



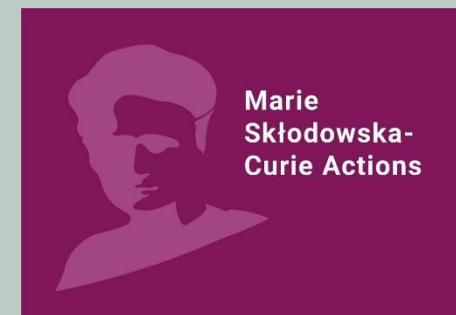
NUTRIOME

NUTRIOME -organisation

Hege Berg Henriksen, project manager



**Funded by
the European Union**



GAP-101119497



Hege CV

EDUCATION

2018: Philosophiae doctor (PhD), Faculty of Medicine, Department of Nutrition, University of Oslo (UiO).
Title: "Design of a dietary intervention study in colorectal cancer patients".
1996-1999: Candidata scientiarum, biology, Faculty of Mathematics and Natural Sciences, UiO, Norway

POSITIONS

2020- Researcher (60%), Department of Nutrition, Faculty of Medicine, UiO
2023-2027 Project manager (40%), in NUTRIOME (EU HORIZON-MSCA-2022) Department of Nutrition, Faculty of Medicine, UiO
2018- 2020: Scientific advisor Department of Nutrition, Faculty of Medicine, UiO
2010-2018: PhD fellow, Department of Nutrition, Faculty of Medicine, UiO
2000-2010: Scientific advisor Department of Nutrition, Faculty of Medicine, UiO

Research and other tasks

- Dietary and lifestyle intervention studies among patients with cancer, CVD, diabetes, obesity, drug addiction and frailty.
- Digital assessment tools for dietary intake, physical activity, sedentary time, quality of life, fatigue, etc.
- Adherence to dietary recommendations, healthy score and index
- Body composition, bone health, frailty, undernutrition, DXA, CT, anthropometrical measurements
- Supervising masterstudent and PhD students in clinical nutrition
- Project management, administration, applications, ethical committees
- Clinical studies, RCT, cohort studies, compliance, implementation
- Database, Health registries
- Scientific publication

Organisation

NUTRIOM



Website: info
about RDCs



Teams for RDCs
Social media:
LinkedIn



Info about PhD in
MSCA, PCDP,
reporting..



