

Samuel Lado

Department of Economics, Universitat de Girona
C/Universitat de Girona, 10
17003 Girona, Spain
samuel.lado@udg.edu
<https://samuellado.github.io/>

Employment and affiliations

Department of Economics, Universitat de Girona
Postdoctoral research fellow

October 2025–September 2026

Economics of Inequality and Poverty Analysis (EQUALITAS)
Affiliate member

2024–

Education

Universitat de Girona

2021–2025

PhD, Economics

Title: *Essays on the effects of school-meal programmes*

Advisor: Dr Sara Ayllón

Examination committee: Prof. Dan-Olof Rooth (Swedish Institute for Social Research, Stockholm University), Prof. Carla Haelermans (Maastricht University), Dr Angus Holford (Institute for Social and Economic Research, University of Essex)

Institute for Social and Economic Research, University of Essex

January–April 2025

Visiting PhD student

Host: Prof. Birgitta Rabe

Universitat Oberta de Catalunya

2020–2021

M.Sc., Economic Analysis

Universitat de Girona

2015–2020

B.Sc., Economics

Universitat de Girona

2015–2020

B.Sc., Business Management and Administration

Research interests

Poverty, Inequality, Applied Microeconomics, Public Policy Evaluation, Labour Economics and Public Economics

Journal publications

Ayllón, S.; Brugarolas, P.; Lado, S. (2024). New estimates for inequality of opportunity in Europe using elastic net algorithms, *Applied Economics Letters*, forthcoming.

Ayllón, S.; Holmarsdottir, H. B.; Lado, S. (2023). Digitally deprived children in Europe, *Child Indicators Research*, 16: 1315–1339. Dissemination: [Digital Generation Blog](#).

Ayllón, S.; Lado, S. (2022). Food hardship in the US during the pandemic: What can we learn from real-time data?, *Review of Income and Wealth*, 68(2): 518–540.

Chapters in edited volumes

Ayllón, S.; Lado, S.; Symeonaki, M. (2024). Digitally disengaged and digitally unconfident children in Europe in *Understanding the everyday digital lives of children and young people*, ed. H. B. Holmarsdottir, I. Seland, C. Hyggen, M. Roth. Palgrave Macmillan, pp. 27-55 (chapter 2).

Ayllón, S.; Brugarolas, P.; Lado, S. (2024). ICT use and children's self-reported life satisfaction in *Understanding the everyday digital lives of children and young people*, ed. H. B. Holmarsdottir, I. Seland, C. Hyggen, M. Roth. Palgrave Macmillan, pp. 239-279 (chapter 9).

Work in progress and working papers

Lado, S. (2025). Universal free school meals and work incentives: lessons from England, mimeo. [**Job Market Paper**]

Ayllón, S.; Lado, S. (2025). More than just lunch: School-meal subsidies and language proficiency, IZA Discussion Paper no. 17631, EQUALITAS Working Paper no. 80. Dissemination: [The Social Observatory](#), 'La Caixa' foundation.

Ayllón, S.; Lado, S. (2025). The causal impact of school-meal programmes on children in developed economies: A meta-analysis. IZA Discussion Paper no. 18042, EQUALITAS Working Paper no. 90.

Ayllón, S.; Brugarolas, P.; Lado, S. (2023). The level of inequality of opportunity in Spain: an estimation using Artificial Intelligence, Instituto de Estudios Fiscales. Media coverage: [El Confidencial](#), [El Confidencial](#).

Ayllón, S.; Brugarolas, P.; Lado, S.; Simeone E. (2023). Teleworking and childcare across Europe: Is there a childcare digital divide?, mimeo.

Reports

Ayllón, S.; Brugarolas, P.; Lado, S. (2022). La transmisión intergeneracional de la pobreza y la desigualdad de oportunidades en España, Ministerio de Derechos Sociales y Agenda 2030. Media coverage: [ABC](#), [El Correo](#), [Las Provincias](#), [Europa Press](#). [in Spanish]

Sánchez, C.; Marquès, P.; Lado, S.; Bikfalvi, A. (2022). Guia de bones pràctiques per a la igualtat de gènere a la indústria agroalimentària, Departament d'Acció Climàtica, Alimentació i Agenda Rural, Generalitat de Catalunya. [in Catalan]

Sánchez, C.; Marquès, P.; Lado, S.; Lloveras, N. (2021). La dona a la indústria alimentària a Catalunya, Departament d'Agricultura, Ramaderia, Pesca i Alimentació, Generalitat de Catalunya. [in Catalan]

Participation in research projects

2023-2025: INEQOP. Inequality and opportunities: The role of food insecurity, education and pro-social preferences, Spanish Ministry of Science and Innovation.

