



## Lidija Šoher

Date of birth: 12/03/1989

### CONTACT

Ulica Dobriše Cesarića 13A  
31000 Osijek, Croatia (**Home**)

Franje Kuhača 18  
31000 Osijek, Croatia (**Work**)

lidija.soher@ptfos.hr

lidijasoh@gmail.com

(+385) 31224321

<http://www.ptfos.unios.hr/index.php/nastavno-osoblje/lidijasoh-mag-nutr>

<https://www.croris.hr/osobe/profil>

### WORK EXPERIENCE

**2024 – CURRENT** Osijek, Croatia

**Senior assistant** Faculty of Food Tehnology Osijek

Department of Food and Nutrition research  
Sub-department of Nutrition

**2018 – 2024** Osijek

**Assistant** Faculty of Food Tehnology Osijek

Department of Food and Nutrition research  
Sub-department of Nutrition

**2017 – 2018** Osijek

**Assistant** Faculty of Food Tehnology Osijek

Department of Food and Nutrition research  
Sub-department of Food quality

### EDUCATION AND TRAINING

**2018 – 2024** Osijek, Croatia

**PhD in scientific area of Biotechnical sciences, field of Nutrition** Faculty of Food Technology Osijek

Postgraduate doctoral study "Food Technology and Nutrition"  
Scientific field: Nutrition

**Thesis** The effect of educational dietary intervention on nutrition and nutritional status of organized living beneficiaries with mental disorders

**2014 – 2016** Osijek

**Master of Food Science and Nutrition** Faculty of Food Technology Osijek, Osijek (Croatia)

Graduate study in nutrition and food science (121 ECTS)  
Graduate thesis: Caloric value and nutritional composition assessment of menus in Lepoglava Penitentiary

**2007 – 2010** Požega

**BSc of Food Technology (Baccalaurea)** Polytechnic in Požega

Professional study programme of food technology (180 ECTS)

### LANGUAGE SKILLS

**MOTHER TONGUE(S):** Croatian

**Other language(s):**

English

**Listening** B2

**Reading** B2

**Writing** B1

**Spoken production** B1

**Spoken interaction** B1

## German

**Listening** A1

**Spoken production** A1

**Reading** A1

**Spoken interaction** A1

**Writing** A1

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*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

## PROJECTS

**2017 - 2021**

### ● **Food Consumption Survey on Infants and Children in Croatia 2017-2021**

Role: survey coordinator, training, data collection, and processing

**2018 - 2022**

### ● **Food Consumption Survey on Adults in Croatia 2018-2022**

Role: survey coordinator, training, data collection, and processing

## JOB-RELATED SKILLS

### ● **Job-related skills**

Nutritional assessment - application of different nutritional tools, experience in interviewing and on-field data collecting.

Laboratory work - experience gained through studying, work at the faculty and by conducting practical laboratory classes.

## DIGITAL SKILLS

Microsoft Office | Program Prehrane | NutriCro | Microsoft Teams

## ORGANISATIONAL SKILLS

### ● **Organisational skills**

Responsibility, resourcefulness in the new environment, flexibility and a tendency to teamwork.

Participation and assistance in organization International Congress of Nutritionists and various workshops within the faculty (Science Festival, Night of Science).

## COMMUNICATION AND INTERPERSONAL SKILLS

### ● **Communication and interpersonal skills**

Good communication skills gained during study and work at the faculty and volunteering at professional conferences.

## HONOURS AND AWARDS

### ● **Honours and awards**

2017. Dean's Award for Best Achievement in the Generation 2015./2016.

2016. winner of Josip Juraj Strossmayer University of Osijek excellence scholarship

## NETWORKS AND MEMBERSHIPS

### ● **Memberships**

Active member and volunteer at "Nutricionizam Balans", Osijek

Member of Croatian Federation of Nutritionists (CFN)