



Ioanna Stoupa

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📍 Address: (Greece)

WORK EXPERIENCE

Vocational teacher

Higher School of Tourism Education of Crete [Current]

City: Agios Nikolaos

Country: Greece

Trainer in adult education

Public Institutions for Vocational Training [2012 – Current]

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

- Business or sector: Education

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

Assistant Housekeeper, Concierge, Receptionist

Helios Hotels & Resorts, Mirambello Beach & Village [2014 – 2016]

Address: (Greece) - <http://www.helioshotels.gr/>

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.

Supervisor of Mediation Groups

National School of Public Health [2012]

Address: (Greece) - <http://www.esdy.edu.gr/?page=home&lang=EN>

- Business or sector: Human health and social work activities

Intercultural Mediation in Selected Hospitals of Greece

Scientific collaborator of Action "Health Promotion of Roma Children"

Center for Intercultural Education [2012]

Address: (Greece) - <http://www.keda.uoa.gr/>

- Business or sector: Human health and social work activities

Program "Education of Roma Children"

Health and safety inspector

Camphill Communities Ontario [2010 – 2011]

Address: (Canada) - <http://camphill.net/>

- Business or sector: Human health and social work activities

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

Management assistant

Akademie der Kulturen (NRW) [2009 – 2010]

Address: (Germany) - <http://prokulturgut.net/bildung/akademie-der-kulturen-profil/>

- Business or sector: Human health and social work activities

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

Paid Internship

Karolinska Institutet [2008 – 2009]

Address: (Sweden) - <http://ki.se/en/startpage>

- Business or sector: Human health and social work activities

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.

Project manager

Youth Work Lieto [2006 – 2007]

Address: (Finland) - http://www.lieto.fi/en-US/Culture_and_freetime/Youth_Services

- Business or sector: Human health and social work activities

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).

Vocational teacher

School of Hotel Management and Tourism of Valencia [01/2006 – 05/2006]

Address: (Spain) - www.fevet.com

- Business or sector: Human health and social work activities

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

Paid Internship

CEBA FOODS R&D [07/2005 – 10/2005]

Address: (Sweden) - <http://www.oatly.com/>

- Business or sector: Human health and social work activities

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.

Paid Internship

Aiginiteio Hospital [04/2005 – 06/2005]

Address: (Greece) - <https://www.aigniteio.gr/>

- Business or sector: Human health and social work activities

Internship in Hospital Hygiene

Paid Internship

Regional Section of the Western Section of Athens [07/2002 – 08/2002]

Address: (Greece) - <http://www.patt.gov.gr/site/>

- Business or sector: Human health and social work activities

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

EDUCATION AND TRAINING

1-Year Pedagogical Training Programme (EPPAIK)

ASPETE - School of Pedagogical & Technological Education [12/2020 – 05/2021]

<https://www.aspete.gr/index.php/el>

Training of Trainers ToT

SALTO Training and Cooperation, (Hungary, Germany, Italy) [09/2016 – 06/2017]

<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

Tourism Administration

Higher School of Tourism Education of Crete [2017]

Address: (Greece)

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

Bachelor's Degree

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

European Master in Public Health Nutrition (EMPHN)

University of Eastern Finland [2011]

Address: 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.

Public Health

University of West Attica [2006]

Address: Athens (Greece)

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

Bachelor's Degree

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

LANGUAGE SKILLS

Mother tongue(s):

Greek

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

German

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

Spanish

LISTENING B2 READING B2 WRITING B1

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

DIGITAL SKILLS

Microsoft Word / Microsoft Office / Microsoft Excel / Microsoft Powerpoint / Outlook / Google Docs / Facebook / Skype / LinkedIn / Power Point / Google Drive / Zoom

CONFERENCES AND SEMINARS

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

RECOMMENDATIONS

Upon request

OTHER SKILLS

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](#)

CERTIFICATIONS

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 \(EOPPEP\)](#)

WORKSHOPS

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

Congresses

Attended the:

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