

HENGAMEH FOROUZESH

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• [Linkedin](#)



Summary

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

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

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

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

Extras & Interests

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