

# HENGAMEH FOROUZESH

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## Summary

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Environmental and Sustainability graduate with an academic background in environmental analysis, climate change, and sustainability frameworks. Strong interest in ESG and environmental data analysis, with experience gained through academic projects and thesis research. Currently seeking a junior, entry-level, or trainee internship to develop practical skills in ESG analysis, sustainability reporting, and data-driven environmental decision-making. Highly motivated, detail-oriented, and eager to learn in a professional setting.

## Education

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### Erasmus Exchange Program –

University of Agder, Kristiansand, Norway  
(Academic exchange)

(2024 - 2025)

### Master of Science in Environmental Change and Global Sustainability –

Università degli Studi di Milano – Milan, Italy

(2022 - 2026)

### Bachelor of Science in Geology –

Shahrood University of Technology – Shahrood, Iran

(2018 - 2022)

## Work Experience

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### Supply Chain & Operations Assistant

in private warehouse – Oslo, Norway (2025)

- Assisted supply chain operations with a focus on inventory control, waste minimization, and resource efficiency
- Contributed to basic monitoring of food handling and disposal processes in line with waste management practices

### Sustainability Intern

in Sustainability Hub Norway\_Oslo, Norway (2024 – 2025)

- Research and content creation on sustainability, environmental challenges, and ESG principles
- Translation of sustainability concepts into clear, structured, and accessible materials
- Data organization and basic analysis using Excel

### Content & Website Management Assistant

in Exam & Educational Publishing House\_ Tehran, Iran (2020 – 2022)

- Content creation, editing, and structured publishing of educational materials
- Website content management and organization, ensuring accuracy and consistency

### Content & Research Assistant (Part-time)

in Immigration Consulting Institute – Tehran, Iran (2019 – 2020)

- Research-based content production on academic and immigration pathways
- Analytical writing and synthesis of complex information into structured documents

## Languages

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**English** – B2 – Upper-Intermediate • **German** – A2 – Elementary • **Persian** – Native

## Extras & Interests

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Sustainability Communication, ESG Topics, Environmental Awareness, Research-Based Writing, Knowledge Sharing