



Curriculum vitae Europass



First name(s) Surname(s) **Lidia-Ioana Virchea**
E-mail(uri) lidia.virchea@ulbsibiu.ro
Nationality Romanian
Date of birth 23.03.1995
Sex Female

Work experience

Dates (from - to)	March 2026 - Present
Occupation or position held	Specialist pharmacist in General Pharmacy
Employer's name and address	Sibiu County Public Health Directorate, 3, Gheorghe Barițiu Str., Sibiu
Main activities and responsibilities	Fulfilling the duties of the Public Health Directorate in the field of evaluation and authorization of pharmaceutical units
Dates (from - to)	October 2020 - Present
Occupation or position held	Doctoral student employed on an hourly basis
Employer's name and address	"Lucian Blaga" University of Sibiu, Faculty of Medicine, 10, Victoriei Blvd., Sibiu
Main activities and responsibilities	Teaching activity (practical works of biochemistry, inorganic chemistry, enzymology) and research
Dates (from - to)	July 2023 – March 2025
Occupation or position held	Research assistant/doctoral student
Employer's name and address	"Lucian Blaga" University of Sibiu, Faculty of Medicine, 10, Victoriei Blvd., Sibiu
Main activities and responsibilities	Updated analysis of cancer in the central area of Romania, support activities and dissemination of scientific research, modernization of equipment and infrastructure
Dates (from - to)	February 2020 – January 2023
Occupation or position held	Resident pharmacist
Employer's name and address	Sibiu County Emergency Clinical Hospital, 2-4, Corneliu Coposu Blvd., Sibiu
Main activities and responsibilities	General pharmacy

Education and training

Dates (from - to)	October 2020 – Present
Qualification awarded	PhD student
Principal subjects covered or skills acquired	Scientific Research Methodology: Engineering Sciences, Exact Sciences and Life Sciences, Ethics and academic integrity, Evidence-based medicine, Methodology of scientific research in medicine, Management of research projects, Valorization and dissemination of scientific research
Education or training organisation's name and locality	"Lucian Blaga" University of Sibiu

Dates (from - to) 08/05/2024 – 09/08/2024
 Qualification awarded Erasmus+ Student
 Principal subjects covered or skills acquired Acquiring new practical skills in food development, determination of chemical composition and nutritional properties using in vivo *Drosophila melanogaster* models
 Education or training organisation's name and locality Institute of Nutrition Science, Faculty of Agricultural and Food Sciences and Environmental Management, University of Debrecen, Debrecen, Hungary

Dates (from - to) 2021 – 2022
 Qualification awarded Certificate of completion of the psycho-pedagogical training program, Level 2
 Principal subjects covered or skills acquired Educational sciences
 Education or training organisation's name and locality Training of teaching staff department, "Lucian Blaga" University of Sibiu

Dates (from - to) 2014-2019
 Qualification awarded Bachelor's and Master's degree
 Principal subjects covered or skills acquired Pharmacy
 Education or training organisation's name and locality University of Medicine, Pharmacy, Sciences and Technology of Târgu Mureş, Faculty of Pharmacy, with studies completed at "Lucian Blaga" University of Sibiu, Faculty of Medicine

Dates (from - to) 2014-2017
 Qualification awarded Certificate of completion of the psycho-pedagogical training program, Level 1
 Principal subjects covered or skills acquired Educational sciences
 Education or training organisation's name and locality Training of teaching staff department, "Lucian Blaga" University of Sibiu

Dates (from - to) 01/07/2012 – 21/07/2012
 Principal subjects covered or skills acquired Acquiring skills in the field of information technology and communications
 Education or training organisation's name and locality Educational Institute "Robotron Bildungs- und Beratungszentrum", Leipzig, Germany

Dates (from - to) 2010-2014
 Qualification awarded Baccalaureate diploma
 Principal subjects covered or skills acquired Theoretical program, Science, mathematics and computer programming
 Education or training organisation's name and locality "August Treboniu Laurian" Technical College, Agnita, Sibiu, Romania

Personal skills

Mother tongue(s) **Romanian**
 Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2

