

ΑΝΔΡΕΑΣ ΦΛΟΥΡΗΣ

ΚΑΘΗΓΗΤΗΣ – ΔΙΕΥΘ. ΕΡΓΑΣΤΗΡΙΟΥ

ΣΥΝΟΨΗ

Ο Δρ Φλουρής είναι Καθηγητής Φυσιολογίας στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας και Επισκέπτης Καθηγητής στο Πανεπιστήμιο της Οτάβα. Στο Πανεπιστήμιο Θεσσαλίας, είναι επίσης Διευθυντής του Μεταπτυχιακού Προγράμματος «Εφαρμοσμένη Κινησιολογία στις Ένοπλες Δυνάμεις και τα Σώματα Ασφαλείας». Επίσης είναι μέλος της Ανεξάρτητης Συμβουλευτικής Επιτροπής του Τμήματος Βιοσυστημάτων στο ΚΥ Leuven στο Βέλγιο.

Για περισσότερα από 15 χρόνια, ο Δρ Φλουρής συμβουλεύει κυβερνήσεις και διεθνείς οργανισμούς, όπως η Κυπριακή Προεδρία, τα Υπουργεία Εργασίας στην Ελλάδα και το Κατάρ, τον Παγκόσμιο Οργανισμό Υγείας, το Διεθνή Οργανισμό για την Εργασία, τον Παγκόσμιο Οργανισμό Μετεωρολογίας και άλλους σχετικά με τις επιπτώσεις της κλιματικής αλλαγής και παραγόντων του περιβάλλοντος στην υγεία, την παραγωγικότητα, καθώς και την εκτίμηση και επικοινωνία κινδύνου. Έχει δημοσιεύσει ευρέως για αυτά τα θέματα και έχει συμμετάσχει σε πολλά εθνικά και διεθνή έργα που αναζητούν λύσεις για την αντιμετώπιση αυτών των προκλήσεων. Είναι μέλος της Συμβουλευτικής Επιτροπής για την Υγεία και την Ασφάλεια στην Εργασία, που έχει συστήσει το Συμβούλιο της Ευρωπαϊκής Ένωσης και η Ευρωπαϊκή Επιτροπή. Επίσης, είναι μέλος της Ομάδας Εργασίας για τη δημιουργία μέτρων πρόληψης για τη μείωση της εργασιακής θερμικής καταπόνησης του Υπουργείου Εργασίας, καθώς και μέλος της Επιτροπής Μελέτης Επιπτώσεων της Κλιματικής Αλλαγής της Τράπεζας της Ελλάδος για τη μελέτη των επιπτώσεων της κλιματικής αλλαγής στην ελληνική οικονομία.

Ο Δρ Φλουρής ονειρεύεται έναν κόσμο στον οποίο οι άνθρωποι θα κατανοούν πώς και πόσο το περιβάλλον επηρεάζει τη ζωή τους και θα σχεδιάζουν τη ζωή και τις δραστηριότητές τους σε αρμονική συνάρτηση με τη μακροπρόθεσμη ευημερία της ανθρωπότητας. Ο στόχος του είναι να δείξει το δρόμο προς αυτό τον τρόπο ζωής, να προσφέρει εργαλεία που θα βοηθήσουν για την επίτευξη του στόχου αυτού και να εμπνεύσει άλλους να συμβάλουν για να φτάσουμε σε αυτόν τον κόσμο.

Το 2023, συμπεριλήφθηκε στη λίστα TIME100 Next των μελλοντικών παγκόσμιων ηγετών και είναι μέλος της επιτροπής του VinFuture Prize. Είναι υπέρμαχος της δράσης



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ΕΡΕΥΝΗΤΙΚΟ ΕΡΓΟ

	1ος ΣΥΓΓΡ.	ΤΕΛΕΥΤΑΙΟΣ ΣΥΓΓΡ.	ΣΥΝ.
ΕΚΘΕΣΕΙΣ ΠΟΛΙΤΙΚΗΣ	4	1	9
ΒΙΒΛΙΑ	2	0	2
ΚΕΦΑΛΑΙΑ ΒΙΒΛΙΩΝ	9	2	15
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ΠΑΡΟΥΣΙΑΣΕΙΣ ΣΥΝΕΔΡΙΩΝ	52	137	299

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CITATION INDEX	12214
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ΕΡΕΥΝΗΤΙΚΗ ΧΡΗΜΑΤΟΔΟΤΗΣΗ	28.6 εκ. €
ΑΞΙΟΛΟΓΗΣΗ ΕΠΙΣΤΗΜ. ΑΡΘΡΩΝ	232

ΕΠΙΚΟΙΝΩΝΙΑ

Εργαστήριο Περιβαλλοντικής Φυσιολογίας
ΤΕΦΑΑ
Πανεπιστήμιο Θεσσαλίας

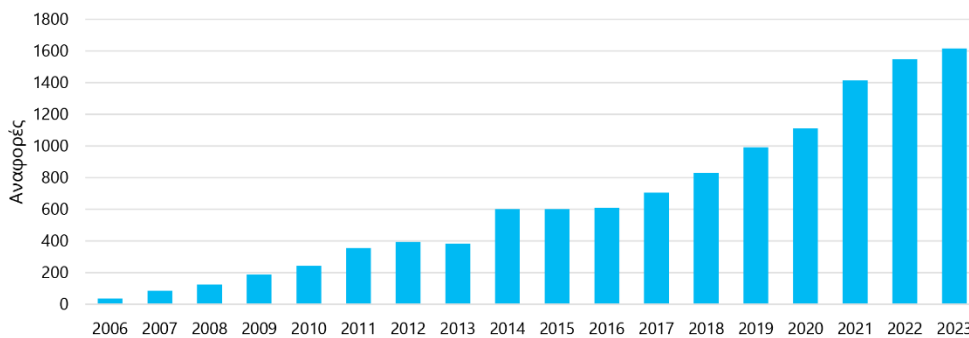
Καρυές, Τρίκαλα
42100

για το κλίμα και συνεργάζεται με εθνικούς και διεθνείς οργανισμούς για να υποστηρίξει την κλιματική προσαρμογή και δράσεις για έναν πιο βιώσιμο κόσμο. Συμβάλλει επίσης στη μετάφραση της επιστημονικής γνώσης σε πολιτικές για το περιβάλλον, το κλίμα και την υγεία. Δημοσιεύει συχνά σε εθνικά και παγκόσμια μέσα ενημέρωσης, συμπεριλαμβανομένων των BBC, CBC, περιοδικών TIME και WIRED, Financial Times, New York Times, El Pais και του Thomson Reuters Foundation.

