



Eleni Stamouli

Nationality: Greek **Date of birth:** 01/02/1978

Phone number: (+30) 6937223391

Email address: stamouele@yahoo.com

Skype: stamuloxta

Website: <https://www.salto-youth.net/tools/toy/eleni-stamouli.2527/>

Home: Spiridonos Trikoupi 56-58, 11473 Athens (Greece)

WORK EXPERIENCE

IKY, Hellenic National Agency for Adult Education – Chania, Greece

Trainer for "Expanding Democratic Life and Inclusion TCA Course

[18/11/2025 – 21/11/2025]

- Preparation of content and methodology
- Cooperation with organising team
- Communication with Guest Speakers
- Implementation of the large scale event of 90 people from different sectors
- Reporting and feedback

Jint, Belgian National Agency for Erasmus+ Youth and Sport for E+ and ESC Programmes and SALTO ESC – Leuven, Belgium

Trainer for Sparking Change: Enhancing Community Impact in ESC Activities Training Course

[02/11/2025 – 07/11/2025]

- cooperating with the logistic team online and on-site
- facilitating the preparatory meetings (online)
- **preparing the methodology and the design of the training**, taking into account that participants had different levels of background knowledge and experience with the topic of Impact
- **providing tools to participants like the Impacttool and Design Thinking Methodology to enhance the way they plan impact of their projects**
- implementing the 3 full days of the training in collaboration with a colleague
- evaluating the meeting and creating a final report.

Hellenic and Cypriot National Agency for the Erasmus+ and ESC Programmes – Different locations

Trainer for TCA, NET and TEC Activities for the Hellenic and the Cypriot National Agencies (2005)

[01/01/2025 – 31/12/2025]

Hellenic National Agency

- TEC for Mentors (30/6/25 - 3/7/25) --> online and on HOP Platform of asynchronous learning
- Study Visit on Social Inclusion (22-26/9/25) --> Athens
- Erasmus Days (14-16/10/25) --> online and on HOP Platform of asynchronous learning

- Erasmus + Youth Accreditation (9-13/11/25) --> Athens
- The Trainer's Backpack: Tools, Values & Competences (1-12/12/25) --> online and on HOP Platform of asynchronous learning

Cypriot National Agency

- Quality Label for Organisations in ESC (2-4/9/25) --> Nicosia
- Solidarity Projects Lab (12-13/12/25) --> Platres, Cyprus

Collective Abundance – Thessaloniki, Greece

Facilitator

[19/09/2025 – 21/09/2025]

- Facilitation of the networking meeting of a group of grassroots activist groups on the topic of climate justice.
- Preparation of the methodology
- Reporting and feedback

Estonian National Agency and New Power in Youth Partnership – Online

Trainer and co-author of the methodology of the co-creation sprint

[01/09/2025 – 20/09/2025]

- Preparation and co-creation of the methodology of the co-creation sprint for organisations
- Implementation online
- Authorship of the Guide for Organisations which is published on the Participation.eu webpage.
- Link https://participationpool.eu/resource/co-creation-sprints-a-practical-guide-for-organisations/?fbclid=IwY2xjawOmVqxleHRuA2FlbQIxMABicmlkETBGNIVjVUpINmEzVTM1d3VBc3J0YwZhcHBfaWQQMjlyMDM5MTc4ODIwMDg5MgABHh1zbRY6o3L5fH1vm-ZjGe6IF6iUL5kbNGbsDIgTXctqYljUf0dmfYhGqly3_aem_zUgbhXWgzv1g0bru5rLJOA

Hellenic and Polish National Agencies for the Erasmus+ and ESC Programmes and SALTO EECA – Thessaloniki, Greece

Facilitator for the Europe Goes Local Study Visit on Youth Participation

[08/04/2025 – 11/04/2025]

- Cooperation with the organisers to identify good practices in Greece
- Organising Guest speakers visits
- Planning and implementing the methodology of the educational part of the study visit
- Writing the report of the event.

