

## Curriculum Vitae Alexandra Palaisti

### PERSONAL INFORMATION



Name Alexandra Palaisti  
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Date of Birth 06/11/1978

### PERSONAL PROFILE

I am predominantly inspired by social solidarity, collective activity and motivation to learn. I enjoy alternative thinking and innovative action, especially in fields such as Youth Work. As a professional I am responsible and a creative member of a team. I always seek to take initiatives, but I do not appreciate a one-woman-show. Challenges and new goals never cease to amaze me and I particularly enjoy being the "problem solver". In the Youth Field I am mostly interested and specialised in Youth Participation (especially in Municipalities), Inclusion, Integration, Social Entrepreneurship, Youth Employment & Employability, Gender Equality, Art & Integration, Youth Eco-Activism.

### WORK EXPERIENCE

05/19-now  
Internationally **Tria Prima Consulting – Various Cooperations**  
Director - P.R. & Communication, Consultancy/Project Management on European Youth Programmes, Facilitation, Training, Content writing

09/'17-02/'19  
Athens **I.NE.ΔI.BI.M. (Youth and Lifelong Learning Foundation – National Agency of Greece for Erasmus+ / Youth Programme)**  
Information & Communication Head Officer for the Erasmus+ / Youth Programme GREECE

06/'17-8/'17  
Athens **Digitalis Consult Ltd**  
Content Writer (Interreg, Erasmus+ Programmes) – Jr. Project Manager (Interreg, Erasmus+ Programmes) – Jr. External Communications Manager

02/'16 – 02/'17  
Riyadh, KSA **Ishbilia Compound – Al Bawani Co. Ltd**  
Events Organiser

04/'15 – 10/'15  
Riyadh, KSA **Al Nakhla Residential Resort – Hayat Real Estate Investment Company**  
Resident Relations Executive

03/'14 – 06/'14  
Athens **Metropolitan College**  
Teacher of the course "Journalism Writing & Interviewing", for the "Journalism" specialty - 1<sup>st</sup> year  
Teacher of the course "Applied Journalism" and supervisor of the students' thesis for the "Journalism" specialty – 3<sup>rd</sup> (final) year

9/'11 – 6/'17  
Internationally **Freelancer –Wind Hellas** [2012-2017, print press, magazines, websites  
Copywriter, Advertorial Writer, Translator

12/'10 – 07/'11 Athens	<b>www.queen.gr</b> Journalist
09/'09 – 09/'10 Athens	<b>Road Editions</b> Author of Travel Guides
02/'09 – 05/'09 Athens	<b>Future Business School</b> Teacher of the seminar "Communication Techniques"
12/'08 – 12/'09 Athens	<b>Foodie Traveler Magazine</b> Freelance Travel Journalist
06/'08 – 06/'09 Athens	<b>eXistenz Productions</b> Freelance Public Relations Manager
10/'07 – 01/'08 Athens	<b>"Traveller's Icons" magazine</b> Travel Journalist
10/'06 – 02/'07 Athens	<b>Public Vocational Educational Institute of Nea Smirni (IEK)</b> Teacher of the course "Commenting Athletic Events", for the "Sports Journalism" specialty
10/'06 – 02/'07 Athens	<b>Public Vocational Educational Institute of Piraeus (IEK)</b> Teacher of the course "Human Relations & Communication" for the "Applications of Dietetics Specialist" specialty
04/'05 – 09/'06 Athens	<b>"Car Buy" magazine</b> Journalist – Proof reader
02/'04 – 05/'04 Athens	<b>EXPOSE S.A.</b> Public Relations Manager
11/'01 – 09/'02 Athens	<b>Ministry of Environment, Physical Planning and Public Works</b> Junior Public Relations Manager
01/'01 – 06/'01 Athens	<b>ALTER Channel - "TURBO" TV Show</b> Journalist
05/'00 – 09/'01 Athens	<b>"Car Buy" magazine</b> Freelance Journalist
09/'98 – 01/'99 Athens	<b>ET1 National TV Channel</b> Journalist (placement)
11/'97 – 02/'99 Athens	<b>ERA1 National Radio Station</b> Journalist (placement)

## ACADEMIC QUALIFICATIONS

09/'02 – 07/'03	<b>Master of Arts in "International Public Relations"</b> The MA course was divided in two parts: 09/'02 – 12/'02, studying at the Manchester Metropolitan University in the U.K. 01/'03 – 07/'03, following the University's exchange program ("International Route") and studying at the Universiteit van Amsterdam in the Netherlands for two trimesters. There, I obtained the University's <b>Certificate Programme in Communications</b>
09/'97 – 09/'01	Graduate of the National and Kapodistrian University of Athens with a <b>BA in Communications and Mass Media</b> (grade 7,2 out of 10)
09/'93 – 06/'96	Athens 28 <sup>th</sup> <b>high school</b> graduate Grade: 18,3 out of 20