Ο Δρ Φλουρής έχει καθοδηγήσει περισσότερους από 60 ερευνητές: 9 μεταδιδακτορικούς ερευνητές, 15 διδακτορικούς φοιτητές και 39 μεταπτυχιακούς φοιτητές. Είναι περήφανος για τις επιτυχίες τους και προσπαθεί να τους προσφέρει συνεχή υποστήριξη σε όλη τη διάρκεια της καριέρας τους. Στις αρχές της δικής του καριέρας, βραβεύτηκε ως Academic All-Canadian Mentor στον Καναδά, σε αναγνώριση της θετικής του επίδρασης σε φοιτητές/τριες. Διδάσκει 3 προπτυχιακά και 9 μεταπτυχιακά μαθήματα σε 3 Τμήματα του Πανεπιστημίου Θεσσαλίας.

Τα κύρια ερευνητικά του ενδιαφέροντα περιλαμβάνουν την κατανόηση και την αντιμετώπιση των περιβαλλοντικών παραγόντων που επηρεάζουν αρνητικά την ανθρώπινη υγεία, την παραγωγικότητα και την απόδοση. Υποστηρίζοντας τη διεθνή επιστημονική κοινότητα που ασχολείται με την Περιβαλλοντική Φυσιολογία, είναι Αναπληρωτής Συντάκτης στα περιοδικά Temperature και Biology, ενώ έχει διατελέσει Συντάκτης για Ειδικά Τεύχη σε πολλά περιοδικά.

Αναφορές (Google Scholar)



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ΤΡΕΧΟΥΣΕΣ ΘΕΣΕΙΣ ΕΡΓΑΣΙΑΣ

- Καθηγητής** Φυσιολογίας στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Καθήκοντα: διδασκαλία των προπτυχιακών και μεταπτυχιακών μαθημάτων, επίβλεψη φοιτητών όλων των επιπέδων, συμμετοχή σε επιτροπές του Τμήματος και του Πανεπιστημίου, διεύθυνση του εργαστηρίου FAME Lab, διεξαγωγή έρευνας, διεκδίκηση χρηματοδοτήσεων από εθνικούς και διεθνείς οργανισμούς.
- 2024 - σήμερα
- Επισκέπτης Καθηγητής** στο School of Human Kinetics, Faculty of Health Sciences του Πανεπιστημίου της Ottawa (Καναδάς). Καθήκοντα: διεξαγωγή έρευνας, διεκδίκηση χρηματοδοτήσεων από εθνικούς και διεθνείς οργανισμούς, και επίβλεψη φοιτητών όλων των επιπέδων του Πανεπιστημίου της Ottawa.
- 2012 - σήμερα
- Διευθυντής Μεταπτυχιακού Προγράμματος Σπουδών** με τίτλο «Εφαρμοσμένη Κινησιολογία στις Ένοπλες Δυνάμεις και τα Σώματα Ασφαλείας» στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας.
- 2018 - σήμερα
- Μέλος της Επιτροπής Μεταπτυχιακών Σπουδών** του Πανεπιστημίου Θεσσαλίας. Η Επιτροπή είναι το ανώτατο συμβουλευτικό όργανο για τη διαμόρφωση και υλοποίηση των μεταπτυχιακών σπουδών του Πανεπιστημίου. Διορίζεται και αναφέρεται απευθείας στη Σύγκλητο του Πανεπιστημίου.
- 2022 - σήμερα
- Μέλος Εξωτερικού Συμβουλίου Αξιολόγησης** για το Τμήμα Βιοσυστημάτων, μέρος του Science, Engineering and Technology Group στο KU Leuven. Το Συμβούλιο παρέχει συμβουλές για το σχέδιο πολιτικής του Τμήματος με έμφαση στην ανάπτυξη φιλόδοξης, υψηλής ποιότητας έρευνας και βοηθά το Τμήμα να χτίσει τη μακροπρόθεσμη στρατηγική του για να διατηρήσει την ποιότητα και την προβολή της έρευνας προς τη σωστή κατεύθυνση.
- 2022 - σήμερα
- Ειδικός Σύμβουλος** σε διάφορους διεθνείς οργανισμούς συμπεριλαμβανομένων του Συμβουλίου της Ευρωπαϊκής Ένωσης, της Ευρωπαϊκής Επιτροπής, του Ευρωπαϊκού Οργανισμού Διαστήματος, και της NASA (πλήρης λίστα παρέχεται στην ενότητα "Εργασιακή Εμπειρία").
- 2009 - σήμερα

ΠΡΟΗΓΟΥΜΕΝΕΣ ΘΕΣΕΙΣ ΕΡΓΑΣΙΑΣ

- Μέλος του Συμβουλίου της Δομής Έρευνας, Καινοτομίας και Αριστείας** του Πανεπιστημίου Θεσσαλίας. Το Συμβούλιο είναι το ανώτατο συμβουλευτικό όργανο για τη διαμόρφωση και την εφαρμογή της πολιτικής του Πανεπιστημίου για την έρευνα, την
- 2022 - 2024

τεχνολογική καινοτομία και την αριστεία. Το Συμβούλιο διορίζεται από τον Πρύτανη του Πανεπιστημίου και λογοδοτεί απευθείας στον Πρύτανη του Πανεπιστημίου.

2017 - **Αναπληρωτής Καθηγητής** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Καθήκοντα: διδασκαλία των προπτυχιακών και μεταπτυχιακών μαθημάτων, επίβλεψη φοιτητών όλων των επιπέδων, συμμετοχή σε επιτροπές του Τμήματος και του Πανεπιστημίου, διεύθυνση του εργαστηρίου FAME Lab, διεξαγωγή έρευνας, διεκδίκηση χρηματοδοτήσεων από εθνικούς και διεθνείς οργανισμούς.

2009- **Συνεργαζόμενος Ερευνητής** στην Περιβαλλοντική Φυσιολογία στο Εθνικό Κέντρο Έρευνας και Τεχνολογικής Ανάπτυξης. Καθήκοντα: διεύθυνση του Εργαστηρίου Περιβαλλοντικής Φυσιολογίας FAME Lab, διαχείριση του Living Lab Thessaly, διεξαγωγή έρευνας, διεκδίκηση χρηματοδοτήσεων από εθνικούς και διεθνείς οργανισμούς, και επίβλεψη φοιτητών όλων των επιπέδων του Παν. Θεσσαλίας.

