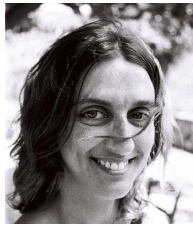



PERSONAL INFORMATION

Ioanna Stoupa



 (Greece)

 joanna.stoupa@gmail.com

 <https://gr.linkedin.com/in/joannastoupa> <http://erasmusplusyouth.gr/stoupa-joanna/>

WORK EXPERIENCE

2012–Present

Trainer in adult education

Public Institutions for Vocational Training (Greece)

<http://www.gsae.edu.gr/en/epaggelmatiki-katartisi/i-e-k-institoyta-epaggelmatikis-katartisis/mathe-gia-ta-institoyta-epaggelmatikis-katartisis>

Teaching : Occupational Health and Safety, First Aid, Food Safety

Business or sector Education

2014–2016

Assistant Housekeeper, Concierge, Receptionist

Helios Hotels & Resorts, Mirambello Beach & Village (Greece)

<http://www.helioshotels.gr/> - <http://www.mhotels.gr/mirabello-beach-and-village-crete>

During my studies in Tourism, i have been working in five stars hotels in Crete as a front office agent (receptionist), as an assistant housekeeper and in the public relations (concierge) department of the hotels.

Business or sector Hospitality and Tourism

2012

Supervisor of Mediation Groups

National School of Public Health (Greece)

<http://www.esdy.edu.gr/?page=home&lang=EN>

Intercultural Mediation in Selected Hospitals of Greece

Business or sector Human health and social work activities

2012

Scientific collaborator of Action "Health Promotion of Roma Children"

Center for Intercultural Education (Greece)

<http://www.keda.uoa.gr/>

Program "Education of Roma Children"

Business or sector Human health and social work activities

2010–2011

Health and safety inspector

Camphill Communities Ontario (Canada)

<http://camphill.net/>

Public health nutrition in an alternative community of people with special needs.

Business or sector Human health and social work activities

2009–2010

Akademie der Kulturen (NRW) (Germany)

<http://prokulturgut.net/bildung/akademie-der-kulturen-profil/>

Implementation of my master thesis on nutrition education and factors influencing it in primary and secondary education in North Rhine-Westphalia, Germany.

Business or sector Human health and social work activities

2008–2009

Karolinska Institutet (Sweden)

<http://ki.se/en/startpage>

Participation in the Pro Greens project for the consumption of fruit and vegetables in primary education in various European countries. Data processing analysis and elaborating questionnaires.

Business or sector Human health and social work activities

2006–2007

Youth Work Lieto (Finland)

http://www.lieto.fi/en-US/Culture_and_freetime/Youth_Services

Organized and supervised different activities for the youth center. Developed and implemented a health promotion project for the prevention of youth obesity among the local youngsters. The project was supported by the European Union and the International Mobility Center (CIMO) of Finland (Future Capital project).

Business or sector Human health and social work activities

Jan 2006–May 2006

School of Hotel Management and Tourism of Valencia (Spain)

www.fevet.com

Teaching Occupational Health and Safety, food safety and microbiology of food.

Business or sector Human health and social work activities

Jul 2005–Oct 2005

CEBA FOODS R&D (Sweden)

<http://www.oatly.com/>

Working in the lab in order to ferment an alternative beverage based on oats to produce a kind of yogurt. Measurements of pH, viscosity, water activity. Study of probiotics and prebiotics. Implementation of my bachelor thesis on fermentation as a process of food processing and preservation.

Business or sector Human health and social work activities

Apr 2005–Jun 2005

Aiginiteio Hospital (Greece)

<https://www.aiginiteio.gr/>

Internship in Hospital Hygiene

Business or sector Human health and social work activities

Jul 2002–Aug 2002

Regional Section of the Western Section of Athens (Greece)

<http://www.patt.gov.gr/site/>

Internship in Occupational Health and Safety, basic principles of the hygiene code, food quality.

Business or sector Human health and social work activities

EDUCATION AND TRAINING

2017

Tourism Administration

Higher School of Tourism Education of Crete (Greece)

<http://astcrete.edu.gr/>

Bachelor's Degree

Thesis: Occupational Health and Safety in the Hospitality Industry: A Study in Four and Five Star hotels in Crete.

