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From September 2023, Sabine Ludwig holds a professorship for Diversity in Medicine at the Medical University of Innsbruck, Austria. Previously, she had a professorship for Public Health, Rehabilitation and Transdisciplinary Health care at the Catholic University in Mainz and at the University of Applied Health Sciences in Bochum, Germany. Sabine Ludwig is the co-founder and Director of Women in Global Health - Germany and Head of the Women in Global Health European Chapters Executive Board.

She holds a German-French Master's degree in international and development economics from the Université Paris IX Dauphine, France and J.W.-Goethe University Frankfurt, Germany. She also holds a Master's degree in Chinese Studies. Sabine has worked at the European Commission in Brussels and Beijing, at Charité - Universitätsmedizin Berlin and the Robert Koch-Institute, the German national public health institute as coordinator and expert for the German National Women's Health Report.

Sabine has obtained her doctoral degree at Charité in the field of Gender medicine, Women's Health, Gender Equality and Curriculum Development. She speaks German, English, French and Chinese.