

# SPYRIDON OIKONOMIDIS

(6/2025)

## EDUCATION

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| 2014<br> <br>2019 | ● <b>Department of Biology, National and Kapodistrian University of Athens</b><br>B.Sc. in Biology  |  Greece |
| 2020<br> <br>2024 | ● <b>Section of Botany, Department of Biology, National and Kapodistrian University of Athens</b><br>Ph.D. - Orchids of Greece: Seed Biology and Ex Situ Conservation |  Greece |



## COMPUTER SKILLS

- **Programming languages and web-design tools**  
R, LaTeX, SQL, HTML5, CSS
- **Visual & audio material processing software**  
Adobe Photoshop, Adobe Lightroom, Adobe Illustrator, Adobe Premiere, Adobe Audition, DeepSkyStacker
- **GIS software**  
QGIS, Qfield
- **Other software - Systems**  
Adobe InDesign, Discord, GIT, OBS Studio

## OTHER SKILLS

- **Seed Conservation Trainer**  
Certified by the Millennium Seed Bank, Wakehurst Place, England (RBG KEW)
- **Wildlife and macro photography**  
10 years of experience in plant and insect macro-photography (more than 2500 plant and 1000 animal taxa)
- **Locating and identifying wild plant and animals**  
10 years of field experience on locating and identifying the wild flora and fauna of Greece
- **Driver license - category B**
- **Discord server administrator**  
5 years of experience in managing a community server on Discord

## CONTACT INFO

 [soikonomidis@biol.uoa.gr](mailto:soikonomidis@biol.uoa.gr) ,  
 +306971634291,  
 Seed Bank, Section of Botany,  
Department of Biology, National  
and Kapodistrian University of  
Athens, Greece

## FOREIGN LANGUAGES

English, Certificate of Proficiency in English, University of Michigan, 2011.

French, Paris, Sorbonne Certificat Pratique de Langue Française «Comprehension et Expression» B2, Sorbonne, Paris, 2015.

## PERSONAL INTERESTS

Wildlife, macro photography, deepsky photography

Hiking

Programming

PC gaming

● **Videography**

4 years of experience in video capturing, editing of image and sound  
(as programme deliverables or video game editing)

## PARTICIPATION IN CONFERENCES - ORAL & POSTER PRESENTATIONS

- 15-17 September 2017 (poster) ● **Oikonomidis S., Charitonidou M., Halley J.M., Thanos C.A.**  
“Helen of Troy and her new Paris”: Evidence for a new faithful pollinator of *Ophrys helenae* (Orchidaceae).  
📍 15<sup>th</sup> Panhellenic Scientific Conference of the Hellenic Botanical Society, CIHEAM MAICH, Chania, Greece
- 28 May-1 June 2018 (poster) ● **Oikonomidis S., Koutsovoulou K., Thanos C.A.**  
In vitro asymbiotic germination of eleven orchid species of Greece.  
📍 6<sup>th</sup> Internation Orchid Workshop, Faculty of Biology and Chemistry, University of Białystok, Białystok, Poland
- 4-7 October 2018 (poster) ● **Oikonomidis S., Koutsovoulou K., Thanos C.A.**  
Orchids of the National and Kapodistrian University of Athens Campus: distribution data and a review of seed germination.  
📍 9<sup>th</sup> Panhellenic Ecology Conference (HELECOIS - 9) of the Hellenic Ecological Society, University of Crete, Heraklion, Greece
- 29 July-2 August 2019 (oral) ● **Thanos C.A., Daskalakou E., Koutsovoulou K., Doussi M.A., Kaltsis A., Oikonomidis S., Markaki E., Fournaraki C.**  
The ecology of seed mass across the entire flora of Greece.  
📍 Seed Ecology VI, Regensburg, Germany.
- 10-13 October 2019 (oral) ● **Oikonomidis S., Thanos C.A., Koutsovoulou K.**  
Seed germination of the orchids of Greece – an important factor in their ex situ conservation.  
📍 16<sup>th</sup> panhellenic scientific conference of the Hellenic Botanical Society, Forest Research Institute of Athens, Athens, Greece
- 10-13 October 2019 (oral) ● **Thanos C.A., Daskalakou E., Koutsovoulou K., Doussi M.A., Kaltsis A., Oikonomidis S., Markaki E., Fournaraki C.**  
Seed mass an important functional trait – application to the entire flora of Greece and implications.  
📍 16<sup>th</sup> panhellenic scientific conference of the Hellenic Botanical Society, Forest Research Institute of Athens, Athens, Greece
- 7-8 February 2020 (oral) ● **Oikonomidis S., Thanos C.A.**  
The good, the bad and the ugly: Morphometric traits of orchid seeds and their implications in seed germination behaviour.  
📍 1<sup>st</sup> Panhellenic scientific meeting of plant physiologists, Agricultural University of Athens, Greece
- April 24-3 May 2021 (poster) ● **Oikonomidis S., Charitonidou M., Halley J.M., Thanos C.A.**  
A case of complex interactions in the genus *Ophrys*: the beetles *Pygopleurus* spp., frequent visitors of *Ophrys helenae*.  
📍 23<sup>rd</sup> World Orchid Conference, Taichung, Taiwan