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

Social skills	<ul style="list-style-type: none"> - identification of roles and responsibilities in a multidisciplinary team and the application of communication techniques and effective work within the team acquired through the undergraduate study program; - conflict management skills obtained by participating in the "Conflict Management" training organized by the Career Guidance and Counseling Center of the "Lucian Blaga" University of Sibiu; - public speaking skills acquired following participation in the workshop "Managing emotions in Public Speaking situations" organized by the Center for Counseling and Career Guidance of the "Lucian Blaga" University of Sibiu; - team spirit gained by participating in the Leonardo da Vinci Mobility at Vitalis, in Leipzig, Germany; - ability to adapt to multicultural environments obtained by participating in the Leonardo da Vinci Mobility at Vitalis, in Leipzig, Germany; - good communication skills gained by participating in the Leonardo da Vinci Mobility at Vitalis, in Leipzig, Germany; - good collaboration skills with staff, managers and external people, adaptation to organizational rules, integration into the organization and foreign cultures acquired through participation in Erasmus+ placement mobility.
Organisational / managerial skills	<ul style="list-style-type: none"> - identification of the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the working times, the related deadlines and the related risks acquired through the undergraduate study program; - good time management skills acquired by participating in the "Time Management" training organized by the Career Guidance and Counseling Center of the "Lucian Blaga" University of Sibiu; - identification of priorities obtained by participating in the Leonardo da Vinci Mobility at Vitalis, in Leipzig, Germany; - effective management of relationships with other members of a team obtained by participating in the Leonardo da Vinci Mobility at Vitalis, in Leipzig, Germany; - good ability to apply knowledge and results to organizational needs acquired through participation in Erasmus+ placement mobility.
Technical skills	<ul style="list-style-type: none"> - analysis and control of substances, drugs, food supplements, cosmetics and other health products, analysis in biochemistry, toxicology and environmental and food hygiene laboratories acquired through the undergraduate study program.
Digital skills	<ul style="list-style-type: none"> - the effective use of information and resources for communication and assisted professional training (internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in English acquired through the undergraduate study program; - experienced user certificate obtained in the Bacalaureate Digital Competences exam; - skills to use MSOffice tools acquired by participating in the Leonardo da Vinci Mobility at Vitalis, in Leipzig, Germany; - knowledge of installing operating systems and specific programs acquired by participating in Leonardo da Vinci Mobility at Vitalis, in Leipzig, Germany; - knowledge of installing different types of software acquired by participating in the Leonardo da Vinci Mobility at Vitalis, in Leipzig, Germany.
Other skills	<ul style="list-style-type: none"> - designing, formulation, preparation and conditioning of medicines, dietary supplements, cosmetics and other health products acquired through the undergraduate study program; - storage, preservation, distribution of medicines, food supplements, cosmetics and other health and pharmaceutical care products acquired through the undergraduate study program; - dispense of medicines, food supplements, cosmetics and other health and pharmaceutical products acquired through the undergraduate study program; - management, marketing and administration in the field of health acquired through the undergraduate study program; - consultancy and expertise in the field of medicines, food supplements, cosmetics and other health and pharmaceutical products acquired through the undergraduate study program.
Driving licence	B

