



europass

Sofia Giannarou

**CIVIL ENGINEER
FORESTER
PhD, MSc, MSci**

Date of birth: 23/12/1978 | **Nationality:** Greek | **Gender:** Female |

(+30) 6937252353 | giannarousofia@yahoo.gr | giannarou.sofia@ac.eap.gr

Drama, Greece

EDUCATION AND TRAINING

2023 – CURENT

POSTDOC – Hellenic Open University

Postdoctoral researcher. School of Applied Arts and Sustainable Design.
Title of Postdoctoral Research "Sustainable design interventions in buildings, neighborhoods and cities. Assessment of parameters, capabilities and constraints". Supervisor Professor: Efthymios Zervas.

2016 – 2020

DOCTORAL DIPLOMA – Democritus University of Thrace

Doctor of the School of Agricultural and Forestry Sciences of the Department of Forestry and Management of the Environment and Natural Resources.
Title of the Doctoral Thesis "Energy saving in Buildings, the importance of forest lands in bioclimatic comfort and the role of Education".

2003 – 2004

POSTGRADUATE DIPLOMA – Democritus University of Thrace

Construction sector
Postgraduate Program "New Materials and Technologies in the Design of Reinforced Concrete Projects" in the direction of: "Construction Projects with emphasis on Earthquake Design".
Preparation of a dissertation in the static laboratory on "Assessment of seismic adequacy of reinforced concrete construction built before 1995 and subsequent reinforcement study with the aim of adding a floor (Construction analysis with the Fespa static program)".

1997 – 2002

INTEGRATED MASTER – Aristotle University of Thessaloniki

Certification of academic equivalence of a degree in Civil Engineering with a diploma under the international name MASTER.

2016-2021

INTEGRATED MASTER – Democritus University of Thrace (formerly International Hellenic University)

Certification of academic equivalence of a degree in Forestry with a diploma under the international name MASTER.

2016-2021

DEGREE OF FORESTER – International Hellenic University

Forester.

School of Geotechnical Sciences-Department of Forestry & Natural Environment

Thesis on "Types of Wooden Structures: Properties-Applications"

Average: 9.36 / 10

1997-2002

CIVIL ENGINEER'S DIPLOMA – Aristotle University of Thessaloniki

Civil Engineer

Polytechnic School - Department of Civil Engineering.

Preparation of Diploma Thesis in the field of Construction Science and Technology in the laboratory of Building and Structural Physics, on "Materials and construction solutions of integrated building elements from reinforced concrete".

Average: 7.70 / 10

● LANGUAGE SKILLS

- Mother tongue: **Greek**

- Other languages:

English: Listening/ Reading/ Spoken interaction/ Spoken production/ Writing

C2-Proficient user

LanguageCert Test of English (LTE) - LanguageCert Level 3 Certificate in ESOL International (Listening, Reading) (LanguageCert Test of English C2) 603/5301/6

First Certificate in English tou Cambridge

Italian: Certificate of training of the Institute of Continuing Adult Education.

● DIGITAL SKILLS

- Holder of **ECDL** Certification
- Certification of ICT Skills and Knowledge (**Level B1**): "Teacher Training for the Utilization and Application of Digital Technologies in Teaching Practice" B1.2: Natural Sciences, Technology, Physical Education, and Health
- **ICT Level A** Certification: "Teacher Training in the Utilization of Information and Communication Technologies (ICT) in Education"
- Training at **Levels B1 and B2** in Education



WORK EXPERIENCE

2020 – CURENT

COLLABORATING EDUCATIONAL STAFF – HELLENIC OPEN UNIVERSITY

Postgraduate programs

- Environmental Design of Cities and Buildings,
- Environmental Design of Infrastructure projects,
- Environmental Design

15/06/2022 – 15/11/2022

PROJECT ASSIGNMENT AGREEMENT – INTERNATIONAL UNIVERSITY OF GREECE

Study of Livestock Development of the Municipality of K. Nevrokopi with (KE80597). Scientific manager Ms. Merou Theodora.