- 27 September | 1 October 2021 (poster)
- **Oikonomidis S., Apostolis K., Koutsovoulou K., Fournaraki C., Thanos C.A.**  
The establishment of a fenced Plant Micro-Reserve (2006) has led to an apparent boost for the in situ conservation and population enhancement of *Cephalanthera cucullata*, an endangered, endemic orchid of Crete  
📍 3<sup>rd</sup> Mediterranean Plant Conservation Week, CIHEAM MAICH, Chania, Greece
- 27 September | 1 October 2021 (oral)
- **Daskalakou E.N., Oikonomidis S., Ioannidis K., Boutsios S., Thanos C.A.**  
Population characteristics of *Juniperus drupacea* at the westernmost area of its world distribution (Mt. Parnon, Greece)  
📍 3<sup>rd</sup> Mediterranean Plant Conservation Week, CIHEAM MAICH, Chania, Greece
- 3 October | 6 October 2021 (oral)
- **Daskalakou E.N., Avramidou E., Apostolidis E., Ioannidis K., Korakaki E., Mitsopoulos I., Boutsios S., Oikonomidis S., Pangas N., Solomou A., Thanos C.A.**  
JuniDrone Project Innovative usage of unmanned aerial vehicles (UAVs) in Forest Ecosystem Management in Greece - A pilot study on Syrian Juniper (*Juniperus drupacea* Labill.)  
📍 20<sup>th</sup> Panhellenic Scientific Forestry Conference, Trikala, Greece
- 14 October | 17 October 2021 (oral)
- **Oikonomidis S., Koutsovoulou K., Tsiftsis S., Georghiou K., Thanos C.A.**  
Seed longevity of the Orchidaceae of Greece in various storage conditions - What we know today and which are the research priorities for the future  
📍 HELECOS 10 - 10<sup>th</sup> Panhellenic Scientific Conference of Ecology, Ioannina, Greece
- 14 October | 17 October 2021 (poster)
- **Oikonomidis S., Mouratidis S., Christodoulakis N.**  
Recording of the herbaceous flora of the National Garden of Athens  
📍 HELECOS 10 - 10<sup>th</sup> Panhellenic Scientific Conference of Ecology, Ioannina, Greece
- 14 October | 17 October 2021 (poster)
- **Santikou P., Katsikis N., Mouratidis S., Oikonomidis S.**  
HerpNetGR: preliminary results of an automatic species identification tool for the greek herpetofauna  
📍 HELECOS 10 - 10<sup>th</sup> Panhellenic Scientific Conference of Ecology, Ioannina, Greece
- 24 May | 26 May 2022 (oral)
- **Apostolidis E., Apostolidis I., Pangas N., Boutsios S., Oikonomidis S., Thanos C.A., Ioannidis C., Korakaki E., Avramidou E., Solomou A., Ioannis M., Raptis T., Stefanakis D., Panagiotis Z., Daskalakou E. N..**  
JuniDrone Project Innovative usage of unmanned aerial vehicles (UAVs) in Forest Ecosystem Management in Greece - A pilot study on Syrian Juniper (*Juniperus drupacea* Labill.) - first assessment of the data  
📍 4<sup>th</sup> Congress of Geographical Information Systems and Spatial Analysis in Agriculture and Environment, Athens, Greece