Estonian Agency for E+ & ESC Programmes, Youth Board Harno and SALTO Participation and Information – Tallinn, Estonia

Facilitator for the Participation Forum

[26/11/2024 – 29/11/2024]

- Co-designed, prepared and facilitated a **cross sectoral Forum on Participation**
- 150 participants** from National Agencies and organisations working on democratic participation
- Participants came from **6 different sectors** (School education, Higher Education, Adult Education, Vocational training, Youth Sector and ESC Programme).
- Onboarded and prepared key note speakers, presenters, panelists and facilitators for many different parallel sessions**
- Prepared the final report of the event.

 **Dutch National Agency for Erasmus+ Youth and Sport for E+ and ESC Programmes and SALTO ESC** – Rotterdam, Netherlands

Trainer in "Sparking Change: Enhancing Community Impact in ESC Activities" Training Course.

[14/10/2024 – 18/10/2024]

- cooperating with the logistic team online and on-site
- facilitating the preparatory meetings (online)
- **preparing the methodology and the design of the training**, taking into account that participants had different levels of background knowledge and experience with the topic of Impact
- **providing tools to participants like the Impacttool and Design Thinking Methodology to enhance the way they plan impact of their projects**
- implementing the 3 full days of the training in collaboration with a colleague
- evaluating the meeting and creating a final report.

 **Dutch and Estonian National Agencies for E+ and ESC Programmes & New Power in Youth Partnership.** – Leusden, Netherlands

Trainer in "Dive into Youth Participation" Training Course

[23/09/2024 – 27/09/2024]

- updating and improving the training methodology of the first edition of the "Dive into Youth Participation" Training, based on the **Youth Participation Strategy and the Youth Participation Toolkit**.
- building competences of learners on **understanding the elements of quality youth participation projects** (in Erasmus+ context and beyond) and youth participation in democratic life, as a priority.
- being involved in the selection of participants.
- designing and facilitating one online meeting - preparatory session before the residential training.
- **designing and delivering the full methodology of the training.**
- designing the evaluation for the participants .
- submitting a final detailed and descriptive narrative report.

 **SALTO ESC & Bulgarian National Agency** – Sofia, Bulgaria

Facilitator in Community Impact Conference

[11/06/2024 – 14/06/2024]

- Actively facilitated and attended the preparatory meetings (online)
- Prepared the methodology and the design of the conference
- Identified and communicated with key note speakers
- Implemented the 3 full days of the conference with more than 60 participants
- Evaluated the meeting
- Created a recommendation document for future events

 **<https://include.org.gr/>** – Athens, Greece

Advisor and mentor on experiential learning for the trainers of inc.lude

[01/04/2024 – Current]

- Writer of the "Trainers' Onboarding Manual" on the principles and methodology of non-formal education
- Writer of Suggested Frameworks of training for face-to-face and online meetings
- Mentoring each trainer before the delivery of a topic on the methodology and the balance between presentation and interactive activities

- Facilitating meetings of the community of trainers
- Mentoring reflection meetings with each trainer on professional development

 **Cypriot National Agency for the Erasmus+ and European Solidarity Corps Programmes** – Limmasol, Cyprus

Trainer in "Exploring and Celebrating Impact in ESC Activities" Training Course

[23/10/2023 – 27/10/2023]

- Actively facilitated and attended the preparatory meetings (online)
- Prepared the methodology and the design of the meeting
- Implemented the 3 full days of the meeting
- Evaluated the meeting
- Created a final report

 **Strategic Partnership for Inclusion, SALTO Inclusion & Diversity** – Budapest, Hungary

Trainer in the "Harvesting Conference" organised by the Strategic Partnership for Inclusion

[18/09/2023 – 22/09/2023]