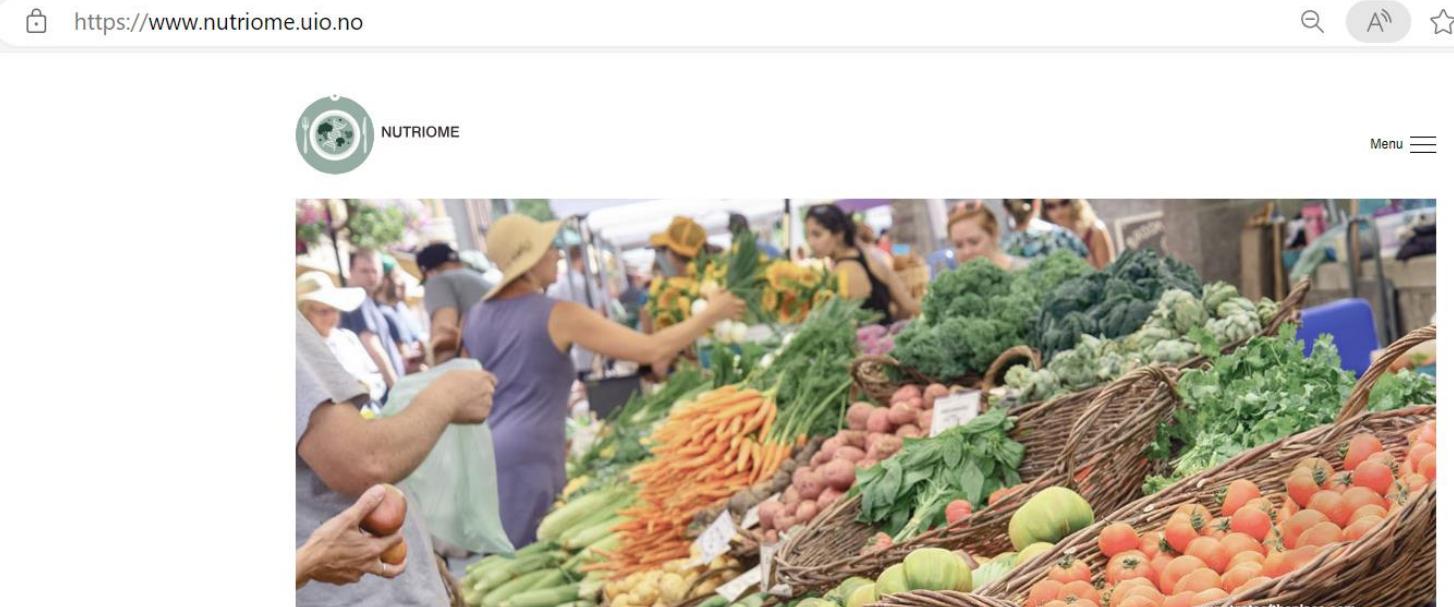
Secondments,
Travel, bills,
receipts



Election of RDC
representative to
Advisory Board:
organized by RDCs

NUTRIOME website

- [Research doctoral candidates - NUTRIOME - Precision nutrition and postprandial immune response \(ui.no\)](#)



The screenshot shows the homepage of the NUTRIOME website. At the top left is the NUTRIOME logo, which is a green circle containing a stylized globe with a fork and knife. To the right of the logo is the word "NUTRIOME". On the far right is a "Menu" button with three horizontal lines. Below the header is a large, colorful photograph of a bustling outdoor market stall. The stall is filled with various fresh vegetables, including carrots, tomatoes, and leafy greens, displayed in woven baskets. In the background, several people are visible, some wearing hats, suggesting a sunny day. At the bottom of the image, there is a small watermark that reads "www.tasteofthelplace.com".

News

[10 PhD Fellowship vacancies](#)

Events and courses

[Workshop 1](#)

May 27, 2024 9:00 AM – May 31, 2024 12:00 PM, Maastricht University,
Universiteitssingel 60, 6229 ER, Maastricht, the Netherlands

Research doctoral candidates

[See announcement of fellowship vacancies](#)

Persons 1 - 10 of 10

Name	Phone	E-mail	Tags
 Buol, Francesca Doctoral Research fellow		francesca.buol@medisin.uio.no	
 Dombeck, Isabell Doctoral Research fellow		isabell.dombeck@chalmers.se	
 Dronkers, Tessa Doctoral Research fellow		tessa.dronkers2@gmail.com	
 Hu, Jiaying Doctoral Research Fellow		jiaying.hu@medisin.uio.no	
 Malisan, Paweł Doctoral Research fellow		pawel.malisan@olsztyn.pl	
 Martinsen, Tide Doctoral Research fellow		tide.martinsen@dukeconnected.ie	
 Orwuka, Serena Doctoral Research fellow		serena.orwuka@dkfz-heidelberg.de	
 Persson, Maria Helene Hagerup Doctoral Research Fellow		m.h.h.persson@medisin.uio.no	
 Shen, Guangya Doctoral Research fellow		quanova.shen@maastrichtuniversity.nl	
 Waddell, Leander Doctoral Research fellow		leander.waddell@oulu.fi	

< All teams



NUTRIOME RDC group

...

General

Teams as info channel



General

Posts

Files

PLC Notebook



+ New

Upload

Edit in grid view



Documents > General



Name



Grant Agreement



Information documents



NUTRIOME RCT



Templates

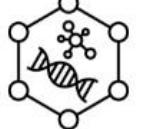
NUTRIOME specific GitHub repository (Susan)

- use for the workshop and to share developed code within the NUTRIOME project



The screenshot shows the homepage of the NUTRIOME workshop website. At the top right is a logo featuring a stylized meal plate with a fork and knife, containing a green leafy vegetable and a piece of meat. To the right of the logo, the text "NUTRIOME workshop" is displayed in white. Below the logo, a subtitle reads "Large-scale data handling and using tools to visualise multi-layered data from meal studies". A horizontal navigation bar below the subtitle contains five buttons: "Home", "Program", "Tutorials", "Literature", and "Contact".

