

## PERSONAL INFORMATION

## Alex Buoite Stella

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🌐 <https://dsm.units.it/it/dipartimento/organi-dipartimento/ufficio-di-direzione?q=it/node/46832>

Date of birth 20/03/1988 | Nationality Italian

## WORK EXPERIENCE

01/10/2024 – 30/09/2027

## Assistant Professor (RTD-B) of Physiology (SSD: BIOS-06/A)

Department of Medicine, Surgery and Health Sciences, University of Trieste  
Strada di Fiume 447, 34149 - Trieste, Italy

- Teaching physiology to medical and health sciences degrees, including Medicine and Surgery, Dentistry, Physiotherapy, and post-graduate medical schools
- Leading the Clinical Applied Physiology and Kinesiology Lab (kineXp)
- **In possession of the Abilitazione Scientifica Nazionale (ASN) for Associate Professor (Professore di II Fascia) in Human Physiology (SSD BIOS-06/A), until 2031**

01/01/2022 – 30/09/2024

## Research Assistant (RTD-A) in Physiology (SSD: BIO/09)

Department of Medicine, Surgery and Health Sciences, University of Trieste  
Strada di Fiume 447, 34149 - Trieste, Italy

- Teaching physiology to medical and health sciences degrees, including Medicine and Surgery, Dentistry, Physiotherapy, and post-graduate medical schools
- National funding *Finanziamento MUR-FSE REACT EU - PON R&I 2014-2020, dal titolo "Contromisure per ridurre l'impatto del cambiamento climatico e dello stress termico sull'uomo: ricerca e innovazione nelle tecniche di cooling e smart technology attraverso modelli fisiologici dallo sport ai lavoratori, alle popolazioni cliniche"*. Supervisor: prof. dr. Paolo Manganotti

30/10/2018 – 31/12/2021

## Postdoctoral research contracts

Department of Medicine, Surgery and Health Sciences, University of Trieste  
Strada di Fiume 447, 34149 - Trieste, Italy

- 08.09.2020 – 31.12.2021: Assegnista di Ricerca, "Ricerca traslazionale per lo studio della capacità termoregolatorie e dell'idratazione nelle patologie neurologiche: dalla ricerca di base alle nuove tecnologie" (Prot. 108005 del 08/09/2020). Supervisor: prof. dr. Paolo Manganotti.
- 01.02.2020 – 31.07.2020: Borsista di Ricerca, "Sperimentazione dell'impiego della crioterapia in pazienti affetti da sclerosi multipla al fine di favorirne le capacità motorie e l'autonomia" (Prot. 193 del 28/01/2020). Supervisor: prof. dr. Paolo Manganotti.
- 30.10.2018 – 29.10.2019: Borsista di Ricerca, "Sperimentazione dell'impiego della crioterapia in pazienti affetti da sclerosi multipla al fine di favorirne le capacità motorie e l'autonomia" (Prot. 2870 del 30/10/2018). Supervisor: prof. dr. Paolo Manganotti.

01/09/2017 – 31/12/2017

## Research and Teaching Traineeship (EURES Traineeship Geographical Mobility)

Faculty of Health Sciences, University of Primorska (Slovenia)  
Izola, Slovenia

## EDUCATION AND TRAINING

19.04.2017

## Ph.D. in Biomedical Sciences and Biotechnologies (Physiology)

Department of Biomedical Sciences and Biotechnologies, University of Udine, Italy

- Member of the Clinical and Exercise Physiology Lab
- Thesis “Physical activity in patients with type 1 diabetes: carbohydrate requirements for exercise and hydration strategies”. Supervisor: prof. dr. Bruno Grassi.
- 23.09.2011 **M.Sc. in Applied Kinesiology**  
**equivalent to Laurea Magistrale in Scienze Motorie Preventive e Adattate**  
 University of Primorska, Slovenia
- Italian equipollence to LM-67 by University of Verona
- Thesis “Cognitive and physiological effects of the initial responses during cool water immersion”. Supervisor: prof. dr. Cornelis P. Bogerd.
- 29.07.2010 **B.Sc. in Sports Science (Scienze Motorie LM-33)**  
 University of Udine, Italy
- Thesis “Costo energetico della marcia naturale nel paziente con morbo di Parkinson”. Supervisor: prof. dr. Pietro Enrico di Prampero.