- 6 September | 9 September 2022 (poster) ● **Oikonomidis S., Daskalakou E.N., Thanos C.A.**  
Cone/seed morphometry and germination ecophysiology of *Juniperus drupacea* at the westernmost area of its global distribution (Mt. Parnon, Greece) Seed Ecology VII, Gijon, Spain
- 6 September | 9 September 2022 (oral) ● **Oikonomidis S., Thanos C.A.**  
Orchid seed morphometry as a predictor of germination behaviour and some ecological implications Seed Ecology VII, Gijon, Spain
- 4 | 7 October 2023 (oral) ● **Kaltsis A., Mouratidis S., Fakas G., Oikonomidis S., Dimitriadis I., Strid A., Thanos C.A.**  
The rediscovery of *Consolida samia* 61 years after its initial description: New data regarding the conservation status of a Community priority species of Greece HELECO 11 - 11<sup>th</sup> Panhellenic Scientific Conference of Ecology, Patras, Greece
- 23 | 27 October 2023 (oral) ● **Daskalakou E., Koutsovoulou K., Oikonomidis S., Thanos C.A.**  
Research priorities for ex situ and in situ conservation on the East Mediterranean coniferous forests 4<sup>th</sup> Mediterranean Plant Conservation Week, Valencia, Spain
- 21 | 27 July 2024 (poster) ● **Daskalakou E., Oikonomidis S., Thanos C.A.**  
Seed Biology of relict *Juniperus drupacea* in the westernmost area of its global distribution (Mt. Parnon, Greece) 20<sup>th</sup> International Botanical Congress, Madrid, Spain
- 2 | 5 October 2024 (poster) ● **Daskalakou E., Oikonomidis S., Boutsios S., Thanos C.A.**  
Study of the germination behaviour of seed for the conservation of two native woody species of Greece: *Juniperus drupacea* Labill. and the endemic *Acer hyrcanum* subsp. *reginae-amaliae* Orph. ex Boiss of Parnon 18<sup>th</sup> Panhellenic Scientific Conference of the Hellenic Botanical Society, Thessaloniki, Greece
- 2 | 5 October 2024 (oral) ● **Oikonomidis S., Thanos C.A.**  
Pollination types in orchids and the quality of the seeds produced 18<sup>th</sup> Panhellenic Scientific Conference of the Hellenic Botanical Society, Thessaloniki, Greece
- 2 | 5 October 2024 (poster) ● **Koutsovoulou K., Oikonomidis S., Thanos C.A.**  
Protocols of seed germination for the Greek plants of the NKUA Seed Bank 18<sup>th</sup> Panhellenic Scientific Conference of the Hellenic Botanical Society, Thessaloniki, Greece
- 2 | 5 October 2024 (poster) ● **Vragou S., Kazanis D., Oikonomidis S., Konstantinidis T.**  
Contribution in the study of the reproductive biology of the autumn orchid *Spiranthes spiralis* (L.) Chevall. 18<sup>th</sup> Panhellenic Scientific Conference of the Hellenic Botanical Society, Thessaloniki, Greece

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5  
October  
2024  
(poster)

- **Badounas A., Oikonomidis S., Koutsovoulou K., Dimitriadis I., Thanos C.A., Georghiou K.**  
*Veronica oetaea* - an annual, narrow-range endemic of Mediterranean temporary ponds (3170\*) on the brink of extinction: population status, threats, and conservation objectives.  
📍 18<sup>th</sup> Panhellenic Scientific Conference of the Hellenic Botanical Society, Thessaloniki, Greece
- **Oikonomidis S., Mouratidis S.**  
Geospatial data extraction from floristic studies using text mining techniques  
📍 18<sup>th</sup> Panhellenic Scientific Conference of the Hellenic Botanical Society, Thessaloniki, Greece
- **Oikonomidis S., Koutsovoulou K., Kaltsis A., Mouratidis S., Stefi A.L., Willey L., Oliver L., Faruk A., Breman E., Thanos C.A.**  
Ex situ conservation of the native flora of Greece  
📍 5<sup>th</sup> Mediterranean Plant Conservation Week, Limassol, Cyprus
- **Daskalakou E.N., Oikonomidis S., Koutsovoulou K., Thanos C.A.**  
*Abies cephalonica*: a 10-year monitoring study of cone production in Parnitha National Park (Attica, Greece)  
📍 5<sup>th</sup> Mediterranean Plant Conservation Week, Limassol, Cyprus
- **Trigas P., Skoukou N., Koutsovoulou K., Tsiftsis S., Constantinidis T., Fournaraki C., Apostolopoulos E., Bareka P., Bazos I., Charalampidou Ch., Chorefakis M., Dimitriadis I., Eletheriadou E., Goula K., Gournelos N., Hanlidou E., Iatrou G., Kalpoutzakis E., Kaltsis A., Kamari G., Karousou R., Karydas A., Krigas N., Kyriakopoulos C., Markaki E., Mouratidis S., Nikolopoulos I., Oikonomidis S., Pallia T., Panajiotidis S., Papakonstantinou G., Phitos D., Raptis D., Samaropoulou S., Thanos C.A., Tzanoudakis D., Valli A.T., Vallianatou L., Zervou S., Zikos A., Georghiou K.**  
Progress in assessing the conservation status of the Greek flora under Article 17 of the 92/43/EEC Habitats Directive  
📍 5<sup>th</sup> Mediterranean Plant Conservation Week, Limassol, Cyprus

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October  
2024  
(poster)

7-11 April  
2025  
(oral)

7-11 April  
2025  
(poster)

7-11 April  
2025  
(poster)

31  
August  
2021

## INVITED ORAL PRESENTATIONS

- **Oikonomidis S., Dimitriadis I., Thanos C.A., Georghiou K.**  
Enhancement of the local endemic plant species *Veronica oetaea* in Mediterranean temporary ponds of Mt. Oeta.  
📍 Conservation actions for the protection and conservation of biodiversity, Management Body of the national park of Mt. Oeta, Sperchio's valley and Maliakos bay.