2009- **Επίτιμος Διδάσκων** στη Φυσιολογία του Ανθρώπου και στη Στατιστική στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας (το μεγαλύτερο διάστημα μέσω Π.Δ. 407, υποτροφιών, και συμβάσεων). Καθήκοντα: διδασκαλία του προπτυχιακού μαθήματος Φυσιολογία του Ανθρώπου, του μεταπτυχιακού μαθήματος Πρόληψη αναπνευστικών δυσλειτουργιών μέσω της άσκησης, του μεταπτυχιακού μαθήματος Στατιστική, και επίβλεψη φοιτητών όλων των επιπέδων.

2014- **Επίκουρος Καθηγητής** Φυσιολογίας του Ανθρώπου στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Καθήκοντα: διδασκαλία προπτυχιακού και μεταπτυχιακών μαθημάτων, επίβλεψη φοιτητών όλων των επιπέδων, συμμετοχή σε επιτροπές του Τμήματος και του Πανεπιστημίου, διεύθυνση του εργαστηρίου FAME Lab, διεξαγωγή έρευνας, διεκδίκηση χρηματοδοτήσεων από εθνικούς και διεθνείς οργανισμούς.

2005- **Μέλος** της Εκτελεστικής Επιτροπής στο Space Generation Advisory Council που υποστηρίζεται από το Πρόγραμμα των Ηνωμένων Εθνών για τις Διαστημικές Εφαρμογές. Καθήκοντα: συμμετοχή στις συνεδριάσεις της Γενικής Συνέλευσης, συμμετοχή στην προετοιμασία ετήσιων εκθέσεων, διορισμός μελών της συμβουλευτικής επιτροπής, συνεισφορά στη διευκόλυνση της συνεχούς συμμετοχής νέων από όλο τον κόσμο, ιδίως νέων από αναπτυσσόμενες χώρες και νεαρών γυναικών, στο χώρο συνεργασίας -σχετικές δραστηριότητες.

2007- **Υπεύθυνος Έργου** για το έργο: Nanotoxicology: effects of nanoparticles on human health. Εργαστήριο Τοξικολογίας, Σχολή Επιστημών Υγείας, Τμήμα Ιατρικής, Πανεπιστήμιο Κρήτης.

2004- **Λέκτορας** στο Department of Health and Human Performance του Πανεπιστημίου Dalhousie (Καναδάς). Καθήκοντα: διδασκαλία προπτυχιακών μαθημάτων στην Ανατομία, Φυσιολογία, Νευρομυϊκή Λειτουργία, και Μέτρηση και Αξιολόγηση.

2004- **Διαχειριστής Εργαστηρίου** για το εργαστήριο Environmental Ergonomics Laboratory, School of Health and Human Performance, Dalhousie University, Halifax, Canada.

- 2004 **Βιοστατιστικός** για το Department of Community Health Sciences, Brock University, St. Catharines, Canada.
- 2002-2004 **Βοηθός Ερευνητής** στο Department of Community Health Sciences, Brock University, St. Catharines, Canada.
- 2002-2004 **Βοηθός Καθηγητής** στο Department of Physical Education and Kinesiology, Brock University, St. Catharines, Canada.

ΣΠΟΥΔΕΣ – ΕΚΠΑΙΔΕΥΣΗ

- 2008-2009 **Μεταδιδακτορική Έρευνα (Post-Doc)** στο Ινστιτούτο Σωματικής Απόδοσης και Αποκατάστασης του Κέντρου Έρευνας, Τεχνολογίας και Ανάπτυξης Θεσσαλίας εργαζόμενος με τον Καθηγητή κ. Γιάννη Κουτεντάκη. Θέμα έρευνας: φυσιολογικοί και συμπεριφορικοί θερμορρυθμιστικοί μηχανισμοί.
- 2007-2008 **Μεταδιδακτορική Έρευνα (Post-Doc)** στο Εργαστήριο Τοξικολογίας του Τμήματος Ιατρικής του Πανεπιστημίου Κρήτης εργαζόμενος με τον Καθηγητή κ. Αριστείδη Τσατσάκη. Θέμα έρευνας: νευροχημικοί μηχανισμοί της ανθρώπινης θερμορρύθμισης.
- 2004-2007 **Διδακτορικός τίτλος (Doctor of Philosophy)** στις Διατμηματικές Επιστήμες από το πανεπιστήμιο Dalhousie University, Canada. Εξειδίκευση: Φυσιολογία του περιβάλλοντος. Επιβλέπουσα επιτροπή: Δρ. Stephen S. Cheung (θερμοφυσιολογία), Δρ. Timothy Noakes (θερμοφυσιολογία), Δρ. David A. Westwood (επιστήμη των νεύρων), Δρ. Raymond Klein (επιστήμη των νεύρων) and Δρ. Lee Kirby (ιατρική). Τίτλος διατριβής: On the functional architecture of the human thermoregulatory system.
- 2005 **Δίπλωμα Εξειδίκευσης** στις Διαστημικές Επιστήμες από το πανεπιστήμιο International Space University, Strasbourg, France; Summer Session Program 2005. Συνολικός βαθμός: 81%. Εξειδίκευση: Επιστήμες Υγείας Διαστήματος (Βαθμός: 90%). Επιβλέπων: Δρ. Douglas Hamilton (διαστημική ιατρική). Επιβλέποντες ομαδικής εργασίας: Δρ. Simon P. Worden (διαστημική άμυνα) και Δρ. Ray Williamson (διαστημική πολιτική και διεθνείς σχέσεις). Τίτλος διατριβής: Cassandra: A strategy to protect our planet from Near Earth Objects.
- 2002-2004 **Μεταπτυχιακός τίτλος (Master of Science)** στις Εφαρμοσμένες Επιστήμες Υγείας (με Έπαινο) από το πανεπιστήμιο Brock University, Canada. Εξειδίκευση: Κλινική επιδημιολογία. Βαθμός: 89.3%. Επιβλέπουσα επιτροπή: Δρ. Brent E. Faught (κλινική επιδημιολογία), Δρ. Panagiota Klentrou (εφαρμοσμένη φυσιολογία) και Δρ. John Hay (παιδιατρική). Τίτλος διατριβής: An international investigation on the validity of the CSAPPA scale in screening for Developmental Coordination Disorder.
- 2001-2002 **Μεταπτυχιακός τίτλος (Master of Science)** στην Εφαρμοσμένη Επιστήμη Αθλημάτων και Άσκησης από το πανεπιστήμιο University of Wolverhampton, England. Εξειδίκευση: Φυσιολογία της άσκησης. Βαθμός: 91%. Επιβλέπουσα επιτροπή: Δρ. Γιάννης Κουτεντάκης (φυσιολογία της άσκησης) και Δρ. Alan Nevill (βιοστατιστική). Τίτλος διατριβής: Attaining energy equilibrium in proxies assessing human bioenergetics.
- 1997-2001 **Πτυχίο** Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού (ΤΕΦΑΑ) από το ΤΕΦΑΑ του Πανεπιστημίου Θεσσαλίας. Βαθμός: 75%. Διπλωματική εργασία στον τομέα της