2005 – CURENT

TEACHER – SECONDARY EDUCATION

02/2004 – 06/2004

TEACHER – XANTHI VOCATIONAL TRAINING INSTITUTE

Employment contract for a part-time employee in the Specialty: Designer Through Computer Systems and in the Course: Work Environment Organization

2003 – 2005

CIVIL ENGINEER – SELF EMPLOYED

Collaborations:

10/2004 - 11/2005

E.M.B.I.K. SA - Company of Metal Industrial Constructions. Address: 7th km Drama-Kavala -Tel. 2521043046

2/2003 - 10/2003

Technical office Kouroudis Leonidas

Address: 18 Amfipoleos and Agamemnonos Evosmos Thessaloniki - Tel. 2310769262

10/2003

Technical office Chiraki Eleni

Address: Tsimiski - Nik. Fokas 16 Thessaloniki - Tel. 2310242696

23/09/2004 - 23/11/2004

Technical Chamber of Greece-Regional Department of Thrace

Participation in a working group for the inventory of existing buildings and assessment of seismic vulnerability and danger of buildings in the city of Xanthi-

Address: Komotini -Tel. 2531035313

HONOURS AND AWARDS

2nd prize in the 19th National eTwinning Competition 2024 in the category GEL, EPAL, EPAS, TEE and EEEK (16-19) for the project “My Career Plan”

Award of the Technical Chamber of Greece for the performance in the studies during the academic year 2001-2002

Praise for the recognition of the excellent and valid organization of the payroll data of the prefecture of Drama and a letter of thanks from the D.D.E. Prefecture of Drama

Letter of Appreciation for my Contribution to the “Education Days 2013”

Praise for the Participation in the National School Competition 'Bravo Schools 2021

PUBLICATIONS

Dissertations

2002: Giannarou, S. Materials and construction solutions of integrated building elements from reinforced concrete. Aristotle University of Thessaloniki. Bachelor's thesis. Department of Construction Science and Technology in the laboratory of Building and Structural Physics. Thessaloniki.

2017: Giannarou, S. Types of Wooden Structures: Properties-Applications. International University of Greece. Bachelor's thesis. School of Geotechnical Sciences. Department of Forestry & Natural Environment, Drama.

Posgraduate Thesis

2004: Giannarou, S. Assessment of seismic adequacy of reinforced concrete construction built before 1995 and consequent reinforcement study with the aim of adding a floor (Construction analysis with the Fespa static program). Postgraduate Thesis. School of Civil Engineering, Aristotle University of Thessaloniki, Thessaloniki

Doctoral Thesis

2020: Giannarou, S. Energy saving in Buildings, the importance of forest areas in bioclimatic comfort and the role of Education. Doctoral thesis. School of Agriculture and Forestry of the Department of Forestry and Management of Environment and Natural Resources, Democritus University of Thessaloniki, Orestiada

Books & Notes Issue

2025: Giannarou S., Zervas E. ‘Built environment and circular economy’ teaching material of the Theoretical Unit PSP 62 of the Postgraduate Program of Studies PSH which is under publication

2019: Giannarou, S., Merou, ‘Infrastructure Projects in Greek Pastures’. Department of Forestry and Natural Environment Management, Technological Educational Institute of Eastern Macedonia and Thrace, Drama

Book Chapters

2021: Giannarou, S., & Tsatiris, M. (2021). Energy Conservation in Buildings with Passive Heating & Cooling Strategies: A Prospective Study in Greece's Climatic Zones. In book: Current Approaches in Science and Technology Research Vol. 7, 95–117. <https://doi.org/10.9734/bpi/castr/v7/2480F>

ISBN 978-93-91312-31-2 (Print)

ISBN 978-93-91312-36-7 (eBook)

DOI: 10.9734/bpi/castr/v7

2021: Giannarou, S., & Tsatiris, M. (2021). Bioclimatic Analysis Based on the Climate of Greece: An Approach towards Minimization of Energy Consumption in Buildings. In book: Current Approaches in Science and Technology Research Vol. 7, 64–94. <https://doi.org/10.9734/bpi/castr/v7/2476F>

ISBN 978-93-91312-31-2 (Print)

ISBN 978-93-91312-36-7 (eBook)

DOI: 10.9734/bpi/castr/v7

2021: Giannarou, S., & Tsatiris, M. (2021). Designing Bioclimatic Buildings to Minimize Energy Consumption: A Study on the Role of Education. In book: New Approaches in Engineering Research Vol. 8, 146-157. <https://doi.org/10.9734/bpi/naer/v8/2477F>

ISBN 978-93-91473-60-0 (Print)

ISBN 978-93-91473-64-8 (eBook)

DOI: 10.9734/bpi/naer/v8

EXAMPLES OF GOOD PRACTICE

2026: Giannarou, S. (2026). 2nd prize in the 19th National eTwinning Competition 2023-2024 in the category GEL, EPAL, EPAS, TEE and EEEEEK (16-19) for the project "My Career Plan". Examples of Good Practice of the 19th National eTwinning Project Competition. National eTwinning Support Organization Ministry of Education, Research and Religious Affairs Institute of Computer Technology and Publications "Diophantus" (I.T.Y.E.), pp.58-61

