

# CURRICULUM VITAE

## Heli Virtanen



### 1. Personal Details

Full name: Virtanen, Heli Elina Kastanja  
 Nationality: Finnish  
 Date of birth: 26 March 1989  
 E-mail: heli.e.virtanen@uef.fi

### 2. Education

5/2015 **Registered Dietitian & Master's degree in Health Sciences,**  
 Clinical Nutrition, University of Eastern Finland

4/2014 **Basic studies in Sports medicine,** University of Eastern Finland

**International courses**

8/2014 **Nordplus intensive course:** Prevention of obesity - a community approach, University of Helsinki, Finland

4/2013 **European Intensive Programme:** Functional ingredients for tailored foods, University College Cork, Ireland

### 3. Linguistic skills

Finnish: mother tongue  
 English: fluent  
 Swedish: good  
 German: good

### 4. Current position

9/2015 onwards **PhD student**  
 University of Eastern Finland  
 Institute of Public Health and Clinical Nutrition  
 Supervisors: Jyrki Virtanen and Sari Voutilainen

### 5. Previous work experience

6 and 8/2015 **Nutrition trainee,** Finnish Heart Association, Helsinki, Finland

9/2014–3/2015 **Nutrition consultant,** Welldoo GmbH, Berlin, Germany (part-time, remote work from Finland)

5/2014–3/2015 **Research assistant,** TERLA-study, University of Eastern Finland, Kuopio, Finland (part-time)

5–8/2013 **Nutrition service administrator trainee,** Espoo Catering, Espoo, Finland

6–8/2012 **Catering worker,** Rinnekoti-Säätiö, Espoo, Finland

### Internships

4–5/2015 **Dietitian trainee,** the Hospital District of Helsinki and Uusimaa, Helsinki, Finland

4–5/2014 **Dietitian trainee,** Espoo health care services, Espoo, Finland

9–12/2012 **Research trainee,** Smart Foods Centre, University of Wollongong, Australia

**6. Funding for PhD studies**

2016	Doctoral Programme of Health Sciences
2015	Päivikki and Sakari Sohlberg Foundation
2015	Juho Vainio Foundation
2015	Finnish Cultural Foundation North Savo Regional fund

**7. Teaching competence and experience**

5/2015	Competence in teaching health education, University of Eastern Finland
9/2013–5/2014	Educator at Plan International Finland
12/2011	Basic studies of educational sciences, The Open University of Turku
4/2010	Basic studies of health education, University of Jyväskylä