- 9 March  
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11 March 2022
- **Oikonomidis S., Koutsovoulou K., Skourtis E., Dimitriadis I., Vallianatou I., Delipetrou P., Thanos C.A., Georgiou K.**  
Conservation actions for the Mediterranean temporary ponds (3170) of Mt Oeta, Central Greece (LIFE Project ForOpenForests, 2012-19) and the priority species *Veronica oetaea* (National Project, 2020-23)  
📍 Disentangling the complexity and variability of Mediterranean temporary ponds (habitat type \*3170), Botanical Garden of Rome, Italy
- 7 January  
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21 January 2023
- **Oikonomidis S.**  
Reproductive and conservation biology of the orchids of Greece  
📍 Exceptional species training course, Millennium Seed Bank, Wakehurst Place, England
- 4 May 2023
- **Daskalakou E.N., Oikonomidis S., Ioannidis K., Thanos C.A.**  
Evaluation of the structure and dynamics of (*Juniperus drupacea*) populations and its reproductive biology of the species (JUNIFOR)  
📍 JuniDrone Project Innovative usage of unmanned aerial vehicles (UAVs) in Forest Ecosystem Management in Greece - A pilot study on Syrian Juniper (*Juniperus drupacea* Labill.), Athens, Greece
- 3 November 2023
- **Oikonomidis S., Dimitriadis I., Georgiou K., Thanos C.A.**  
*Veronica oetaea*: The priority endemic plant of Mt. Oeta and the management actions for its conservation  
📍 Management actions for the conservation of biodiversity 2019-2023, Lamia, Greece
- 4-6 November 2024
- **Oikonomidis S.,**  
Ten years of experience in monitoring Mediterranean temporary ponds in Greece  
📍 "Driving forward the restoration movement of Mediterranean habitats" Final Project Conference for LIFE 17 NAT/GR/000511 LIFE PRIMED, Drama, Greece
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## �� PUBLICATIONS IN PEER REVIEWED JOURNALS

- 2020
- **Oikonomidis S., Koutsovoulou K., Thanos C.A.**  
Germination of *Neotinea maculata* (Orchidaceae) in nutrient media and distilled water. *Flora Mediterranea*, 30: 394-399.
- 2021
- **Papadatou E., Raptis N., Skouidas N., Oikonomidis S.**  
Η συμβολή των Υποδιευθυντών/ντριών δημοτικών σχολείων στη διοικητική λειτουργία της σχολικής μονάδας. *Επιστημονικό Βήμα του Δασκάλου*, 25: 145-168. (Published only in Greek)
- 2021
- **Oikonomidis S., Thanos C.A.**  
Germination of *Anacamptis sancta* (Orchidaceae) in nutrient media, water agar and various light regimes. *Flora Mediterranea*, 31: 271-276.
- 2022
- **Daskalakou E.N., Koutsovoulou K., Oikonomidis S., Thanos C.A.**  
Seed germination traits of *Pinus heldreichii* in two Greek populations and implications for conservation. *iForest - Biogeosciences and Forestry*, 15: 331-338.

- 2022 ● **Daskalakou E.N., Oikonomidis S., Boutsios S., Ioannidis K., Thanos C.A.**  
 Population characteristics of *Juniperus drupacea* (Cupressaceae) at the westernmost marginal area of its world distribution (Mt. Parnon, Greece). *Flora Mediterranea*, 32: 305-316.
- 2023 ● **Solomou AD., Korakaki E., Avramidou EV., Boutsios S., Oikonomidis S., Daskalakou E.**  
 Assessment of herbaceous plant composition, diversity, and indicator Species in the *Juniperus drupacea* fForest openings of the mountain Parnonas in Greece. *Sustainability*, 15.
- 2024 ● **Oikonomidis S., Koutsovoulou K., Kaltsis A., Constantinou C., Andreou M., Kadis C., Georghiou K., Thanos CA.**  
 The effect of pollen origin (self- and cross-pollination) on seed production and viability in *Ophrys* (Orchidaceae). *Botany Letters* <https://doi.org/10.1080/23818107.2024.2393360>.
- 2024 ● **Oikonomidis S., Koutsovoulou K., Tsiftsis S., Thanos CA.**  
 Towards a standardised orchid germination protocol: determining the optimal duration of chemical scarification for orchid seeds by means of viability and permeability staining. *Plant Biosystems - An International Journal Dealing With All Aspects of Plant Biology* <https://doi.org/10.1080/11263504.2024.2347847>.
- 2024 ● **Oikonomidis S., Thanos C.A.**  
 Orchid embryo-to-seed (E:S) ratio as an indicator of germination behaviour and its ecological implications. *Seed Science Research* 34, 218–227. <https://doi.org/10.1017/S0960258524000242>
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## YE RESEARCH PROGRAMS DELIVERABLES

