



Urszula Ambroży

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Nationality: Polish

WORK EXPERIENCE

[01/03/2024 – Current]

Blue Book Trainee

European Commission

City: Brussels | **Country:** Belgium

DG SANTE (Directorate-General for Health and Food Safety) at Better Regulation Unit

- Support the preparation of evaluations and impact assessment of the DG SANTE initiatives according to the Better Regulation toolbox and guidelines.
- Contribution in preparation and execution of the DG-wide seminar. I was involved in preparation of three thematic workshops, with over 120 participants, and hybrid plenary (with over 120 participants in-person and 250 online) as well as internal communication tasks with cooperation with colleagues from the communication unit of DG SANTE. I provided IT support during in-person and online workshops, and for organizational tasks.

[01/11/2023 – 02/2024]

Research and Teaching Assistant

Jagiellonian University - Medical College

City: Kraków | **Country:** Poland

Teaching a course on Epidemiology

[04/2023 – 02/2024]

Independent Cleark

Jagiellonian University - Medical College

City: Kraków | **Country:** Poland | **Name of unit or department:** Department of Epidemiology and Population Studies, Institute of Public Health

Contributed to the writing of scientific articles, conducted comprehensive literature reviews, authored grant proposals and conference abstracts, and performed detailed statistical analyses.

[09/2022 – 03/2023]

Clinical Research Trainee

Centrum Medyczne Plejady

City: Kraków | **Country:** Poland

- Submitted databases in CRF/eCRF systems like Medidata, ERT, IBM
- Entering into the system health & treatment history of a patient
- Constructed inclusion/exclusion criteria templates using project protocols
- Verified patient compliance by counting drugs
- Assisted with completing the drug accountability form & entering data into the system, and labelling drugs
- Backed the management of the Investigator Site Files with updating of relevant trial logs and patient documentation

EDUCATION AND TRAINING

[10/2021 – 07/2023]

Master's degree in Public Health

Jagiellonian University

City: Kraków | **Country:** Poland | **Final grade:** Diploma with distinction | **Level in EQF:** EQF level 7 | **Thesis:** Motivation and barriers toward diet good for people and planet

Human Resources for Health · Health Policy · Coordinated Care · Qualitative and Quantitative Research Methods · Public Health · New Public Management · Health Technology Assessment (HTA) · Change Management · Healthcare Management · Epidemiology · Health Economics · Health Impact Assessment

[02/2022 – 06/2022]

Semester abroad (Erasmus+)

University of Copenhagen - Københavns Universitet

City: Copenhagen | **Country:** Denmark |

Courses: Environmental Epidemiology · Group Processes and Intergroup Relations · An Introduction to Sports and eSports Psychology · Eating and Being in the 21st Century

[10/2018 – 07/2021]

Bachelor's degree in Public Health

Jagiellonian University

City: Kraków | **Country:** Poland | | **Level in EQF:** EQF level 6 | **Thesis:** Planetary diet and the current dietary patterns of Polish population

Epidemiology, Health Policy, Health Promotion, Psychology, Sociology, Health Care Systems, Biostatistics, Human Nutrition,

LANGUAGE SKILLS

Mother tongue(s): Polish

Other language(s): English (Professional working proficiency)

PUBLICATIONS

[2024]

Nutritional Status, Intentions and Motivations towards Adopting a Planetary Health Diet—A Cross-Sectional Study

Reference: Nutrients

CONFERENCES AND SEMINARS

[06/11/2023 – 08/11/2023]

37th The European Federation of Food Science and Technology (EFFoST) International Conference 2023

Valencia, Spain

The 37th EFFoST International Conference explored the theme: Sustainable Food and Industry 4.0: Towards the 2030 Agenda. This is further examined in the below-mentioned sub-themes and topics that highlight the expertise of our conference hosts.

Active participation in the poster session: *Attitudes and behavior of consumers with and without a planetary diet*

Link: <https://effostconference.com/wp-content/uploads/Poster-Abstract-Book-EFFoST-2023-v2-1.pdf>

SKILLS

Working with computers

- using digital tools for collaboration: Trello, ClickUp, Slack
- using Microsoft Office tools: Excel, PowerPoint, Word, Teams, Forms, Outlook, Planner
- using literature management tool: Mendeley
- using content creation tool: Canva