ISBN: 978-618-87856-5-6

Papers in international journals with judges

2025: Petroligki M., Giannarou S. (2025). Integrated Regression and Cluster Analysis for Cost Benefit Evaluation of Energy Retrofit Interventions in Hellenic Schools in Heraklion. E3S Web of Conferences 669:(02004). <https://doi.org/10.1051/e3sconf/202566902004>

2024: Kipourou A., Giannarou S. (2024). Barriers to energy upgrades of existing residential buildings: Results from social housing areas in Athens. E3S Web of Conferences 585(01001). <https://doi.org/10.1051/e3sconf/202458501001>

2024: Gareiou Z., Giannarou S., Drimili E., Vatikiotis L., Efthimios Zervas E. (2024). Public beliefs and perceptions related to ecofascism. ESEP- Ethics in Science and Environmental Politics. <https://doi.org/10.3354/esep00212>

2024: Petroligki M., Giannarou S. (2024). Energy saving measures of educational buildings and adoption of environmental behaviors and activities of the educational community. E3S Web of Conferences 585(01002). <https://doi.org/10.1051/e3sconf/202458501002>

2024: Giannarou S., Tsatiris M. (2024). The goal of sustainable development

will become a reality if nations ensure that infrastructure engineers are taught sustainability. A survey conducted in Greece. E3S Web of Conferences 585(04005). <https://doi.org/10.1051/e3sconf/202458504005>

2023: Kipourou A., Giannarou S., Zervas E. (2023). Evaluations of energy upgrading interventions in social housing neighbourhoods in Greece: An approach that takes into account residents' views. E3S Web of Conferences 436(17). <https://doi.org/10.1051/e3sconf/202343601010>

2022: Karali I., Giannarou S., Zervas E. (2022). Energy consumption in Greek school buildings as a function of the climate zone. IOP Conference Series Earth and Environmental Science 1123(1):012046. <https://doi.org/10.1088/1755-1315/1123/1/012046>

2022: Laridou S., Giannarou S., Zervas E. (2022). Opinion of construction professionals for the implementation of sustainable construction strategies. IOP Conference Series Earth and Environmental Science 1123(1):012047. <https://doi.org/10.1088/1755-1315/1123/1/012047>

2022: Galanaki T., Giannarou S., Zervas E. (2022). Energy efficiency of Greek school buildings and cost of bioclimatic interventions. IOP Conference Series Earth and Environmental Science 1123(1):012048. <https://doi.org/10.1088/1755-1315/1123/1/012048>

2021: Lazarou G. and Giannarou S. (2021). Quantitative methodology for the estimation of the environmental impact of wind farms – The case of Greece and application on the country's operating units. IOP Conference Series: Earth and Environmental Science 899 (2021) 012025. <https://doi.org/10.1088/1755-1315/899/1/012025>

2020: Giannarou, S. (2020). Create a sustainable future in Greece by educating Greek Engineers in the design of bioclimatic buildings. Scientific Educational Journal (educ@tional circle). Volume 8, Issue 2, pp. 147-161, ISSN: 2241-4576

2019: Giannarou, S., Tsatiris, M., Kitikidou, K. (2019). The Role of Education in Designing Bioclimatic Buildings to Minimize Energy Consumption. International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). Volume 6, Issue 1, Ver. I, Jan 2019, pp. 7724-7732.

2019: Giannarou, S., Tsatiris, M., Kitikidou, K. (2019). Bioclimatic analysis based on the climate of Greece, in order to minimize energy consumption in buildings. International Refereed Journal of Engineering and Science (IRJES). Volume 7, Issue 9, Ser I (Sep 2018), pp. 25-50. ISSN (Online) 2319-183X, (Print) 2319-1821

2018: Giannarou, S., Tsatiris, M., Kitikidou, K. (2018). Energy Conservation in Buildings with Passive Heating and Cooling Strategies in Greece's Climatic Zones. International Refereed Journal of Engineering and Science (IRJES). Volume 7, Issue 7, Ver. I (Jul 2018), pp. 29-45. ISSN (Online) 2319-183X, (Print) 2319-1821

Supervision of Diploma Thesis

2020-2021: Damopoulou I. Building sustainable school buildings and yards. Review-Investigation of the current situation -Suggestions of bioclimatic configuration.

