

sandra esteves

Biologist and vegan activist

about

I'm a biologist and I'm currently studying Food Science and Biotechnology. Some of my main interests and passions include food literacy, health consciousness, animal ethics and food science. I've been vegan since 2013 and an activist for animals since then, being the founder of VegPT, a Portuguese vegan group mainly focused on food and nutrition. My goal is to work on more sustainable and ethical food products. I'm a quick learner, always looking for new challenges and opportunities to improve.



contacts

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skills

- New food product development and food manufacturing
- Food safety and quality control
- Project management
- Experimental design
- Laboratory experience
- Data gathering and field practice
- Statistical analysis expertise with RStudio
- Leadership and team management and coordination
- Teaching and communication skills
- Event planning and organization
- Openness to multicultural and new working environments
- Content management experience on social media platforms

languages

Portuguese native speaker

English C1 (IELTS: band 7.5)

Spanish A1

(Common European Framework of Reference)

education

Teesside University – MSc in Food Science and Biotechnology
2019 – 2020

Research Center in Biodiversity and Genetic Resources (CIBIO); University of Porto – MSc in Biodiversity, Genetics and Evolution
2016 – 2018

Research thesis on “Individual personality and social network position in a cooperatively breeding bird”, resulting in a poster presentation at the **15º Congress of the Portuguese Society of Ethology** and an in-progress article to be published on an international journal.

Laboratory practice at CIBIO laboratories.

Field research and statistical analysis conducted in Kimberley, **South Africa** and University of Porto, Biology Department. Partnership with Percy FitzPatrick Institute of African Ornithology and Centre d'Ecologie Fonctionnelle et Evolutive.

University of Aveiro – BSc in Biology

2012 - 2015

One-year research project on behavioural ecology of cave organisms from north Portugal.

University of Lisbon – First year of BSc in Biology

2011 - 2012

Took part in **Ecocomp**, an Ecology and Behaviour discussion group, which gave me a solid background of the scientific thinking and processes.

work experience

The Green Room - Waitress

2019

I worked as a waitress for four months in a vegan restaurant in Middlesbrough.

Natural History Museum of Denmark, University of Copenhagen; University of Aveiro - Research Internship

2015 - 2016

Research on "Comparison of behavioural responses of cave and surface organisms". Extensive laboratory experience.

“Pensar em voz alta” – Organizer and moderator

2016 - 2019

Developed and organized the “Thinking out loud” project, a monthly event in Porto (Portugal) that aims to reunite people of different backgrounds and ages to discuss philosophical issues in a cooperative and inclusive environment.

“How to eat ice-cream for breakfast” – Workshops

2014 – 2015

Organized and presented a variety of workshops about health and vegan food for children and parents with the goal of for health, as well as how to eat healthy without giving up taste.

“Incomoda-te” – Political debates

2013-2015

Organizer and coordinator of a weekly debate group in Aveiro, focused on important political issues, inspired by Fernando Pessoa’s quote, “thinking makes you uncomfortable like walking in the rain”.