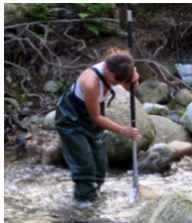


PERSONAL INFORMATION

Anastasia Lampou



-  Litous 18, Vouliagmeni, 16671 Athens (Greece)
-  (+30) 22910 76395  (+30) 6975627519
-  alampou@hcmr.gr
-  Skype [anastasia.lampou](#)

WORK EXPERIENCE

- 02/2018–Present **Research Assistant**
 Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)
"Monitoring and Recording of the Water Status (Quality, Quantity, Pressures, Use) in Greece"

 - Field campaigns (Macroinvertebrates, Physicochemical parameters, RHS protocol)
 - Sorting & Identification (Macroinvertebrates)
 - Data entry
 - Data analysis & processing

- 02/2017–02/2018 **Scientific Collaborator**
 Institute of Social Ecology (SEC) of the University of Natural Resources and Life Sciences, Vienna (BOKU), Vienna (Austria)
"SUSAKI - Socioecological transitions, sustainability and collapse of island communities: the case of Samothraki (SUSAKI)"

- 12/2017–06/2018 **Tutor and Project Manager**
 Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR) (Greece) and Vienna Institute of Social Ecology of the Alpen Adria University (Austria)
"5th Samothraki Summer School: Aquatic & Social Ecology: Theory and Practice", Samothraki Island (Greece), 3-12 June 2018.

- 12/2016–Present **Scientific Collaborator**
 Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)
"Long-Term Ecological Research in Greece (LTER-Greece), which belongs in the project International Long-Term Ecological Research (ILTER)"

- 12/2016–07/2017 **Tutor and Project Manager**
 Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR) (Greece) and Vienna Institute of Social Ecology of the Alpen Adria University (Austria)
"4rd Samothraki Summer School: Aquatic & Social Ecology: Theory and Practice", Samothraki Island (Greece), 5-15 July 2017.

- 11/2016–12/2016 **Research Assistant**

Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)

European Project "GLOBAQUA" (Managing the effects of multiple stressors on aquatic ecosystems under water scarcity)

- Laboratory work
- Data analysis

08/2016–10/2016 **Research Assistant**

Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)

"National Fisheries Data Collection Project (EPSAD 2016)"

07/2016–08/2016 **Scientific Collaborator**

International Association for Education and Exchange (IBB e.V.), Dortmund (Germany)

"European workcamp programme ewoca³ : Active together in Europe", 23 July - 4 August 2016.

- Organization of visit a wetland in Samothraki
- Development of a questionnaire and interactive games to improve the understanding of ecosystem's and biodiversity's notions

01/2016–03/2016 **Research Assistant**

Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)

"European Marine Observation and Data Network (EMODnet) : MedSea Checkpoint"

- Data analysis and processing

09/2015–08/2016 **Tutor and Project Manager**

Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR) (Greece), Vienna Institute of Social Ecology of the Alpen Adria University (Austria), Department of Environmental and Natural Resources Management of the University of Patras (Greece)

"3rd Samothraki Summer University : Integrated Management Approaches for Biosphere Reserves and Other Designated Areas. Course A.: Aquatic & Social Ecology: Theory and Practice. Course B: Integrates Water and Coastal Management - Educational and Participatory Approaches", Samothraki Island (Greece), 9-22 July 2016

10/2013–Present **Scientific Collaborator**

Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR) and Municipality of Samothraki Island (Greece)

"Samothraki Nature Observatory (SNO)"

- Field samplings of benthic macroinvertebrates in the surface waters (rivers, springs, lagoons, wetlands), as well as their identification
- Water samplings and measurement of physico-chemical parameters in the surface waters (rivers, springs, lagoons, wetlands) , as well as the record of riparian vegetation and RHS protocols.
- Pressure recording (point & diffuse)
- Digitization of surface waters (rivers, springs, lagoons, wetlands), basins of rivers, geological formations on the island of Samothraki & the extraction of data concerning abiotic parameters as well as land uses, slopes & altitude (using GIS)
- Analysis of databases using the SPSS, PRIMER, CANOCO & R
- Writing publications (in scientific journals & conferences)

- Communication with the Stakeholders (Municipality of Samothraki, Sustainable Samothraki Association & KINSEP Zathe)
- SNO's Website creation & management

10/2013–12/2015 Research Assistant

Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)

Environmental Monitoring Program of ecological water quality (EPPERAA 9) "Monitoring of Ecological water quality of rivers, coastal and transitional waters of Greece in application of Article 8 of Directive 2000/60/EC"

- Field campaigns (Macroinvertebrates & Physicochemical parameters)
- Sorting & Identification (Macroinvertebrates)
- Data entry
- Data analysis and processing

10/2014–12/2014 Research Assistant

Department of Zoology, School of Biology, Aristotle University of Thessaloniki (AUTH), Thessaloniki (Greece)

Subproject 5 (project code: 89821) "Benthic macroinvertebrates samples analysis in rivers" of the project "Monitoring of Ecological water quality of rivers, coastal and transitional waters of Greece in application of Article 8 of Directive 2000/60/EC"

Benthic macroinvertebrates samples sorting and identification

09/2014–10/2014 Research Assistant

Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)

KRIPIS project "Development of an integrated tool for river basin, coastal and marine management"

- Sorting & Identification of Macroinvertebrates

01/2013–02/2013 Research Assistant

Department of Zoology, School of Biology, Aristotle University of Thessaloniki (AUTH), Thessaloniki (Greece)

Contract award project (project code: 83554)

- Preparation the presentations for undergraduate and postgraduate laboratory exercises and water and benthic macroinvertebrates samplings.