Additional information

The title of the doctoral thesis	Cercetări privind valorificarea florei spontane din zona montană cu potențial terapeutic în afecțiuni respiratorii (Research on the exploitation of spontaneous flora from the mountainous area with therapeutic potential in respiratory ailments), scientific coordinator: Prof. Dr. Felicia-Gabriela Gligor.
Publications	
ISI articles:	<ol style="list-style-type: none">1) Monica Mironescu, Andrada Lazea-Stoyanova, Marcela Elisabeta Barbinta-Patrascu, Lidia-loana Virchea, Diana Rexhepi, Endre Mathe, Cecilia Georgescu, <i>Green Design of Novel Starch-Based Packaging Materials Sustaining Human and Environmental Health</i>, Polymers 2021, 13, 1190. https://doi.org/10.3390/polym13081190;2) Cecilia Georgescu, Adina Frum, Lidia-loana Virchea, Anastasiia Sumacheva, Mark Shamtsyan, Felicia-Gabriela Gligor, Neli Kinga Olah, Endre Mathe, Monica Mironescu, <i>Geographic Variability of Berry Phytochemicals with Antioxidant and Antimicrobial Properties</i>, Molecules 2022, 27, 4986. https://doi.org/10.3390/molecules27154986;3) Adina Frum, Carmen Maximiliana Dobrea, Luca Liviu Rus, Lidia-loana Virchea, Claudiu Morgovan, Adriana Aurelia Chis, Anca Maria Arseniu, Anca Butuca, Felicia Gabriela Gligor, Laura Gratiela Vicas, Ovidiu Tita, Cecilia Georgescu, <i>Valorization of Grape Pomace and Berries as a New and Sustainable Dietary Supplement: Development, Characterization, and Antioxidant Activity Testing</i>, Nutrients 2022, 14, 3065. https://doi.org/10.3390/nu14153065;4) Lidia-loana Virchea, Adina Frum, Cecilia Georgescu, Bence Pecsenye, Endre Máthé, Monica Mironescu, Mihai-Tudor Crăciunaș, Maria Totan, Ciprian Tănăsescu, Felicia-Gabriela Gligor, <i>An Overview of the Bioactivity of Spontaneous Medicinal Plants Suitable for the Improvement of Lung Cancer Therapies</i>, Pharmaceutics 2025, 17(3), 336. https://doi.org/10.3390/pharmaceutics17030336;5) Lidia-loana Virchea, Cecilia Georgescu, Endre Máthé, Adina Frum, Monica Mironescu, Bence Pecsenye, Robert Nagy, Oana Danci, Maria-Lucia Mureșan, Maria Totan, Felicia-Gabriela Gligor, <i>Assessment of Purple Loosestrife (Lythrum salicaria L.) Extracts from Wild Flora of Transylvania: Phenolic Profile, Antioxidant Activity, in vivo Toxicity, and Gene Expression Variegation Studies</i>, Pharmaceutics 2025, 17, 1097. https://doi.org/10.3390/pharmaceutics17091097.6) Lidia-loana Virchea, Cecilia Georgescu, Adina Frum, Endre Máthé, Monica Mironescu, Bence Pecsenye, Robert Nagy, Oana Viorica Danci, Maria-Lucia Mureșan, Maria Totan, Felicia-Gabriela Gligor, <i>Evaluation of Phytochemical Constituents, Antioxidant Potential, and Toxicological Profile of Selected Medicinal Plants from Romania's Spontaneous Flora</i>, Molecules 2026, 31(9), 1527. https://doi.org/10.3390/molecules31091527.
BDI article	•Mureșan M.L., Virchea L.-I. , Cormoș G., Muntean A.C., Crăciunaș M.-T., Gligor F.-G., Chișe E., <i>Combination therapy: herbal products with antibiotics in combating bacterial resistance – a mini-review of the literature</i> , Studia Universitatis “Vasile Goldiș”, Seria Științele Vieții/Vol. 35, issue 1, 2025, pp. 23 – 33. https://www.studiauniversitatis.ro/pdf/35-2025/35-1-2025/Art.%203.%20Combination%20therapy%20herbal%20products%20with%20antibiotics%20in%20combating%20bacterial%20resistance.pdf .
Article published in the volume of an international symposium	• Virchea Lidia-loana , Georgescu Cecilia, Mironescu Monica, <i>Obtaining and Characterization of Volatile Oils from Aromatic Plants</i> , 1st International Symposium Innovations in Life Sciences (ISILS 2019)/ Proceedings of the 1st International Symposium Innovations in Life Sciences/ Advances in Biological Sciences Research, 2019, volume 7, p. 350-353, https://www.atlantispress.com/proceedings/isils-19/125923855 .
Conference Paper	• Virchea Lidia-loana , Gligor Felicia Gabriela, Frum Adina, Mironescu Monica, Myachikova Nina I., Georgescu Cecilia, <i>Phytochemical Analysis and Antioxidant Assay of Melissa officinalis L. (Lemon Balm)</i> , Innovations in life sciences: collection of articles. materials of the III international symp., Belgorod, 2021, p. 306-307, https://doi.org/10.1051/bioconf/20214002004 , http://dspace.bsu.edu.ru/handle/123456789/42948 .