- 2020 ● **Thanos C. A., Oikonomidis S., Dimitriadis I., Georghiou K.**  
 Guidelines for the introduction of *Veronica oetaea*. Deliverable C.2 for the project LIFE11 NAT/GR/2014 - LIFE ForOpenForests.
- 2020 ● **Oikonomidis S., Dimitriadis I., Thanos C. A., Georghiou K.**  
 First Phase Deliverable for the programme: *Veronica oetaea* seed collection and introduction of the species in temporary ponds of Mt. Oeta.
- 2021 ● **Daskalakou E., Oikonomidis S., Ioannidis K., Thanos C.A.**  
 Deliverable of the 3<sup>rd</sup> phase: "Assessment of the population structure and dynamics of Syrian juniper (*Juniperus drupacea*) populations". Institute of Mediterranean Forest Ecosystems and Forest Products Technology. OikOM Ltd., Management Body of Mount Parnon, Moustos, Mainalon & Monemvasia.
- 2021 ● **Oikonomidis S., Dimitriadis I., Thanos C. A., Georghiou K.**  
 Second Phase Deliverable for the programme: *Veronica oetaea* seed collection and enchantment of the population of the species in temporary ponds of Mt. Oeta.
- 2022 ● **Thanos C.A., Stefi A., Koutsovoulou K., Kaltsis A., Oikonomidis S.**  
 first interim report for the programme: Conserving the Flora of the Balkans: Native Plants of Greece

- 2022 • **Daskalakou E., Oikonomidis S., Ioannidis K., Thanos C.A.**  
 Deliverable of the 4<sup>th</sup> phase: "Assessment of the population structure and dynamics of Syrian juniper (*Juniperus drupacea*) populations".  
 Institute of Mediterranean Forest Ecosystems and Forest Products Technology. OikoM Ltd., Management Body of Mount Parnon, Moustos, Mainalon & Monemvasia.
- 2022 • **Oikonomidis S., Dimitriadis I., Thanos C. A., Georgiou K.**  
 Third Phase Deliverable for the programme: *Veronica oetaea* seed collection and enchantment of the population of the species in temporary ponds of Mt. Oeta.
- 2023 • **Boutsios S., Mouratidis S., Oikonomidis S., Thanos C.A., Daskalakou E.N.**  
 JuniDrone Programme Deliverable: Manual of instructions for the conservation of the unique native populations of the syrian juniper (*Juniperus drupacea* Labill.) under the light of climate change. Final report. Institute of Mediterranean Forest Ecosystems, Athens.
- 2023 • **Georgiou K., Oikonomidis S., Dimitriadis I., Koutsovoulou K., Thanos CA.**  
 Programme: Research and in situ management actions for the establishment of Plant Micro-Reserves (PMRs) of three (3) endemic species of native flora. Deliverable A1. Recording of population for the three (3) target species (collection of historical data, evaluation of the size and density of their populations).
- 2023 • **Georgiou K., Oikonomidis S., Dimitriadis I., Koutsovoulou K., Thanos CA.**  
 Programme: Research and in situ management actions for the establishment of Plant-MicroReserves (PMRs) of three (3) endemic species of native flora. Deliverable A2. Investigation of the in situ management measures and the standards for the establishment of the Plant Micro-Reserves (PMRs) for the three (3) endemic species of native flora.
- 2023 • **Georgiou K., Oikonomidis S., Dimitriadis I., Koutsovoulou K., Thanos CA.**  
 Programme: Research and in situ management actions for the establishment of Plant Micro-Reserves (PMRs) of three (3) endemic species of native flora. Deliverable B1. Establishement of Plant Micro-Reserves (PMRs) for the three (3) endemic species of native flora.
- 2023 • **Georgiou K., Oikonomidis S., Dimitriadis I., Koutsovoulou K., Thanos CA.**  
 Programme: Research and in situ management actions for the establishment of Plant Micro-Reserves (PMRs) of three (3) endemic species of native flora. Deliverable B2. Mapping of the Plant Micro-Reserves (PMRs).
- 2023 • **Georgiou K., Oikonomidis S., Dimitriadis I., Koutsovoulou K., Thanos CA.**  
 Programme: Research and in situ management actions for the establishment of Plant Micro-Reserves (PMRs) of three (3) endemic species of native flora. Deliverable B3. Protocols of monitoring and management of the Plant Micro-Reserves (PMRs).