- Participated in preparatory meetings online and in Budapest.
- Programme design and implementation for **100 participants** (Youth Workers, Young People and NA Officers).
- Facilitated the event in Budapest
- Designed and implemented evaluation of the event
- Prepared the final report

 **SALTO ESC, Polish National Agency & SALTO Eastern Europe and Caucasus** – Warsaw , Poland

Trainer on the "TEC Forum For Trainers"

[28/08/2023 – 30/08/2023]

- Participated in preparatory meetings online.
- Programme design and implementation (in cooperation with the prep.team)
- Facilitated the event in Poland 28th to 30th of August 2023 for **70 participants** (Trainers and NA Officers).
- Development and implementation of the agenda of the "TEC Forum for trainers"
- Designed and implemented the evaluation of the event
- Prepared the final report

 **Estonian National Agency** – Online

Mentor for Online Challenge: Projects focusing on Youth Participation

[16/01/2023 – 24/02/2023]

- Mentored two teams to apply for Solidarity Project and Participation Activities.
- Initiated a weekly contact with each team and agreed on the form of communication
- Reminded participants to prepare their weekly social media updates
- Supported teams in creating their project idea
- Actively commenting on the application form that each team prepared to submit to their National Agency.

Mentor for Online Challenge: Projects focusing on Youth Participation

[19/12/2024 – 28/02/2025]

 **SALTO European Solidarity Corps Resource Center** – Vilnius, Lithuania

Solidarity Project Meet-Up

[02/03/2023 – 05/03/2023]

- Actively cooperated with the organising team in planning and designing the meet-up
- Actively facilitated and attended the preparatory meetings
- Prepared the methodology and the design of the meeting
- Implemented the 2 full days of the meeting and designed an informal welcome for the arrival day
- Evaluated the meeting and created a final report

 **Estonian National Agency** – Tallinn, Estonia

Trainer and Workshop Facilitator For the Youth Worker Forum

[19/10/2022 – 22/10/2022]

- Facilitator of round table discussions
- Facilitator of Workshops
- Reporter for the results of the sessions
- Support and mentoring on the networking between Youth Workers from different countries in Europe.

 **Action Aid Hellas** – Athens & Online, Greece

Trainer for Youth for Love Programme

[10/01/2020 – 14/11/2022]

- Training for students of secondary education on School Violence and Gender based Violence.
- Training for teachers of secondary education on School Violence and Gender based Violence.
- Supporting the generation of ideas for awareness raising activities for young people.**
- Facilitating online events on the subject.
- Training on cyberbullying and safety issues.
- Training for students and teachers on school violence and ways to prevent it.
- Training for parents on Prevention of School violence.

 **Youth Board of Cyprus/National Agency** – Nicosia, Cyprus

Evaluator for Erasmus+ and ESC Project Reports

[05/05/2019 – 30/04/2023]

I worked as an external evaluator for project reports. I work with a criteria grid and write an assessment of the reports assigned to me.

 **Soliya** – United States

Facilitator for Erasmus+ Virtual Exchange

[01/01/2021 – 20/07/2022]

- **Facilitator of international intercultural dialogue**
- Supporting diverse groups of international young people express opinions and attitudes on Values
- Online events

 **Hellenic, Cypriot and Bulgarian National Agency for the Erasmus+ and ESC Programmes** – Athens, Cyprus

Member of the Pool of Trainers of the Greek (2013-2022 & 2024- 2025), the Cypriot (since 2014) and the Bulgarian (since 2019) National Agencies

[21/02/2013 – Current]

- Preparation, implementation and Reporting for seminars of the Training and Evaluation Cycle (On Arrival, Mid Term Evaluation, Annual Event) for the ESC volunteers.
- Preparation, Implementation and Reporting of TCA seminars on different subjects (Participation, Project Labs, Erasmus Days).
- Consulting for ideas for TCA seminars.
- Training for beneficiary organisations of the two programmes.
- Evaluating and reporting

ONLINE WORK

-Preparation, implementation and Reporting for online seminars of the Training and Evaluation Cycle (On Arrival, Mid Term Evaluation, Annual Event) for the ESC volunteers.

