

Sara El-Sayed

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INTERESTS

Food System Sustainability, Regenerative Agriculture and Food Systems, Traditional Ecological Knowledge, Community Development, Food Sovereignty and Justice, Biomimicry, Desert Ecosystems, Public Interest Technology.

EDUCATION

- 2019 - 2021** Ph.D. School of Sustainability, Arizona State University (ASU), Tempe, Arizona.
- 2016** M.S. in Biomimicry, Arizona State University, magna cum laude
- 2012** Permaculture Design Course Certificate
- 2011 -2014** Biomimicry Professional Program, Biomimicry 3.8
- 1997- 2002** B.S. Biology and Chemistry minor. B.A Cultural Anthropology, The American University in Cairo, magna cum laude

EXPERIENCE

- 2020 – Present** Post-Doctoral Scholar in Public Interest Technology, School for the Future of Innovation and Society, ASU
- 2020 – 2021** Research Assistant, Happiness Lab, School of Sustainability, ASU
- 2019– Present** Consultant Biomimicry 3.8 November
- 2019 – 2021** Research Assistant, Sensory Labor(atory), School for the Future of Innovation and Society, (ASU)
- 2017 – Present** Researcher, Biomimicry Center, (ASU)
- 2017- Present** Partner in Clayola LLC, clayolaegypt.com
- 2011– Present** Co-Founder Nawayya Social Enterprise, nawayyaegypt.org
- 2011- Present** Co-Founder, Dayma LLC, <http://dayma.org/>
- 2013-2016** Part-time Trainer Biomimicry 3.8
- 2011-2012** Project Manager – Environmental Education Program – International Union for the Conservation of Nature IUCN
- 2012-2013** Co-Founder of Madad, an Egyptian crowdfunding platform
- 2005-2011** Senior School Coordinator, Wadi Environmental Science Center (WESC)
- 2005** Eco-Guide at Wadi El Gemal National Park

TEACHING EXPERIENCE

- 2019– 2020** **Teacher Assistant and Instructor in Biomimicry, (ASU),**
Developing and teaching BMY 302 – Principles of Life for the undergraduate certificate. Grading and instruction of BMY 598 – Communicating Biomimicry and grading and instruction of BMY 502 – Life’s Principles, both courses in the Masters in Biomimicry.
- 2018- 2020** **Instructor – Master Program at the University of Gastronomic Sciences,**
Conceptualizing and teaching as part of a collective of instructors at the Master of “World Food Cultures and Mobility”. Title of course “Food politics and activism in Egypt”
- 2020** **Instructor Clubes de Ciencia, ASU, Arizona**
Development of high school program on biomimicry and delivering content.
- 2017 - Present** **Fellow at Cairo Liberal Arts and Natural Science Institute**
Development and delivery of a semester long curriculum on biomimicry to CILAS Students.
- 2013** **Guest Lecturer at Heliopolis University**
Developed a biomimicry course to undergraduate students at the newly established sustainability focused university, Heliopolis University, Egypt.
- 2006- 2011** **Senior School Coordinator WESC**
Developed and delivered outdoor informal education programs for middle school and high school. Developed a USAID funded program on
- 2002-2005** **Science Coordinator at Misr Language School**
Science teacher Grade 6,7,8 and 9, and 11. Physical education teacher grades 1-12, Head of Environmental awareness program. Assistant Chairperson in science.

PUBLICATIONS

Refereed Journal Articles

- 2021** Kitch, S.; McGregor, J.; Mejía, G.M.; **El-Sayed, S.**; Spackman, C.; Vitullo, J. Gendered and Racial Injustices in American Food Systems and Cultures. *Humanities* **2021**, *10*, 66.
<https://doi.org/10.3390/h10020066>
- 2021** In REVIEW: **El-Sayed, S.** Weaving Disciplines to Contextualize a Regenerative Food System. *Sustainability Journal*.
- 2020** In REVIEW: Benyus, J, Dwyer, J, **El-Sayed, S**, Hayes S, Baumeister, D, and Penick C.A. (2020). Ecological performance standards for regenerative urban design. *Frontiers in Ecology and the Environment*