φυσιολογίας της άσκησης. Βαθμός 90%. Επιβλέπων: Δρ. Γιάννης Κουτεντάκης. Τίτλος διατριβής: A novel approach in evaluating human bioenergetics.

ΑΝΑΓΝΩΡΙΣΗ

- 2023 2023 TIME100 Next. Ετήσια λίστα του περιοδικού TIME με 100 άτομα σε όλο τον κόσμο που διαμορφώνουν το μέλλον των τομέων τους και αποτελούν την επόμενη γενιά ηγετών.
- 2014 Βραβείο «Distinguished Visiting Researcher» από το Office of International Research του Πανεπιστημίου της Οτάβα στον Καναδά.
- 2009- Marie Curie Fellowship. Project title "THERMOMICS: Unraveling the functional architecture 2013 of the human thermoregulatory system through immunological, circadian and sensory mechanisms: focus on the mature European population". Marie Curie International Reintegration Grants (FP7-PEOPLE-IRG-2008; grant no. 239521).
- 2007- PDF Fellowship for Post-Doctoral Fellows από το Natural Science and Engineering Research 2009 Council (NSERC) του Canada.
- 2007 Βραβείο Αριστείας από το Πανεπιστήμιο Dalhousie στον Καναδά.
- Λεπτομερής λίστα όλων των βραβείων/υποτροφιών παρέχεται στο Παράρτημα.*

ΕΡΕΥΝΗΤΙΚΗ ΧΡΗΜΑΤΟΔΟΤΗΣΗ

Συνολική Χρηματοδότηση (28.64 εκ. €)

Συντονιστής Έργου (υποσύνολο: 5.17 εκ. €)

- 2024- ICARUS: Human heat-stress vulnerability and visions for improved health protection and 2028 policy. Interdisciplinary Synergy Programme 2023, Novo Nordisk Foundation (Project number: 0084293).
- 2023 Heat and OSH policy brief: best practices in the Arab region and beyond. International Labour Organization; United Nations (Contract Number: 40454682).
- 2023 Exposure to heat stress in the working environment and resulting health impacts: A global research and policy review. International Labour Organization; United Nations (Contract Number: 40433323).
- 2022- Current and future impacts of climate change on health and productivity in Greece. LIFE-IP 2023 AdaptinGR - LIFE17 IPC/GR/000006. Bank of Greece, Greece.
- 2022- Development and implementation of the International PhD program "Physical Education, 2023 Sport Science and Dietetics". Grant funded by the operational programme "Human Resources Development, Education and Life Lifelong Learning" under the European Social Fund (Contract number: MIS 5153418).
- 2021- Overview of systematic reviews of the effects of exposure to heat on pain, burns, cataract 2022 and heat-related illnesses. 2021/1090712-0. World Health Organization.
- 2019- Assessment of new technologies for infectious disease surveillance, prevention and control; 2022 European Centre for Disease Prevention and Control (Framework Contract Number: ECDC/2019/027).

- 2019-2021 Effects of in vitro exercise on the browning of white adipose tissue. Support for Researchers with a focus on Young Investigators (Round 2); Partnership Agreement 2014-2020; Greek Ministry of Development and Investments (Contract Number: 100956 / 646).
- 2019 Field research to test and strengthen heat stress mitigation strategies. International Labour Organization; United Nations (Contract Number: 40262271 / 1).
- 2019 Desk review of research on heat stress. International Labour Organization; United Nations (Contract Number: 40255529).
- 2018-2019 ATLAS project: Implementation of a Tri-partite Center for Functional Assessment of Physical Activity. National Troodos Mountain Community Development Strategy – Center for Health, Rehabilitation and Research. Yiannaki Papadouri Foundation and Presidency of the Republic of Cyprus.
- 2014-2018 ICI-THROUGH: Intersectoral collaboration for innovation in non-invasive techniques to estimate human brown adipose tissue activity; Marie Skłodowska-Curie Research and Innovation Staff Exchange (RISE) Call: H2020-MSCA-RISE-2014 (grant no. 645710).
- 2013-2018 GI-Neu: Impact of colostrum-based neutraceuticals on functional gastrointestinal disorders. EU FP7 People; Marie Curie Industry-Academia Partnerships and Pathways (IAPP) Call: FP7-PEOPLE-2012-IAPP (grant no. 324476).
- 2013-2017 FUEGO: Global network of excellence for research on adipose tissue plasticity and human thermogenesis. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2013-IRSES (grant no. 612547).
- 2013-2017 U-GENE: Multi-national network of excellence for research on genetic predisposition to cardio-metabolic disorders due to UCP1 gene polymorphisms. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2012-IRSES (grant no. 319010).
- 2009-2013 THERMOMICS: Unraveling the functional architecture of the human thermoregulatory system through immunological, circadian and sensory mechanisms: focus on the mature European population. EU FP7 People; Marie Curie International Reintegration Grants (IRG) Call: FP7-PEOPLE-IRG-2008 (grant no. 239521).

Συνεργάτης Έργου (υποσύνολο: 23.47 εκ. €)

- 2024-2028 ISMED-CLIM: Innovative solutions across the Mediterranean for mitigation of climate change-related health risks and enhancing health system resilience. European Commission HORIZON-MISS-2023-CLIMA-01-03.
- 2022-2026 Evaluating pathophysiological mechanisms of acute and chronic heat stress on maternal and fetal health (UNS143256). Call: Biological vulnerability to extreme heat in maternal and child health application. Wellcome Trust, UK.
- 2023-2025 Investigation of different exercise methods on muscle and cardiovascular function and immune response of healthy and clinical populations (MIS 5162194). Thessaly Regional Operational Programme 2014-2020, Upgrading, supplementing and expanding public

research and innovation infrastructures to serve areas of strategic interest in the Region of Thessaly.