## FOREIGN LANGUAGES

English	Fluent ( <b>Cambridge Proficiency</b> )
Spanish	Good ( <b>D.E.L.E. Nivel B2 – Intermedio</b> ) Currently studying to obtain C2 – Superior
French	Intermediate ( <b>A1, A3, A4 Delf Units</b> ) Currently studying to obtain Delf Unit A2
Japanese	Elementary ( <b>Level 4 Diploma</b> )
Arabic	Elementary Attended classes - Jordanian teacher (11/'14 – 11/'16)

## SOCIAL ACTION

11/'15 – 05/'17	Volunteer - active member of the " <b>Feed the Need</b> " team, (support of vulnerable social groups and refugees in Riyadh, Saudi Arabia)
2012 – Today	Volunteer - active member of <b>Social Kitchen "The Other Human"</b> (support of vulnerable social groups and refugees - Athens)
2011 - Today	Volunteer - active member / coordinator of the " <b>Social Solidarity Network</b> " (support of vulnerable social groups and refugees - Athens)
2010 - 2018	Volunteer - writer for " <b>free flights</b> " section at <b>www.ikariamag.gr</b> (strengthening of the local culture / tradition in the Aegean)
15-16-17/10/'08	Participation to the seven-member group that represented Greece at the <b>European Youth Media Days</b> in Brussels ( <a href="http://www.youthpress.org">www.youthpress.org</a> ), where <b>200 young selected journalists</b> from the EU member states participated to a dialogue with MEPs on modern socio-political issues, contributing to the <b>shaping of Youth Policies and Strategies</b> . The conference closed with the realization of journalistic projects that would be taken into account by the European Parliament
2006	Selected member of the <b>Peace Boat</b> ( <a href="http://www.peaceboat.org">www.peaceboat.org</a> ) - an international non-governmental and non-profit organization based in <b>Japan</b> that works to promote peace, human rights, equality and sustainable development and respect for the environment - after submitting applications and resumes. It was not possible to take part in the mission for personal reasons
1-7/08/'05	Participation to the "Living Better creating in our Mediterranean Environment" training program of the <b>YOUTH Program, European Commission's EUROMED action</b> in Metline & Bizerte, <b>Tunisia</b> . Member of the four-member team from Greece with active participation in the preparation, implementation and review of the project

## LITERARY WORK

- 09/'06-09/'07  
Road Editions     **Author** of the book "**Unexplored Ikaria and Fourni**", by Road Editions (2009).  
The book contains theoretical study, research on the spot, as well as photos taken by the author
- 12/'15  
free flights  
Editions     **Author** of the book "**Ikaria and Fourni: an exploration**" (2015).  
It is the only integrated socio-anthropological research and travel guide for Ikaria and Fourni with theoretical / field research and photos of the author  
([www.facebook.com/Ikaria.Kai.Fournoi.Mia.Exerevnisi](http://www.facebook.com/Ikaria.Kai.Fournoi.Mia.Exerevnisi))
- 03/'10–07/'18     Writer for "**free flights**" ([www.ikariamag.gr](http://www.ikariamag.gr)) in two languages (Greek & English), aiming at enhancing local culture and tradition in the Aegean Sea

## SEMINARS / COMPUTER KNOWLEDGE

- Photography seminars organized by the **Greek Union of Press Photographers (ΕΦΕ)** [01/'09-03/'09]
- Word processors (MS Word), Spreadsheets (MS Excel), MS PowerPoint, Internet applications
- Information Communication Technology Tools (video/photo editing)
- Social Media Management Certificate by Alison Courses
- CIOST Training 2017, Riga - Latvia (Communication and Information Officers Staff Training) – Communication, P.R., Digital Marketing, Digital Communication
- CIOST Training 2018, Athens – Greece (Communication and Information Officers Staff Training) – Communication, P.R., Digital Marketing, Digital Communication

## OTHER SKILLS

- First Aid Certificate
- Driving license for car and motorbike

## I LIKE / I DO

I love music and concerts, I travel as much as I can and I usually prefer wild camping. I love going to the theatre and I read a lot of books (José Saramago is my favourite writer)! I'm always into social activism and voluntarism and when I have time I take photos, I write, I draw or I go for long walks. I have not been mountain skiing in a long time, but this is my next goal. For the past 8 years I have been doing yoga, meditation and pilates, which actually make me a better person.