Presentations at scientific events

- The National Congress of Pharmacy, XVIIIth edition, September 15-17, 2021, e-poster "Evaluarea extractelor și a uleiului volatil de *Verbena officinalis* L.", authors: **Drd. Lidia-Ioana Virchea**; Conf. Cecilia Georgescu; Șef Lucr. Adina Frum; Conf. Monica Mironescu; Prof. Felicia Gabriela Gligor, https://cnfronline.ro/images/Brosura_Congres_CNFR_2021_ISBN.pdf.
 - Scientific conference: Actualități și perspective în cercetarea farmaceutică, December 17, 2022, authors: **Virchea L.-I.**, Georgescu C., Frum A., Mironescu M., Gligor F.-G., "Potențialul Antioxidant al unor Plante Medicinale Bogate în Polifenoli", <https://sites.google.com/view/apcf2022>.
 - Scientific conference: Actualități și perspective în cercetarea farmaceutică, December 17, 2022, authors: Frum A., Pacnejer A., **Virchea L.-I.**, Morgovan C, Rus L.L., Chiș A.A., Arseniu A.M., Mureșan M.L., Dobrea C.M., "Practica farmaceutică în farmaciile comunitare din România în perioada pandemiei COVID-19", <https://sites.google.com/view/apcf2022>.
 - Scientific conference: Zilele Medicale Sibiene, 2023, authors: **Lidia-Ioana Virchea**, Cecilia Georgescu, Adina Frum, Monica Mironescu, Felicia-Gabriela Gligor, "Aplicații medicale ale uleiurilor volatile", https://zms.ro/wp-content/uploads/2023/04/23_03_31-program_final_ZMS2023.pdf.
 - Scientific conference: Zilele Medicale Sibiene, 2023, authors: Maria-Lucia Mureșan, Felicia-Gabriela Gligor, Adina Frum, Anca-Maria Arseniu, **Lidia-Ioana Virchea**, "Suplimente alimentare - reglementări și recomandări", https://zms.ro/wp-content/uploads/2023/07/Sibiul-Medical-2023_merged.pdf.
 - The National Congress of Pharmacy, XIX edition, September 27-29, 2023, e-poster "Conținutul de polifenoli, capacitatea antioxidantă și activitatea antimicrobiană a unui extract metanolic de *Lythrum salicaria* L.", authors: **Lidia-Ioana Virchea**, Cecilia Georgescu, Monica Mironescu, Adina Frum, Felicia Gabriela Gligor, <https://congresnationalfarmacie2023.ro/wp-content/uploads/2023/09/Volum-Rezumat-Congres-CNFR-2023.pdf>.
 - The National Congress of Pharmacy, XIX edition, September 27-29, 2023, e-poster "Studiu comparativ al unor extracte de *Taraxacum officinale* F. H. Wigg.", authors: Maria-Lucia Mureșan, **Lidia-Ioana Virchea**, Adina Frum, Cecilia Georgescu, Felicia Gligor, <https://congresnationalfarmacie2023.ro/wp-content/uploads/2023/09/Volum-Rezumat-Congres-CNFR-2023.pdf>.
 - Scientific conference: Actualități și perspective în cercetarea farmaceutică, 15-16.12.2023, authors: **Virchea L.-I.**, Georgescu C., Frum A., Mironescu M., Gligor F.G., "Studiul comparativ al capacității antioxidante a unor extracte din plante medicinale din flora spontană", <https://sites.google.com/view/apcf-sibiu/apcf-2023/program>.
 - The 23rd International Conference "LIFE SCIENCES FOR SUSTAINABLE DEVELOPMENT" 26th– 28th September, 2024, Cluj-Napoca, Romania, authors: **Lidia-Ioana VIRCHEA**, Cecilia GEORGESCU, Monica MIRONESCU, Adina FRUM, Felicia GLIGOR, poster: "Antioxidant Potential of Medicinal Plant Extracts", <https://symposium.usamvcluj.ro/wp-content/uploads/2024/09/PROGRAM-BOOKLET-USAMV-CN-2024-FINAL.pdf>.
 - Scientific conference: Actualități și perspective în cercetarea farmaceutică – Ediția a 3-a, Sibiu, 13 decembrie 2024, authors: **Lidia Virchea**, Cecilia Georgescu, Monica Mironescu, Felicia Gligor, "Produse naturale în combaterea toxicității renale induse de chimioterapie", <https://sundry.ro/event/conferinta-actualitati-si-perspective-in-cercetarea-farmaceutica-editia-a-3-a/#agenda>.
 - The National Congress of Pharmacy, XX edition, September 24-26, 2025, e-poster "Studiu comparativ al extractelor de *Hypericum perforatum* L. din flora spontană a României: analiza fitochimică și potențialul anti-oxidant", authors: **Lidia-Ioana Virchea**, Adina Frum, Cecilia Georgescu, Monica Mironescu, Maria-Lucia Mureșan, Felicia-Gabriela Gligor, <https://congresfarmacie.com/wp-content/uploads/2025/09/Volum-Rezumat-Congres-National-de-Farmacie-2025.pdf>
 - The National Congress of Pharmacy, XX edition, September 24-26, 2025, e-poster "*Tanacetum vulgare* L. în tratarea giardiozei", authors: Maria-Lucia Mureșan, Anamaria Cozma-Petruț, Daniela Benedec, Cornelia Revnic, Daniela Hanganu, Elena Dinte, Iliora Oniga, **Lidia-Ioana Virchea**, Adina Frum, Cecilia Georgescu, Felicia-Gabriela Gligor, <https://congresfarmacie.com/wp-content/uploads/2025/09/Volum-Rezumat-Congres-National-de-Farmacie-2025.pdf>
 - The National Congress of Pharmacy, XX edition, September 24-26, 2025, e-poster "Evoluția sensibilității/rezistenței la antibiotice a tulpinilor *E. coli* identificate în infecțiile urinare la pacienții pediatrici", authors: Maria Totan, **Lidia-Ioana Virchea**, Felicia-Gabriela Gligor, <https://congresfarmacie.com/wp-content/uploads/2025/09/Volum-Rezumat-Congres-National-de-Farmacie-2025.pdf>
- Bachelor thesis "Obținerea și caracterizarea unor uleiuri volatile din plante aromatice", 2019, scientific coordiantor: Assoc. Prof. Dr. Cecilia Georgescu.