## ACADEMIC APPOINTMENTS

- 07/11/2024 – actual **Elected member of the Department Executive Board**  
 Department of Medicine, Surgery and Health Sciences, University of Trieste  
 Strada di Fiume 447, 34149 - Trieste, Italy
- Member of the Head’s Office
- 12/09/2024 – actual **Department Delegate for Technological Transfer and Third Mission**  
 Department of Medicine, Surgery and Health Sciences, University of Trieste  
 Strada di Fiume 447, 34149 - Trieste, Italy

## TEACHING ACTIVITY

- Appointments**
  - Department representative for the “Physiology” scientific area (SSD BIOS-06/A), *from 2022*
  - Scientific coordinator of the advanced course (Master di I livello) in “Science and Techniques for Exercise and Sport Recovery”, *from Jan 2025*
  - Deputy director of the Bachelor Degree Programme in Physiotherapy, *from Dec 2024*
  - Member of the Quality Assurance Board and Teaching Board of the Bachelor Degree Programme in Physiotherapy, *from 2022*
  - Member of the Quality Assurance Board and Internationalisation Board of the 6-year Single-Cycle Degree Programmes in Medicine and Surgery, *from 2023*
- Appointed Teacher**
  - 6-year Single-Cycle Degree Programmes in Medicine and Surgery and in Dentistry and Dental Prosthodontics: 30 h (2.5 CFU/ECTS) of Human Physiology (SSD BIOS-06/A) from AA 2022/2023 at the University of Trieste
  - Bachelor Degree Programme in Physiotherapy: 50 h (5 CFU/ECTS) of General Physiology (SSD BIOS-06/A) from 2020/2021 at the University of Trieste
  - Postgraduate Medical Schools of Specialization: 12 h (2 CFU/ECTS) of Physiology (SSD BIOS-06/A) from 2019/2020 at the University of Trieste
  - Bachelor Degree Programme in Dental Hygiene: 30 h (3 CFU/ECTS) of Physiology (SSD BIOS-06/A) from 2024/2025 at the University of Trieste
  - Bachelor Degree Programmes in Environment and Workplace Prevention Techniques and in Health Assistance: 10 h (1 CFU/ECTS) of Physiology (SSD BIOS-06/A) from 2020/2021 to 2023/2024 at the University of Trieste
  - Bachelor Degree Programme in Psychiatric Rehabilitation Technique: 20 h (2 CFU/ECTS) of Physiology and Neurophysiology (SSD BIOS-06/A) in 2021/2022 at the University of Trieste
  - Bachelor Degree Programme in Nursing: 36 h (3 CFU/ECTS) of Physiology (SSD BIOS-06/A) from 2019/2020 to 2020/2021 at the University of Udine
  - Physiological disciplines in some Italian “Master” courses at the University of Trieste
  - Seminar on Thermal Aspects in Soccer at the University of Milan Cattolica, on 30.09.2021 (prof. dr.

Paola Vago)

International Activity

- Seminar on Thermal Physiology and Hydration during the *Joint teaching activities* for PhD students with the Shinshu University (Japan) performed during the “PhD Week” of the Doctorate Programme in Personalized Medicine and Innovative Therapies of the University of Trieste, on 15.09.2023 (prof. dr. Gabriele Stocco)
- Seminars on Thermal and Pain Neurophysiology during the *Visiting Scientist* experience at the University of Southampton (UK), from 15.05.2023 to 18.05.2023 (prof. dr. Davide Filingeri)
- Environmental and Exercise Physiology topics (total 16 h, 2 ECTS) at the University of Primorska (Slovenia), seminars to the Applied Kinesiology course students, several years from 2013 to 2018 (prof. dr. Shawnda A. Morrison and prof. dr. Pietro Enrico di Prampero)