- 2022-2024 ADAPTHEAT. Adaptation to heat and climate change at work. Collective bargaining and social dialogue in Europe to protect workers' health and safety, welfare and productivity against heat and heat waves. European Commission Social Fund+ SOCPL-2021-IND-REL-01.
- 2016-2021 HEAT-SHIELD: Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming. European Commission H2020-PHC-2015-two-stage (grant no. 668786).
- 2015-2018 nanoBAT: Enhanced brown adipose tissue activity using nanotechnology approaches; Marie Skłodowska-Curie Research and Innovation Staff Exchange (RISE) Call: H2020-MSCA-RISE-2014 (grant no. 691061).
- 2015-2018 smartHELMET: Intersectoral Network for Innovation on Smart Thermal Solutions for Bicycle Helmets; Marie Skłodowska-Curie Research and Innovation Staff Exchange (RISE) Call: H2020-MSCA-RISE-2014 (grant no. 645770).
- 2015-2018 SCAFFY: Bio-scaffold engineered device for brown adipose tissue regeneration; Marie Skłodowska-Curie Research and Innovation Staff Exchange (RISE) Call: H2020-MSCA-RISE-2014 (grant no. 645640).
- 2015-2018 Defining age-specific heat exposure limits for workers: from laboratory to field. Research Opportunities Program, Ontario Ministry of Labour.
- 2014-2018 Interindividual variation in response to consumption of plant food bioactives and determinants involved. EU Horizon 2020 COST Action FA1403, Domain Committee "Food and Agriculture".
- 2013-2017 Novel structural skins: Improving sustainability and efficiency through new structural textile materials and designs. EU FP7 COST Action TU1303, Domain Committee "Transport and Urban Development".
- 2013-2017 Thessaly Smart Research and Development Pole: Research, Innovation, Strategies. Competitiveness and Entrepreneurship Programme: General Secretariat for Research and Technology.
- 2013-2017 Heat stress in older adults and individuals with type 2 diabetes. Operating Grant, Canadian Institutes of Health Research.
- 2013-2017 RETOUR: Remedial and Rehabilitation Tourism in Thessaly. Cooperation Programme: General Secretariat for Research and Technology, Greek Ministry of Development.
- 2011-2015 Towards safer bicycling through optimization of bicycle helmets and usage. EU FP7 COST Action TU1101, Domain Committee "Transport and Urban Development".
- 2012-2016 ESCAPEE: Exercise, smoking, and alcohol: investigation of mechanisms, and interventions for prevention, cessation and awareness. Thalys Programme: General Secretariat for Research and Technology.

- 2011-2014 Investigation of the functional architecture of the human thermoregulatory system through biochemical indices. Heraklitos II Programme: Greek Ministry of Education, Lifelong Learning and Religious Affairs (grant no. 162).
- 2010-2014 ICARUS: International cooperation for the advancement of research on the underlying system of human thermoregulation. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2009-IRSES (grant no. 247631).

ΕΠΙΣΤΗΜΟΝΙΚΕΣ ΚΑΙ ΕΠΑΓΓΕΛΜΑΤΙΚΕΣ ΔΡΑΣΤΗΡΙΟΤΗΤΕΣ

Ομάδες Εργασίας / Επιστημονικές Εταιρείες / Οργανισμοί

- 2024-σήμερα **Member** of the Advisory Committee on Safety and Health at Work, set up by the Council of the European Union (Council Decision of 22 July 2003) to assist the European Commission in the preparation, implementation and evaluation of activities in the fields of safety and health at work.
- 2022-σήμερα **Member** of the Climate Change Impacts Study Committee formed by the Bank of Greece to study the impacts of climate change in the Greek society and economy.
- 2018-σήμερα **Member** of the Global Heat Health Information Network, spearheaded by the World Meteorological Organization and the World Health Organization.
- 2018-2022 **Μέλος** της Τεχνικής Ομάδας Εργασίας για τη δημιουργία οδηγιών με στόχο την αντιμετώπιση της θερμικής καταπόνησης των εργαζομένων για το Υπουργείο Εργασίας και Κοινωνικών Υποθέσεων.
- 2016-2018 **Μέλος του Διοικητικού Συμβουλίου** της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης.
- 2009-σήμερα **Ιδρυτικό Μέλος** της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης.

Εξωτερικός Αξιολογητής Προτάσεων Χρηματοδότησης

- 2023 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το European Research Council για την προκήρυξη ERC-2023-ADG: Advanced Grants.
- 2023 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Innovative Health Initiative Joint Undertaking της Ευρωπαϊκής Επιτροπής για την προκήρυξη HORIZON-JU-IHI-2023-04-04 two-stage: Patient-centric blood sample collection to enable decentralised clinical trials and improve access to healthcare.
- 2023 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το European Education and Culture Executive Agency για την προκήρυξη ERASMUS-SPORT-2023: Small scale partnerships (SSCP).
- 2023 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Innovative Health Initiative Joint Undertaking της Ευρωπαϊκής Επιτροπής για την προκήρυξη HORIZON-JU-IHI-2022-03-01: Screening platform and biomarkers for prediction and prevention of diseases of unmet public health need.

- 2023 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Ministry of Education και το Research and the Executive Agency for Higher Education, Research, Development and Innovation Funding για την προκήρυξη: Development of a program to attract highly specialised human resources from abroad in research, development and innovation activities.
- 2023 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Innovative Health Initiative Joint Undertaking της Ευρωπαϊκής Επιτροπής για την προκήρυξη IHI-2022-02-02: Cardiovascular diseases - Improved prediction, prevention, diagnosis and monitoring.
- 2022 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Innovative Health Initiative Joint Undertaking της Ευρωπαϊκής Επιτροπής για την προκήρυξη IHI-2022-02-01: Cardiovascular diseases - Improved prediction, prevention, diagnosis and monitoring.
- 2022 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή για την προκήρυξη HORIZON-HLTH-2022-TOOL-11-01: Optimising effectiveness in patients of existing prescription drugs for major diseases (except cancer) with the use of biomarkers.
- 2022 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Canadian Foundation for Innovation στο John R. Evans Leaders Fund.
- 2021 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Ministry of Education and Research και το Executive Agency for Higher Education, Research, Development and Innovation Funding στην προκήρυξη: Exploratory Research Projects.
- 2021 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Ministry of Education and Research και το Executive Agency for Higher Education, Research, Development and Innovation Funding στην προκήρυξη: Postdoctoral Research Projects.
- 2021 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Ministry of Education and Research και το Executive Agency for Higher Education, Research, Development and Innovation Funding στην προκήρυξη: Research projects for stimulating young independent teams.
- 2021 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Slovenian Research Agency στην προκήρυξη: Research Programmes 2021.
- 2020 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Ministry of Education and Research και το Executive Agency for Higher Education, Research, Development and Innovation Funding στην προκήρυξη: Exploratory Research Projects.
- 2020 **Εξωτερικός Αξιολογητής Έργου (Rapporteur)** για την Ευρωπαϊκή Επιτροπή σε έργα της προκήρυξης COST του προγράμματος Ορίζοντας 2020. European Cooperation in Science and Technology.
- 2019-2020 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Ministry of Education and Research και το Executive Agency for Higher Education, Research, Development and Innovation Funding στην προκήρυξη: Experimental demonstrative project.