Presentations at student scientific events	<ul style="list-style-type: none"> •Student Scientific Symposium USAMV CN, XVII edition, May 18, 2019, „<i>Obținerea și caracterizarea unor uleiuri volatile din plante aromatice</i>”, scientific supervisors: Assoc. Prof. Dr. Cecilia Georgescu, Assoc. Prof. Dr. Eng. Monica Mironescu, https://sites.google.com/usamvcluj.ro/simpozionstiintificstudentesc/program; •Symposium of Student Scientific Circles, XIX edition, June 4, 2019, „<i>Extracția, încapsularea și determinarea activității antimicrobiene a unor uleiuri volatile</i>”, scientific supervisors: Assoc. Prof. Dr. Cecilia Georgescu, Assoc. Prof. Dr. Eng. Monica Mironescu, http://saiapm.ulbsibiu.ro/wp-content/uploads/2019/10/Lucrari-sesiunea-studenteasca-produse-zaharoase-2019.pdf;
Honours and awards	<ul style="list-style-type: none"> •The national phase of the "ECOTROPHELIA" international student creation competition - Romania, 7th edition, May 29-31, 2018, the "Flavour from nature" project awarded with mention, authors: Giubega Ioana, Kalman Beata Hajnal, Virchea Lidia-Ioana, Dobrin Andra, scientific supervisors: Prof. Dr. Eng. Dan Miricescu, Assoc. Prof. Dr. Eng. Monica Mironescu, Assoc. Prof. Dr. Cecilia Georgescu, http://www.uqal.ro/files/stiri%20si%20evenimente/PROGRAM_FINAL_Ecotrophelia_2018.pdf.
Membership in professional organizations	Member in Colegiului Farmaciștilor din România.

Sibiu, 19.05.2026

Virchea Lidia-Ioana