Mentoring and Tutoring

- Co-supervisor of Ms. Miriam Martini, PhD student in Personalized Medicine and Innovative Therapies at the University of Trieste (supervisor: prof. dr. Luigi Murena). *From Nov 2023*
- Co-supervisor of Mr. Raffaele Sabot, PhD student in Personalized Medicine and Innovative Therapies at the University of Trieste (supervisor: prof. dr. Luigi Murena). *From Nov 2024*
- Supervisor for students participating in the SISM international exchange program for medical students
- Supervisor and co-supervisor of more than 50 theses in Medicine and Surgery, Physiotherapy, Dental Hygiene and other courses.

RESEARCH ACTIVITY

Research Interests

- Thermal physiology and environmental physiology (with application to clinical populations, in sports and occupational settings)
- Impact of global warming and climate change on health
- Exercise physiology, kinesiology and rehabilitation (ultrasound, sEMG, IMUs)
- Sports Medicine (athletic training, exercise prescription, motorsports, recovery)
- Clinical physiology (sensors and wearables, fluid balance, neurophysiology, musculoskeletal disorders)

Bibliometric scores

ORCID	Scopus ID	N articles	H-index	Total Citations
0000-0002-4871-7022	57193841739	87	21	1356

A list of the publications can also be retrieved on ArtTS: [https://arts.units.it/simple-search?filterquery=rp178994&filtername=author&filtertype=authority&sort\\_by=bi\\_sort\\_2\\_sort&order=DESC](https://arts.units.it/simple-search?filterquery=rp178994&filtername=author&filtertype=authority&sort_by=bi_sort_2_sort&order=DESC)

Books and Chapters

- Manganotti P, Ajčević M, Buoite Stella A. EEG as a marker of brain plasticity in clinical applications. *Handb Clin Neurol.* 2022; 184:91-104. doi: 10.1016/B978-0-12-819410-2.00029-1. PMID: 35034760.
- Buoite Stella A, Gaio M, Manganotti P. Chapter 55: Fluids, energy intake and stroke. In: *Diet and Nutrition in Neurological Disorders.* Martin, Patel, and Preedy, Editors. 2023; 893-905. doi: 10.1016/B978-0-323-89834-8.00040-4.

Funded projects as Principal Investigators

- Beneficentia Stiftung: **PI** for “Monitoraggio delle persone con vulnerabilità e malattia di Parkinson nel contesto dello Sviluppo del “Laboratorio Interdisciplinare Clima, Ambiente, Esercizio e Salute (LINCES)”. Grant: 12'000 EUR. *From 17.05.2022 to 31.12.2023*

International Projects

- Twinning Horizon2020 project “TWINning the BRAIN with machine learning for neuro-muscular efficiency” ( <https://cordis.europa.eu/project/id/952401/it>), **local co-PI**, UNITS Grant: 116'450 EUR. PI: prof. dr. Paolo Manganotti. *From 01.11.2020 to 31.01.2024*
- MARS-PRE: Marcatori biologici e funzionali nel campo della biomedicina spaziale personalizzata - studio Bed Rest 2019, **member of the research team** (neurophysiology). PI: prof. dr. Rado Pisot. *From 16.08.2019 to 14.09.2019*

## National Projects

- Fondazione Morpurgo and Fondazione Foreman Casali project "Utilizzo della realtà virtuale e dei protocolli dual task nel contrasto del declino motorio e cognitivo nell'anziano", **co-PI**, Grant: 15'000 EUR. PI: prof. dr. Luigi Murena. *From 04.07.2023 to 30.06.2024*
- POR-FESR 2021-2027 project "Nuove frontiere di ricerca su dispositivi point of care attraverso l'integrazione con reti neurali nella NAFLD", **Executive lead** of the exercise physiology WP, UNITS Grant: 120'000 EUR. PI: prof. dr. Lory Saveria Crocè. *From 03.01.2023 to 30.06.2024*
- POS-T2\_rAIdD "Rete eHealth: AI e strumenti ICT innovativi orientati alla Diagnostica Digitale (rAIdD)", **local project development**. PI: prof. dr. Paolo Manganotti. *From 13.02.2023 to 12.02.2026*
- Fondazione Beneficentia Stiftung project "THERMO@NEURO", **responsible of research activities**, Grant: 20'000 EUR. PI: prof. dr. Paolo Manganotti. *From 01.01.2021 to 31.12.2021*