2020-2021: Lazarou I. Methodology for quantitative assessment of the environmental impact of wind farms; the case of Greece and application of the method in the ongoing projects.

2020-2021: Makridou E. Improving the energy efficiency of school groups in Greece.

2021-2022: Galanaki T. Investigation of the energy performance of Greek school buildings over time and cost estimation of bioclimatic interventions.

2021-2022: Karali I. Mapping the energy consumption in Greek school buildings in the 4 climate zones of Greece.

2021-2022: Laridou S. Building professionals and their role in sustainable investments.

2022-2023: Kipourou A. Energy upgrading of houses of different types and age: Evaluation of interventions in social housing in Greece.

2022-2023: Lagoudaki E. A Comparative Review of the Implementation of Education for Sustainable Development in Secondary Education in Europe.

2022-2023: Deri D. The Greek Policy for Renewable Energy Sources. Perceptions of those involved in the licensing process for photovoltaic parks in the area of Trikala.

2022-2023: Ifantidou X. Improving energy efficiency and saving energy in existing Public Sector buildings. Investigation of energy upgrading measures in the Town Hall of the Municipality of Keratsini - Drapetsona and evaluation of application in all climate zones of Greece.

2022-2023: Haitas E. Requirements for energy upgrade interventions in rental properties. Public knowledge, attitudes and opinions.

2023-2024: KAKOGIANNI A. The role of the redesign of school complexes, based on the principles of bioclimatic architecture, in the well-being of their users.

2023-2024: PETROLIAGKI M. Interventions for energy upgrading of educational buildings and adoption of pro-environmental behaviors and activities of the educational community.

2024–2025: Parousi Th. The Future of the Energy-Intensive Building Stock: Adaptive Reuse, Aesthetic Interventions, and Environmental Upgrading of Existing Abandoned Buildings.

2024–2025: Foti L. The Long-Term Value of Urban Green Spaces for Society: Analysis of Environmental, Social, and Economic Dimensions.

Presentations in international conferences

2025: E3S Web of Conferences, Volume 669 (2025), 6th International Conference on Environmental Design and Health (ICED2025) November 25-26, 2025 Hybrid Heraklion Greece and Online. Laboratory of Technology and Policy of Energy and Environment, Hellenic Open University. Presentation of a paper on the topic:

1. 'Integrated Regression and Cluster Analysis for Cost Benefit Evaluation of Energy Retrofit Interventions in Hellenic Schools'. M. Petroliaiki and S. Giannarou. E3S Web Conf., 669 (2025) (02004). <https://doi.org/10.1051/e3sconf/202566902004>
 2. 'Built to Move: School Environments Promoting Physical Activity and Obesity Prevention', S. Giannarou and E. Zervas (2025). Poster, <https://doi.org/10.13140/RG.2.2.11823.80805>
 3. 'Energy Conservation Behaviors in Greek Urban Districts: Investigating Practices to Reduce Energy Consumption in High-Density Areas', Kipourou A. and S. Giannarou (2025). Poster, <https://doi.org/10.13140/RG.2.2.18534.69442>
 4. 'The long-term value of urban green spaces for the society: an analysis of environmental, social and economic dimensions', Foti L. and S. Giannarou (2025). Poster, <https://doi.org/10.13140/RG.2.2.28601.02403>
 5. 'Urban Planning and Quality of Life: Exploring the Connection Between the Built Environment and Residents' Well-being in an Island with Mediterranean Climate Characteristics'. A.A. Rinda, A. Tseliou and S. Giannarou (2025). Poster, <https://doi.org/10.13140/RG.2.2.35070.45129>
- eISSN: 2267-1242

2024: E3S Web of Conferences, Volume 585 (2024), 5th International Conference on Environmental Design (ICED2024) October 18-20, 2024 Hybrid Athens, Greece and Online. Laboratory of Technology and Policy of Energy and Environment, Hellenic Open University. Presentation of a paper on the topic:

1. 'The goal of sustainable development will become a reality if nations ensure that infrastructure engineers are taught sustainability. A survey conducted in Greece'. S. Giannarou and M. Tsatiris. E3S Web Conf., 585 (2024) 04005 <https://doi.org/10.1051/e3sconf/202458504005>
2. 'Energy saving measures of educational buildings and adoption of environmental behaviors and activities of the educational community'. M. Petroliaiki and S. Giannarou. E3S Web Conf., 585 (2024) 01002 <https://doi.org/10.1051/e3sconf/202458501002>
3. 'Barriers to energy upgrades of existing residential buildings: Results from social housing areas in Athens'. A. Kipourou and S. Giannarou. E3S Web Conf., 585 (2024), 01001 <https://doi.org/10.1051/e3sconf/202458501001>

eISSN: 2267-1242

2023: E3S Web of Conferences, Volume 436 (2023), 4th International Conference on Environmental Design (ICED2023) October 20-22, 2023 Hybrid Athens, Greece and Online. Laboratory of Technology and Policy of Energy and Environment, Hellenic Open University. Presentation of a paper on the topic:

1. 'Evaluations of energy upgrading interventions in social housing neighbourhoods in Greece: An approach that takes into account residents' views', A. Kipourou, S. Giannarou and E. Zervas (2023) E3S Web Conf., 436 (2023) 01010 <https://doi.org/10.1051/e3sconf/202343601010>
2. 'Importance of bioclimatic design of school yards', S. Giannarou and E. Zervas (2023). Poster, https://iced.eap.gr/wp-content/uploads/ICED2023/Posters/P216-Bioclimatic_schoolyards.pdf

eISSN: 2267-1242

2022: IOP Conference Series: Earth and Environmental Science, Volume 1123, 3rd International Conference on Environmental Design (ICED2022) 22/10/2022 - 23/10/2022 Athens, Greece. Laboratory of Technology and Policy of Energy and Environment, Hellenic Open University. Presentation of a paper on the topic:

1. 'Opinion of construction professionals for the implementation of sustainable construction strategies', S. Laridou, S. Giannarou and E. Zervas (2022) IOP Conf. Ser.: Earth Environ. Sci. 1123 012047 <https://doi.org/10.1088/1755-1315/1123/1/012047>
2. 'Energy consumption in Greek school buildings as a function of the climate zone', I. Karali, S. Giannarou and E. Zervas (2022) IOP Conf. Ser.: Earth Environ. Sci. 1123 012046 <https://doi.org/10.1088/1755-1315/1123/1/012046>
3. 'Energy efficiency of Greek school buildings and cost of bioclimatic intervention', T. Galanaki, S. Giannarou and E. Zervas (2022) IOP Conf. Ser.: Earth Environ. Sci. 1123 012048 <https://doi.org/10.1088/1755-1315/1123/1/012048>

ISSN: 1755-1315

2021: IOP Conference Series: Earth and Environmental Science, Volume 899, 2nd International Conference on Environmental Design, 23-24 October 2021, Athens, Greece (Virtual). Laboratory of Technology and Policy of Energy and Environment, Hellenic Open University. Presentation of a paper on the topic:

1. 'Quantitative methodology for the estimation of the environmental impact of wind farms – The case of Greece and application on the country's operating units', G. Lazarou and S. Giannarou (2021) IOP Conf. Ser.: Earth Environ. Sci. 899 012025 <https://doi.org/10.1088/1755-1315/899/1/012025>

ISSN: 1755-1315

2021: 6th Conference Economics of Natural Resources & the Environment. Laboratory of Operations Research Department of Economics School of Economics and Business University of Thessaly, Department of Economics & Sustainable Development School of Environment, Geography and Applied Economics Harokopio University. 11-12 June 2021, on line. Presentation of a paper on the topic "The road to sustainability through the education of professionals in the field of construction, S. Giannarou, E. Zervas, M. Tsatiris". http://envecon.econ.uth.gr/main/eng/images/6th_conference/6th_Conference_Proceedings.pdf

● CONFERENCE ATTENDANCE

- **Certificate of attendance at the 11th Panhellenic eTwinning Conference** "Utilization of Information and Communication Technologies in Collaborative School Projects in Primary and Secondary Education," 21–23 November, 2025.
- **Certificate of Attendance** at the "St3dM4 - 4th Panhellenic Conference on 3D Design and Printing", November 29 – December 1, 2024
- **Certificate of Attendance** in the "3rd International Experiential Conference on Applied Teaching: New Challenges in Education", October 2-4, 2020
- **Certificate of Attendance 8th Panhellenic eTwinning Conference** "Utilization of Information and Communication Technologies in Collaborative School Projects" February 17-19, 2023
- **Organizational & Secretariat Support and Participation** in the "1st International Experiential Conference on Applied Teaching: Innovative Applications in Teaching Practice", November 27-29, 2015
- **Organizing & Secretariat Committee Member** at the "2nd International Experiential Conference on Applied Teaching: Teaching Trends and Challenges in Modern Learning Environments", April 27-29, 2018
- **Educational Symposium** organized by the **Secondary Education**