Welcome to the NUTRIOME Workshop

May27	May28	May29	May30	May31
				
Introduction to NUTRIOME	Metabolomics	Transcriptomics	Multi-omics, Pathways and Networks	Data management

NUTRIOME workshop1 is developed by the department of Bioinformatics-BiGCaT and the Maastricht Centre for Systems Biology (MaCSBio) at Maastricht University (NL).

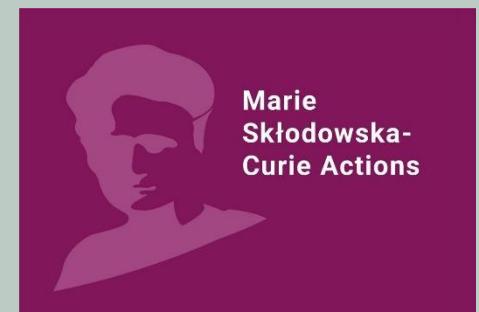


NUTRIOME

Logo to be used i presentations and publications



**Funded by
the European Union**



GAP-101119497

All teams

NR

ITRIOME RDC group

Main Channels

General

NR General Posts Files Plc Notebook +

+ New Upload All Documents Filter

Documents > General > Information documents

	Name	Modified	Modified
	Attachment_0.pdf	8 hours ago	Heger
	information note for marie skłodowska-curi...	8 hours ago	Heger
	information package for marie skłodowska-c...	8 hours ago	Heger
	marie skłodowska-curie actions guidelines ...	8 hours ago	Heger
	Recruitment_CoordinatorsDay_DN 2022.pdf	8 hours ago	Heger
	Reporting_CoordinatorsDay_DN 2022.pdf	8 hours ago	Heger

in Search

Home My Network Jobs Messaging Notifications

NUTRIOME

166 followers

+ Create View as member

Dashboard Page posts Analytics Feed

Activity

Comments + Mentions + Reactions + Reposts + Analytics +

Matteo Forte and 1 other reacted to your company's update 34m

Welcome to Maria Helene Hagerup Persson as a PhD student in NUTRIOME! Maria will focus on...

2 Reactions

Leander Waddell reacted to your company's update 42m

Welcome to Jiaying Hu as a PhD student in NUTRIOME! Jiaying will focus on the PhD proje...

1 Reaction

in Search

Home My Network Jobs Messaging Notifications

NUTRIOME

164 followers

+ Create View as member

Dashboard Page posts Analytics Feed Activity Inbox Edit page Settings

Activity

Comments + Mentions + Reactions + Reposts + Analytics +

NUTRIOME has 3 new visitors 2d

See visitor analytics

NUTRIOME has 11 new visitors 1w

See visitor analytics

NUTRIOME has 22 new visitors 2w

See visitor analytics

Henrik Munch Roager mentioned your company in an update 2w

I am very pleased to share that **Francesca Bucci** has started as a PhD student in our group... 168 Reactions • 10 Comments

Comment

Guangya Shen and 63 others reacted to your company's update 1mo

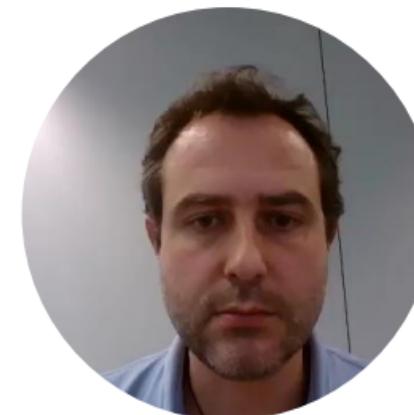
<https://lnkd.in/dEfNFcMC> Hege Berg Henriksen Det medisinske fakultet UiO Carsten Carlberg Stine Marie Ulven Susan...

NOK 29 million from the EU for international research training in personalised nutrition ...