## Editorial Appointments

**Editorial Board**

- Kinesiologica Slovenica. *From 2020*
- Topic Editor "Clinical Environmental Physiology", International Journal of Environmental Research and Public Health, *From 2021 to 2024*

**Associate Editor / Guest Editor**

- Frontiers in Neuroscience, Frontiers in Sports and Active Living, International Journal of Environmental Research and Public Health

**Reviewer for Books, Abstracts, and Conference Proceedings**

- Healthy Buildings 2023 Europe Conference (thermal physiology, thermal comfort, human factors)
- Invited by Elsevier to evaluate the proposal of a book entitled "Space Physiology: From Earth to Space and Back Again" (12/2022)

**Invited reviewer** for many peer-reviewed international journals on relevant topics, including Journal of Applied Physiology; Am J Physiol Regul Integr Comp Physiol; Frontiers in Physiology; International Journal of Sports Medicine; International Journal of Sports Physiology and Performance, etc.

## Scientific Boards

- Expert physiologist for the Environmental Neurology Specialty Group of the World Federation of Neurology. *From 2023*

**Public calls/grants referee**

- 2024-2025 ARIS Public call for the (co-)financing of research projects (Slovenia)
- 2023 Incubator Grant (MS Australia)
- 2022 ARRS Public call for the (co-)financing of research projects (Slovenia)
- 2021 Grant Round - Catalyst Award Application (Multiple Sclerosis Society UK)

## Affiliation to Scientific Societies

- Member of the European College of Sports Science. *From 2014*
- Member of the Italian Society of Physiology (Società Italiana di Fisiologia, SIF). *From 2021*

## Prizes and Awards

- Premio Merck in Neurologia - Innovazione Digitale 2019 for the project "MS+U". Award: 40'000 Eur for research activity. *On 03.12.2019*
- Travel Grant YRA Hydration 4 Health 2017 from the Hydration 4 Health Organizing Committee - Danone. *On 03.07.2017*

## CONFERENCES

## Organizing/Scientific Committee

- Advances in movement disorders diagnosis and rehabilitation: from new technologies to clinical practice - TwinBrain Workshop 3.0, 30.03.2023-01.04.2023, Trieste (Italy). Comitato scientifico del programma internazionale. Partecipazione come speaker con la presentazione dal titolo: "Movement for movement disorders: the physiological role of active and assisted exercise".
- International Conference and Course International Society of Peripheral Neurophysiological Imaging, 18.09.2019-20.09.2019, Trieste (Italy). Partecipazione e assistenza organizzativa alla conferenza e corso dell'ISPNI sull'ecografia di nervo.

## Invited Speaker

- Incontro sulla Medicina dello Sport "Corsa dei Castelli", 17-18.10.2025, Trieste (Italy). "Wearable: le nuove soluzioni per il monitoraggio dei segnali fisiologici durante l'attività di endurance".
- 3° confronto sulla Medicina dello Sport per sanitari: Sport, prevenzione, benessere, 03.05.2025, Trieste (Italy). Sessione 6: "Fisiologia: Le soglie Metaboliche".
- 2° confronto sulla Medicina dello Sport per sanitari: Sport, prevenzione, benessere, 04.05.2024, Trieste (Italy). Sessione 2: "Allenamento e Sovraccarico: Fisiologia delle Overuse e Overload Injuries nello Sport".
- 9th International Congress "Mountain Sport & Health", 16.11.2023-17.11.2023, Rovereto (Italy). Conference proceedings: Buoite Stella A. "Winter Sports - thermoregulatory aspects and hydration"

strategies”.