Directorate of Drama, titled "Education for the Future: Developing Skills and Attitudes to Address Challenges", April 26-28, 2024

● **TRAINER IN EDUCATIONAL PROGRAMS**

- Trainer in the eTwinning seminar on "Internet Safety - Evaluation and development of critical thinking about digital content" 2024-2025, duration 200 hours
- Trainer in the eTwinning seminar on "Website Creation Tools - Collaborative and Supportive Tools" 2023-2024, duration 200 hours
- Trainer in the eTwinning seminar on "Website Creation Tools - Collaborative and Supportive Tools" 2022-2023, duration 200 hours

● **SEMINARS-WORKSHOPS-EDUCATIONAL PROGRAMS AS A TRAINEE**

- Certification for actions of 400 hours completed between 24/10/2022 - 30/11/2021 by the National Support Organization of eTwinning, entirely online: "II. Multimedia Editing Tools - Educational Material Production Tools" and simultaneously implementing the eTwinning project "Route to 2030" using the seminar tools, which received the European Quality Label in eTwinning.
- Certification for actions of 400 hours completed between 30/10/2024 - 12.11.2024 by the National Support Organization of eTwinning, entirely online: « Arduino Basic: Introduction to educational robotics using Arduino» and simultaneously implementing the eTwinning project «My Career Plan» using the seminar tools, which received the European Quality Label in eTwinning.
- eTwinning Seminar on "Pedagogical use of Artificial Intelligence in etwinning projects and in teaching courses" duration 200 hours
- eTwinning Seminar on "IV. Online educational communities and use of learning objects" duration 200 hours
- eTwinning seminar on "Creative and Safe Internet - Assessment and Development of Critical Thinking for Digital Content" duration 200 hours
- eTwinning seminar on "Arduino Basic: Introduction to Educational Robotics with Arduino" duration 200 hours
- eTwinning seminar on "Website Creation Tools - Collaborative and Supportive Tools" duration 160 hours
- eTwinning seminar on "Mobile Devices 2: Application in Education" duration 160 hours
- eTwinning seminar on "Scratch Programming and Educational Robotics" duration 200 hours
- eTwinning seminar on "Multimedia Editing Tools - Educational Material Production Tools" duration 200 hours
- eTwinning & Skills Workshops course (2023) "Collaborative Actions for the Development of Knowledge, Skills, and Competencies" duration 20 hours
- eTwinning MOOC 2023 "Introduction to eTwinning, the European Action for Education" duration 20 hours
- eTwinning MOOC 2025 "Utilizing Artificial Intelligence in Education and eTwinning Projects" duration 30 hours
- Training for members of the Educational Support Group on "Open and Distance Education - AExAE" duration 37 hours
- Training Program on "Environmental, Urban, and Spatial Data Using Geographic Information Systems (GIS)" duration 35 hours (EKDDA)

- Training in "Marcus Quests," "Basic Theories and Applications of Adult Education" duration 100 hours
- Training in "Learning by Six Thinking Hats," "Basic Theories and Applications of Adult Education" duration 150 hours
- Annual Experiential Project "Learning Experientially, Collaborating, and Building the School of the Future," experiential workshops on educational administration and pedagogy, duration 86 hours
- Training Program "Teacher/Trainer Training in Apprenticeship Issues" duration 39 hours
- Certification in the framework of the educational program "You and I Together: Education in Human Rights" during the 2022-2023 school year, duration 50 hours
- Certification in the framework of the educational program of Amnesty International 2021-2022 "You and I Together: Education in Human Rights," duration 50 hours
- Participation in the course "Learning Digitally - Teaching Digitally," pedagogical use of technology for the development of learning skills in Secondary Education, duration 30 hours
- Participation in the Open Online Course (MOOC) titled "Teacher Training in Distance Education Methodology," duration 15 hours
- Seminar on "Training of Environmental Education Teachers" duration 50 hours
- Training program titled: "A New Beginning in EPAL - Implementation of Teacher Training," role of the teacher in supporting students for better integration into school life, priority to 1st Year EPAL students, duration 32 hours
- Training seminar on "The Six Thinking Hats of De Bono: Creative Experiential Interventions for Raising Awareness Among Teachers and Students About the Environment and Sustainability" duration 22 hours
- Training titled "Training in Practices Supporting Students in Differentiated Teaching (DT)" duration 14 hours
- Introductory training for the educational use of ICT (B1 ICT level) duration 36 hours
- Advanced training for the use and application of ICT in teaching practice (B2 ICT level) duration 60 hours
- Online seminars on "The European Union: New Age of Challenges and Opportunities" duration 12 hours
- Training program titled "Intensive Teacher Training in Distance Education" duration 20 hours
- Training titled "Education for Global Citizenship" duration 10 hours
- Training titled "Teacher Training in Skills Through Workshops" duration 36 hours
- Certified Training Program "Improving Social Skills: Modern Environments and Managing Work Stress," duration 21 hours (EKDDA)
- Certified Educational Program "Educational Management of Educational Units," duration 70 hours (EKDDA)
- Training program titled "Human-Centered Artificial Intelligence in Education: Transforming How We Teach and Learn" duration 70 hours
- Training (8 hours synchronous, 20 hours asynchronous, 8 hours for preparing teaching scenarios), for the New Curriculum "LYCEUM PLAN," including creating teaching scenarios, activities, and completing self-assessment questions, duration 36 hours
- Training program titled "Training of Educational Administration Staff" duration 45 hours
- Training program titled "Spreadsheets - Presentations" duration 50 hours

