europass



Jozo Istuk

Date of birth: 17/03/1994 | **Place of birth:** Zagreb, Croatia | **Nationality:** Croatian, Bosnian-Herzegovinian | **Gender:** Male | **Phone:** (+385) 31224402 (Home) | **Email address:** jistuk@ptfos.hr | **Address:** Sjenjak 50, 31000, Osijek, Croatia (Home)

WORK EXPERIENCE

01/10/2018 - 30/09/2022 - OSIJEK, CROATIA

PROJECT RESEARCH ASSISTANT (CROATIAN SCIENCE FOUNDATION)FACULTY OF FOOD TECHNOLOGY OSIJEK, JOSIP JURAJ STROSSMAYER UNIVERSITY OF OSIJEK

Simulation of fruit digestive processes and monitoring the behavior of bioactive compounds during simulated digestion.

Development of highly sophisticated methods for the analysis of bioactive compounds in fruit.

Inhibition of digestive enzymes by polyphenols present in apples.

Work with high-performance liquid chromatography (HPLC).

Writing scientific papers and participating in scientific conferences.

Participation in scientific research projects.

02/03/2023 - 30/09/2026 - MOSTAR, BOSNIA AND HERZEGOVINA

ASSISTANT PROFESSOR (DOCENT)FACULTY OF AGRONOMY AND FOOD TECHNOLOGY MOSTAR, UNIVERSITY OF MOSTAR

TEACHING ACTIVITIES

Faculty of Agronomy and Food Technology, University of Mostar

Course leader (Undergraduate / Graduate study in Food Technology):

- Nutritional Science
- Food Packaging and Encapsulation
- Food Quality Control

Participation in course delivery:

- Introduction to Food Technologies

External Teaching Engagement

- **Faculty of Pharmacy, University of Mostar:** Course leader in Cosmetology study: *Packaging and Stability of cosmetic products*
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- **Faculty of Science and Education (FPMOZ), University of Mostar:** Course leader in Professional Kinesiology study *Basics of Sports Nutrition* and *Nutrition and Dietary Supplements*
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01/10/2026 - CURRENT - OSIJEK, CROATIA

ASSISTANT PROFESSOR (DOCENT)FACULTY OF FOOD TECHNOLOGY OSIJEK, JOSIP JURAJ STROSSMAYER UNIVERSITY OF OSIJEK

EDUCATION & TRAINING

01/10/2018 - 08/09/2022 - OSIJEK, CROATIA

PH.D. IN BIOTECHNICAL SCIENCES- FACULTY OF FOOD TECHNOLOGY OSIJEK, JOSIP JURAJ STROSSMAYER UNIVERSITY OF OSIJEK

Field(s) of study: Food Technology | **Final grade:** Excellent (5) | **Level in EQF:** 8 | **Thesis:** Effect of beta-glucan on the bioaccessibility of polyphenols by examining kinetic models of simulated digestion processes | **Address:** 31000 | **Website:** http://www.ptfos.unios.hr/

05/10/2015 - 04/10/2017 - MOSTAR, BOSNIA AND HERZEGOVINA

MASTER OF SCIENCE (M.SC.) IN FOOD ENGINEERING- FACULTY OF AGRONOMY AND FOOD TECHNOLOGY, UNIVERSITY OF MOSTAR

Master's thesis: *"Thermophysical properties of corn starch modified by gas plasma and sodium hydrogen phosphate"*

01/10/2012 - 08/10/2015 - MOSTAR, BOSNIA AND HERZEGOVINA

BACHELOR OF SCIENCE (B.SC.) IN FOOD TECHNOLOGY- FACULTY OF AGRONOMY AND FOOD TECHNOLOGY, UNIVERSITY OF MOSTAR

Bachelor's thesis: *"Consequences of deficient and excessive intake of macronutrients and micronutrients"*

30/11/2007 - 30/11/2011 - MOSTAR, BOSNIA AND HERZEGOVINA

HIGH SCHOOL DIPLOMA- GYMNASIUM FRA GRGO MARTIĆ

LANGUAGE SKILLS

Mother tongue(s): **CROATIAN**

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C1	C1	C1

SKILLS

Internet | Rad na raunalu | MS Office (Word Excel PowerPoint) | Osnovno poznavanje programa Statistica | Video making and video editing | social networks

PUBLICATIONS

Complete publication list available on CroRIS.