08/2011–10/2011 Internship as Master Student

Institute of Oceanography – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)

Internship

- Development/ modification of the LUSI index for the Greek coastal water bodies
- Validation of the LUSI index
- Correlation of the LUSI index with biotic & abiotic parameters

08/2011–12/2011 Scientific Collaborator

Institute of Marine Biological Resources and Inland Waters (IMBRIW) – Hellenic Centre for Marine Research (HCMR), Anavyssos (Greece)

"Monitoring and Evaluation of Spatially Managed Areas (MESMA)". Specific issue: "Case Study: Inner Ionian Archipelagos including Korinthiakos and Patraikos Gulfs".

- Application of LUSI index for the investigated Gulfs
- Correlation of LUSI index with biotic & abiotic parameters

EDUCATION AND TRAINING

09/2016–Present

Doctoral Program

Department of Ecology, Faculty of Biology, University of Barcelona (Spain)

Doctoral Program: "Ecology, Environmental Sciences and Plant Physiology "

Title of the thesis: "Theoretical and applied issues of aquatic biodiversity in Greek Islands"

Supervisors: Associate Prof. Bonada Núria and Dr. Skoulikidis Nikolaos

2011–2012

Postgraduate Degree of Specialization (MSc)

School of Biology, Geology and Civil Engineering, Aristotle University of Thessaloniki. (Greece)

Master Program: "Ecological Quality and Management at a River Basin Level"

Postgraduate Diploma Thesis (MSc thesis): "Assessment of the ecological water quality, according to the Directive 2000/60/EC, in rivers of Samothraki island in 2011"

Supervisors: Prof. Lazaridou Maria, Prof. Bobori Dimitra and Prof. Voudouris Konstantinos

2006–2010

Bachelor of Science degree (BSc.)

Department of Environmental, School of Environmental, University of Aegean, Lesvos (Greece)

Principal subjects: "Environmental Science"

Bachelor of Science degree's thesis (BSc. thesis): "Longitudinal study of natural regeneration of the species *Pinus brutia* and *Pistacia lentiscus* after a fire in Charamida of Lesvos Island"

Supervisor: Prof. Dimitrakopoulos Panagiotis

SCIENTIFIC PUBLICATIONS

Publication in International Journals of SCI:

- Karaouzas I., E. Dimitriou, **A. Lampou**, E. Colombari, 2014. "Seasonal and spatial patterns of macroinvertebrate assemblages and environmental conditions in Mediterranean Temporary Ponds of Greece." *Limnology*.
- Skoulikidis N., **A. Lampou**, I. Karaouzas, K. Gritzalis, M Lazaridou, S. Zogaris, 2014. "Stream ecological assessment on an Aegean Island: Insights from an exploratory application on Samothraki (Greece)." *Fresenius Environmental Bulletin*.

Publication in International Conference record's with judges:

- **Lampou A.**, Skoulikidis N., Chatzinikolaou Y., Bonada N., 2016. "Do insular streams have different macroinvertebrate community from mainland streams? : The case of Greek Islands (Eastern Mediterranean)". *International Small Islands Studies Association (ISISA) - Islands of the World XIV Conference 2016, 23-27 May 2016, Mytilini, Lesvos Island, Greece*.
- **Lampou A.**, Skoulikidis N., Bonada N., 2015. "Does size matter?: The species - area relationship for Trichoptera in the Aegean Islands (Greece)." *The 13th International Congress on the Zoogeography and Ecology of Greece and Adjacent Regions, 7-11 October 2015, Irakleio, Crete, Greece*.
- Karaouzas I., Dimitriou E., **Lampou A.**, Colombari E., 2015. "Spatiotemporal variation in

- macroinvertebrate assemblages of Mediterranean Temporary Ponds of Crete Island, Greece." *The 13th International Congress on the Zoogeography and Ecology of Greece and Adjacent Regions*, 7-11 October 2015, Irakleio, Crete, Greece.
- Louizidou P., N. Simboura, K. Tsiamis, **A. Lampou**, P. Panayotidis, 2015. "Ecosystem approach and ecological quality monitoring in the coastal waters of Rhodes Island (Eastern Mediterranean, Greece)". *14th International Conference on Environmental Science and Technology (CEST2015)*, 3 – 5 September 2015, Rhodes, Greece.
 - Simboura N.; A. Pavlidou, M. Tsapakis, K. Pagou, G. Assimakopoulou, C. Zeri, **A. Lampou**, P. Panayotidis, 2015. "Integrative assessment of the ecological status in Hellenic coastal waters: Transition from the WFD to the MSFD". *Association for the Sciences of Limnology & Oceanography*, 22 – 27 February 2015, Granada, Spain.
 - Latinopoulos D., **A. Lampou**, A. Chrysafi, M. Katsiapi, E. Michaloudi, M. Moustaka-Gouni, 2012. "Assessing the ecological status of lake Kastoria (GREECE) using biological quality elements". *Protection and Restoration of the Environment XI*, 03- 06 July 2012, Thessaloniki.

