

LAMA ALMNLA

Personal information

Name: Lama Al-Mnla

Father name : Ibrahim

Date of birth : 1/1/1983

Place of birth: Damascus/Syria

Nationality: Syrian

Other Nationality: Sudanese

Mobile: Syria / +963932227867

E-mail: lama.almnla@gmail.com

Education

- High School Degree from Syria 2000/2001.
- bachelor degree in Arabic Language Studies 2007.
- bachelor degree in Political Science Department of International Studies and Diplomacy 2019.

Experience

- ❖ 2011 until now Work in Syrian Arab Red Crescent in Humanitarian/Disasters as {human resource, warehouse (Deputy of warehouse keeper-Data entry), Relief, Report}.
- ❖ 2011 until 2012 Health Education in villages and schools in Syria.
- ❖ 2007 until 2011 Coordinator of the Youth Commission Department of social activities to orphanages in Syrian Arab red Crescent.
- ❖ 2010 Teaching Arabic to non-Arabic speakers for 3 months.
- ❖ 7/2010 until 2013 UNCIF/SARC friendly environment center Damascus.
- ❖ 2008 until 2011 First Aider in the Syrian Arab Red crescent.
- ❖ Participation in:
 - 1) 2009-2011 the operation of distributing relief item among the displaced Iraqis in Damascus (SARC-UNHCR-WFP)
 - 2) 2011-2012 Syrian Red Crescent response operation to the Events in Syrian.

Training courses

- An introduction course about international movement of red cross & Red crescent international humanitarian law.
- International humanitarian law course.
- Self-protection course.
- First Aid basic training course.
- First aid advanced training course.
- Certificate in Business Administration and Human Resources
- Minor surgery techniques workshop.
- Disaster management basic training course (preparation & response).
- Disaster management advanced training course (preparation & response).
- Psychological support basic training course for elders and disable people .
- Advanced Psychological support course.
- Children educational activist training course.
- HIV/Aids and sexually transmitted diseases training course.
- Drugs risk reduction awareness training course.
- community based risk reduction (earthquakes) course.
- Social networking course.
- Stimulate and creativity course.
- Session planning projects P.P.P. course .
- Commercial letters course.
- The language of the blind course.
- Course in neural linguistic programming
- Course in happiness keys.
- Cycle in the force of attraction.
- Course in emotional intelligence.
- Course in the art of negotiation.
- Course in warehouse management.
- Advanced disaster management.
- Graphic design course.
- TOT Sphere project.
- TOT neural linguistic programming.

Language

Arabic : Mother language.

English: Very good.

Computer Skills

Computer Maintenance Diploma A+.

ICDL Certificate.

Excel Advanced.

References

- Farah Esmail : Human Resource manager, Human resource department- Syrian Arabic Red Crescent .
Telephone:00963991131373
- Ammar Hamwi : warehouse keeper - Syrian Arabic Red Crescent .
Telephone: 00963933232037.