

PERSONAL INFORMATION



Karolína Mrázková

📍 Na Pěšince 234, 12300 Praha (Czech Republic)

☎ (+420) 776 886 666

✉ karolina.mrazkova@email.cz

📅 Date of birth 01/12/1996

WORK EXPERIENCE

1/2/2017–31/5/2017

Voluntary internship in Austria

Red Cross, Vienna (Austria)

carrying out activities of a humanitarian unit in a refugee centre
providing overall care for refugees, coordinating volunteers, providing child care

9/2017–Present

Barista (part-time job)

Cafe Dobrá nálada, Praha 3

serving guests, ordering goods

7/2015–8/2019

Health care worker at summer camps

Summer camp Zábava, Jihlava

treating minor injuries, preparing summer camp menus, supervising the program and sport activities

9/2015–1/2017

Child care worker

Day care centre, Praha

9/2015–6/2016

Leader of a leisure time course for children "Little Rescuer"

Dům dětí a mládeže, Praha

organising and conducting a leisure time course for children (60 minutes per week, age group 6 to 11)

EDUCATION AND TRAINING

5/2019

Red Cross course - Nurse Assistant for Health Recovery Activities

Czech Red Cross, Praha

participation on a course for Nurse Assistant for Health Recovery Activities in 2013, the retraining was carried out in 2017

1/9/2017–Present

Bachelor study programme Health Care Rescue Worker

Vysoká škola zdravotnická, Praha

1/9/2016–31/1/2017

Post-secondary daily language course leading to the First Certificate in English

Jazyková škola, Praha 8 - Karlín

1/9/2012–31/8/2016

Maturita examination in the field of study Nursing Assistant

Střední zdravotnická škola, Praha

EQF level 4

profile subjects: biology, somatology, basics of clinical disciplines, defence of a compulsory final paper

PERSONAL SKILLS

Mother tongue(s) Czech

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
FCE					
German	A2	A2	A2	A2	A1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
 Common European Framework of Reference for Languages

Communication skills very good communication skills with groups of children and their parents
 good communication skills in crises and unexpected situations

Organisational / managerial skills very good time-management
 leadership skills used and gained within the training of staff (co-workers in cafe, health care workers in summer camps)
 organisational skills gained during various activities with children, good logistic skills

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem-solving
Independent user	Proficient user	Independent user	Independent user	Independent user

Digital skills - Self-assessment grid

State typing examination

Very good user skills of Microsoft Office

Other skills piano (12 years of study at the Elementary Art Praha), flute, guitar (self-taught player)
 recreational player of volleyball and badminton