General principles

Working conditions

- ✓ Beneficiaries to recruit and host the researchers at their premises
- ✓ Establish **Personal career development plan (PCDP)**, support its implementation. PCDP agreed and signed by supervisor and DC.
- ✓ DC to work on **individual research project**
- ✓ DCs to be informed of their MSCA rights and obligations and receive copy of GA
- ✓ Assist DCs in administrative procedures related to the recruitment



Contract

- ✓ Employment contract to specify:
 - ✓ Name of supervisor
 - ✓ Start and duration
 - ✓ Monthly support
 - ✓ DC obligation to work exclusively for the action
- ✓ DC contract to reflect GA requirements, confirmed via Mobility Declaration

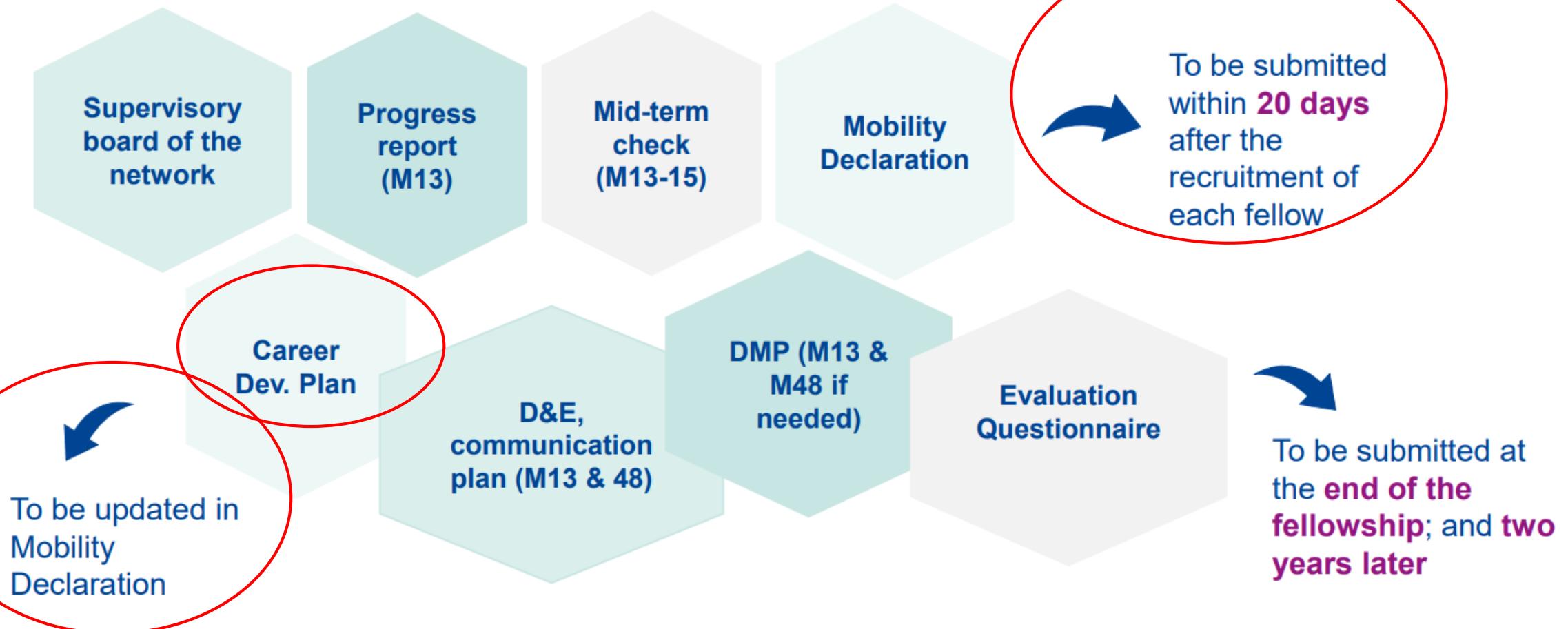
Secondments



Secondments

- ✓ In Standard DNs : DCs can be seconded for up to 1/3 of their recruitment duration
- ✓ In **Industrial Doctorates** or **Joint Doctorates**: no ceiling for secondment duration
- ✓ Only to beneficiaries, associated partners, or entities with capital/legal link included in the **list of participants**
- ✓ **Must involve physical** mobility
- ✓ **Virtual mobility** can also be envisaged to complement physical mobility, facilitate long-distance collaboration and be an effective means to faster achieving research and training objectives. This virtual mobility will not count towards the maximum secondment time.