- I Meeting nazionale SANIS per professionisti - STATI GENERALI DELLA NUTRIZIONE SPORTIVA, 24.03.2023-25.03.2023, Roma (Italy). SESSIONE: Fisiologia (ambienti e condizioni particolari) e sue influenze metaboliche. "Implicazione di indumenti e protezioni".
- Fifth International Meeting on Environmental Health (RISE 5), 06.09.2022-09.09.2022, Strasbourg (France), on-line. Conference proceedings: Buoite Stella A, Manganotti P. "Global warming and neurology: the impact of increasing temperature on neurological diseases".
- virtual 8th International Conference on the Physiology and Pharmacology of Temperature Regulation, 25.10.2020-28.10.2020, North Vancouver (Canada), on-line. Simposio "Temperature and COVID-19", conference proceedings: Buoite Stella A. "Keep the neurological patient cool: consideration for the COVID-19 era".
- 11th Hydration for Health Annual Scientific Conference, 23.06.2020, digital conference. Keynote invited speaker: "AQUA@BRAIN: hydration in acute ischemic stroke patients".
- Speaker
  - 106° Congresso Nazionale SIOT (Società Italiana di Ortopedia e Traumatologia), 09.11.2023-11.11.2023, Roma (Italy). Conference proceedings: Buoite Stella A, Cargnel A, Raffini A, Mazzari L, Deodato M, Murena L. "Caratteristiche neuromuscolari durante due tipologie di task dinamici in nuotatori con dolore cronico di spalla: risultati preliminari"; Di Lenarda L, Bernard M, Buoite Stella A, Ratti C, Canton G, Murena L. "Il futuro della sarcopenia: come l'ultrasound sarcopenia index sta ridefinendo il modo in cui misuriamo la massa muscolare".
  - XXII Congresso Nazionale Società Italiana di Riabilitazione Neurologica (SIRN), 16.04.2023-18.04.2023, Riva del Garda (Italy). Conference proceedings: Buoite Stella A, Deodato M, Martini M, Manganotti P. "Migliorare la capacità di esercizio e l'autonomia della persona con sclerosi multipla: pratiche di cooling e app per mitigare la sintomatologia caldo-indotta".
  - Young Researchers in Physiology (YRP) Italian Society of Physiology (SIF) meeting 2022, 12.05.2022-14.05.2022, Bertinoro (Italy). Moderatore/Chair di sessione. Speaker: "Skin wetness perception and wetness allodynia: a new concept for old diseases?".
  - 71st SIF National Congress The Italian Society of Physiology (SIF), 06.09.2021-08.09.2021, Milano (Italy), on-line. Sessione " Oral Communications: Metabolism, Nutrition and System Physiology", speaker: "Climate change and heat illness risk: a matter for physiologists".
  - 9th Hydration for Health Annual Scientific Conference, 03.07.2017, Evian-les-bains (France). YRA finalist speaker. Conference proceedings: Buoite Stella A, Yardley J, Francescato MP, Morrison SA. Fluid Intake Habits During Physical Activity in Type 1 Diabetes Individuals. In: Annals of Nutrition & Metabolism - 9th Hydration for Health Annual Scientific Conference. vol. 72, p. 41-42, Karger, Evian (France), 4th July 2017, doi: 10.1159/000488308.
