

## PERSONAL INFORMATION



## Valentina Cesaroni

 Asiago, 12, 60124 Ancona (Italy)

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 valentinacesaroni@hotmail.it

 Skype valentina\_cesaroni | [LinkedIn](#) Valentina Cesaroni

Sex Female | Date of birth 20/05/1987 | Nationality Italian

## WORK EXPERIENCE

2001–2005

**Sailing instructor**

Taunus Tours, Numana (Italy)

2002–2004

**Hostess**

Taunus Tours, Numana (Italy)

2006–2011

**Sailing instructor**

S.E.F. Stamura, Ancona (Italy)

04/2014–09/2016

**Scholarship**

University of Pavia, Pavia (Italy)

04/2015–Present

**Freelance as a nutritionist**

06/2015–03/2016

**Stager**

A.C. Milan, Milano (Italy)

04/2016–Present

**Nutritionist**

A.C. Milan, Milano (Italy)

## EDUCATION AND TRAINING

01/10/2006–15/07/2011

**Associate Degree in Biology**

Polytechnic University of Marche, Ancona (Italy)

" Potential new antibacterial drugs inhibitors of FabI "

01/10/2011–27/02/2014

**Bachelor Degree in Neurobiology**

University of Pavia, Pavia (Italy)

"Effects of *Hericum erinaceus* on synaptic currents and memory in mouse hippocampus"

11/2014

**Qualifying Examination to the Profession of Biologist**

Pavia (Italy)

01/2015–03/2016

**Second Level Master in Human Nutrition**

University of Pavia, Pavia (Italy)

10/2014–04/2016 **School of Supply and Integration for Sport (SANIS)**  
Pavia (Italy)

01/10/2016–Present **PhD student**  
Department of Earth and Environmental Science DSTA - University of Pavia, Pavia (Italy)  
"Improving the researches on *Heridium erinaceus* for a better use of its medicinal properties in central nervous system"

**PERSONAL SKILLS**

Mother tongue(s) Italian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B1	C1	C1	B1	B1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
Common European Framework of Reference for Languages

**Communication skills**

- Good leadership skill
- Confident to interact with different people
- Bright and sociable
- Good adaption to various environment
- Collaborative in a teamgroup
- Organized, ambitious and flexible

**Organisational / managerial skills**

High responsibility of the people during sailing courses  
High sense of work's organization  
Determined to achieve a goal  
Openminded to various projects

**Job-related skills**

- Patch-clamp in whole-cell configuration ( blind and visual technique) and synaptic stimulation in acute slices obtained from hippocampus, cerebellar hemispheres and vermis, and tadpoles's olfactory bulb. Behavioural studies for spatial memory, sensori-motor skills and fear conditioning.
- Studies in the field of medicinal mushrooms and related cultivation and use.
- HPLC/MS technique for analysis of natural extracts.
- Nutrition for sport.

**Digital competence**

Good knowledge of Windows and Office ( Word, Excel, PowerPoint )  
Good command of Internet Explorer and Mozilla Firefox  
Good knowledge of data analysis ( Clampex, Clampfit, Origin, Corel Draw )  
Good knowledge of Smart Video Tracking Software for the automated evaluation of behavior in the widest range of pre-clinical and neuroscience applications

**Other skills** Passionate about sailing, Crossfit, olimpic weightlifting and music

Sailing instructor FIV (2011)  
Boat licence (2008)  
Personal trainer I level FIPE (2017)

Driving licence A, B

## ADDITIONAL INFORMATION

### Abstract

■ EFFECTS OF HERICIUM ERINACEUS ON SPONTANEOUS AND EVOKED SYNAPTIC CURRENTS IN MOUSE HIPPOCAMPAL SLICES

F. Brandalise (1), E. Altobelli (2), V. Cesaroni (1), L. Botta (1), E. Savino (2), P. Rossi (1)

(1) Department of Biology and Biotechnology, Pavia University, Pavia, Italy;

(2) Department of Earth and Environmental Science, Pavia University, Pavia, Italy.

(The 7th International Medicinal Mushroom Conference IMMC7, 26-29 August 2013, Beijing, China)

### Reviews

■ ROLE OF 17 BETA-ESTRADIOL IN LEARNING AND MEMORY

Woman's Health Care (2016)

Rossi P. (1), Cesaroni V. (1)

(1) Department of Biology and Biotechnology, University of Pavia

### Posters

■ Different approaches for *Herichium erinaceus* spawn in the perspective of gluten free products

Savino E. (1), Girometta C. (1), Baiguera R.M. (1), Cesaroni V. (1), Guglielminetti M.L. (1), Rodolfi M. (1), Rossi P. (2), Picco A.M. (1).