Mandatory reporting



The 3 tables of the ‘Mobility’ tab



RESEARCHERS

Encoding of Researchers' **personal details**.
Serves as **database** from which **Mobility Declarations (MDs)** can be automatically prefilled



MOBILITY DECLARATIONS

The **Mobility Declaration (MD)** links the researcher to the **recruiting institution** & specifies the **recruitment period(s)**



SECONDMENTS

Secondments are additional periods of research training with **another beneficiary or associated partner** (to be encoded in this tab)

Career Development Plan

WHAT IS A CAREER DEVELOPMENT PLAN?

"Career Development is the lifelong process of managing learning, work, leisure, and transitions in order to move toward a personally determined and evolving preferred future."¹

A Career development plan (CDP) helps you explore career possibilities and set goals to follow the career path that fits you best. A CDP is therefore a proactive planning and implementation of steps towards your career goals. Quite simply, it is about setting and implementing goals that are related to your career. Very importantly, the plan can be altered as skills develop, interests change, and career objectives are reconsidered.



Adapted from Peter S. Fiske, Putting Your Degree to Work, APS February 26, 2012.

Attachment 6: Template for Career Development Plan

Career Development Plan-Year 1
(Draft)

Name of RDC:

Department:

Name of Supervisor:

Date:

BRIEF OVERVIEW OF RESEARCH PROJECT AND MAJOR ACCOMPLISHMENTS EXPECTED (half page should be sufficient):

LONG-TERM CAREER OBJECTIVES (over 5 years):

1. Goals:.....
2. What further research activity or other training is needed to attain these goals?.....

SHORT-TERM OBJECTIVES (1-2 years):

1. Research results
 - Anticipated publications:.....
 - Anticipated conference, workshop attendance, courses, and /or seminar presentations:.....
2. Research skills and techniques:
 - Training in specific new areas, or technical expertise etc:.....
3. Research management:
 - Fellowship or other funding applications planned (indicate name of award if known; include fellowships with entire funding periods, grants written/applied for/received, professional society presentation awards or travel awards, etc.)
.....
4. Communication skills:
.....
5. Other professional training (course work, teaching activity):
.....
6. Anticipated networking opportunities
.....

7. Other activities (community, etc) with professional relevance:
.....

Date & Signature of fellow:

Date & Signature of supervisor

Career Development Plan-Final year
(Draft)

BRIEF OVERVIEW OF PROGRESS, ACHIEVEMENT AND PERFORMANCE (half page should be sufficient):

LONG-TERM CAREER OBJECTIVES (over 5 years):

If relevant, mention any adjustments to your long-term career objectives as a result of the training received.

SHORT-TERM OBJECTIVES ACHIEVED DURING THE TRAINING PERIOD:

1. Research results
 - Publications (incl. in press):
 - Conference, workshop attendance, courses, and /or seminar presentations:
2. Research Skills and techniques acquired:
 - Training in specific new areas, or technical expertise etc:
3. Research management:
 - Fellowship or other funding applications achieved (indicate name of award if known; include fellowships with entire funding periods, grants written/applied for/received, professional society presentation awards or travel awards, etc.)
4. Communication skills:
5. Other professional training (course work, teaching activity):
6. Anticipated networking opportunities
7. Other activities (community, etc) with professional relevance:

Date & Signature of fellow:

Date & Signature of supervisor

Deliverables and responsibilities

Project Identification		Project Management		Deliverables		Milestones		Critical Risks		Publications		Results		Dissemination activities		Communication Activities		Standards		Intellectual property rights	
101119497 (NUTRIOME)	HORIZON...			Summary for publication		Deliverables		Milestones		Critical Risks		Publications		Results		Disseminati...		Communic...		Standards	
Call: HORIZON-MSCA-2022-DN-01																					
Topic: HORIZON-MSCA-2022-DN-01-01																					