- 2019-2020 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Ministry of Education and Research και το Executive Agency for Higher Education, Research, Development and Innovation Funding στην προκήρυξη: Postdoctoral Research Projects.
- 2019-2020 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Ministry of Education and Research και το Executive Agency for Higher Education, Research, Development and Innovation Funding στην προκήρυξη: Research Projects for Stimulating Young Independent Teams.
- 2019 **Εξωτερικός Αξιολογητής Έργου (Rapporteur)** για την Ευρωπαϊκή Επιτροπή σε έργα της προκήρυξης COST του προγράμματος Ορίζοντας 2020. European Cooperation in Science and Technology.
- 2019 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το UK Medical Research Council.
- 2019 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Tobacco Advisory Committee Grants of Cancer Research UK.
- 2019 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του προγράμματος Ορίζοντας 2020 με τίτλο: COST – oc-2018-2. European Cooperation in Science and Technology.
- 2018 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του προγράμματος Ορίζοντας 2020 με τίτλο: COST – oc-2018-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2017 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του προγράμματος Ορίζοντας 2020 με τίτλο: COST – oc-2017-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2016 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Polish Executive Government Agency of National Science στην προκήρυξη "Funding scheme SONATA BIS".
- 2016 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Council for Scientific Research και το Romanian National Research, Development and Innovation Plan στην προκήρυξη: Experimental Demonstrative Projects – PED 2016.
- 2016 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το University of Nicosia στην προκήρυξη Universitas Endowment Fund.
- 2016 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του προγράμματος Ορίζοντας 2020 με τίτλο: COST – oc-2016-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2015 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του προγράμματος Ορίζοντας 2020 με τίτλο: COST – oc-2015-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2015 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Research Foundation Flanders (Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO) στην προκήρυξη: "Research Projects 2015".

- 2015 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Council for Scientific Research και το Romanian National Research, Development and Innovation Plan στην προκήρυξη: Young research teams.
- 2014-2015 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για τη NASA και τον Ευρωπαϊκό Οργανισμό Διαστήματος στην προκήρυξη με τίτλο "International Research Announcement for Research in Space Life Sciences at the International Space Station – ILSRA-2014".
- 2014 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του προγράμματος Ορίζοντας 2020 με τίτλο: COST – oc-2014-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2014 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Research Foundation Flanders (Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO) στην προκήρυξη: "Research Projects 2014".
- 2013-2014 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Council for Research and Development και το Romanian National Research, Development and Innovation Plan στην προκήρυξη: Joint Applied Research Projects - PCCA-2013.
- 2013 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του 7^{ου} Προγράμματος Πλαίσιο με τίτλο: COST – oc-2013-1. European Cooperation in Science and Technology Trans-Domain Proposals.
- 2012-2013 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του 7^{ου} Προγράμματος Πλαίσιο με τίτλο: FP7-SME-2013. Research for the benefit of small and medium enterprises.
- 2012 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Canadian Workplace Safety and Insurance Board στην προκήρυξη: "Bridging the Gap".
- 2011-2012 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Council for Research and Development και το Romanian National Research, Development and Innovation Plan στην προκήρυξη: Joint Applied Research Projects - PCCA-2011.
- 2011 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Council for Scientific Research και το Romanian National Research, Development and Innovation Plan στην προκήρυξη: Exploratory Research Projects - PCE-2011.
- 2011 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Canadian Workplace Safety and Insurance Board στην προκήρυξη: "Solutions for Workplace Change".
- 2011 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Romanian Council for Scientific Research και το Romanian National Research, Development and Innovation Plan στην προκήρυξη: Postdoctoral Research Projects - PD-2011.
- 2010 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για το Canadian Federal Government στο πρόγραμμα MITACS-Accelerate national internship που συνδέει εταιρίες και άλλους οργανισμούς με ερευνητική εξειδίκευση στα Καναδικά πανεπιστήμια.

- 2009-2010 **Αξιολογητής ερευνητικών προτάσεων χρηματοδότησης** για την Ευρωπαϊκή Επιτροπή στην προκήρυξη του 7^{ου} Προγράμματος Πλαίσιο με τίτλο: FP7-SME-2010. Research for the benefit of small and medium enterprises.

Υπηρεσία Σύνταξης

- 2022-σήμερα Μέλος Συντακτικής Ομάδας στο επιστημονικό περιοδικό *Biology*, το οποίο εκδίδεται από τον οίκο MDPI AG, St. Alban-Anlage 66, 4052, Basel, Ελβετία. Η συνεργασία εμπεριείχε τη Σύνταξη Ειδικού Τεύχους με τίτλο "Effects of Environmental Factors on Human Health and Performance" που δημοσιεύτηκε το 2023.
- 2014-σήμερα Μέλος Συντακτικής Ομάδας στο επιστημονικό περιοδικό *Temperature*, το οποίο εκδίδεται από τον οίκο Taylor & Francis Group, 2&4 Park Square, Milton Park, Abingdon, OX14 4RN, Ηνωμένο Βασίλειο.
- 2013-2021 Μέλος Συντακτικής Ομάδας (COPD and occupational lung disease) στο επιστημονικό περιοδικό *BMC Pulmonary Medicine*, το οποίο εκδίδεται από τον οίκο BioMed Central Ltd, Floor 6, 236 Gray's Inn Road, London, WC1X 8HB, Ηνωμένο Βασίλειο.
- 2010-2015 Μέλος Συντακτικής Ομάδας (Physiology) στο επιστημονικό περιοδικό *BMC Research Notes*, το οποίο εκδίδεται από τον οίκο BioMed Central Ltd, Floor 6, 236 Gray's Inn Road, London, WC1X 8HB, Ηνωμένο Βασίλειο.
- 2013 Προσκεκλημένος Συντάκτης στο επιστημονικό περιοδικό *Cellular and Molecular Biology* για το Ειδικό Τεύχος "Bioactive compounds of milk and health". Vol. 59, issue 1.
- 2009 Προσκεκλημένος Συντάκτης στο επιστημονικό περιοδικό *Inflammation & Allergy - Drug Targets* για το Ειδικό Τεύχος "Acute health effects of passive smoking". Vol. 8, issue 5.
- 2008-σήμερα Αξιολογητής πλειάδας επιστημονικών άρθρων για πολλά επιστημονικά περιοδικά. Πλήρης λίστα παρέχεται στο Παράρτημα.

