



Maria Zygomani

Nationality: Greek **Date of birth:** 28/04/1996 **Gender:** Female

Phone number: (+30) 6973217504 **Email address:** mariazigomani@gmail.com

Other: 53100 Florina (Greece)

EDUCATION AND TRAINING

Master of Arts in Immersive Environments for Education

Technological University of the Shannon (TUS), Ireland [01/10/2025 – Current]

Country: Ireland | Website: <https://tus.ie/rdi/research/institutes/sdri/technology-for-education/youth-work-virtual/>

Master of Science (MSc) - Public Administration

University of Western Macedonia [07/03/2025 – Current]

Country: Greece | Website: <https://mpa.uowm.gr/>

Bachelor Degree (B.Sc.)

University of Macedonia (UOM) - Department of Economics [09/10/2017 – 01/02/2023]

City: Thessaloniki | Country: Greece | Website: <https://www.uom.gr/en/eco>

Training of Trainers for European Erasmus+: Youth in Action Projects 2018/2019

SALTO Training and Cooperation RC (SALTO Resource Centre) [14/09/2018 – 28/06/2019]

LANGUAGE SKILLS

Mother tongue(s): Greek

Other language(s): <https://europa.eu/europass/en/common-european-framework-reference>

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

French

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

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

NETWORKS AND MEMBERSHIPS

[05/06/2024 – 10/02/2025] Thessaloniki, Greece

Member of youth advisors within the program 'Youth Action for Democracy'

Link: <https://youthcentre.actionaid.gr/youth-action-for-democracy>

[07/2020 – Current]

Member of the Pool of Trainers of SALTO Youth

[03/2020 – Current]

Member of the Pool of Trainers, Erasmus + Programme, in the field of Youth in Greece

[09/2015 – Current]

Member of the NGO 'Association of Active Youths of Florina'

TRAINING & FACILITATION EXPERIENCE

[03/11/2025 – 05/11/2025]

Trainer / Facilitator

Event, "Sparks for Solidarity", INEDIVIM, Athens, Greece

[21/10/2025 – 25/10/2025]

Trainer / Facilitator

Training Course, "Mind the Youth Skills Gap", INEDIVIM, Litochoro, Greece

[14/10/2025 – 16/10/2025]

Trainer / Facilitator

Training Seminar, "Erasmus Days", Online, INEDIVIM, Greece

Link: <http://trainings.salto-youth.net/13260>

[11/06/2025 – 23/06/2025]

Trainer / Facilitator

Partnership Building Activity on Environmental Sustainability, INEDIVIM, Online, Greece

Link: <https://www.salto-youth.net/tools/european-training-calendar/training/partnership-building-activity-on-environmental-sustainability.13170/>

[20/11/2024 – 21/11/2024]

Trainer / Facilitator

Online Beneficiaries Meeting R1 /2024 in the Framework of the European Solidarity Corps, Institute of Life Long Learning (INEDIVIM), Greece

[13/11/2024 – 17/11/2024]

Trainer / Facilitator

Networking Activity (NET) "Prioritizing Mental Health", Institute of Life Long Learning (INEDIVIM). Chania, Greece

Link: <https://www.salto-youth.net/tools/european-training-calendar/training/prioritizing-mental-health.12752/>

[02/10/2024 – 06/10/2024]

Trainer / Facilitator

Networking Activity (NET) "Local Cooperation for Solidarity", Institute of Life Long Learning (INEDIVIM) Florina, Greece

Link: <https://www.salto-youth.net/tools/european-training-calendar/training/local-cooperation-for-solidarity-loco-solidarity.12500/>

[13/03/2024 – 21/03/2024]

Trainer / Facilitator

Training Seminar, "Strengthening the Role of Youth in the Municipality of Bitola", Municipality of Bitola, North Macedonia

[27/11/2023 – 02/12/2023]

Trainer / Facilitator

Online Mid Term Evaluation Meeting of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[23/11/2023 – 24/11/2023]

Trainer / Facilitator

Info Workshops in Erasmus+ program for the Youth and Sports sectors. Institute of Life Long Learning (INEDIVIM), University of Crete

[24/07/2023 – 29/07/2023]

Trainer / Facilitator

Online Mid Term Evaluation Meeting of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[29/05/2023 – 03/06/2023]

Trainer / Facilitator

Online Mid Term Evaluation Meeting of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[06/03/2023 – 12/03/2023]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[28/02/2023 – 05/03/2023]

