

PERSONAL INFORMATION

Miroslava Žilinská Bratislava (Slovakia) miroslava@pdcs.sk

WORK EXPERIENCE

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- 01/05/2018–Present **Trainer, consultant**
PDCS
- 01/08/2019–Present **Psychologist**
Denný psychiatrický stacionár Hestia, Univerzitná nemocnica Bratislava
- 01/06/2009–30/04/2018 **Program manager, outreach worker**
OZ Odysseus, Bratislava (Slovakia)
outreach work with people who inject drugs, sex workers; counseling, project coordination, fundraising, PR, administrative work, personal management
- 05/09/2015–21/12/2015 **School psychologist**
Súkromná stredná umelecká škola animovanej tvorby, Vlastenecké námestie 1, Bratislava
- 09/2013–30/06/2015 **School psychologist**
OA Obchodná akadémia, Nevädzova 3, Bratislava
- 01/02/2012–01/02/2013 **Volunteer - International working group member**
Youth RISE
project implementation, resources development, advocacy
- 2007–2009 **Volunteer working with visually impaired youth**
Združenie nevidiacej a slabozrakej mládeže, Bratislava (Slovakia)
project coordination, translation, development, organizing and realisation of the leisure time for youth with visual impairment

EDUCATION AND TRAINING

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- 01/09/2010–30/06/2013 **Mgr. - Master of Arts** EQF level 7
Comeniuss University, Faculty of Arts,, Bratislava (Slovakia)
Psychology
- 01/09/2011–30/06/2012 **MA. - Master of Arts** EQF level 7
Central European University, Budapest (Hungary)
Gender studies
- 01/09/2010–30/06/2011 **Additional pedagogic education for teaching purposes**
Comenius university, Faculty of Arts, Department of Pedagogy, Bratislava (Slovakia)

PERSONAL SKILLS

Mother tongue(s) Slovak

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C2	C1	C1	C1

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

I acquired excellent communication skills while working with young people of different ages and adults from vulnerable communities as well as a member of the various working groups and municipal level.

Organisational / managerial skills

As long-term project coordinator and volunteer I developed excellent organizational and management skills, whether in human resources management or management of assets and shares.

Job-related skills

Tutoring, lecturing and facilitation groups at the advanced level
Counseling skills at a high level (psychological, social and legal counseling, advice on drug use, sexual health, violence and HIV / AIDS)
Motivational interviewing - intermediate.
Project Management - Advanced

Accounting - Basics

Digital skills

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

Digital skills - Self-assessment grid

Driving licence

B

ADDITIONAL INFORMATION

Certifications

Participative procedures training for lecturers, trainers and professionals in adult education in the scope of 18 hours
Management training program of volunteers in 32 hours
Presentation skills training in the scope of 14 hours
Workshop Working with involuntary clients and clients in resistance ranging from 14 hours
Internal training Odysseus to develop communication and counseling skills, work with victims of violence and crisis intervention, more than 60 hours total

Publications

ŽILINSKÁ, M., CHOVANCOVÁ, I. 2016. Výzvy injekčného užívania drog medzi mladými ľuďmi. [Challenges of injecting drug use among young people. in Youth Work]. In Práca s mládežou - výzvy a trendy. Zborník z medzinárodnej konferencie. [Challenges and trends. Conference summary report of the International Conference]. [online]. Available: <http://mladezulice.sk/wp-content/uploads/2015/01/Zbom%C3%ADk-Pr%C3%A1ca-s-ml%C3%A1de%C5%BEOu-v%C3%BDzvy-a-trendy.pdf>
CHOVANCOVÁ, I., ŽILINSKÁ, M., FILKO, M., HOJČÍKOVÁ, M., MACH, J., MELIORIS, L. 2015. Cost-effective Yet Underfunded: The Harm Reduction Programme of Odysseus in Slovakia. [online] Available at: <http://drogriporter.hu/node/2773>
ŽILINSKÁ, M., CHOVANCOVÁ, I. 2015. Odysseus Calls for Common Solutions on Drugs in Slovakia.

[online] Available at: http://drogriporter.hu/en/slovak_film

CHOVANCOVÁ, I., ŽILINSKÁ, M. 2014. Zapájanie ľudí, ktorí injekčne užívajú drogy do programu výmeny injekčných striekačiek. [The involvement of people who inject drugs in the syringe exchange program]. In Harm Reduction-Aplikácia filozofie znižovania rizík v pomáhajúcich profesiách. [online]. Nitra : Združenie Storm. p. 89-95. Available at: <http://www.zdruzeniestorm.sk/onas/nastiahnutie/ine/zbornik-harm-reduction.pdf>

CHOVANCOVÁ, I., ŽILINSKÁ, M. 2013. Harm Reduction Services in Slovakia at the stake. In *Correlation. Policy Paper : Who is paying the price for austerity?*, 2013, no.3, p.8-9.

CHOVANCOVÁ, I., ŽILINSKÁ, M. 2013. Drug Overdose in People Who Inject Drugs in the Capital of Slovakia - research report. In *CORRELATION Newsletter*, 2013, no.1, p.6.

ŽILINSKÁ, M. 2010. Masmediálny stereotyp žien pracujúcich v sex-biznise: analýza dát zo slovenských printových médií. [Mass media stereotypes of female sex workers: analysis of data from the Slovak print media]. In: MARKOVÁ, B. (Ed): *Sexuality IV: Zborník vedeckých príspevkov*. [Sexuality IV: Conference summary of scientific contributions]. Bratislava: Univerzita Komenského.