- 2023 ● **Georghiou K., Oikonomidis S., Dimitriadis I., Koutsovoulou K., Thanos C.A.**  
Programme: Research and in situ management actions for the establishment of Plant Micro-Reserves (PMRs) of three (3) endemic species of native flora. Deliverable B4. Photographic documentation of the management action.
- 2023 ● **Oikonomidis S., Dimitriadis I., Thanos C. A., Georghiou K.**  
Fourth Phase Deliverable for the programme: *Veronica oetaea* seed collection and enchantment of the population of the species in temporary ponds of Mt. Oeta.
- 2025 ● **Oikonomidis S., Thanos C.A.**  
Species report for the Programme: Conserving the flora of the Balkans: Native Plants of Greece. *Veronica oetaea* population status, threats and conservation efforts
- 2025 ● **Oikonomidis S., Thanos C.A.**  
Species report for the Programme: Conserving the flora of the Balkans: Native Plants of Greece. *Saponaria jajelii* population status, threats and conservation efforts
- 2025 ● **Oikonomidis S., Thanos C.A.**  
Species report for the Programme: Conserving the flora of the Balkans: Native Plants of Greece. *Polygala helenae* population status, threats and conservation efforts

## NEWSLETTERS

- October 2022 ● **Oikonomidis S., Koutsovoulou K., Georghiou K., Thanos C.A.**  
Orchid-related research and activities at the NKUA Seed Bank and Research Team. Odissea Seminum, ISSN: 1988-5881
- December 2022 ● **Thanos C.A., Katsikis N., Oikonomidis S., Mouratidis S., Stefi K., Willey I., Faruk A.**  
The swan song for Greek endemic *Saponaria jajelii*? Samara, ISSN 1475-8245

## ONLINE BLOG ARTICLES

- **Bio-logia**  
Biweekly authorship of simplified articles related to botany, ecology and conservation

 November 2020-August 2021

## RESEARCH EXPERIENCE

- June 2017 – February 2019 ● **B.Sc. Thesis**  
Seeds of orchids occurring in Greece – conservation, ecology and physiology. Supervisor: Professor Costas A. Thanos  
 Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece

- June 2020 | September 2024
- **Ph.D. Thesis**  
Orchids of Greece: Seed Biology and Ex Situ Conservation.  
Supervisor: Emeritus Professor Costas A. Thanos  
📍 Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- February 2019 | Present
- **Research associate**  
Seed collection, post-collection management, and ex situ conservation of native plant species from Greece. Supervisor: Emeritus Professor Costas A. Thanos  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- April 2019 – August 2019
- **Research associate**  
European Native Seed Conservation Network (ENSCONET).  
Supervisor: Professor Costas A. Thanos  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- September 2019 – December 2019
- **Research associate**  
Establishment of Plant Micro-reserve Networks in Cyprus for the Conservation of Priority Species and Habitats (Plant-Net CY).  
Supervisor: Professor Costas A. Thanos  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- May 2020 | September 2020
- **Research associate**  
Impact du changement climatique sur la flore Méditerranéenne et actions de conservation (SEMCLIMED). Supervisor: Professor Emeritus Costas A. Thanos  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- October 2020 | October 2023
- **Research associate (Multiple 2-7 months contracts for each year of the project)**  
Seed collections of *Veronica oetaea* and population enrichment of the species in temporary ponds of mountain Oeta. Supervisor: Professor Emeritus Kyriacos Georgiou  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- January 2021 | March 2022
- **Research associate (3 and 7 months contracts, the collaboration with the project continued during the whole span of the project)**  
Recording of the flora and fauna of the National Garden of Athens.  
Supervisor: Professor Nikolaos Christodoulakis (now retired)  
📍 Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece and National Garden of Athens
- February 2021 | December 2022
- **Research associate**  
Assessment of the structure and the dynamics of *Juniperus drupacea* populations and of the reproductive biology of the species (JUNIFOR). Supervisor: Dr. Evangelia Daskalakou  
📍 Forest Research Institute of Athens, Greece

- January 2021 | May 2023
- **Research associate (Contract period: September 2021 - February 2022, the collaboration with the project continued during the whole span of the project)**  
Innovative usage of unmanned aerial vehicles (UAVs) in Forest Ecosystem Management in Greece - A pilot study on Syrian Juniper (*Juniperus drupacea* Labill.) (JUNIDRONE). Supervisor: Dr. Evangelia Daskalakou  
📍 Forest Research Institute of Athens, Greece
- October 2021 | December 2021
- **Research associate**  
Managing the NATURA 2000 network in Cyprus and shaping a sustainable future (PANDOTEIRA – LIFE IP Physis). Supervisor: Professor Emeritus Kyriacos Georghiou  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- February 2022 | June 2025
- **Research associate (10 months contracts for each year of the project)**  
Conserving the Flora of the Balkans: Native Plants of Greece.  
Supervisor: Professor Emeritus Costas A. Thanos  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- April 2022 | December 2022
- **Research associate**  
Provision of services for the study and recording of orchids of the North Pindos National Park. Supervisor: Associate Professor Spyros Tsiftsis  
📍 Department of Forestry and Natural Environment of the International University of Greece
- February 2022 | December 2024
- **Research associate (1 month contract 7/2022, the collaboration with the project continued during the whole span of the project)**  
Quest to rediscover *Consolida samia* - exploring the scree slopes of Mt. Kerketefs (Samos, Greece). Supervisor: Professor Emeritus Costas A. Thanos  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece
- April 2023 | November 2023
- **Research associate**  
Compilation of Red Lists of Threatened Species of Plants, Animals and Fungi of Greece. Supervisor: Professor Panagiotis Dimopoulos  
📍 section of Botany, Department of Biology, University of Patras, Greece
- April 2023 | December 2023
- **Research associate**  
Study and in situ conservation actions for the creation of Plant Micro-Reserves for 3 endemic species of the native flora of Greece.  
Supervisor: Professor Emeritus Kyriacos Georghiou  
📍 Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece

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| April<br>2023<br><br> <br><br>May<br>2025    | <ul style="list-style-type: none"> <li>● <b>Research associate (two 4-months contracts, the collaboration with the project continued during the whole span of the project)</b><br/>           Monitoring and Evaluation of the conservation status of plant species of Community and National interest in Greece. Supervisor: Professor Emeritus Kyriacos Georghiou<br/>  Seed Bank, Section of Botany, Department of Biology, National and Kapodistrian University of Athens, Greece         </li> </ul> |
| May<br>2023<br><br> <br><br>December<br>2024 | <ul style="list-style-type: none"> <li>● <b>Research associate</b><br/>           Seed germination traits and implications for native woody species' conservation: the endangered <i>Juniperus drupacea</i> Labill. and the endemic <i>Acer hyrcanum</i> subsp. <i>reginae-amaliae</i> Orph. ex Boiss on Mt Parnon (Peloponnese, Greece). Supervisor: Dr. Evangelia Daskalakou<br/>  Forest Research Institute of Athens, Greece         </li> </ul>  |
| April<br>2025<br><br> <br><br>present        | <ul style="list-style-type: none"> <li>● <b>Research associate</b><br/>           Investigation of the causes of vegetation drying and proposal of necessary measures of the island of Chrysi of the Municipality of Ierapetra, Prefecture of Lasithi, Crete. Supervisor: Dr. Fotios Xystrakis<br/>  Forest Research Institute of Thessaloniki, Greece         </li> </ul>  |
| June<br>2025<br><br> <br><br>present         | <ul style="list-style-type: none"> <li>● <b>Research associate</b><br/>           Population characteristics and ex situ conservation actions for the critically endangered (CR) <i>Liquidambar orientalis</i> Mill. Supervisor: Dr. Katerina Koutsovoulou<br/>  Forest Research Institute of Athens, Greece         </li> </ul>  |
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## VISITING RESEARCHER

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|---|---|
| 2 June<br><br> <br><br>10 June<br>2019              | <ul style="list-style-type: none"> <li>● <b>Herbarium and Seed Bank of Mediterranean Agronomic Institute of Chania (CIHEAM IAMC)</b><br/>           Clarification of the systematics of preserved orchid specimens<br/>  Chania, Greece         </li> </ul> |
| 2 August<br><br> <br><br>7 August<br>2020           | <ul style="list-style-type: none"> <li>● <b>Herbarium and Seed Bank of Mediterranean Agronomic Institute of Chania (CIHEAM IAMC)</b><br/>           Clarification of the systematics of preserved orchid specimens<br/>  Chania, Greece         </li> </ul> |
| 14<br>January<br><br> <br><br>21<br>January<br>2022 | <ul style="list-style-type: none"> <li>● <b>Millennium Seed Bank</b><br/>           Study of the seed morphology of selected orchid species of Europe<br/>  Wakehurst Place, England         </li> </ul>  |
| 14<br>January<br><br> <br><br>21<br>January<br>2022 | <ul style="list-style-type: none"> <li>● <b>Millennium Seed Bank</b><br/>           Demonstration of the double viability staining technique<br/>  Wakehurst Place, England         </li> </ul>   |
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## VOLUNTEERING

- 2016 | 2017
- **Athens Science Festival**  
Communication of the general public with Botany and Ecology of Mediterranean Ecosystems.  
 Technopolis of Athens, Athens, Greece

20 August | 30 August 2016

  - **Greek Herpetological Society, Supervisor: Dr. Maria Dimaki**  
Assessment of the population of African Chameleon (*Chamaeleo africanus*) and recording of reptiles in Peloponnese  
 West Peloponnese, Greece

10 May | 10 July 2017

  - **Ioulia and Alexandros N. Diomidis Botanical Garden**  
Introducing visitors and students to the plant diversity of Greece  
 Athens, Greece

2017

  - **Natural Sciences course, Pandon University**  
1 Guest Lecture on botany with practical examples for Angiosperms and Gymnosperms  
 Athens, Greece
  - **Natural Sciences course, Faculty of Pedagogy of National and Kapodistrian University of Athens**  
2 Guest Lectures, field work and lab exercises related to taxonomy, ecology, seed ecophysiology of Mediterranean species  
 Athens, Greece

## SCIENTIFIC SOCIETIES MEMBERSHIP

- October 2019 | Present
- **Hellenic Botanical Society**
- September 2020 | Present
- **GENMEDA: Network of Mediterranean Plant Conservation Centres**
- April 2021 | Present
- **ISSS: International Society of Seed Science**