- 2019** Gheitarani, N., **El-Sayed, S.**, Cloutier, S., Budruk, M., Gibbons, L., & Khanian, M. "Investigating the Mechanism of Place and Community Impact on Quality of Life of Rural-Urban Migrants." *International Journal of Community Well-Being*, 18. <https://doi.org/10.1007/s42413-019-00052-8>
- 2016** Pozzi, S, **El-Sayed, S.** Where Is Our Baladi Food? *Cairo Papers in Social Science, Volume 34*(No4)

Book Chapters

- 2021** In REVIEW: **El-Sayed, S.** Spackman, C. Mobility of Food and Ideas in Egypt: Between Sterilization and Inoculation. Food Mobility: Making World Cuisines. Ed: Bender, D. Cinotto, S. University of Toronto Press.

Book Review

- 2019** **El-Sayed, S.** (2020). Review of Florentine Frenztz, The Pursuit of Food Well-Being: The Mechanism Behind Consumers' Food Well-Being, and their Relevance for Food Retailing and Marketing, (Springer 2020), Pages 220, Cost 83,19 €. *Int. Journal of Com. WB* <https://doi.org/10.1007/s42413-020-00095-2>

Web-based Publications

- 2021** **El-Sayed, S.** Slow Food Youth Network Podcast. Jan 13, 2021. Regenerative Preservation Practices. <https://www.slowfood.com/sfyn-podcast-meet-our-guests-from-our-regenerative-preservation-practices-episode/>
- 2021** **El-Sayed, S.** Anchor website for Podcasts. 2 Episodes – Advocating for Arizona Food Issues and Reconnecting to Local Food <https://anchor.fm/sara-el-sayed5>
- 2020** **El-Sayed, S.** Using Grounded Theory with MAXQDA to Explore Regenerative Food Practices. Dec 21, 2020. <https://www.maxqda.com/using-grounded-theory-with-maxqda>
- 2019** Greg Peterson. The Urban Farm Podcast. Nov 19, 2019. **Sara El-Sayed** on Low-Tech Irrigation. <https://urbanfarm.libsyn.com/495-sara-el-sayed>.
- 2019** Abdelrahman. Bortaan Podcast. Why Travel Egypt to Document the Food Heritage?
- 2018** Interview with **Sara El-Sayed**. Arabic. <https://anchor.fm/bortaan-podcast> El-Sayed, S. Food for Thought at Slow Food Nations. The Sustainability Review. <https://www.thesustainabilityreview.org/articles>

Other Publications

- 2019** Dorghamy, Y., Dorry, M., Barakat, H. N., Mehrez, M., **El-Sayed, S.**, & Ikram, S. Egypt's Culinary Review. *Rawi Egypt's Heritage Review*, 80.

AWARDS AND HONORS

- 2021** Faculty Women's Association – Distinguished Graduate Student Award

- 2021 Culminating Experience grant (\$2000), School of Sustainability
- 2020 MAXQDA “ResearchforChange” grant (\$1550)
- 2020 COOR Scholarship for community engagement (\$3000)
- 2019 Neely Foundation Food and Agriculture Sustainability Research Grant, Arizona State University (\$2000)
- 2019 2nd Place in Martin Luther King Student Servant Leadership Award, at Arizona State University, 2019.
- 2008 Quebec Labrador Foundation fellowship

GRANTS AND FELLOWSHIPS

- 2018-2020 School of Sustainability Culminating Dissertation Grant (\$2000)
- 2017-2019 Graduate and Professional Student Association (GPSA) Travel Grant (\$1500)
- 2017-2019 Fellowship by The Biomimicry Center, ASU (RAship and Ph.D. funds)
- 2012 “She Entrepreneurs” fellowship, Swedish Institute in Cairo
- 2007 Invited delegate to draft the Ahmedabad Environmental Education Declaration “Education for Life: Life Through Education”