-Online Training for Organisations and Youth Workers on competences, networking, innovative tools, digital tools, communication channels and exploring the different opportunities of the Erasmus+ and ESC Programmes.

- Researching online tools and transforming face to face trainings into online trainings and vice versa.
- Creating course structure and content on **HOP Platform** (Moodle based) for asynchronous learning.

 **The British Council** – Athens, Greece

Free Lance Trainer

[28/09/2013 – Current]

- Facilitator of the Schools Partnerships (from EU & UK) of the Stronger Together Programme. The result is a **common action project**.
- Trainer for the Programme "Core Skills" for Teachers and "Skills Clubs" for Students (also **member of the writing team of the educational [manual](https://www.britishcouncil.gr/sites/default/files/skills-clubs-activity-manual-en.pdf)**) <https://www.britishcouncil.gr/sites/default/files/skills-clubs-activity-manual-en.pdf>
- Online facilitator for "Stronger Together for climate" focus groups. Dialogue facilitation between artists, researchers and activists from Europe and Africa.**
- Online Trainer for teachers in "Life Skills II: Encouraging Young Entrepreneurs". (Support of groups in idea generation and mentoring into the implementation stage).
- Online trainer for the Programme "Active Citizens" - Actions on Climate Change (Support of groups in idea generation and mentoring into the implementation stage)
- Facilitator for the LCoy (Local Conference of Youth on Climate Crisis) - Supporting young people draft recommendations of proposals for Local stakeholders)**
- Trainer of International Trainers for the Programme "Inclusive Schools".
- Trainer for the Programme "Life Skills: Creating Active Citizens" in Schools and for Educators and Teachers.
- Trainer for the Programme "Living Together", for Teachers on Refugee issues.

 **UNHCR (The UN Refugee Agency)** – Athens, Greece

Free Lance Trainer

[18/10/2013 – Current]

- Moderator of the simulation programme "Passages", simulating the experiences of refugees, for teachers and educators.

 **Self Employed** – Athens, Greece

Member of the female work collective "Lacandona" Fair Trade Shop & Cafe

[08/09/2011 – 30/06/2025]

- One of five female members of the fair-trade and coffee shop **Lacandona**, a **social enterprise** with impact in all three levels of influence: Culture, Society and Environment.
- Communicating with local producers and fair trade organisations in Greece and in Europe.
- Organisation of events in the shop and communication in the social media.
- Preparation and serving of drinks.
- Overview of accounting and economic activity of the shop.
- Support of local and small scale producers
- **Support of work collectives in Greece in opening and in building up their initial idea.**

 **Action Aid Ελλάς** – Online, Greece

Trainer for Online Workshop on Media Activism

[25/04/2020 – 07/05/2020]

- Research of online Tools
- Workshop on Fake News, misinformation of young people and ways of raising awareness.**
- Preparation, Implementation, Reporting and Follow up of the Workshop
- Supporting participants to **implement actions** as a result of the workshop

 **Fair Trade Hellas** – Athens, Greece

Programme Manager and Volunteer Coordinator

[05/05/2008 – 03/07/2010]

- Writing applications, Implementing and reporting programmes for raising awareness on fair trade and ethical consumption issues.
- EVS Coordinator for the hosted volunteers and for sending volunteers abroad.
- Writing and implementing educational programmes on fair trade and ethical consumption issues.
- **Good knowledge of the opportunities that the Programmes offer to young people.**
- Organising and participating in events to promote the fair trade movement in Greece.

 **The Centre of Athens Labor Unions (EKA)** – Athens, Greece

Councilor for Immigrants and Refugees

[26/05/2006 – 04/05/2008]

- Counselling immigrants and refugees on working and legal rights.
- Communicating with labour unions and immigrant associations.