Sep 2016–Jun 2017

Training of Trainers ToT

SALTO Training and Cooperation, (Hungary, Germany, Italy)

<https://www.salto-youth.net/rc/training-and-cooperation/trainercompetencedevelopment/tot/>

Training of Trainers for European Youth Projects

Development of competences for trainers of non formal learning activities

2011

European Master in Public Health Nutrition (EMPHN)

University of Eastern Finland, Kuopio (Finland)

<http://www.uef.fi/en/etusivu>

Master's Degree (MPH)

Master Thesis: Nutrition education and factors affecting it in primary and secondary schools in north Rhine Westphalia, Germany.

2006

Public Health

Athens University of Applied Sciences, Athens (Greece)

<http://www.teiath.gr/>

Bachelor's Degree

Thesis: Fermentation as a method of processing and preserving food.

PERSONAL SKILLS

Mother tongue(s)

Greek

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
German	A2	A2	A2	A2	A2
Spanish	B2	B2	B2	B2	B1

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

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Proficient user	Basic user	Independent user	Basic user

Digital skills - Self-assessment grid

ICT Intermediate B

Good command of SPSS

Other skills

I have been volunteering to the:

- HELLENIC SOCIETY FOR THE STUDY AND PROTECTION OF THE MONK SEAL
 - ARCHELON, the Sea Turtle Protection Society of Greece
 - Summer camps with people with special needs and to various activities of the Greek General Secretariat of Youth
- European Voluntary Service (EVS)** for 9 months in 2004, in Spain, in the Youth Council of Oviedo, Asturias

Driving licence B

ADDITIONAL INFORMATION

Certifications Vellum International Diploma in Travel and Tourism

ECQA certified Tourism and Hospitality Services Basic Competencies

Certified Adult Trainer from the National Organization for the Certification of Qualifications & Vocational Guidance (EOPPEP)

- Seminars
- Seminar on **Control of Food Safety Management Systems, (HACCP)**, organized by the association of Greek Public Health Inspectors.
 - Seminar on the general principles of **Organic Agriculture**, organized by the Hellenic-British College.
 - **Sports and Nutrition seminar**, organized by the Youth and Lifelong Learning Foundation of Greece, within the framework parental counseling of the Lifelong Learning Centers.
 - **Internet use**, seminar organized by the Athens University of Applied Sciences.
 - Seminar on **digital skills-Grow Greek Tourism Online**, organized by Google
 - **Adult Trainers Training Program** for Lifelong Learning Centers, organized by the Hellenic Open University.
 - **Prevention & Control of Legionellosis** in hotels and tourist accommodation
 - E-learning training of the Erasmus+ project "**Pro-Women"-Proposals and Strategies for Women Entrepreneurs**
 - E-Learning training of the Erasmus+ project, **Raivotech, managing volunteers in digital education and digital youthwork**
 - (MOOC) "**Addressing Global Citizenship Education through Digital Storytelling**"
 - (MOOC) **Museum Narratives** by National Kapodistrian University of Athens
 - (MOOC) **Introduction to Social Entrepreneurship** by Institute of Entrepreneurship Development (IED)
 - E-learning course on **Refugee provision and education initiative** by the Hellenic Open University
 - E-learning course on **Evaluation of Adult Education & Training Activities** by IDEC S.A.
 - E-learning course on **Design of Adult learning Courses** by IDEC S.A.
 - (MOOC) "**Youthork as a preventive practice**" by the European Confederation of Youth Clubs
- Workshops
- **Applied insecticide parasite, Disinfection, Alternative ways of fighting insects-rodents, Waste management, Quality systems (ISO)**, organized by the association of Greek Public Health Inspectors.

- **Hospital hygiene** as a basic parameter for defending, safeguarding and promoting public health, organized by the association of Greek Public Health Inspectors.
- **Secure use - risks - mobbing and addictions from the Internet**, organized by the Higher School of Tourism Education of Crete.

Congresses Attended the:

- **Health Education and Promotion** in the 21st century Congress
- Hellenic **Asbestos** Congress

References Upon request