



Ivana Vaclavkova, BSc MSc

Name: Ivana Vaclavkova

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Current position:

- PhD student in the EU funded project SHIFT2HEALTH, at the Department of Nutritional Sciences, University Vienna
- Focus on analyses of the microbiota of the human gut of shift vs. non-shift workers across Europe

Key Skills

- Experience in microbiome research, public health nutrition, and polyphenols research has equipped me with critical analysis, data interpretation, and laboratory techniques
- Languages: Czech (Native), English (Professional - C1), German (Intermediate - B2)
- Driver's License: Category B (Active Driver)

Education

MSc Nutrition | King's College London, UK | 2023 – 2024

- Key modules: Principles of Nutrition, Clinical Nutrition, Public Health Nutrition, Nutrition Research Skills, Nutrition Project (dissertation)
- Skills: data analysis (SPSS), critical review of studies, blood and urine analysis, spectrophotometry, food intake assessment, research project experience, GCP, HTA training

BSc Food Science | University of Reading, UK | 2020 - 2023

- Achieved First-Class Honours Degree (A grade average)
- Key courses: Biochemistry, Chemistry, Human Nutrition, Physiology, Food Microbiology, Mathematics, Food Technology, Food Composition, Quality and Safety
- Skills: aseptic and sterile techniques, microscopy, pipetting, media and buffer preparation, bacteria identification, preparation of enzyme assays, gas and liquid chromatography, mass spectrometry, HACCP
- Thesis: Investigating the gut-brain axis and the impact of probiotics on mental health
- Achievements: Finalist in the UK Ecotrophelia competition
- Completed the Reading Experience and Development (RED) Award for employability

Secondary Education | Gymnázium Dr. Karla Polesného, Znojmo, Czech Republic | *2012 - 2020*

- Graduated with Honours
- Maturita Results: Czech Language (A), English (A), Chemistry (A), Mathematics (B)
- Received the Headmaster's Award for academic excellence

Professional Experience

Research Intern – Microbiome Analysis | RECETOX, Masaryk University, Brno | *Aug - Sep 2023*

- Assisted in microbiome research and data analysis for various health projects Learning DNA isolation for microbiome analyses, for example using qPCR techniques

Faculty Ambassador Food and Nutrition | University of Reading, UK | *Oct 2022 - Jan 2023*

- Promoted the department's research and programs, representing the university at events

Lab Technician Shadowing | UTC Reading, UK | *May 2022*

- Gained practical lab experience in a supervised environment

Interests

- Yoga, hiking, travelling, basketball, dancing, reading