2022-2025: Subsidised school meals and child well-being, Social Research Call 2022 'La Caixa'.

2022-2025: Economic analysis of public policies, Grup de Recerca Reconeguts, AGAUR (2021SGR570).

2022-2023: Inequality of opportunity in Spain: an estimation using Artificial Intelligence, Instituto de Estudios Fiscales.

2022: Explotació descriptiva de dades sobre les accions finançades pel programa Temps per Cures, Institut Català d'avaluació de polítiques públiques (Ivàlua) (PI).

2022: Transmisión intergeneracional de la pobreza, Dirección General de Diversidad Familiar y Servicios Sociales, Ministerio de Derechos Sociales y Agenda 2030.

2020-2023: DigiGen. The impact of technological transformations on the digital generation, DT-TRANSFORMATIONS-07-2019, HORIZON 2020, European Commission.

2021: Guia de bones pràctiques per a la igualtat de gènere a la indústria agroalimentària, Departament d'Acció Climàtica, Alimentació i Agenda Rural.

2020: La dona a la indústria alimentària a Catalunya, Departament Agricultura, Ramaderia, Pesca i Alimentació, Generalitat de Catalunya.

Seminars and conferences

Seminar at the Department of Political Science (Universitat de Barcelona), 2026 (scheduled)

Equalitas Seminar Series, 2026 (scheduled)

Lisbon Economics and Statistics of Education (LESE) Conference, 2026 (scheduled)

X Congreso de la Red Española de Política Social (REPS), 2025

XI Equalitas Workshop, 2025

Meeting of the Society of the Economics of the Household (SEHO), 2025

CESifo/ifo Junior Workshop on the Economics of Education, 2025

Fourth Catalan Economic Society Conference (CESC), 2025

ISER Junior Applied Research Group Official Network (JARGON) (University of Essex), 2025

Seminar at the Institute for Social and Economic Research (ISER) (University of Essex), 2025

Seminar at the Institut Català d'Avaluació de Polítiques Públiques (Ivàlua), 2025

Symposium of the Spanish Economic Association (SAEe), 2024

PAPERSS Seminar Series (Universidad Carlos III de Madrid), 2024

Meta-Analysis of Economics Research Network Colloquium (MAER-Net), 2024

37th Annual Conference of the European Society for Population Economics (ESPE), 2024

2nd young AERNA day (attendance only), 2024

XXXI Meeting on Public Economics, 2024

AQR Lunch Seminar (Universitat de Barcelona), 2024

X Equalitas Workshop, 2024

Lisbon Economics and Statistics of Education (LESE) Conference, 2024

VI Seminar for New Academic Researchers (SNAR), 2023

Meta-Analysis of Economics Research Network Colloquium (MAER-Net) (attendance only), 2023

Third Catalan Economic Society Conference (CESC) (attendance only), 2023

Third Winter Workshop of the Catalan Economic Society (attendance only), 2023

Workshop on ‘Comedores Escolares para la Infancia Europea: Garantizar una Alimentación Saludable a la Infancia en la Unión Europea’ (attendance only), 2023

Workshop on ‘Retos en Programas de Garantía de Ingresos’ (attendance only), 2023

XIII Workshop in Public Policy Design (attendance only), 2023

XXVIII Meeting on Public Economics, 2021

XXIII Applied Economics Meeting, 2021

V Conference of Pre-doctoral Researchers of the Universitat de Girona, 2021

XIV Labour Economics Meeting, 2021

Symposium of the Spanish Economic Association (SAEe), 2021

Other presentations and scientific meetings

Presentation in the ‘Thesis in 4 minutes’ competition, 2025

Presentation in the second ‘Subsidised school meals and child well-being’ stakeholder meeting, 2024

Presentation of the project ‘Subsidised school meals and child well-being’ to the Advisory Board, 2023

Presentation of the project ‘Transmisión intergeneracional de la pobreza y la desigualdad de oportunidades en España’ to the Ministerio de Derechos Sociales y Agenda 2030. [Link to the video presentation](#), 2023

Presentation in the first ‘Subsidised school meals and child well-being’ stakeholder meeting, 2023

Presentation of the project ‘Transmisión intergeneracional de la pobreza’ to the Red de Inclusión Social (RIS), 2023

Attendance to the following scientific meetings of the ‘DigiGen’ project: Leicester (2022), Cluj-Napoca (2022), Brussels (2022), Girona (2021), Paderborn (online, 2021), Athens (online, 2020)