Deliverables and Other Reports

Work F	Deliver	Delive	Delive	Deliverable Name	Description	Lead	Type	Dissem	Due Date	New
WP1	D1.1	D1		Kick-off meeting	A one day kick-off meeting with all beneficiaries...	UiO	R	PU	31 Oct 2023	
WP1	D1.2	D24		Supervisory Board of the network	Document establishing the supervisory board and...	UiO	OTHEI	SEN	30 Nov 2023	
WP1	D1.4	D28		Website	Project website	UiO	DEC	PU	30 Nov 2023	
WP3	D3.1	D5		A study protocol paper	A study protocol paper describing the study, pr...	CUT	R	PU	30 Sep 2024	
WP1	D1.3	D29		Plan for the dissemination and exploitation of results, inc	Plan for the dissemination and exploitation of ...	UiO	R	SEN	31 Oct 2024	
WP1	D1.5	D25		Progress report	Progress Report submitted to the REA covering t...	UiO	R	SEN	31 Oct 2024	
WP2	D2.4	D27		Career Development plans	Document describing how the individual Career D...	UiO	R	SEN	31 Oct 2024	
WP6	D6.6	D26		Data Management Plan	Data Management Plan submitted to the REA (upda...	UiO	DMP	SEN	31 Oct 2024	
WP2	D2.1	D2		Second PCDPs	Second PCDPs with assigned ECTS points for each...	WU	R	SEN	31 Mar 2025	
WP3	D3.3	D7		Development of algorithm	An algorithm for simple individualized dietary ...	CUT	R	PU	31 Mar 2025	
WP4	D4.1	D8		Preparation of epigenetic samples	Epigenetic samples prepared and sequenced	IAR	R	PU	31 May 2026	
WP4	D4.3	D10		RNA-seq-libraries	RNA samples are prepared and RNA-seq-libraries ...	IAR	R	PU	31 May 2026	
WP5	D5.1	D13		Metabolomic database and food intake.	Metabolomic database of metabolites reflective ...	NUII	R	PU	31 May 2026	
WP2	D2.2	D3		Training events organised	Training events organised and ECTS certificates...	WU	R	PU	30 Sep 2026	
WP2	D2.3	D4		Training events organised	Training events organised and ECTS certificates...	WU	R	PU	30 Sep 2026	

Secondments, travel, bills, receipts, reporting

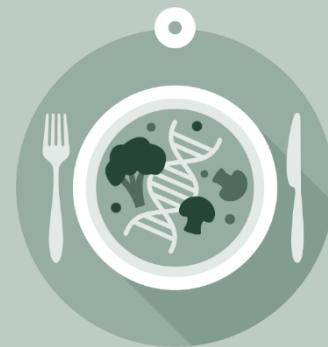
- Secondments: placement and duration, info about changing to coordinator
- Institutions received EUR 9160 to be used for RDCs accommodation and travel to Workshops and secondments.
- Encourage all to apply for travel-funding
- Keep low-cost travel and accommodation
- Save all bills and receipts for later reporting to EU ☺



NUTRIOME

Election of RDC representative to Supervisory Board:

- Organised by RDCs
- Remember to elect this week and report to me ☺



NUTRIOME

Just contact me:

UNIVERSITY
OF OSLO

Faculty of Medicine

Institute of Basic Medical Sciences

← People ← Administrative staff

Hege Berg Henriksen

Researcher - Department of Nutrition



Email

h.b.henriksen@medisin.uio.no

Phone

Mobile: +47 994 59 673

Room

2185

Username

[Log in](#)

Visiting address

Sognsvannsveien 9

Domus Medica

0372 Oslo

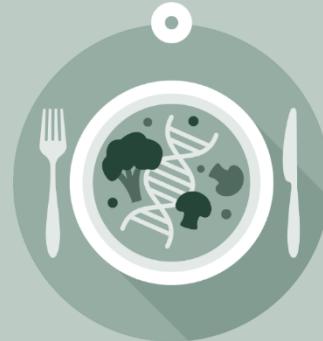
Postal address

Postboks 1046

Blindern

0317 Oslo

Questions?



