

Elin J. Ahlstrand

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## EDUCATION



### Princeton University

Princeton, New Jersey, USA | Sep 2015 – May 2016 & Sep 2018 – May 2021

#### Bachelor of Arts (BA) – Neuroscience

Certificates – Cognitive Sciences, Ethnographic Studies

THESIS (advised by Michael Graziano): [\*Cultivating Compassionate Interpersonal Coherence\*](#) - a theoretical investigation of the neurophysiological basis of compassion and social synchrony, with an ethnographic fieldwork component.  
(Due to COVID-19 pandemic, could not carry out experimental component)

- 2018-21 • President of [Princeton Science of Psychedelics Club](#) (PSPC)
- 2019-21 • Peer Mental Health Advisor @ [Terrace FClub](#) (Princeton "Eating-Club")
- 2019-21 • Yoga Instructor @ [Terrace FClub](#)
- 2019-21 • Board Member of [Intercollegiate Psychedelics Network](#) (IPN)



### Arcada University of Applied Sciences

Helsinki, Finland | Sep 2017 – Mar 2018

- Entrepreneurship
  - Learned basics of Entrepreneurship & Venture Management
  - Prototyped a Start-Up Company, receiving compliments from faculty
- Web Design
  - Website construction, Java, CSS
  - Data visualization w/ HTML & D3 library



### European School of Bergen

Bergen, North Holland, Netherlands | Sep 2001 - Jul 2015

European Baccalaureate 93.61/100

- Valedictorian

## WORK EXPERIENCE



### Personal Research Assistant

[Milan Cvitkovic](#) via CampusPA

Online | Sep 2021 – present

Research & Data Visualization Project:

“First-in-Class’ Psychoactive Drug Discovery Strategies”

- Compiling information about initial discoveries of ‘first-in-class’ psychoactive substances
- Creating public web-based visualization of psychoactive drug-class origins



### Private Tutor

Online | Sep 2021 – present

Tutoring the English language, biology and neuroscience to private clients.



### QRI Collaborator

[Qualia Research Institute](#)

Online & San Francisco CA, USA | Apr 2020 – present

Managing the publication of QRI's upcoming web anthology

- Ideation for web anthology structure & design
- Coordinating a team of artists, programmers, researchers and volunteers

Preparation & Ground-Team for [Ephemerisle](#) (July 2021)

- Event coordination and facilitation
- Managing supplies, organizing event space
- Cooking for 30+ people
- Representing QRI at Ephemerisle – networking w/ high-profile guests

## Languages

(Levels according to CEFR)





### Cofounder of IPN

[Intercollegiate Psychedelics Network](#) (IPN)

*Online & Global | Apr 2020 – present*

Co-founded Intercollegiate Psychedelics Network with a team of 7 students from different academic institutions. IPN is a youth-led garden organization dedicated to the development of students as the next generation of multi-disciplinary leaders in the field of psychedelics.

- Organizing Intercollegiate Psychedelics Summit (IPS) 2020 @ Harvard: *"The Convergence: co-creating the future"* (cancelled due to pandemic)
- Hosting & participating in community events (i.e. integration circles, speaker talks, academic journal club)



### Monastic Apprentice

[Monastic Academy \(MAPLE\)](#)

*Lowell VT, USA | Jun 2019 – Sep 2019*

Worked and lived a monastic lifestyle for 3 months, serving the Monastic Academy on its mission to "Preserve Life on Earth" by training people in contemplative skills.

- Head cook during retreats: cooking for 40+ people & managing kitchen team
- Member of "Building & Grounds Team": kitchen renovations, constructing shelves, cleaning/organizing monastery space, communal laundry
- Meditating & chanting 3-6 hours/day
- Received training in different interpersonal meditation techniques:
  - Circling (interpersonal meditation)
  - Trauma-management w/Dr. Tataryn's BioEmotive Framework



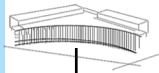
### Biotech Researcher

[Bionicraft](#)

*Taipei, Taiwan | Oct 2016 – Jan 2017 | 30-40H/week*

Developed and designed myco-based composting techniques for Bionicraft products.

- Testing myco-remediation techniques
- In charge of laboratory space, supplying lab equipment



### Quantitative Biology Researcher

Lewis-Sigler Institute for Integrative Genomics, [Shvartsman Lab](#)

*Princeton NJ, USA | Jun 2016 – Aug 2016 | 40H/week*

Mathematical modelling and research on *drosophila melanogaster* cellular-network growth during oogenesis using confocal microscopy and computational analysis to better understand the activation rate of genetic developmental programs in organisms. (See [poster](#) )



### Synchronized Swimming Coach

DAW Swimming Pool

*Alkmaar, North Holland, Netherlands | Sep 2013 – Jul 2015 | 10H/week*

Coached synchronized swimmers aged 12-15 at a national level.

- Choreographed and coached 4 routines
- Facilitated fitness training for all age groups



### Professional Synchronized Swimmer

Royal Dutch Swimming Federation (KNZB)

*Nieuw Vennep, North Holland, Netherlands | Sep 2009 – May 2013 | 40H/week*

Member of Junior National Team from ages 12-16, participated in numerous international competitions.

- 7th place at European Championships in Combination event
- 8th place at European Championships in Team event
- Dutch National Champion in 2009 & 2012

# OTHER ACTIVITIES

- 20 21 ○ **Introductory Act @ PsychedelX**  
*Online | Mar 2021*
- Introductory act for [PsychedelX](#) – a TedX inspired virtual Psychedelic Student Speech Contest, organized by IPN: [I am a Psychedelic Student](#)
- 20 20 ○ **70Hr Yoga Teacher Training Module**  
*Princeton NJ, USA | Oct 2019*
- Completed a 70H yoga teacher training module, learning about musculoskeletal physiology and yogic philosophy.
- 20 19 ○ **Speaker @ Intercollegiate Psychedelics Summit**  
*Philadelphia PA, USA | Apr 2019*
- Presented a 10 minute 'lightning talk' on the prospective use of LSD as a psycho-surgical tool: [Ly-Surgical-Acid: Performing Surgery on the Psyche](#).
- 20 18 ○ **Demola Project – Meaningful Digitalisation of Education**  
*Helsinki, Finland | Sep 2017 – Mar 2018*
- A collaboration between the [City of Helsinki](#) and [Demola](#) in a five person team to bring more 'meaningful digitalisation' – or use of technology in education – into Helsinki's public schools.
- **Fashion Model**  
*Tokyo, Japan | Jan 2017 – Mar 2017*
- Fashion and photo model for independent Tokyo-based designers.
- 20 17 ○ **Au Pair**  
*Tokyo, Japan | Jan 2017 – Mar 2017*
- Tutored and took care of two children in a Japanese-Russian family. Taught children Russian and English and managed housekeeping activities.

## SKILLS 🙌

Literature Review  
Writing  
Matlab  
LaTeX  
HTML, CSS

Public Speaking  
Athletic Coaching  
Team Management  
Event Planning  
Meditation Facilitation

## HOBBIES

Ashtanga & Vinyasa Yoga  
New-Way Vogue (dance)  
Meditation, Circling