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## CURRICULUM VITAE | NASTOU MARINA-PANAGIOTA

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### PERSONAL INFORMATION

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Nastou Marina - Panagiota

Architect Engineer N.T.U.A.

Ma in Heritage Management (University of Kent-A.U.E.B.)

Date of birth:28-06-1992

20, Clois, Neo Iraklio, 14122 Athens (Greece)

(+30) 210 2843008 (+30) 698 1776280

e-mail: [nastoumarina92@gmail.com](mailto:nastoumarina92@gmail.com)  
[ma\\_nastos@hotmail.com](mailto:ma_nastos@hotmail.com)

Skype: marina.nastou

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## EDUCATION AND TRAINING

(September 2018-  
December 2019)

Ma in Heritage Management | University of Kent-Athens University of Economics and Business Thesis | December 2019  
"Managing the trails of tobacco culture in Eastern Macedonia and Thrace: natural environment, cultural landscapes, urban heritage

(September 2010-July 2017)

School of Architecture Engineering | National Technical University of Athens (N.T.U.A.)  
Diploma Degree 8,45

- Dissertation (Research) | February 2016  
"The city of Zakynthos- a city of the western world and the destructive earthquake of 1953"
- Diploma Thesis | July 2017  
"Opening Omonoia Square to the public space of Athens"

(spring semester of 2015  
| February to July)

Erasmus+ at the University of Florence | Università degli studi di Firenze (UNIFI), Department of Architecture

(2010)

Graduation of the 3rd General High School of Neo Iraklio, Athens | grade 19,8/2 0

Awards

Scholarship by the Bodossaki Foundation for the Ma in Heritage Management, September 2018

Participation in the European program "Youth Getting to Know Europe" (30/10/2009-7/11/2009, Paris), organised by the Ministry of Education for the students with the highest school grades of Athens, General Secretariat for Youth, Social Participation Directorate, Education, Political and Social Participation Division, tel.: 210 2599485, 482, 483 and 210 2599451  
Website: <http://www.neagenia.gr/frontoffice/portal.asp?cpage=resource&cresrc=146&c-node=32&clang=1>

Parade as flag holder (October 2006, March 2007, October 2009, March 2010)

Gold medal in the Hellenic Games of Competitive Aerobics, 2005

## WORK EXPERIENCE

(September 2011 –  
December 2012)

Surveillance of high school students during exams  
Learning center Othisi , Mitropoleos & N. Chaimanta 5-7, Marousi, Athens  
front@othisi.edu.gr  
Website: <http://www.othisi.gr/frontistirio/>  
(+30) 210 6128814, (+30) 210 6143812-813

(2016)

Collection and processing of data for the architectural design of open public spaces, from 1/4/2016 to 31/7/2016, Strategic management of environment, disasters and crises, post graduate program of the Department of Geology and Geoenvironment, National and Kapodistrian University of Athens

(2017)

Collection and processing of data for the architectural design of open public spaces, from 1/4/2017 to 31/7/2017, Strategic management of environment, disasters and crises, post graduate program of the Department of Geology and Geoenvironment, National and Kapodistrian University of Athens

(2018–2019)

Architect engineer at the technical office LAZOS CONSTRUCTIONS,  
Adress: 05 Alexandrou Papagou, N. Iraklio, Attica, Athens  
E-mail: [lazos\\_giannis@yahoo.gr](mailto:lazos_giannis@yahoo.gr)

## MAN AND WATER

MSc PROGRAM

International Hellenic University

(April 2019-present)

Organization, preparation and presentation of the optional course: *History of Water on Earth – Human Needs and Impacts*, with the professor Emmanouloudis Dimitrios,  
site: <http://manwater.teiimt.gr>

## Archaeological Resources Fund

(August 2019-  
November 2019)

Consultant of the president of ARF,  
responsible for architecture, technical and administrative issues

## UNESCO

(December 2018-present)

Member of UNESCO Chair «Conservation and Ecotourism of Riparian and Deltaic Ecosystems» (Con-E- ECT) of the International Hellenic University, responsible for architecture and heritage management, active participation in the projects and scientific programs

site: <http://unescochair.teiimt.gr/#gkBottom1-8>

## PLACEMENT

(1 September 2017 –  
1 December 2017)

Erasmus+ Placement at the architectural office ARCHIPLAN STUDIO, Mantova, Italy  
site: <http://www.archiplanstudio.com>

participation in the design and processing of projects as a part of the architectural team  
interior design of places in the centre of Mantova  
restoration of the theatre of Quinigentole  
design of a building with exhibition of ceramics (KITO) at Cina  
design, synthesis, photography, discussion, presentation-according to the daily needs of the office

## VOLUNTEERING

(September 2013)

Participation in the architectural organization *Monumenta* for the register of historical and buildings with architectural significance

(July 2016)

Scenography - creation of scenic and small role in the theatrical play "The Love and the Lie" of the Psychosocial Theatrical Group of people with special needs "Ipokampos", tutor-psychologist: Maria Bandis  
Theater: Mikis Theodorakis, 68 Kiprou, Argiroupoli, Athens  
Facebook: <https://www.facebook.com/Ψυχοκοινωνική-Θεατρική-Ομάδα-Ατόμων-με-Νοητική-Αναπηρία-1540736152900882/>

(December 2019)

Associate member at the association 'DIAZOMA'  
site: <http://www.diazoma.gr/>

## WORKSHOPS

(August 2012)

Participation in MEDS (Meeting of design students) at Ljubljana, Slovenia | name of workshop: sound forest (installation in a park of the city)

(August 2013)

Participation in MEDS at Lisbon, Portugal | workshop: outdoors wood creations with double use (table and bench)

