car wash	☒ Yes ☐ No	☒ Yes ☐ No
Gardening	☒ Yes ☐ No	☒ Yes ☐ No

Cooking

Do you cook in your family in your country?	☒ Yes ☐ No
Are you willing to do cooking for the family of your employer?	☒ Yes ☐ No
Are you willing to learn if the employer want you to learn to cook their food?	☒ Yes ☐ No
How much do you like cooking? (please answer VERY MUCH, AVERAGE or LITTLE)	Average

Pets

Are you willing to take care of pets (dogs/cats) if your employer has pets in the house?	☒ Yes ☐ No
Are you afraid of dogs? Are you afraid of big dogs?	☐ Yes ☒ No ☒ Yes ☐ No

Day Off

Are you willing to work during your rest-day and employer will pay you overtime?	☒ Yes ☐ No
Are you willing to respect your employer's decision if they want you to take your rest day at home and not going out alone?	☒ Yes ☐ No
Are you ok if you do not go to church when you are working for your employer?	☒ Yes ☐ No

Cellphone

Do you promise that you will only use your cellphone after you finish all the work for the day?	☒ Yes ☐ No
Are you willing to following the employer's rules about the daily usage of your cellphone?	☒ Yes ☐ No

Personal Commitments

Are you aware that the contract is 2 years and promise to finish the 2 years contract?	☒ Yes ☐ No
Are you ok to work for your employer if they don't have the same religion with you?	☒ Yes ☐ No
Will you have enough patience if your employer is very strict?	☒ Yes ☐ No
Do you promise that you will honest and loyal to your employer?	☒ Yes ☐ No
Did your husband/parents allow you to work in Malaysia as a domestic helper?	☒ Yes ☐ No
Are you ready to separate with your family for the 2 years contract, without going back to your country?	☒ Yes ☐ No
Who will take care of your children when you work in Malaysia?	not applicable
If you feel homesick when you work in Malaysia, what are you going to do?	i will focus on my job.

Health Declarations / Dietary Restrictions

Past & existing illness, including chronic ailments and illness requiring medication:

Diabetes (FBS)	☐ Yes ☒ No	Asthma	☐ Yes ☒ No	Depression	☐ Yes ☒ No
High Blood Pressure	☐ Yes ☒ No	Anemia (low red blood)	☐ Yes ☒ No	Heart disease	☐ Yes ☒ No
Gastric	☐ Yes ☒ No	Pneumonia (lung infection)	☐ Yes ☒ No	Epilepsy (seizures)	☐ Yes ☒ No
Migraine	☐ Yes ☒ No	Dysmenorrhea (period pain)	☐ Yes ☒ No	Malaria	☐ Yes ☒ No

Are you allergic to any food or medications?	☒ Yes ☐ No	If YES, pls specify	Fish - skipjack tuna
Are you currently taking any medications	☒ Yes ☐ No	If YES, pls specify	Oral contraceptives
Have you undergone any surgery in the past?	☐ Yes ☒ No	If YES, pls specify	_____ year _____
Have you had any accident or injuries before?	☐ Yes ☒ No	If YES, pls specify	_____ year _____

Language proficiency

	Good	Average	Poor	No
1 English	☐	☒	☐	☐
2 Bahasa Malaysia	☐	☐	☐	☒
3 Chinese	☐	☐	☐	☒
4 Arabic	☐	☐	☐	☒

Special Skills

	Example: caregiver, other cuisine, baking, sewing, etc.
1	Cleaning
2	

Additional Courses Attended

Course name	Duration
Example: caregiver, baking, cooking, etc.	e.g. 6 months
1	
2	

Personal Habits

Habits	Past	Present
Smoking	☐	☐
Vaping	☐	☐
Drinking alcohol (beer, etc.)	☐	☐
Tattoo (show photo is any)	☐	☐

Hobbies

	Example: cooking, baking, gardening, reading, etc.
1	surfing the net
2	

Personal Statement to Future Employer

< Write something that you wish to tell your future employer about yourself >

Hi Madam and sir, please do hire me, I am loyal, flexible and honest type of person. I am hardworking.

APPLICANT DECLARATIONS

My name is **VALERIA ROSALINDA ABALOS** (passport no. **P0399692D**) I hereby confirm that all information and details given on this document is, to the best of my knowledge, true and complete. I acknowledge that I have not withheld any information which might preclude me from working abroad in Malaysia.

I have given the above information at my own will and I hereby granting my full consent to

_____ as my agency in my country and also to
Agensi Pekerjaan Intan Jaya Sdn Bhd as my agency in Malaysia, to display my personal information and photos/interview video in their website (and other relevant platforms) to facilitate in getting a job and finding an employer for me in Malaysia.

I wish to testify and confirm that I want to work in Malaysia as a domestic helper. I further affirm that I shall, to the best of my abilities to complete my TWO(2) YEARS contract with my employer.

Signature & thumb print :
of applicant



Date: 9-October-2025

Additional Photos

