

# Dr inż. Joanna

## Bryś

Assistant professor at the Chair of Chemistry of the Faculty of Food Sciences at the Warsaw University of Life Sciences. She has earned master's and doctoral degrees (the latter in 2005) at WULS. From 2010-2012 she was the manager of a project of the National Science Centre entitled *Research into methods of obtaining human milk fat substitutes by way of enzymatic acidization and their technological use*. Author and co-author of more than 150 publications published at home and abroad (to mention articles in IF indexed scientific journals). Cooperates with food manufacturers and international research centres.



DURATION OF THE SCIEX PROJECT:  
**1.11.2010-31.10.2011**

PROJECT:  
**HMFS – Human Milk Fat Substitute**

Warsaw University  
of Life Sciences

PL

CH

ETH Zurich – Swiss  
Federal Institute  
of Technology in  
Zurich

### What was the objective of your project implemented as part of the SCIEX programme?

The purpose of this project was to obtain human milk fat substitutes by way of the enzymatic acidization of such fats as lard and fat from cow's milk with essential fatty acids. As a result, structured lipids were obtained which were then analysed chemically.

### What were the outcomes of the project?

As far as the project itself is concerned, its objective was achieved. Moreover, my project allowed the Swiss team to become familiar with fat modification and some methods of analysis of fats.

Access to an immense library and splendidly equipped laboratories, getting to know new instrumental analytical methods and their transfer to Poland were just as important for me. My home institution considers it very important to have had this opportunity to cooperate with one of the best universities of technology in Europe (*Eidgenössische Technische Hochschule Zürich*) and even in the world (*QS World University Rankings*). This cooperation will be continued. And one more outcome: I think that the persons I had the pleasure of cooperating with have a better knowledge of Polish history, culture and natural environment.

### What impact did the fellowship have on your professional and private life?

The fellowship has totally changed my professional and private life. It has provided impetus for many activities. Realising that I was going through a crisis and lacking energy to do anything, my sister encouraged me to apply for the fellowship. To me, however, the idea of going away for a year seemed completely irrational: I had just given birth to my second daughter and I feared I would not be equal to such an immense challenge. But my husband and I decided that he would take paternity leave and that we would go abroad together. Therefore, my going abroad made me realise how much our loved ones can do for us and how much we can do for them.

My research work progressed beautifully: Prof. Nyström gave me an exceptionally warm welcome and I was able to work comfortably, which allowed me to focus on my work, do lots of experiment repetitions and simply experiment in peace and quiet.

### If not for the fellowship...

...I would not be so self-confident now, I would mistrust my knowledge and skills. The project broadened my horizons, gave me the courage to take up new challenges and strengthened my willingness to continue research. The visit to Switzerland also made me realise that there is no point in complaining, losing heart and giving up.