

SALLY NADER

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Personal Statement

As a Public Health student at the University of Balamand, I have combined academic knowledge with hands-on experience through community outreach, field research, and legislative support roles. My work during the COVID-19 pandemic and participation in environmental research projects have sharpened my data collection, public speaking, and reporting skills.

Work Experience

Event Coordinator University of Balamand Public Health Club — Lebanon,
September 2024 - Present

- Led the planning and execution of major awareness campaigns, including Zero Waste Day and World Health Day events.- For Zero Waste Day, organized educational booths, coordinated logistics, and facilitated interactive activities to raise awareness about sustainable practices and waste reduction.- For World Health Day, designed activities based on the 3 Ps of public health: Protect, Promote, and Prevent. The event featured free health screenings (blood pressure, BMI), awareness sessions on healthy habits, and distribution of informative materials.- Collaborated with students, faculty, and local organizations to ensure high-quality engagement and effective message delivery.

Field Researcher - Litani River Project University of Balamand — Lebanon,
March - 2024

- Conducted environmental fieldwork assessing the public health impact of pollution in the Litani River.- Collected and analyzed data, supported with literature review, and contributed to reporting findings.- Collaborated with peers on identifying risk factors and proposing community-level interventions.

Legislative Assistant - Digital Transformation Strategy Workshop
Copenhagen institution for future studies , June 2024 - Present

- Assisted ministers and officials during the event by recording discussions, drafting summaries, and preparing reports.- Synthesized key points to inform policy recommendations related to digital health and public services.

Research Intern - Knowledge to Policy (K2P) Center, American University of Beirut (AUB)

Summer 2025

- Conducted a systematic review on factors leading to obesity in women in the MENA region.
- Assisted in designing and coordinating a Youth Policy Bootcamp focused on advocacy and evidence-informed policymaking.

Quality Control Intern - LBACC MEA Catering Company

Summer 2025

- Ensured food hygiene and safety compliance through routine inspections and microbiological testing.
- Monitored sanitation, temperature control, and documentation throughout food production processes.

Volunteer Experience

Outreach Worker – Lebanese Civil Defence (COVID-19 Response) Lebanon, September 2020

- Visited around 80 households to educate individuals on COVID-19 prevention.- Measured temperature and blood pressure, distributed masks and sanitizers, and promoted social distancing.- Helped communities access reliable information and protective resources during the pandemic.

Certifications

First Aid and Emergency Response, Lebanese Civil Defence

Education

Bachelor of Science in Public Health and Development Sciences University of Balamand — September 2023 - 2026

Soft Skills

• Public Speaking • Report Writing • Fast Learner • Team Collaboration • Community Engagement • Adaptability

Languages

Arabic, English