

Curriculum Vitae Alexandra Palaisti

PERSONAL INFORMATION



Name	Alexandra Palaisti
Location	Athens, Greece
Phone Number	+306947005397
E-mail	alexia.palesti@gmail.com alexia@triaprimaconsulting.com info@triaprimaconsulting.com
Date of Birth	06/11/1978
Work Experience	26 years
Education	Master of Arts in International Public Relations

PERSONAL PROFILE

I am predominantly inspired by social solidarity, collective activity and motivation to grow. In my personal and professional life, I seek for alternative and innovative thinking, especially in fields such as youth work, social economy and human rights. As a professional I have empathy, I take initiatives, handle responsibilities and prefer working in teams. I can juggle between different tasks and I am an effective communications and project manager in a variety of fields. My purpose is to continue learning and I am always challenged by life. During the past years I have focused on Social Communication, Youth Participation (specialized in Municipalities), Social Entrepreneurship and Youth Employment & Employability.

WORK EXPERIENCE

- 11/'21-now **CoLab House Social Cooperative**
Internationally *President of the Co-Op*
Providing P.R. & Communication Services, Consultancy Services, Project Management Services, Conference Reporting Services, Conference & Trainings Facilitation, Content writing, Training Services. Specialized in youth participation in democratic decision-making procedures
- 05/19-now **Tria Prima Consulting – Various Co-operations**
Internationally *Founder*
Providing P.R. & Communication Services, Consultancy Services, Project Management Services, Conference Reporting Services, Conference & Trainings Facilitation, Content writing, Training Services (Communication)
- 10/'19-07/'20 **Angels Of Joy NGO**
Athens *Communications Manager*
Designing and Implementing the Communications Strategy
- 09/'17-02/'19 **I.NE.ΔI.BI.M. (Youth and Lifelong Learning Foundation –
National Agency of Greece for Erasmus+ / Youth Programme)**
Athens *Information & Communication Head Officer for the Erasmus+ / Youth Programme - GREECE*
Designing and implementing the Communications Strategy for Greece and reporting to the European Commission

- 06/'17-8/'17
Athens **Digitalis Consult Ltd**
Content Writer, Jr. Project Manager, Jr. External Communications Manager
Designing and managing Interreg and Erasmus+ Programmes, External Communications
- 02/'16 – 02/'17
Riyadh, KSA **Ishbilia Compound – Al Bawani Co. Ltd**
Events Organiser
Designing, organising, communicating and carrying out Ishbilia's monthly Coffee Morning event, as well as various smaller events.
- 04/'15 – 10/'15
Riyadh, KSA **Al Nakhla Residential Resort – Hayat Real Estate Investment Company**
Resident Relations Executive, Public Relations, Events Organiser
Building relations with the residents of the compound, External Communications, Designing, organising and carrying out Al Nakhla's monthly Coffee Morning event, as well as various smaller events.
- 03/'14 – 06/'14
Athens **Metropolitan College**
Teacher of the course "Journalism Writing & Interviewing", for the "Journalism" specialty - 1st year
Teacher of the course "Applied Journalism" and supervisor of the students' thesis for the "Journalism" specialty – 3rd (final) year
- 9/'11 – 6/'17
Internationally **Freelancer**
Journalist, Copywriter, Advertorial Editor, Interpreter
Writing articles for print press and magazines, writing all texts necessary for websites in Greek and English, writing advertorials for WIND Hellas, translating leaflets and web pages.
- 12/'10 – 07/'11
Athens **DPG Media**
Journalist
Writing articles, choosing the photo, uploading them to the website.
- 09/'09 – 09/'10
Athens **Road Editions**
Author
Writing travel guides (research on the spot and photos)
- 02/'09 – 05/'09
Athens **Future Business School**
Teacher
Teaching the seminar "Communication Techniques"
- 12/'08 – 12/'09
Athens **Foodie Traveler Magazine**
Freelance Travel Journalist
Writing articles
- 06/'08 – 06/'09
Athens **eXistenz Productions**
Freelance Public Relations Manager
Designing and Implementing the P.R. & Communications Strategy
- 10/'07 – 01/'08
Athens **"Traveller's Icons" magazine**
Travel Journalist
Journalist

- 10/'06 – 02/'07 **Public Vocational Educational Institute of Nea Smirni (IEK)**
Athens
Teacher
Teaching the course "Commenting Athletic Events", for the "Sports Journalism" specialty
- 10/'06 – 02/'07 **Public Vocational Educational Institute of Piraeus (IEK)**
Athens
Teacher
Teaching the course "Human Relations & Communication" for the "Applications of Dietetics Specialist" specialty
- 04/'05 – 09/'06 **"Car Buy" magazine**
Athens
Journalist – Proof reader
Writing articles, Proof-reading all articles in Greek
- 02/'04 – 05/'04 **EXPOSE S.A.**
Athens
Public Relations Manager
Contacting and meeting potential clients
- 11/'01 – 09/'02 **Ministry of Environment, Physical Planning and Public Works**
Athens
Junior Public Relations Manager
Preparing Press Releases, Liaising with the Deputy Minister's Office to prepare communications strategies
- 01/'01 – 06/'01 **ALTER Channel - "TURBO" TV Show**
Athens
Journalist
Preparing and presenting journalistic videos
- 05/'00 – 09/'01 **"Car Buy" magazine**
Athens
Part-time Journalist
Writing articles
- 09/'98 – 01/'99 **ET1 National TV Channel**
Athens
Journalist (Intern)
Assisting the Journalists with their duties
- 11/'97 – 02/'99 **ERA1 National Radio Station**
Athens
Journalist (Intern)
Assisting the Journalists with their duties, co-presenting certain radio shows