- Training program titled "Adult Education in Acquiring Basic Skills in New Technologies" duration 50 hours
- Training program "Development of Written and Oral Skills and Cultural Elements in English (Level C1)" duration 63 hours
- Training program "Italian Language I" duration 50 hours
- Training program "Italian for Tourism" duration 25 hours
- Training program "Public Accounting" duration 35 hours
- Training program "Managing Windows Server 2003" duration 70 hours
- Training program "Improving Social Skills: Negotiation Techniques - Decision Making Techniques" duration 28 hours
- Seminar on "Access for All – Disability Awareness - Interdisciplinary Seminars" upgrade and expansion of the program for the education of people with disabilities in primary and secondary education, duration 30 hours
- Training seminar on "Special Education: Anxiety Disorders, School Phobia, Gender Differences" duration 15 hours
- Online course on "Social Networks in Education" duration 30 hours
- Workshop on "Learning Difficulties: Theory and Practice" duration 1 day
- Training workshop for technology courses, duration 1 day
- Two-day seminar on "Raising Awareness Among TEE and SEK Educators," duration 2 days
- Two-day seminar on "Great Moments in Education - From Zeus to Zorba," duration 2 days
- Participation in a three-day event "Education Days 2012" dedicated to "Research Work Project," duration 10 hours
- Training seminar for the "European Parliament Ambassador Schools" EPAS 2023 program, duration 7.5 hours
- Training seminar for the "European Parliament Ambassador Schools" EPAS 2024 program, duration 7.5 hours
- Workshop titled "Wind Farms and the Challenge of Climate Change," duration 3 hours
- Training seminar on "Creating a Positive Learning Environment in Classes with Heterogeneous Populations – Roma" duration 3.5 hours
- Training seminar on "Urban Heat Island: Facts and Myths" duration 3 hours
- Training event titled "School Activities and Skill Workshops: Sustainability Proposals" duration 3 hours
- Training seminar on "Sustainable City: The City as an Educational Field for Sustainability," duration 2 hours
- Experiential workshop on "Empathy, Teaching and Pedagogical Approaches in Daily School Practice for Individual Subjects," duration 2 hours
- Training seminar on "National Thematic Network Sustainable City: The City as an Educational Field for Sustainability," duration 2.5 hours
- Training event titled "Learning About Forests and Wildlife," duration 7 hours (4+3)
- Training seminar titled "Satellite Remote Sensing and Natural Disasters," duration 1 hour
- E-learning for the eTwinning action titled "Advanced Workshop 2: Designing a Quality, Collaborative eTwinning Project," duration 90 minutes
- Seminars for the project "Schools for All," "31 Key Activities": usage, possibilities, and examples (part 2) duration 6 (3+3) hours

- Online meeting for teachers held within the framework of the 'You & I Together' program of Amnesty International, titled "Human Rights & Education," duration 2.5 hours
- Training seminar "Exploration, Diagnosis, and Management of Child Abuse/Neglect – Assessment of Risk Factors" duration 3 hours
- Participation in an experiential workshop on "Perceived Motivation Climate and Educational/Teaching Approaches for Developing Social Skills," duration 2 hours
- Participation with students in the celebration of the Safer Internet Day 2023, duration 3 hours (1.5+1.5)
- Participation with students in the celebration of the Safer Internet Day 2022, duration 1.5 hours
- Safer Internet Day 2025 Supporter Certificate
- First Responders Training Seminar in Emergency Life-Saving Situations, duration 1 day
- 1st working meeting of the UNESCO 'Con-e-ct' Chair on "Conservation and Ecotourism in Riparian and Delta Ecosystems" 17/09/2016
- Online meeting on the 17 Sustainable Development Goals 20/10/2021
- Entrepreneurship Workshop in Secondary Education 25/10/2022
- Collaborative project between students and teachers of the 1st EPAL Drama and the 2nd Gymnasium Drama, aiming at the digital-virtual presentation of the city's Graffiti.