(1) Department of Earth and Environmental Science, Pavia University, Pavia, Italy

(2) Department of Biology and Biotechnology, Pavia University, Pavia, Italy.

(The 19th International Society for Mushroom Science ISMS-Conference, 29-2 June 2016, Amsterdam, Netherlands)

### Publications

■ IMPROVING TRAINING CONDITION ASSESSMENT IN ENDURANCE CYCLISTS: EFFECTS OF GANODERMA LUCIDUM AND OPHIOCORDYCEPS SINENSIS SUPPLEMENTATION

Evidence-Based Complementary and Alternative Medicine (2014)

P. Rossi (1), D. Buonocore (1), E. Altobelli (2), F. Brandalise (1), V. Cesaroni (1), D. Iozzi (1), E. Savino (2) and F. Marzatico (1)

(1) Department of Biology and Biotechnology, Pavia University, Pavia, Italy

(2) Department of Earth and Environmental Science, Pavia University, Pavia, Italy

■ DISTINCT EXPRESSION PATTERNS OF INWARDLY RECTIFYING CURRENTS IN DEVELOPING CEREBELLAR GRANULE CELLS OF THE HEMISPHERES AND THE VERMIS  
European Journal of Neuroscience (2016)

Brandalise F (1,2), Lujan R (3), Leone R (2), Lodola F (4), Cesaroni V (1), Romano C (1), Gerber U (2), Rossi P (1).

(1) Department of Biology and Biotechnology, University of Pavia, Pavia, Italy.

(2) Brain Research Institute, University of Zurich, Zurich, Switzerland.

(3) Instituto de Investigación en Discapacidades Neurológicas (IDINE), Dept. Ciencias Médicas, Facultad de Medicina, Universidad Castilla-La Mancha, Campus Biosanitario, Albacete, Spain.

(4) Molecular Cardiology, IRCCS Fondazione Salvatore Maugeri, Pavia, Italy

- DIETARY SUPPLEMENTATION OF HERICIUM ERINACEUS (LION'S MANE) MEDICINAL MUSHROOM INCREASES MOSSY FIBER-CA3 HIPPOCAMPAL NEUROTRANSMISSION, AND RECOGNITION MEMORY IN WILD-TYPE MICE.

Phytoterapy Reasearch (2017)

Federico Brandalise (1), Valentina Cesaroni (2), Andrej Gregori (3), Margherita Repetti (2), Chiara Romano (2), Germano Orrù (4), Laura Botta (2), Carolina Girometta (5), Maria Lidia Guglielminetti (5,6), Elena Savino (5,6) and Paola Rossi (2,6).

(1) Brain Research Institute, University of Zurich, Winterthurestrasse 190, CH-8057 Zurich, Switzerland

(2) Department of Biology and Biotechnology (DBB) "L. Spallanzani ", University of Pavia, Via Ferrata 1, 27100 Pavia, Italy

(3) MycoMedica d.o.o., Podkoren 72, 4280 Kranjska Gora, Slovenia

(4) O. B. L. Department of Surgical Sciences, V. Ospedale 54, University of Cagliari, 09124 Cagliari, Italy

(5) Department of Earth and Environmental Science (DSTA), Via S. Epifanio 14, University of Pavia, 27100 Pavia, Italy

(6) Miconet s.r.l, Academic spin-off of the University of Pavia, Via Moruzzi 13, 27100 Pavia, Italy

#### Conferences

- The 7<sup>th</sup> International Medicinal Mushroom Conference

( 26 - 29 August 2013 Beijing China )

- International Convention " New Drugs 2014 "

( 14 - 15 May 2014 Rome Italy )

- 6th International Forum on Food and Nutrition

( 03 - 04 December 2014 Milan Italy )

- Patologie legate all'alimentazione

(12 February 2015 Milan Italy)

- Pianeta Nutrizione ed Integrazione

( 25 - 27 June 2015 Milan Italy)

- Medicina metabolica e funzionale: ecosistema intestinale immunità infiammazione

( 3 - 4 July 2015 Bologna Italy)

- Intolleranze e celiachia nella pratica sportiva

( 6 February 2016 Milan Italy)

#### References

Prof.ssa Paola Rossi

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Prof.ssa Elena Savino

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