

POLINA KARATAEVA

Marketing, Project Management & Research Intern

Alicante, Spain | [LinkedIn](#)

PROFILE

First-year BSc Human Nutrition and Dietetics student combining a health-science background with project, communication and analytical work. Completed 160 documented hours in health volunteering and 53 hours across eight sports events, supporting education, participant flow and event operations. Built practical projects in prospect research, personalised outreach, content planning and Excel-based client proposals. Seeking an internship in marketing, project management, operations, research or health-sector communications.

EDUCATION

University of Alicante - BSc Human Nutrition and Dietetics | Sep 2026 - Jul 2030 (expected)

Alicante, Spain | Current focus: human nutrition, dietetics, health sciences and public health

SELECTED PROJECTS

Market Research, Outreach & Client Proposal Projects | 2026

Practical and selection assignments

- Researched and evaluated healthcare businesses and experts for a content-production prospecting brief, comparing audience fit, content activity and decision-maker relevance.
- Designed a personalised LinkedIn outreach workflow using company and profile research, CSV variables, conditional logic, review fallbacks and follow-up sequences; prepared an Excel client estimate covering placement, targeted mailings and video deliverables.

Healthcare-Associated Infections and Antimicrobial Resistance | Sep 2024 - May 2025

Independent literature-based research

- Reviewed and synthesised scientific literature; organised findings into a structured report and presentation, strengthening evidence synthesis, scientific communication and basic descriptive analysis.

Macroremains of Cultivated Cereals from the Meshoko Archaeological Site | Oct 2023 - Jan 2024

Archaeobotany research project

- Prepared and presented an evidence-based research project; awarded second place in the XI All-Russian Project and Research Competition 'Facets of Science' (2023).

VOLUNTEER EXPERIENCE

Medical & Health Education Volunteer - Medical Volunteers, Saint Petersburg | Mar 2024 - Jul 2025

- Completed 144 documented hours facilitating first-aid and health-education activities and supporting the 2024 and 2025 White Nights oncology forums, strengthening communication and event coordination skills.

Patient Support & Blood Donation Volunteer - Pavlov University / City Blood Transfusion Station | Jan - Jun 2024

- Completed 16 documented hours assisting medical personnel with supervised general patient care and coordinating participant flow at a blood-donation event.

Sports Event Volunteer - Various Organisers | Dec 2023 - Jul 2025

- Completed 53 documented hours across eight events, supporting participant registration, start-pack distribution and on-site operations.

CERTIFICATIONS & RECOGNITION

2024: Fundamentals of Healthy Eating for School-Age Children, 15-hour programme - Novosibirsk Research Institute of Hygiene, Rospotrebnadzor

2024: Recognition for Successful Performance, invitational stage of the All-Russian School Olympiad in Chemistry - Sirius Educational Center

2023: Medical Volunteering: Basic Course (Credential 1083808) and Planning and Managing Social Impact (Credential 1083660) - Dobro.University

SKILLS & LANGUAGES

Marketing & project management: Market and prospect research, lead qualification, target-audience analysis, personalised outreach and content planning, Excel-based cost estimates, presentations, event coordination and participant communication

Research & tools: Literature searching, evidence synthesis, scientific writing, basic descriptive analysis; Microsoft Word, PowerPoint and Excel; Python (beginner)

Languages: Russian - native; Spanish - B2; English - B2