  - AARC - 2nd PhD Students' Conference - From Food to Health, 17.08.2017-29.08.2017, Trieste (Italy). Conference proceedings: Buoite Stella A. "Water: a forgotten (nutritive) element". In: AARC - 2nd PhD Students' Conference - From Food to Health. p. 17-19, Università degli Studi di Trieste, Trieste, 28th-30th August 2017.
  - 6th International Meeting of Physiology and Pharmacology of Temperature Regulation, 04.12.2016-08.12.2016, Ljubljana (Slovenia). Conference proceedings: Buoite Stella A, Vesnaver M, Gaiò M, Morrison SA, Francescato MP. "Effect of a cooling vest on exercise capacity in patients with multiple sclerosis: a pilot study". In: Physiology and Pharmacology of Temperature Regulation, 6th International Meeting. Book of Abstracts. p. 54, Jozef Stefan Institute, Ljubljana (Slovenia), 5th-9th December 2016.
  - 1st Symposium on Environmental Ergonomics and Physiology, 08.12.2014, Ljubljana (Slovenia). Conference proceedings: Buoite Stella A, Francescato MP. "Thermoregulatory Responses and Hydration Strategies during Exercise in the Youth: A Review". In: (a cura di): Tadej Debevec Igor B. Mekjavic, Environmental Ergonomics and Physiology. p. 5-7, Lubjana, 9 ottobre 2014.
  - 19th annual Congress of the European College of Sports Science, 01.07.2014-04.07.2014, Amsterdam (the Netherlands). Conference proceedings: Buoite Stella A, Manca E, Francescato MP. "Comparison between real and estimated carbohydrate supplements in type 1 diabetic patients during 1-h runs". In: 19th annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE - BOOK OF ABSTRACTS. p. 512, European College of Sports Science, ISBN: 978-94-622-8477-7, Amsterdam (the Netherlands), 2nd-5th July 2014.
- Poster and Attendant
  - 30th annual Congress of the European College of Sports Science, 01.07.2014-04.07.2025, Rimini (Italy). Poster: Buoite Stella A, Ferrari A, Soliman G, Tyler CJ. "The exercising body over 300 km/h: physiological and environmental demands in auto racing drivers".
  - New Insights into Breath-Holding and Diving Physiology, 09.12.2022, Lignano Sabbiadoro (Italy). Partecipazione al congresso di fisiologia "New Insights into Breath-holding and Diving Physiology", parte di Apnea Evolution.
  - 1st TwinBrain Summer School "Neuroscience of movement: Exploring the dynamics of the human brain in motion", 05.07.2021-09.07.2021, Piran (Slovenia). Partecipazione alla Summer School del progetto europeo "TwinBrain".
  - VI Incontro Rete Neurocardiologie del Triveneto. Le ragioni del cuore e...del cervello, 05.12.2019-