INVITED TALKS

- 2021 **El-Sayed, Sara**, June 16th. Low-tech Irrigation Systems. The Urban Farm – Water Harvesting Summit 2021.
- 2020 **El-Sayed, Sara**, Al-Sharif Shada. Oct 28th. Climate Change and Sustainable Food Systems. She Is Arab Webinar.
- 2020 **El-Sayed, Sara**, Spackman, Christy. 2020. Speculative Future of Food.... Beyond Contamination”. ASFS/AFHVS Twitter Conference. Virtual conference. July 23-25
- 2020 Fehler, Michelle, **El-Sayed, Sara**. April 2020 “Unlocking Nature’s Secrets: A Nature-based tool for Sustainable Visual Communication Design.” Presentation Environmental Design Research Association EDRA51, Tempe, April 2020
- 2019 **El-Sayed, Sara**. “Mimicking Nature’s Relationships.” Presentation at Science of Non-Duality SAND, San Jose, October.
- 2012-2016 Speaker at Several Terra Madre events in Torino.
- 2015 TEDxCairo May “Food a Sense of Belonging”
<https://www.youtube.com/watch?v=FM3wJKYzq9Y>
- 2013 TEDxWWF May “Tuning Our Antennas”
<https://www.youtube.com/watch?v=0dBjSbp53qw>
- 2005 4th World Water Forum in Mexico. Escorted an Egyptian youth delegation. 4th International Conference on Environmental Education. Assisted in Drafting the Declaration

CAMPUS TALKS

Spring 2021, Fall & Spring 2020, Fall & Spring 2019, Fall 2018

Guest lecturer in SOS 110 Sustainable World – Introduction to Biomimicry.

Spring 2021

Guest lecturer in SOS 327 Food and Farm – Regenerative agriculture.

Fall 2019

Guest lecturer in FSH 394 Fashion and Wearable Technology – Introduction to Biomimicry.

Spring 2019

Guest lecturer in LDE 521 Advanced Architecture Studio – Introduction to Biomimicry

Fall 2018

Guest lecturer in FSH 394 Fashion and Wearable Technology – Introduction to Biomimicry

RESEARCH EXPERIENCE

2003

Red Cross volunteer, NAMRU # 3. (U.S Naval Medical Research Unit) in the Cloning department.

SERVICE TO PROFESSION

Guest editor to special issue “Advancing Sustainability Through Well-Being” – *Journal Sustainability*, deadline July 30th 2021.

THESIS ADVISOR/ MENTORING

2020-2021

Second reader on Master’s topic “Application of Biomimicry within Ecotherapeutic Practices” at Prescott College

2019-2020

Member for Barret Honors Undergrad Thesis - Diego Santa Cruz 2021 “How the Green New Deal can separate the agriculture industry from capitalism: a biomimetic model”

2020

Mentor Barrett Honors students Spring 2020 (Emma Horn, Alyson Hulet, Chiao Chen Wang) Fall 2020 (Madison Harris, Anna Elovitz, Katherine Blessington)

COMMUNITY INVOLVEMENT AND OUTREACH

2021

Coordinator and Moderator for Slow Food Seed Summit February 2021

2017-2020

Slow Food Phoenix board member – Chair of Policy and Advocacy committee

2018

Happy Hood neighbourhood project - Assisted in the design and implementation of gardens and infrastructure using earth infrastructure

2011-2017

Slow Food International Councillor, representing North Africa

2015

Permaculture design in Portugal– assisted in the implementation of permaculture gardens in several farms in Aljezur, such as Paradise, and Val de Lama.

2005 Volunteer in EEAA (Egyptian Environmental Affairs Agency) South Sinai National Parks.

2000 Volunteer in Earth Watch, conservation of leatherback turtles, in Costa Rica.

LANGUAGES

Arabic Reading (Fluent), Writing (Good), Speaking (Fluent)

English Reading (Fluent), Writing (Fluent), Speaking (Fluent)

Italian Reading (Fluent), Writing (beginner), Speaking (Fluent)

French Reading (beginner), Speaking (beginner)