Workshop, meetings and seminar organization

Organiser support for the fourth Catalan Economic Society Conference (CESC), 2025

Organiser of the second ‘Subsidised school meals and child well-being’ stakeholder meeting, Barcelona, 2024

Organiser of the ‘VII Conference of ‘Pre-doctoral Researchers’, Universitat de Girona, 2024

Organiser support for the third Catalan Economic Society Conference (CESC), 2023

Organiser of the first ‘Subsidised school meals and child well-being’ stakeholder meeting, Barcelona, 2023

Organiser of the scientific meeting of the ‘DigiGen’ project, Universitat de Girona, 2021

Research activities

Summer School: The economics of poverty and inequality: Global challenges in the 21st century (Universitat de Barcelona School of Economics), 2024

SAEe PhD School in Economics: Matched employer-employee data: Theory and applications (Universidad de Salamanca), 2023

10th Course and open seminar on compositional data analysis (Universitat de Girona), 2023

Summer School: Microeconometrics and policy evaluation – Modern estimation methods and machine learning (Paris School of Economics), 2023

Regression Discontinuity Design (Mixtape Sessions), 2023

Machine Learning and Causal Inference (Mixtape Sessions), 2022

Summer School: First steps in the elaboration of a dynamic microsimulation model (InGRID-2 project), 2022

Quantitative Methods for the Analysis and Evaluation of Public Policies with Stata (Universidad Internacional de Andalucía), 2021

Experimental Approach in Labor and Development Economics (XIV Labour Economics Meeting), 2021

Summer school: Reducing risk of poverty in the EU: Data and policies, Centre for European Policy Studies (InGRID-2 project), 2021

Winter school: Data for monitoring poverty and vulnerabilities in Europe, Centre for European Policy Studies (InGRID-2 project), 2020

Teaching experience

Applied Economics Instruments (Universitat de Girona) (2021/2022, 2022/2023, 2023/2024, 2024/2025, 2025/2026)

Macroeconomics (Universitat de Girona) (2023/2024)

Topics in Applied Economics (Universitat de Girona) (2021/2022, 2022/2023)

International Economics (Universitat de Girona) (2021/2022)

Social Policies in the European Union (Universitat de Girona) (2020/2021)

Political Economy (Universitat de Girona) (2020/2021)

Markets and Behaviour (Universitat Oberta de Catalunya) (2021/2022, 2022/2023, 2023/2024, 2024/2025, 2025/2026)

Microeconomics (Universitat Oberta de Catalunya) (2021/2022)

Referee service

Journal of Economic Surveys

Previous academic and professional appointments

Department of Economics, Universitat de Girona	2022–2025
Predoctoral research fellow	

Department of Economics, Universitat de Girona	2020–2022
Research assistant	

Department of Economics, Universitat de Girona	2020–2022
Associate lecturer	

Faculty of Economics and Business, Universitat Oberta de Catalunya Affiliated Teaching staff	2021–
Family Business Chair, Universitat de Girona Research assistant	2020–2021
Ajuntament de Quart Councillor for Sports (2019-2020), Youth, and Communications	2019–2023
Peixos Puignau Accountant and clerical assistant	2019–2020

Grants, awards and scholarships

Awarded 3rd place in the ‘Thesis in 4 Minutes’ competition, Universitat de Girona, 2025

Mobility scholarship from the Universitat de Girona for a research visit to the Institute for Social and Economic Research (ISER), University of Essex, 2024

SAEe 2024 PhD student grant, Fundación Ramón Areces and the Spanish Economic Association, 2024

PDI Grant, Consell Social de la Universitat de Girona, 2024

FPU Doctoral Scholarship, Ministerio de Universidades, 2022

FI SDUR Doctoral Scholarship, AGAUR, 2022

Best undergraduate thesis award, Faculty of Business and Economic Sciences, Universitat de Girona, 2020

Languages and skills

Languages: Spanish (native), Catalan (native), English (fluent), French (intermediate), Galician (beginner)

Coding: Stata, R, Python (basic knowledge), \LaTeX , Tableau, Power BI

References

Dr Sara Ayllón
Associate Professor
Department of Economics
Universitat de Girona
sara.ayllon@udg.edu

Dr Angus Holford
Senior Research Fellow
Institute for Social and Economic Research
(ISER) University of Essex
ajholf@essex.ac.uk

Prof. Birgitta Rabe
Professor of Economics
Institute for Social and Economic Research
(ISER) University of Essex
brabe@essex.ac.uk

Dr Jose Ignacio Silva
Associate Professor
Department of Economics
Universitat de Girona
jose.silva@udg.edu