ACADEMIC QUALIFICATIONS

- 09/'02 – 07/'03 **Master of Arts in "International Public Relations"**
Followed the Manchester Metropolitan University's exchange program called "International Route" and studied in 2 Universities. - MMU and UvA. Obtained both an MA in P.R. by MMU and a Certificate in Communications by UvA
09/'02 – 12/'02 **Manchester Metropolitan University – U.K.**
01/'03 – 07/'03 **Universiteit van Amsterdam – the Netherlands**
- 09/'97– 09/'01 **BA in Communications and Mass Media**
National and Kapodistrian University – Athens, Greece
(grade 7,2 out of 10)
- 09/'93– 06/'96 **Athens 28th high school** graduate
Grade: 18,3 out of 20

FOREIGN LANGUAGES

English	Fluent (Cambridge Proficiency)
Greek	Fluent (Native Speaker)
Spanish	Good (D.E.L.E. Nivel B2 – Intermedio) Currently studying to obtain C2 – Superior
French	Intermediate (A1, A3, A4 Delf Units)
Japanese	Elementary (Level 4 Diploma)
Arabic	Elementary (Attended classes, 11/'14 – 11/'16)

SOCIAL ACTION/NGO/SOCIAL COOPERATIONS

11/'19 – Today	External Cooperation – Social Media Manager & Creative Representative for " Cinergies " cooperative (creation and support of narratives fostering equitable and sustainable pathways - Athens)
10/'19 – 06/'20	External Cooperation – Communications Manager for the " Angels of Joy " non-profit organisation (psychological support through art to hospitalized children, children in institutions, elder people and people with disabilities - Athens)
2019 - Today	Volunteer for the " Coordination of Attica Solidarity Groups & Structures " - Athens
11/'15 – 05/'17	Volunteer - Active member of the " Feed the Need " team, (support of vulnerable social groups and refugees in Riyadh, Saudi Arabia)
2012 – Today	Volunteer - Active member of Social Kitchen "The Other Human" (support of vulnerable social groups and refugees - Athens)
2011 - 2014	Volunteer - Active member / coordinator of the " Social Solidarity Network " (support of vulnerable social groups and refugees - Athens)
2010 - 2018	Volunteer - writer for "free flights" section at www.ikariamag.gr (strengthening of the local culture / tradition in the Aegean - Athens)
15-16-17/10/'08	Member of the Greek delegation at the European Youth Media Days in Brussels (www.youthpress.org). 200 young selected journalists from the EU member states participated to a dialogue with MEPs on modern socio-political issues, contributing to the shaping of Youth Policies and Strategies . The conference concluded with the production of journalistic projects for the European Parliament
2006	Selected member of the Peace Boat (www.peaceboat.org) - an international non-governmental and non-profit organization based in Japan that works to promote peace, human rights, equality and sustainable development and respect for the environment. It was not possible to take part to the mission for family reasons
1-7/08/'05	Participation to the "Living Better creating in our Mediterranean Environment" training program of the YOUTH Program, European Commission's EUROMED action in Metline & Bizerte, Tunisia . Member of the team from Greece, with active participation in the preparation, implementation and review of the project

LITERARY WORK

- 09/'06-09/'07 **Author** of the book "**Unexplored Ikaria and Fourni**", by Road Editions
Road Editions (2009).
The book contains theoretical study, research on the spot, as well as photos taken by the author
- 12/'15 **Author** of the book "**Ikaria and Fourni: an exploration**" (2015).
free flights It is the only integrated socio-anthropological research and travel guide for
Editions Ikaria and Fourni with theoretical / field research and photos of the author
(www.facebook.com/Ikaria.Kai.Fourni.Mia.Exerevnisi)
- 03/'10–07/'18 Writer for "**free flights**" (www.ikariamag.gr) in two languages (Greek
& English), aiming at enhancing local culture and tradition in the Aegean
Sea. Various short stories have been included in 5 collective publications
- 2021-2023 Various short stories have been included in 2 collective publications

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), Interactive Digital Tools
- Basic knowledge on WordPress
- Basic knowledge on Google Analytics
- Basic knowledge of SEO
- 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
- Sex education Teacher's Certificate

INTERESTS

Traveling & camping, attending concerts & theatrical plays, reading books & writing short stories. Social activism and voluntarism, long walks, mountain skiing, yoga, meditation and pilates.

VIDEOS/INTERVIEWS

- [Youth@Work Kick Off Conference, Istanbul 2019](#)
- [Interview to Nafpaktia news Web TV, Nafpaktos 2017](#)
- [Interview to K Magazine, Athens 2017](#)
- [Interview to iefimerida.gr on social solidarity, Athens 2013](#)

REFERENCES

Available upon request