● ENVIRONMENTAL PROGRAMS

- **School Activities Program on Cultural Issues (2024-2025):** "From Abandonment to Renaissance. Reuse of Cultural Heritage Buildings for Contemporary Culture"
- **School Environmental Education Program (2023-2024):** "I Want to Help My Fellow Human"
- **School Environmental Education Program (2023-2024):** "Recording the Buildings of the Golden Age of Tobacco in Drama"
- **School Environmental Education Program (2022-2023):** "Volunteering and Giving Back"
- **School Environmental Education Program (2022-2023):** "Traveling to the Past: A Journey Through the Historic Center of Drama"
- **School Environmental Education Program (2021-2022):** "The Road to Tomorrow Passing Through the Path of Knowledge, History, and Culture of My Hometown, Drama"
- **School Environmental Education Program (2020-2021):** "Sustainable School: We All Care, We All Participate"
- **Participation in the National Thematic Network for Environmental Education (2023-2024):** "Sustainable City: The City as an Educational Field for Sustainability" – Program: "Environmental Urban Planning"
- **Participation in the National Thematic Network for Environmental Education (2021-2022):** "Sustainable City: The City as an Educational Field for Sustainability" – Program: "Recycling... Am I Doing It Right?"
- **Participation in the National Thematic Network for Environmental Education (2020-2021):** "Sustainable City: The City as an Educational Field for Sustainability" – Program: "Sustainable School: We All Care, We All Participate"
- **Certificate of Participation in the 1st Summer School "Summer in Drama,"** organized by the 1st Vocational High School of Drama in July 2024.



EUROPEAN PROJECTS

➤ European Erasmus+ Programs

2025-2028: Erasmus+ Project KA220 AI for Green Education

- Certificate of participation in Spain 27-28/11/2024

2024-2026: Erasmus+ Project KA210 Empowering Young Entrepreneurs Towards a Greener Future where the coordinating school is the 1st EPAL of Drama

- Certificate of participation in Greece 23-25/09/2024
- Certificate of participation in Turkey 5-9/05/2025

2023-2025: Erasmus+ Project KA220: Entrepreneurship Anchors

- Certificate of participation in Poland 15-19/04/2024
- Certificate of participation in Greece 17-21/03/2025

➤ European eTwinning Projects

2024-2025: Participation in the e-Twinning project entitled GREEN – Global Responsibility for Education and Environmental Nutrition

2024-2025: National & European Quality Label for participation in the e-Twinning project entitled Mind Masters

2024-2025: Participation in the e-Twinning project entitled Better Together

2024-2025: Participation in the e-Twinning project entitled EYE2GreenFuture

2024-2025: Participation in the e-Twinning project entitled Entrepreneurship Anchors

2023-2024: National & European Quality Label for participation in the e-Twinning project entitled Be Well Be Happy

2023-2024: National & European Quality Label for participation in the e-Twinning project entitled My Career Plan (2nd national prize in the 19th eTwinning competition)

2023-2024: National & European Quality Label for participation in the e-Twinning project entitled Digi Table

2022-2023: Participation in the e-Twinning project entitled Uniqueness in heritages - UNESCO

2021-2022: National Quality Label for participation in the e-Twinning project entitled Global Goals in Business

2020-2021: National & European Quality Label for participation in the e-Twinning project entitled Route to 2030

OTHER SKILLS

License to practice Civil Engineering from 06/03/2003

Member of the TEE with Registration Number 94374 from 07/03/2003

Inclusion in the introductory register of adult educators of EKEPIS

Registration in the register of trainers of KEDIVIM of EAP (10/2022-01-12 meeting)

Certificate in open distance learning for members of the Collaborating Educational Staff of the Hellenic Open University

Active member of the "Laboratory of Technology and Policy of Energy and Environment" of the Hellenic Open University (LAPTEE)

Training as a Trainer of the Life Skills program - Shaping active citizens

Senior Ambassador of the European Parliament 2023-2024

Internal School Coordinator for Classes during the academic years 2022-2023, 2023-2024, and 2024-2025

Internal School Coordinator for Subject Areas during the academic year 2024-2025