## SCHOLARSHIPS AND AWARDS

- 2019
- **Photography Award**  
Photographic Competition of National and Kapodistrian University of Athens, Faculty of Biology  
 Greece, Athens
- 2021
- **Young Fellow Award**  
For participating with a poster presentation in 23<sup>rd</sup> World Orchid Conference in Taiwan  
 Taichung, Taiwan

- 2022
- **3<sup>rd</sup> Announcement of scholarships of H.F.R.I. for Ph.D. Candidates**  
 The proposed research entitled “Reproductive biology of members of the Orchidaceae family in Greece, with emphasis on the genera *Dactylorhiza* and *Neotinea*” was among the successful candidates for funding.  
📍 Greece

2022

  - **Travel Grant**  
 For participating with an oral presentation in the conference Seed Ecology VII in Spain  
📍 Gijon, Spain
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## PARTICIPATION IN SHORT TRAINING SCHOOLS

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| 1 March<br> <br>4 March<br>2021          | <ul style="list-style-type: none"> <li>● <b>Flower Biology and Pollination Ecology: Concepts and Practices.</b><br/>           COST: ConservePlants</li> </ul>   | <span style="color: #800000;">📍</span> Online |
| 24 March<br> <br>26 March<br>2021        | <ul style="list-style-type: none"> <li>● <b>Plant Translocation - Theory and Techniques</b><br/>           COST: ConservePlants</li> </ul>   | <span style="color: #800000;">📍</span> Online |
| 8 September<br> <br>10 September<br>2021 | <ul style="list-style-type: none"> <li>● <b>Introduction to Species Distribution Modelling.</b><br/>           COST: ConservePlants</li> </ul>   | <span style="color: #800000;">📍</span> Online |
| 6 June<br> <br>10 June<br>2022           | <ul style="list-style-type: none"> <li>● <b>Seed Conservation Techniques Course</b><br/>           Millennium Seed Bank Partnership &amp; National and Kapodistrian University of Athens<br/> <span style="color: #800000;">📍</span> Department of Botany, Faculty of Biology, National and Kapodistrian University of Athens</li> </ul> |   |
| 14 January<br> <br>21 January<br>2022    | <ul style="list-style-type: none"> <li>● <b>Exceptional Species Training Course</b><br/>           Millennium Seed Bank<br/> <span style="color: #800000;">📍</span> Millennium Seed Bank - KEW, Wakehurst Place, England</li> </ul>  |   |
| 16 January<br> <br>21 January<br>2025    | <ul style="list-style-type: none"> <li>● <b>Seed conservation Trainer - Certification</b><br/>           Millennium Seed Bank<br/> <span style="color: #800000;">📍</span> Millennium Seed Bank - KEW, Wakehurst Place, England</li> </ul>  |   |
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## ONLINE COURSES CERTIFICATIONS

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|-------------|---|
| July 2021   | <ul style="list-style-type: none"> <li>● <b>Statistical Concepts Explained and Applied in R</b><br/>           Udemy</li> </ul> |
| August 2021 | <ul style="list-style-type: none"> <li>● <b>Git and GitHub for Beginners</b><br/>           Udemy</li> </ul>                    |

- August 2021 • **Learn HTML - For Beginners**  
Udemy
  - September 2021 • **Adobe Dreamweaver 2021 Ultimate Course**  
Udemy
  - September 2021 • **Statistics with R - Beginner Level**  
Udemy
  - September 2021 • **Adobe Lightroom Masterclass - Beginner to Expert**  
Udemy
  - October 2021 • **IUCN Red List Exam: Global and Regional Assessor**  
IUCN: International Union for Conservation of Nature
  - November 2021 • **Data Science & Machine Learning with R from A-Z Masterclass**  
Udemy
  - November 2021 • **Basics of Database Design & Development**  
Udemy
  - December 2021 • **Data Manipulation with Dplyr in R**  
Udemy
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## EXPERIENCE IN EDUCATION

- 2021 | 2023 • **Section of Botany, Department of Biology, National and Kapodistrian University of Athens**  
Supporting the course of plant physiology (Lab excercises for B.Sc. students)  
 Athens, Greece
  - 10-14 March 2025 • **Section of Botany, Department of Biology, National and Kapodistrian University of Athens**  
Orchid Seed Conservation (workshop): For the collaboration between the NKUA Seed Bank and the Department of Conservation of Genetic Resources of Armenian Flora, A. Takhtajan Institute of Botany, Armenian National Academy of Sciences  
 Athens, Greece
  - 12 April 2025 | 11 June 2025 • **Section of Botany, Department of Biology, National and Kapodistrian University of Athens**  
Co-supervision of an internship student: Ex situ seed conservation of three native taxa of Greece (*Juniperus drupacea*, *Liquidambar orientalis*, *Minuartia eurytanica*).  
 Athens, Greece
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