Publication in International Symposium record's with judges:

- Oikonomou A., I. Karaouzas, E. Smeti, K. Stefanidis, M. Stoumboudi, E. Anastasopoulou, A. Andriopoulou, T. Vavalidis, L. Vardakas, A. Yourka, S. Giakoumi, K. Gritzalis, E. Dimitriou, S. Zogaris, C. Theodoropoulos, N. Kalaitzakis, E. Kalogianni, Y. Kapakos, I. Katsogiannou, E. Colombari, D. Kommatas, T. Kouvarda, P. Kouraklis, N. Koutsikos, M. Koutsodimou, **A. Lampou**, V. Markogianni, A. Mentzafou, R. Barbieri, A. Panagiotou, E. Papastergiadou, A. Economou, E. Economou, E. Sperelakis, V. Tachos, Y. Chatzinikolaou, N. Skoulikidis, 2018. "Greek riverine ecosystems with high biodiversity." *The 9th National Ecology Conference, HELECOS-9*, 4 – 7 October 2018, Heraklion, Greece.
- **Lampou A.**, S. Zogaris, I. Karaouzas, K. Gritzalis, N. Skoulikidis, 2015. "Samothraki Nature Observatory: Research and monitoring that supports the conservation and sustainability of a unique Aegean island." *The 11th International Symposium of Oceanography & Fisheries*, 13 - 17 May 2015, Mytilini Island, Greece.
- **Lampou A.**, N. Skoulikidis, V. Papadoulakis, L. Vardakas, 2015. "Evaluation of the waters' condition in the final receiver of the wastewater treatment plant in Municipality of Sparta." *The 11th International Symposium of Oceanography & Fisheries*, 13 - 17 May 2015, Mytilini Island, Greece.
- **Lampou A.**, N. Simboura, P. Drakopoulou, P. Panayotidis, 2015. "Application of the Land Use Simplified Index (LUSI) in the Hellenic coastal waters (Eastern Mediterranean) and cross-correlation with theirs Integrative Environmental Status." *The 11th International Symposium of Oceanography & Fisheries*, 13 - 17 May 2015, Mytilini Island, Greece.
- Skoulikidis N., **A. Lampou**, I. Karaouzas, S. Zogaris, K. Gritzalis, 2013. "Inland Waters of Samothraki Island (Greece): Exploratory ecological assessment." *The 3rd international geography symposium*, 10-13 June 2013, Kemer, Antalya (Turkey).
- **Lampou A.** "Application of the indicator Land Use Simplified Index (LUSI) in the water bodies of Thermaikos Gulf (Aegean Sea) and cross-correlation with biotic and abiotic indicators." *The 10th International Symposium of Oceanography & Fisheries*, 07 - 11 May 2012, Athens.

Other Publications:

- Anagnostou C. and **A. Lampou**, 2018. Coastal morphodynamics of Samothraki and management of anthropogenic activities using the principles of Integrated Coastal Zone Management (ICZM), *Manual for the module 2 of the 5th Summer School on Aquatic and Social Ecology Island of Samothraki*, 2-13 June 2018, Greece, p. 45.
- **Lampou A.**, 2016. NATURA2000 and water related issues. *SUSAKI/ CiSciSusaki Milestone Meeting*, 11-13 October 2016, Vienna.
- Eidinger S., V. Mizerakis, L. G. Moreira, D. Savic, L. Solagaistua, **A. Lampou**, M. Paunovic, N. Skoulikidis, 2016. Insights from stream ecological assessment on the Aegean island of Samothraki: aquatic chemistry and macroinvertebrate community. *Sustainable Mediterranean, Special Issue No 73*, p. 31-34.
- Skoulikidis N. and **A. Lampou**, 2014. Insular rivers: Linear oases of Greek islands. "The Nature", *Journal of The Hellenic Society for the Protection of Nature - HSPN, Issues No 147*, p. 23-26.

PERSONAL SKILLS

Mother tongue(s) Greek

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
First Certificate in English, University of Cambridge, December 2003 State Certificate of Foreign Language Proficiency, Level: Independent user-B2, Hellenic Republic Ministry of National Education and Religious Affairs, 2004					

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

ADDITIONAL INFORMATION

STATISTICAL ANALYSIS,
 GEOGRAPHICAL
 INFORMATION COMPUTER
 SKILLS AND COMPETENCES

Very good knowledge:

- R, SPSS, PRIMER, CANOCO, FUZZY
- Geographic Information System (GIS) ArcGIS 10.1, eCognition Developer
- Word, Excel, PowerPoint, Assess

OTHER SKILLS AND
 COMPETENCES

Scuba diving, certificates of PADI:

- Advanced (2013)
- Open Water Diver (2012)

DRIVING LICENSE

B