Trainer / Facilitator

Online Mid Term Evaluation Meeting of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[28/11/2022 – 04/12/2022]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[21/11/2022 – 25/11/2022]

Trainer / Facilitator

TCA, "Raising Environmental Awareness". Institute of Life Long Learning (INEDIVIM), Volos, Greece

[03/10/2022 – 08/10/2022]

Trainer / Facilitator

Online Mid Term Evaluation Meeting of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[18/07/2022 – 23/07/2022]

Trainer / Facilitator

Online Mid Term Evaluation Meeting of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[28/02/2022 – 05/03/2022]

Trainer / Facilitator

Online Mid Term Evaluation Meeting of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[29/11/2021 – 05/12/2021]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[15/11/2021 – 21/11/2021]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[11/10/2021 – 17/10/2021]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[12/07/2021 – 18/07/2021]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[19/04/2021 – 24/04/2021]

Trainer / Facilitator

Online Mid Term Evaluation Meeting of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[07/12/2020 – 13/12/2020]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[30/11/2020 – 06/12/2020]

Trainer / Facilitator

Online Training of ESC Newly Accredited Organisations of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[15/06/2020 – 20/06/2020]

Trainer / Facilitator

Online Training, Mobilise Volunteers. Institute of Life Long Learning (INEDIVIM), Greece

[08/06/2020 – 13/06/2020]

Trainer / Facilitator

Online Training, Mobilise Volunteers. Institute of Life Long Learning (INEDIVIM), Greece

[24/05/2020 – 29/05/2020]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[17/05/2020 – 22/05/2020]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[10/05/2020 – 15/05/2020]

Trainer / Facilitator

Online On Arrival Training of ESC Volunteers of Greece. Institute of Life Long Learning (INEDIVIM), Greece

[24/08/2019 – 31/08/2019]

Trainer / Facilitator

Training Course, "Developing Entrepreneurial Abilities Laboratory – DEAL", Youth Work Tipperary, Florina (Greece)

[29/06/2019 – 05/07/2019]

Trainer / Facilitator

Training Course, "Developing Entrepreneurial Abilities Laboratory – DEAL", Youth Work Tipperary, Ireland

[13/05/2019 – 19/05/2019]

Trainer / Facilitator

Training Course, "JUMP IN: How to Develop Youth Exchange Projects". Leargas, JUGEND fur Europa, BIJ, INEDIVIM, Florina

Link: <https://www.salto-youth.net/tools/european-training-calendar/training/jump-in-how-to-develop-youth-exchange-projects.7842/>

[03/09/2018 – 10/09/2018]

Facilitator

Training Course, "Youth for Social and Solidarity Economy", Association of Active Youths of Florina, Greece

SKILLS

Teamwork Oriented | Creative | Problem Solving | Decision-making | Organisational & Planning | Innovative

INTERNATIONAL MEETINGS

[06/10/2025 – 09/10/2025]

Partnership building activity for Quality Label organisations: inclusion in volunteering projects

The TEC (Training and Evaluation Cycle) Forum 2023 is a seminar designed for trainers active in the European Solidarity Corps and NA officers who implement the TEC learning cycle.

Link: <http://trainings.salto-youth.net/13357>

[27/08/2023 – 31/08/2023]

TEC Forum 2023

The TEC (Training and Evaluation Cycle) Forum 2022 is a seminar designed for trainers active in the European Solidarity Corps and NA officers who implement the TEC learning cycle.

[05/09/2022 – 09/09/2022]

TEC Forum 2022

The iCBA Intelligent Cross-Border Accelerator for Innovative !CT-enabled start-ups is implementing in the framework of the Interreg IPA CBC Programme

[13/04/2021 – 23/04/2021]

ACT LOCALLY, THINK GLOBALLY: HOW TO BUILD A SOLIDARITY PROJECT, Online

[04/2021 – 04/2021]

iCBA - Intelligent Cross-Border Accelerator for Innovative !CT-enabled start-ups

[17/11/2020 – 20/11/2020]

Bridges for Trainers 2020 - Rethinking - Reconnecting - Rebuilding, Online

[01/04/2020 – 05/04/2020]

VALUE FAIR 2020, Online

[25/11/2019 – 30/11/2019]

Smart participation in Erasmus+, Cyprus

[25/09/2016 – 02/10/2016]

Into Europe, Florina