Facebook: <https://www.facebook.com/medsworkshop/>

(August 2019)

Participation at the **summer school** of the Directorate of Modern Cultural Assets and Intangible Cultural Heritage of Ministry of Culture and Sports for the Rural Environment as Cultural Heritage at Dimitsana, in Arcadia, 21-28/7/2019

## SEMINARS

(2015-2016)

Scenography-Costume seminars at the center "Ανοιχτή Τέχνη" \_ winter period 2015\_spring period 2016  
Public exhibition of the projects of the seminars (Ilektra of Sofokli and Mackbeth of Shakespeare) at the center "Ανοιχτή Τέχνη"(October - November 2016)

(May 2020)

Digital Marketing  
Certification of Google, *Grow Greek Tourism Online*, Ministry of Tourism of Greece

## PUBLICATIONS

a)dissertation (2016)

Nastou M.P. (2016). The city of Zakynthos- a city of the western world and the destructive earthquake of 1953. Personal Research, National Technical University of Athens, Athens,  
<https://dspace.lib.ntua.gr/handle/123456789/42217>

b)diploma thesis (2017)

Nastou M.P. (2017). Opening Omonoia square to the public space of Athens. Diploma Thesis, National Technical University of Athens, Athens,  
<http://dspace.lib.ntua.gr/handle/123456789/45759>

c)conferences (2016)

Nastos, P.T., Berdebe, I., Nastou, M-P.P., (2016). Assessment of thermal sensation in complex urban micro environments, utilizing meteorological measurements from sensors mounted on a cargo bicycle. EMS Annual Meeting Abstracts Vol. 13, EMS2016-462, 2016 16th EMS / 11th ECAC.

(2018)

Nastou M-P, (2018). Opening Omonoia square to the public space of Athens. 11th International Conference of Hellenic Geographical Society (ICHGS - 2018), April 12-15, 2018, Lavrio

(2018) Nastos P.T., Moustris K., Nastos M.-P.P., Charalampopoulos I., (2018). Urban green spaces versus built environment from the perspective of human thermal sensation. 14th International Conference on Meteorology, Climatology and Atmospheric Physics, October 15-17, 2018, Alexandroupolis, Greece.

d) international scientific journals

Panagiotis T. Nastos , Emmanuel Vassilakis , Marina-Panagiota P. Nastos , Ioannis Charalampopoulos & Andreas Matzarakis, (2017). Assessment of continuous sky view factor based on ultra-high resolution natural colour images acquired by remotely piloted airborne systems for applications in an urban area of Athens. International Journal of Remote Sensing, 2017, 38 (20), 5814–5829  
<https://doi.org/10.1080/01431161.2017.134684>

e) online publications  
(2020)

Archisearch (June 2020). Opening Omonoia square to the public space of Athens  
<https://bit.ly/2CtY4gb>

Kataskevesktirion.gr (July 2020). Opening Omonoia square to the public space of Athens. Online: <http://kataskevesktirion.gr/%CF%84%CE%BF-%CE%AC%CE%BD%CE%B-F%CE%B9%CE%B3%CE%BC%CE%B1-%CF%84%CE%B7%CF%82-%CF%80%CE%BB%CE%B1%CF%84%CE%B5%CE%AF%CE%B1%CF%82-%CE%BF%CE%BC%CE%BF%CE%BD%CE%BF%CE%AF%CE%B1%CF%82-%CF%83%CF%84%CE%BF-%CE%B4/>

LANGUAGES

Greek\_native  
English\_C2, Certificate of Proficiency in English, University of Cambridge  
French\_B2, Diplôme d' études en langue française Delf B2  
Italian\_B2, Certificato di Conoscenza della Lingua Italiana, Livello Celi 3

COMPUTER PROGRAMS

Microsoft Office(+++)/Adobe Photoshop(+++)/Adobe Indesign(++)/Adobe Illustrator(+)/  
Autocad(+++)/Sketchup (+)/  
Rhino(+)/3D Studio Max(+)

PERSONAL SKILLS

hard working/spirit of collaboration/organization  
concentration/punctuality/responsibility/ willingness  
discipline/patience/efficiency  
initiative/sensitivity/optimism

ADDITIONAL INFORMATION

Music\_Piano\_ advanced level, Music theory\_level 5, Harmony classes\_ advanced level, History of music (1/2 years)

Sport\_ awards: bronze and gold metal at the National Competition of Aerobics (June 2004-July 2005)

Painting, sketch, models

Theatre, Cinema, Photography

Travelling\_educational trips and tourism : **England\_** London, July 2004 (Summer School - Queen Mary College, Mile End), October 2012, May 2014, December 2018 | **France\_** Paris, October 2009 (European program “Youth Getting to Know Europe”) | **Netherlands\_** Amsterdam, Utrecht, Rotterdam, March 2011 | **Spain\_** Barcelona, April 2012 | **Slovenia\_** Ljubljana, August 2012 (workshop “MEDS”) | **Turkey\_** Istanbul, May 2013 | **Portugal\_** Lisbon-Porto, August 2013 (workshop “MEDS”) | **Norway\_** Oslo, September 2014 | **Italy\_** Venice, August 2012\_Florence, February-July 2015 (Erasmus +), November 2015, October 2016, February 2018 (ICOMOS conference)\_Tuscany, May 2016\_Rome, October 2016, June 2018\_Mantua, August-December 2017 (Erasmus+placement), February 2018 | **Hungary\_** Budapest, September 2018 | **Germany\_** Berlin, May 2019\_ Freighbourg, March 2020 | **Denmark\_** Copenhagen, September 2019