

PERSONAL DETAILS

NATIONALITY
Swedish

DATE OF BIRTH
12 May 1992

HOME PORT
Gothenburg, Sweden

BASED
Antibes, France

VISAS
US B1/B2 (10 yr), Schengen eligible

ENG1 MEDICAL
Valid to 03/2027

DRIVING LICENCE
Yes, clean

SMOKER
Non-smoker

TATTOOS
None visible

AVAILABILITY
Available May 2026 - Med season

LANGUAGES

Swedish (native), English (fluent), German (basic)

TICKETS & CERTIFICATES

- STCW Basic
- ENG1
- WSET Level 3
- Silver Service

SOPHIE LINDGREN

Stewardess

Antibes, France | 9 years in yachting

PROFILE

Chief stewardess with charter-heavy experience and a service standard built in five-star hotels. Runs interior teams of up to six.

CAREER HISTORY

Second Stewardess - M/Y DEEP COMFORT 2023 - Present

55m Charter MY

- Service lead for up to 10 guests: silver service, wine program, cabins to detail standard.
- Provisioning, laundry systems, florals, and guest accounts across Western Med, Adriatic itineraries.

Stewardess - M/Y OSPREY 2021 - 2023

45m Charter MY

- Provisioning, laundry systems, florals, and guest accounts across Western Med, Adriatic itineraries.
- Trained junior stews; inventories, GUEST standards, charter turnarounds under 6 hours.

TRAINING & EDUCATION

STCW Basic - MPT, Fort Lauderdale, 2020

ENG1 - MPT, Fort Lauderdale, 2018

WSET Level 3 - WSET London, 2019

Silver Service - GUEST Program, Antibes, 2023

REFERENCES

Capt. A. Strand
Master, S/Y MERIDIAN HOUR - contact via Captains Grid relay

Capt. R. Calloway
Master, M/Y PAPER TIGER - contact via Captains Grid relay