- 06.12.2019, Trieste (Italy). Partecipazione al convegno della rete neurocardiologie del triveneto.
- 7th International Meeting of Physiology and Pharmacology of Temperature Regulation, 06.10.2018-11.10.2018, Split (Croatia). Presentazione di poster. Conference proceedings: Buote Stella A, Riboli A, Bruzzone M, di Prampero PE. "Effect of a single bout cold water immersion on perceptual and performance recovery in elite youth soccer players: a pilot study". In: Physiology and Pharmacology of Temperature Regulation, 7th International Meeting. Book of Abstracts. p. 129, Jozef Stefan Institute, ISBN: 978-961-93848-4-8, Split (Croatia), 7-12 October 2018.
- XVIII Congresso Nazionale Società Italiana di Riabilitazione Neurologica (SIRN), 04.08.2018-06.04.2018, Trieste (Italy). Partecipazione al convegno SIRN
- V Congresso ANCE FVG: Cuore e O2, 11.09.2015, Trieste (Italy). Partecipazione al congresso ANCE Friuli-Venezia Giulia su Cuore e Ossigeno

THIRD MISSION

- Contracts**
  - Seminars performed for the Project Convention V24 and V25. Client: Project Invictus srl. 2024 and 2025
  - Lecturing for the SANIS sports nutrition school. Client: Akesios Group. 2023, 2024, 2025
- Public Engagement**
  - P.I. of the PE project "la Salute tra Terra e Mare", with the financial support (11'300 EUR) - institutional grant from the University of Trieste, 2025-2026.
  - 100UniTS e lo sport – Barcolana 56. Supporto all'organizzazione e al relatore durante le pubbliche conferenze "Ed io avrò cura di te. Tecniche, strumenti e approcci a supporto dell'atleta" e "Ai limiti dell'umano: la sfida al passato, la rincorsa verso nuovi record". From 05.10.2024 to 12.10.2024
  - Sana e robusta Costituzione - Stati Generali dello Sport all'Università degli Studi di Trieste. Support for the organization. On 23.02.2024
  - Trieste Next 2023. Co-organizzatore per le attività del gruppo di Ortopedia e Fisioterapia - Salute in Movimento presso lo stand dell'Università di Trieste. From 21.09.2023 to 23.09.2023
  - Interviews for media on the topic of "Climate change and health risk for people with dementia". TVKoper, Telequattro, TG3 FVG, national newspapers and websites. On Aug 2023
  - Trieste Next 2022. Organizer of the international conference "Life at the extremes: effects of climate change on medicine and health". On 23.09.2022
  - Trieste Next 2021. Co-organizer of the local space within the stand of the University of Trieste and two conferences. From 23.09.2021 to 25/09/2021
  - Progetto Ministeriale "Biologia con Curvatura Biomedica". Neurology and neurophysiology. Editions 2020/2021, 2021/2022, 2022/2023, 2023/2024
  - WWF YOUng Italia and WWF Trieste. Webinar on "Clima e Salute: effetti del rischio termico". On 11/11/2020

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1/C2	C1/C2	C1/C2	C1/C2	C1/C2
French	B1/B2	B1/B2	B1/B2	B1/B2	B1/B2
Spanish	B1/B2	B1/B2	B1/B2	B1/B2	B1/B2
Slovenian	A1/A2	A1/A2	A1/A2	A1/A2	A1/A2
Japanese	A1	A1	A1	A1	A1

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user  
[Common European Framework of Reference for Languages](#)

- Other courses**
  - Corso di tipo 3-FOR: formazione per addetti antincendio in attività di livello 3. Codice ASUGI\_01163, durata 20h, 18/10/2023 – 24/10/2023. Esame superato presso Comando dei VVF di Trieste il 06.12.2023
  - Corso di tipo 1-FOR: la prevenzione degli incendi e la gestione dell'emergenza. Codice ASUGI\_01168, durata 4h30min, 04/09/2023

- Corso di formazione e aggiornamento sulle competenze didattiche UniTS, 09.2022. Partecipazione e completamento del corso di formazione "Tras-formazione: Capitalizzare, Sviluppare, Rinforzare, Innovare il patrimonio delle competenze didattiche dell'Università di Trieste", 14ª edizione. Elidea - psicologi associati per UniTS.
- Formazione Teorica-Pratica NEUROLITH. Storz Medical, 8 h, 26/04/2022. Documento 06/22.
- Corso sicurezza lavoratori UniTs, 2022. Completamento dei corsi di formazione sulla sicurezza dei lavoratori in UniTS - scadenza 2027 - Parte generale, Rischio Basso, Rischio Medio, percorsi geologia/archeologia, fisico/meccanico, biologico, chimico.

#### Volunteering

- Servizio Civile Nazionale, 12/09/2016 – 11/09/2017, Trieste, Volontario per il progetto "Un amico al pronto soccorso 2015" (R06NZ0243716101511NR06), presso l'Azienda Ospedaliera Universitaria "Ospedali Riuniti di Trieste".
- Sinapsi – Connecting Science AdV, 2016 – 2018, Trieste, Divulgatore Scientifico, membro dell'associazione di volontariato di divulgazione scientifica "Sinapsi - Connecting Science". Attività di divulgazione per la popolazione generale, le scuole, e partecipazione a eventi (Trieste Minimizer Faire).

#### Professional Skills and Consultancy

- Lead Exercise and Environmental Physiologist of Professional and International Level Athletes, including a Formula 1 driver from 2021

Autorizzo il trattamento dei dati personali presenti nel CV ai sensi del D.Lgs. 2018/101 e del GDPR (Regolamento UE 2016/679).

Trieste, 01.10.2025