Συμμετοχή σε Επιστημονικές Επιτροπές Διεθνών Συνεδρίων

- 2023 Μέλος Επιστημονικής Επιτροπής στο 11^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 19-22 Οκτωβρίου στην Αθήνα .
- 2022 Μέλος Επιστημονικής Επιτροπής στο 10^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 21-23 Οκτωβρίου στην Αθήνα.
- 2021 Μέλος Επιστημονικής Επιτροπής στο Διεθνές Συμπόσιο του Conseil International du Sport Militaire (CISM) που πραγματοποιήθηκε στις 4-6 Νοεμβρίου στην Αρχαία Ολυμπία.
- 2019 Μέλος Επιστημονικής Επιτροπής στο 9^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 18-20 Οκτωβρίου στη Θεσσαλονίκη.
- 2018 Μέλος Επιστημονικής Επιτροπής στο 8^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 19-21 Οκτωβρίου στη Θεσσαλονίκη.

- 2018 Μέλος Επιστημονικής Επιτροπής στο 7th International Meeting of Physiology and Pharmacology of Temperature Regulation που πραγματοποιήθηκε στις 7-12 Οκτωβρίου στο Σπλιτ της Κροατίας.
- 2017 Πρόεδρος Επιστημονικής Επιτροπής στο 7^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 20-22 Οκτωβρίου στην Αθήνα.
- 2016 Μέλος Επιστημονικής Επιτροπής στο 6^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 5-7 Νοεμβρίου στην Αθήνα.
- 2015 Μέλος Επιστημονικής Επιτροπής στο 5^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 6-7 Νοεμβρίου στην Αθήνα.
- 2014 Μέλος Επιστημονικής Επιτροπής στο 4^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 24-26 Οκτωβρίου στα Τρίκαλα.
- 2013 Μέλος Επιστημονικής Επιτροπής στο 3^ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στις 8-9 Νοεμβρίου στην Αθήνα.
- 2011-2012 Μέλος Επιστημονικής Επιτροπής στο 1^ο Περιβαλλοντικό Συνέδριο Θεσσαλίας που πραγματοποιήθηκε στις 8-10 Σεπτεμβρίου στη Σκιάθο.
- 2011 Μέλος Επιστημονικής Επιτροπής στο 14th International Conference on Environmental Ergonomics που πραγματοποιήθηκε στις 10-15 Ιουλίου στο Ναύπλιο.

Διοργάνωση Συμποσίων, Σεμιναρίων, και Στρογγυλών Τραπεζών

- 2023 Διοργάνωση του Συμποσίου με τίτλο "Our precarious planet: climate change and OSH" κατά τη διάρκεια του 23rd World Congress on Safety and Health at Work. Νοέμβριος 27-30, Σύννεϋ, Αυστραλία.
- 2021 Διοργάνωση Στρογγυλής Τράπεζας με τίτλο "Warrior fitness through the ages" κατά τη διάρκεια του Διεθνούς Συμποσίου του Conseil International du Sport Militaire (CISM) που πραγματοποιήθηκε στις 4-6 Νοεμβρίου στην Αρχαία Ολυμπία.
- 2017 Διοργάνωση του σεμιναρίου με τίτλο "Μέτρηση της μεταβλητότητας καρδιακού παλμού σε ηρεμία και κατά την άσκηση" κατά τη διάρκεια του 7ου Συνεδρίου της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης, που πραγματοποιήθηκε στις 20-22 Οκτωβρίου 2017 στην Αθήνα.
- 2016 Διοργάνωση του συμποσίου με τίτλο "From climate prognoses and heat strain indices to practical implementations and policy impact: the HEAT-SHIELD project" κατά τη διάρκεια του 6th International Meeting of Physiology and Pharmacology of Temperature Regulation που πραγματοποιήθηκε στις 5-9 Δεκεμβρίου 2016 στη Ljubljana, Slovenia.
- 2016 Διοργάνωση του σεμιναρίου με τίτλο "Συγγραφή ενός επιστημονικού άρθρου" κατά τη διάρκεια του 4ου Συνεδρίου της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης, που πραγματοποιήθηκε στις 4-7 Νοεμβρίου 2016 στην Αθήνα.
- 2014 Διοργάνωση του σεμιναρίου με τίτλο "Περιβαλλοντική φυσιολογία – πρόληψη θερμικών κακώσεων" κατά τη διάρκεια του 4ου Συνεδρίου της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης, που πραγματοποιήθηκε στις 24-26 Οκτωβρίου, Τρίκαλα.

- 2014 Διοργάνωση Στρογγυλής Τράπεζας με τίτλο "Άσκηση σε ακραίες περιβαλλοντικές συνθήκες" κατά τη διάρκεια του 4ου Συνεδρίου της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης, που πραγματοποιήθηκε στις 24-26 Οκτωβρίου, Τρίκαλα.
- 2014 Διοργάνωση του σεμιναρίου με τίτλο "Links between thermogenesis and cardio-metabolic disease" που πραγματοποιήθηκε στις 23 Ιουνίου 2014 στη Σχολή Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας, Τρίκαλα.
- 2013 Διοργάνωση του σεμιναρίου με τίτλο "Function of human brown adipose tissue thermogenesis" κατά τη διάρκεια του διεθνούς συνεδρίου "Metabolic syndrome: experiment, clinics and therapy" που πραγματοποιήθηκε στις 23-25 Οκτωβρίου στο Γκρόντο, Λευκορωσία.