NUTRIOME



Funded by
the European Union



GAP-101119497

Economy

- The RDC receives **living allowance (EUR 3400*multiplied by country correction coefficient) and mobility allowance (EUR 600 per month) as salary each month**. This amount is included in the total funding you now have received. In addition, from this total amount, EUR 9160 shall be used for RDCs accommodation and travel to Workshops and secondments.
- The rest of the funding (i.e. $49480 - 9160 = 40320$) you have received goes to running expenses and analyses in the NUTRIOME meal study. The total sum is also specified in the final Consortium Agreement which now have been sent out for signing.
- **Mobility Allowance:** This monthly amount of **EUR 600 is an addition to the living allowance and should normally be paid at the same time**. It is intended to cover the costs associated with the fact that you have moved to a different country in order to take up your position. Furthermore, it is for **your private use**, therefore it is not meant to cover any expenses related to the project (such as secondment costs, travel costs for attending a conference, etc.)

The below table shows the funds remaining after coordination contributions made.

Participant number	Organisation short name	Role	Country	Country correction coefficient	Academic sector	IO	No of recruited researchers	Number of person months	Contributions for recruited researchers			Institutional contributions		Total
									Living allowance	Mobility allowance	Family allowance	Research, training and networking costs	Management and indirect costs	
1	UNIVERSITY OF OSLO	Coordinator	NO	1,287	Yes	No	2	72	315 058	43 200	35 640	98 960	50 112	542 970
2	IAR & FR	Partner	PL	0,705	Yes	No	1	36	86 292	21 600	17 820	49 480	25 056	200 248
3	UNIVERSITEIT MAASTRICHT	Partner	NL	1,096	Yes	No	1	36	134 150	21 600	17 820	49 480	25 056	248 106
4	GERMAN CANCER RESEARCH CENTER	Partner	DE	0,983	Yes	No	1	36	120 319	21 600	17 820	49 480	25 056	234 275
5	UCPH	Partner	DK	1,320	Yes	No	1	36	161 568	21 600	17 820	49 480	25 056	275 524
6	WU	Partner	NL	1,096	Yes	No	1	36	134 150	21 600	17 820	49 480	25 056	248 106
7	UOULU	Partner	FI	1,195	Yes	No	1	36	146 268	21 600	17 820	49 480	25 056	260 224
8	CHALMERS TEKNISKA HOGSKOLA AB	Partner	SE	1,254	Yes	No	1	36	153 490	21 600	17 820	49 480	25 056	267 446
9	NUID UCD	Partner	IE	1,195	Yes	No	1	36	146 268	21 600	17 820	49 480	25 056	260 224
Total							10	360	1 397 563	216 000	178 200	494 800	250 560	2 537 123

Organisation short name	Contributions for recruited researchers			Institutional contributions		Total	14 % (of Research, training and networking costs)	42 % (of Management and indirect costs)	Common Research, and meeting costs,	Costs	Management	Costs
	Living allowance	Mobility allowance	Family allowance	Research, training and networking costs	Management and indirect costs							
UNIVERSITY OF OSLO	315 058	43 200	35 640	115 200	86 400	595 498	16 240	36 288	Kick-off meeting (M1)	7 600	0,5 fte Project manager	166 040
IAR & FR	86 292	21 600	17 820	57 600	43 200	226 512	8 120	18 144	Mid-term check meeting (M12-15)	7 600	Travel & accommodatio	7 900
UNIVERSITEIT MAASTRICHT	134 150	21 600	17 820	57 600	43 200	274 370	8 120	18 144	Mid-term meeting (M24)	-	Website costs	7 500
GERMAN CANCER RESEARCH CENTER	120 319	21 600	17 820	57 600	43 200	260 539	8 120	18 144	Mid-term check meeting (M36)	-		
UCPH	161 568	21 600	17 820	57 600	43 200	301 788	8 120	18 144	Final meeting / conference (M48)	15 000		
WU	134 150	21 600	17 820	57 600	43 200	274 370	8 120	18 144	Workshops (n=5) / Summer School	41 000		
OUULU	146 268	21 600	17 820	57 600	43 200	286 488	8 120	18 144	Participating organisations	-		
CHALMERS TEKNISKA HOGSKOLA AB	153 490	21 600	17 820	57 600	43 200	293 710	8 120	18 144	Whole genome sequencing (n=40)	-		
NUID UCD	146 268	21 600	17 820	57 600	43 200	286 488	8 120	18 144	Additional cost meal study (UiO,	10 000		
	1 397 563	216 000	178 200	576 000	432 000	2 799 763	81 200	181 440	Total	81 200	Total	181 440