SOCIAL AND POLITICAL ACTIVITIES

Osijek

Participation in various science popularization programs for children and youth. Organization of workshops: Science Night (2019, 2020, 2021)

Science Festival (2019)

European Researchers' Night (2019)

Participation in Croatian Science Foundation workshop - PhD Caffe Osijek (2020)

30/03/2025 Zagreb

Guest appearance on "Human LAB podcast"

Link https://www.youtube.com/watch?v=gYls7L_E4rw

25/09/2025 Mostar
Guest appearance on the Hercegovina Info news portal podcast

DRIVING LICENCE

Driving licence: B

CONFERENCES & SEMINARS

16/10/2015 Tuzla, Bosna i Hercegovina
8. međunarodni znanstveno-stručni skup HRANOM DO ZDRAVLJA, Poster presentation

21/03/2019 - 22/03/2019 Osijek, Hrvatska.
9.1. 8. Internacionalna Konferencija VODA ZA SVE 2019 Poster presentation

11/06/2019 - 14/06/2019 Osijek, Hrvatska
9.2. 10. međunarodni kongres „Brašno-Kruh '19“ Oral presentation

24/10/2019 - 25/10/2019 Osijek, Hrvatska
12. međunarodni znanstveno-stručni skup HRANOM DO ZDRAVLJA Poster presentation

16/09/2021 - 17/09/2021 Osijek, Hrvatska
13. međunarodni znanstveno-stručni skup HRANOM DO ZDRAVLJA Poster presentation

16/09/2020 - 18/09/2020 Vukovar, Hrvatska
18. Ružičkini dani- Danas znanost sutra industrija Poster presentation

05/09/2021 - 10/09/2021 Vodice, Hrvatska
56. hrvatski i 16. međunarodni simpozij agronoma Poster presentation

07/10/2022 - 07/10/2022 Osijek
4. dani mladih istraživača Osijek Oral presentation

15/09/2023 - 16/09/2023 Osijek
14. Međunarodni znanstveno-stručni kongres Hranom do Zdravlja Poster presentation

06/06/2024 - 07/06/2024 Osijek
4. Međunarodni znanstveno-stručni kongres Nusproizvodi prerhambene industrije Poster presentation

10/10/2026 - 11/10/2026 Osijek
5. Međunarodni znanstveno-stručni kongres Nusproizvodi prerhambene industrije Invited lecture

09/09/2026 - 11/09/2026 Vukovar
21. Ružičkini dani- Danas znanost sutra industrija Poster presentation

PROJECTS

01/10/2018 - 28/05/2021
The influence of dietary fibers on the bioaccessability of polyphenols by investigating adsorption and simulated digestion processes, in vitro Project team member

30/11/2018 - 30/11/2019
Bioactive dihydrochalcones in old apple cultivars Project team member

01/01/2023 - 01/01/2024

Valorization of the by-product of citrus production and processing through the application of innovative extraction and encapsulation techniques Project team member

01/01/2024 - 01/01/2025

Optimization of the drying process of antioxidant-rich autumn fruits: Phytochemicals and antioxidant capacity of wild rosehips during ripening and drying time Project team member

01/01/2026 - CURRENT

Valorization of traditional apple cultivars from Bosnia and Herzegovina as sources of bioactive polyphenols through in vitro alpha-glucosidase enzyme inhibition Project leader

HONOURS AND AWARDS

01/10/2015 University of Mostar
Dean's Award for Academic Excellence

30/11/2016 Federal Ministry of Education and Science
Support Award for Top University Students (Citizens of Bosnia and Herzegovina)

European comission
Hack Startup Village 2022 1st Prize in the "From Zero to Hero" Challenge

KOMUNIKACIJSKE I MEĐULJUDSKE VJEŠTINE

Komunikacijske i međuljudske vještine

PUBLIC LECTURES AND PRESENTATIONS

Invited speaker at scientific and professional conferences:

- 4th Young Researchers' Days, Osijek
- 10th International Congress "Flour-Bread '19", Osijek
- 3rd Nutritionism Days, Mostar
- Scientific and Professional Conference "Let's Protect Men's Health", School of Medicine, Mostar
- 5th International Congress "By-Products of Food Industry"

Participation in science popularization programs:

- PhD Caffe 2020, Osijek
- **Erasmus+ Program (Professional Training):**
  - University of Santiago de Compostela, Spain (2 months stay)
  - University of Novi Sad, Serbia (2 weeks stay)
  - Prague, Czech Republic (2 weeks stay)
  - Olomouc, Czech Republic (1 week stay)
- **CEEPUS Program (Academic Exchange):**
  - Faculty of Food Technology Osijek (PTFOS), Croatia (total duration of 7 weeks)

SCIENTIFIC COMMUNICATION AND PUBLIC ENGAGEMENT

- Active in disseminating scientific knowledge through social media, with a special focus on a YouTube channel dedicated to topics in nutrition and supplementation. The channel gathers a community of 3,000 subscribers, bringing science closer to the general public in a clear and accessible way. Additionally, guest appearances on popular podcasts include the *Human LAB podcast*, which reaches an audience of over 25,000 people