 **Youth Programme - NGO "Arsis"** – Athens, Greece

Future Capital Programme

[01/03/2004 – 27/11/2004]

- Running a day centre for young people with fewer opportunities.
- Co-organising events with the young people.

 **Whitchurch Psychiatric Hospital** – Cardiff

EVS Volunteer

[02/09/2002 – 28/02/2003]

- Volunteering in the hospital ward for people with brain damage.

- Creating a database for organisations that support people with brain damage, throughout Wales (Personal Project).
- Running activities for the patients, playing board games, doing crosswords.
- Accompanying them to outdoor activities, excursions, lessons, outings.

EDUCATION AND TRAINING

Master Degree in Adult Education

Hellenic Open University [01/09/2014 – 16/09/2019]

City: Patras | Country: Greece

- Principles and theories of Adult Education
- New trends in Adult Education
- Structure and organisation of Adult Education Facilities
- Research in Education
- Evaluation techniques
- Thesis (September 2019) on Self Directed Learning in non-formal education.

Advanced Training for Erasmus+ Virtual Exchange Online Facilitators

Soliya [05/10/2019 – 27/04/2020]

City: Online | Country: United States

Facilitator Skills, Intercultural Dialogue, Conflict Transformation, Neutrality and Multi-partiality of Facilitators, Cooperation skills, Empathy and Sensitivity, Digital skills, Tolerance of Ambiguity.

Licence to Work as an Adult Educator

National Organization for Certification of Skills & Career Guidance [04/04/2017]

City: Athens | Country: Greece

Participation in national exams to acquire a work licence

Degree Communication and Mass Media - Communication and Culture Department

Panteion University Athens [15/09/1997 – 01/06/2005]

City: Athens | Country: Greece

- Communication theories and practice
- Cultural management

Degree in Psychology

Deree, The American College of Greece [19/09/1996 – 28/06/2001]

City: Athens | Country: Greece

- Principles of General Psychology
- Educational Psychology
- Developmental Psychology
- Abnormal Psychology
- Behavioral Psychology
- Social Psychology
- Reserch and Experimental Psychology

Training of Trainers

SALTO YOUTH [10/09/2008 – 28/06/2009]

- Non formal Education
- Self Directed Learning
- Personal Development
- Experiential Methodology
- Practice Seminar
- Reflection and Evaluation Techniques

LANGUAGE SKILLS

Mother tongue(s): Greek

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2

SPOKEN INTERACTION C2

German

LISTENING B1 READING B1 WRITING A2

SPOKEN PRODUCTION B1

SPOKEN INTERACTION B1

Spanish

LISTENING B2 READING B1 WRITING A2

SPOKEN PRODUCTION A2

SPOKEN INTERACTION A2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

JOB-RELATED SKILLS

Job-related skills

- **Great mentoring and coaching skills, when working with young people.**
- I know the field of Youth Organisations, E+ and ESC Programmes and Opportunities for youth very well.
- Enormous toolbox of non-formal education activities, both for physical and online use.
- Large experience in working as a trainer with different groups (in terms of number, age, education, motivation and background).
- Passionate for Non-formal Education and belief in its' principles.

COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

- Excellent communications skills, gained both from my academic studies and my practical experience of working with people for many years.
- A lot of energy and ability to motivate participants as a trainer, that derives from the fact that I love and believe in non-formal education.
- Ability to understand the atmosphere of a group, whether they need a break or an energiser or if there is tension between the members and do something to encourage the group dynamics.
- I enjoy the contact with young people and appreciate the opportunity to support their learning and learn myself with them.

ORGANISATIONAL SKILLS

Organisational Skills

- I have excellent facilitation skills and I work very well in a team.
- I have organised and managed events and organisations, but my preference is in working and collaborating with people.
- I am very good in time keeping and setting deadlines.
- I am very reliable, when I undertake an assignment.