



Frederika Pleva

Laboratory technician

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Short Bio

My goal is to improve the lives and health of ill people by contributing my knowledge to research and ensuring ideal laboratory conditions.

Skills

Technical:

- DNA purification, qPCR
- Aseptic techniques
- Quality control, SOPs
- Cell cultures, Bioassays
- Troubleshooting

Languages

Slovak and Czech (Mother Tongue)

English (Fluent)

Danish (Danish exam B2, 2023)

German (Graduation B1, 2020)



Experience

SEP 2024 – PRESENT

Laboratory Technician The National Research Center for the Working Environment, Copenhagen

- Co-authored scientific publications performing X-ray diffraction analysis of quartz across multiple projects
- Coordinated and led a student team to curate and manage data for the development of National Danish Database of exposures
- Analyzed and quantified different asbestos types and other fibres using Scanning Electron Microscopy (SEM)

JAN 2024 – SEP 2024

Laboratory Technician Intern The National Research Center for the Working Environment, Copenhagen

- Conducted field trips and in-house measurements, planned and executed experimental protocols
- Set up, maintained, and calibrated scientific instruments
- Developed Python programs for data analysis including interpretation

JAN 2022 – JAN 2023

Laboratory Technician Intern University of Southern Denmark, Odense

- Performed DNA purification, protein determination, and chromatin immunoprecipitation including experimental design
- Conducted library preparation for Next-Generation Sequencing (NGS) including Ampure XP bead clean-up
- Maintained and propagated primary human and hamster cells using standard mammalian cell culture techniques ensuring viability
- Successfully validated and optimized a new C/EBPa primary antibody, now in use for unit projects
- Handled mouse and human tissues under frozen and thawed conditions; performed qPCR for genotyping

Education

2023 – 2024

Bachelor's degree in Laboratory Technology Business Academy Aarhus

Thesis: Optimization and implementation of X-ray diffraction method for quantitative quartz exposure analysis

Key study elements: Ethics, experimental planning, GMO laboratory techniques, and cell staining for fluorescence microscopy

Cloning

DNA and RNA

Organic Chemistry

Biotechnology

Design of Experiments

2020 – 2023

Associate Laboratory Technician Degree Business Academy Aarhus

Thesis: Validation and optimization of C/EBPa antibody in Chromatin Immunoprecipitation assay

Key study elements: Hands-on cell culture training and broad lab skills gained through team projects

Cell cultivation

Protein purification

Microscopy

Pipetting

Gel electrophoresis

Volunteer activities

2024-present

Workshop committee

Kagsaakollegiet

Developed teamwork and administrative skills, while ensuring equipment operation and repair including troubleshooting

2023

Mentor

Blossom

Supported and encouraged a woman in vulnerable situation, became a part of social justice institution, was trained in mentoring

2022-2023

Animal caretaker

Inges Kattehjem Odense

Provided daily care for shelter cats—including cleaning enclosures, preparing and administering medications, feeding