

CURRICULUM VITAE:



PERSONAL INFORMATION:

SURNAME: KONTOGIANNOU

ADDRESS: ARCHANGELOS RHODES

NAME: TSAMBIKA – ZOI

PREFECTURE: DODECANESE

NATIONALITY: GREEK

TELEPHONE: 2244023903

STATUS: MARRIED

MOBILE:6978258937

DATE OF BIRTH: 20/03/1989

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SCIENTIFIC KNOWLEDGE:

Public Vocational Training Institute of the National Emergency Center(D.I.E.K E.K.A.B.) of the General Hospital in Rhodes for the title “Rescuer – Ambulance Crew” from 15/10/2018 to 15/12/2021.

UNIVERSITY OF THE AEGEAN - Department of Early Childhood Education and Educational Planning: Environmental education 01/10/16-27/06/19: MSc

Technological Educational Institute (A.T.E.I.) OF CRETE - Department of Nutrition & Dietetics - Sitia Branch -

School of Health & Welfare Professions: 15/10/2006 – 17/06/2013: Bachelor

Unified Lyceum of Archangelos: 14/10/2004 – 03/06/2006: High School Certificate

SPECIALIZED KNOWLEDGE:

- Computing
(Microsoft Office Word, Excel, Power Point, Windows XP, Internet explorer, Microsoft Access)
- English Language Degree LOWER level

WORKSHOPS – CONFERENCES – SEMINARS – SPECIALIZATIONS:

Certificate of Training for the Webinar "Stage Safety": 30/07/2023 – 05/08/2023, using the distance learning method (e-learning)

Training Certificate for the Webinar "Approach and Management of an Obstetric Incident in a Prehospital Environment": 06/05/2023, using the distance learning method (e-learning)

STOP THE BLEEDING Training Certificate - 1st Panhellenic Search and Rescue Training in RHODES: 02/04/2023

Training Certificate "*Master Nutritionist in Pediatric Nutrition*", 2021-2022, 17/09/2022, using the distance learning method (e-learning)

Training Program in the Organization and Design of Teaching to Adults and Underage Learners: from 6/4/2021 to 7/5/2021, using the method of distance education (e-learning)

Webinar "Personal Safety, Self-Defense/Self-Protection" 11/04/2021

Online scientific event "New guidelines in resuscitation. What is changing and why?" 28/02/2021

Online Workshop: "The protection of vulnerable groups in the management of the mental effects of the pandemic - the contribution of the Hellenic Red Cross" 24/02/21

Training Webinar on "Confronting Risk" 21/02/2021

Distance Seminar "Childhood Obesity & Nutritional Approach" 20/02/2021

Distance Seminar "Childhood Obesity & Eating Disorders" 20/02/2021

Online Training Seminar "Declare Presence – Primary Assessment of Injured – Algorithm of Specialized Life Support" 07/02/2021

Scientific workshop: As speaker "Morbid Obesity, techniques and ways of treatment" 09/02/19

Workshop: Educational material in the field of "Environmental education, paths and horizons of sustainability" 04/03/17 Rhodes

Workshop: «Personalized Nutrition. Translating Nutrigenetics / Nutrigenomic Research into Nutrition Guidelines» 12/16 Technological Educational Institute of Crete

Domestic violence workshop 23/01/16 Athens Bar Association

Certificate of Pedagogical and Teaching Competence, Higher School of Pedagogical and Technological Education (ASPETE), 25/06/2015

2nd Panhellenic Congress of Clinical Nutrition and 13th Panhellenic Congress of Nutrition and Dietetics 27- 29/12/15 Athens

50-hour counselling seminars (Citizens' Academy 2012- 2013)

Food management and safety seminars certified by Hellenic Food Control (E.F.E.T.)
10 hours (11-12/5/13)

Scientific collaborator at TROFOUPOLI playground

Customer management and retention seminars 8 hours (7-8/5/13)

50-hour psychology seminars (Citizens' Academy 2012- 2013)

Charity Session on nutrition issues at Archangelos 24/3/13

Voluntary tuition for nutrition issues to second grade children at the 2nd Primary School of Archangelos, Rhodes 20/2/13

Participation in BECEL PROACTIVE research to lower cholesterol 10/12-11/12
Symi

Voluntary participation in the MEDIS University Survey for the Mediterranean score of adults aged > 65. (3/2012)

11th Panhellenic Congress of Nutrition & Dietetics: 24-27/11/ 2011 Athens

< Morbid obesity>: 7-8/05/11 Athens

<Current trends in pathology>: 29-31/10/2009 Heraklion

9th International Congress on Obesity : 30-31/10/2009 Heraklion

10th Panhellenic Congress of Nutrition – Dietetics: 13-15/11/2009 Athens

<Obesity – Problems and treatment>: 31/10 – 1/11/2008 Heraklion

<Ways to Search for a Job & Internship>:10/1/2008 Sitia

Pancretan Conference on Public Health: Health & Youth , 11-13/04/2008 Heraklion

14th Conference of the Hellenic Atherosclerosis Society : 4-5/04/2008 Heraklion

<The friends of breastfeeding>, 3rd annual conference on breastfeeding: 7/12/2007
Athens

9th Panhellenic Congress of Nutrition & Dietetics: 7-9/12/2007 Athens

PERSONAL INTERESTS:

- For 2 years (2010-2012) involved in volunteering and participated in a volunteer first aid team called E.Δ.E.A.K. –V.E.R.C. (volunteer emergency rescuers of Crete, with approval of civil protection) in Sitia, Crete.

- For 16 years Samaritan volunteer at the Hellenic Red Cross department in Rhodes. Degree in Amateur Radio and participated in the rope rescue team. Volunteer Samaritan Second Class (2008-2023)
- For 3 years (2014-2017) active member and secretary of the Cultural Association of Archangelos "The Hall"
- For 9 years active member of the Cretan Brotherhood of Rhodes "Psiloritis"
- From September 2014 to September 2019 elected and served as a Local Councilor in the Municipal Community of Archangelos Rhodes, where permanent resident.
- Trainer from Hellenic Society of Cardiopulmonary Resuscitation (E.E.KA.A.) in CPR (Basic Life Support) for the education of citizens.
- Trainer from the Hellenic Red Cross in CPR/AED first aid for the training of citizens and Samaritan Cadets.
- Full Member of the Hellenic Red Cross.
- Since January 2024 elected member of the Board of Directors of the Public Welfare Organization of the Municipality of Rhodes and treasurer of the Social Care and Care of People with Disabilities of the Municipality of Rhodes.