Συμμετοχή σε Επιτροπές Αξιολόγησης

- 2021-2022 Μέλος της Επιτροπής Αξιολόγησης για μια θέση Καθηγητή στην Περιβαλλοντική Μηχανική για την Ανθρώπινη Υγεία στο Department of Biosystems, Faculty of Bioscience Engineering, KU Leuven.
- 2019 - Συμμετοχή σε 18 διαδικασίες εκλογών μελών ΔΕΠ στο Πανεπιστήμιο Θεσσαλίας και στο σήμερα Καποδιστριακό Πανεπιστήμιο Αθηνών.
- 2019 Μέλος της Επιτροπής Εμπειρογνομόνων για τη Μελέτη Βιωσιμότητας ενός Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού στην Κρήτη στο Ελληνικό Μεσογειακό Πανεπιστήμιο.
- 2018 Μέλος Εκλεκτορικού Σώματος στο Τμήμα Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Λευκωσίας.
- 2011 Ειδικός Αξιολογητής για το Research Chairs Program του University of Ottawa το οποίο στοχεύει στην αναγνώριση των καθηγητών που έχουν μεγάλη συνεισφορά στο ερευνητικό τους πεδίο ενώ ταυτόχρονα παρέχουν εξαιρετική διδασκαλία.
- 2010 Εξωτερικός Αξιολογητής για το βραβείο Excellence in Research του University of Ottawa, μια διάκριση που στοχεύει να εστιάσει την προσοχή στην έρευνα αναγνωρίζοντας ένα μέλος του προσωπικού το οποίο έχει διακριθεί διεθνώς λόγω της σημαντικότητας της έρευνάς του.
- 2009 Εξωτερικός Εξεταστής για το βραβείο Brock University Award for Distinguished Research and Creative Activity, ενός από τους μεγαλύτερους επαίνους που το πανεπιστήμιο αυτό απονέμει στο ακαδημαϊκό του προσωπικό.

ΟΜΙΛΙΕΣ ΜΕΤΑ ΑΠΟ ΠΡΟΣΚΛΗΣΗ ΣΕ ΦΟΡΟΥΜ ΠΟΛΙΤΙΚΗΣ

1. Flouris A.D. (2024). The role of heat stress in non-communicable diseases. Invited talk at the "Research Perspectives on the Health Impacts of Climate Change: High Level Conference" organized by the Directorate General for Research and Innovation of the European Commission (DG RTD). February 19-20, Brussels, Belgium.

2. Flouris A.D. (2024). An EU binding tool on maximum workplace heat stress levels and extreme weather events. Invited talk at the Just Transition Interim Conference of the European Federation of Food, Agriculture, and Tourism Trade Unions. February 8, Brussels, Belgium.
3. Flouris A.D. (2024). Climate change and human societies. Invited talk at the conference "Thessaly Region after the Daniel storm: a holistic approach to rebuilding Thessaly Valley" organized by the Trikala Philosophical Society. January 27-28, Trikala, Greece.
4. Flouris A.D. (2023). Impacts of climate change on occupational health and safety. Invited talk during the 23rd World Congress on Safety and Health at Work. November 27-30, Sydney, Australia.
5. Flouris A.D. (2023). Global and local policy priorities for biodiversity conservation: a human-centric approach. Invited talk during the 7th Economist Sustainability Summit for SE Europe and the Mediterranean. November 20-21, Athens, Greece.
6. Flouris A.D. (2023). Heat effects on workers in Europe. Invited talk during the ENBEL Conference "Advancing the European adaptation agenda to 2030". September 19, Brussels, Belgium.
7. Flouris A.D. (2023). Heat and Occupational Safety and Health – more than a number on the thermometer. Invited talk during the European Trade Union Institute Annual Strategic Seminar: Together for Health and Safety. September 14-15, Prague, Czech Republic.
8. Flouris A.D. (2023). Developing an integrated protection framework to address occupational heat stress. Invited talk during the session titled "Climate change and heatwaves and OSH" held during the "EU Summit for Occupational Health and Safety". May 15-16, Stockholm, Sweden.
9. Flouris A.D. (2023). Research undertaken in Qatar to gather the evidence needed to address occupational heat stress. Invited talk during the session titled "Sharing experiences from Qatar" held during the "International Conference on Occupational Heat Stress: Implementation of Practices, Sharing of Experiences". May 9-10, Doha, Qatar.
10. Flouris A.D. (2022). Climate change and labor: implications for health, productivity, mobility, and poverty. Invited talk during the session titled "Climate & Labor | Hot Times: Climate Change in Every Workplace" held during the Pulitzer Center 2022 Annual Conference themed "Interconnected: reporting the climate crisis". June 9-10, Washington, USA.
11. Flouris A.D. (2022). Impacts of global warming on working people: actions for more climate-resilient and environmentally sustainable health and labour sectors. Invited talk during the WHO Center for Environmental Health for the Eastern Mediterranean Region side event titled "Climate change, disasters, and emergencies from health system preparedness, adaptation, resilience, and environmental sustainability perspectives", held during the Middle East and North Africa Regional Climate Week (MENACW 2022) which was organized by the United Nations Framework Convention on Climate Change and the United Arab Emirates government. March 28-31, Dubai, United Arab Emirates.
12. Flouris A.D. (2020). Effects of climate change on working conditions. Invited talk at the workshop "Health and Safety at Work 2020: current issues and future challenges", organized by the Greek Ministry of Labour and Social Affairs. October 29, 2020, Athens, Greece.
13. Flouris A.D. (2020). Education and training initiatives to boost health and work productivity in a warming world. Invited talk at the Technical Expert Meeting on Adaptation titled "Education and training, public participation and youth to enhance adaptation action". The workshop was organized as part of the Technical Examination Process on Adaptation, organized by the United Nations Framework Convention on Climate Change on July 28.

14. Flouris A.D. (2020). Evidence-based guidelines to boost health and work productivity in a warming world. Invited talk at the Dialogue Session titled "Heat in the Workplace" organized by the Global Heat Health Information Network on July 29.
15. Garcia-Leon D., Burgstall A., Casanueva A., Flouris A.D., Nybo L., Standardi G. (2020). Economic assessment of recent European heatwaves and climate change projected impacts. ENVECON 2020 – Applied Environmental Economics Conference, March 13, London, UK.
16. Garcia-Leon D., Burgstall A., Casanueva A., Flouris A.D., Nybo L., Standardi G. (2020). Heatwaves and worker productivity in Europe: Economic assessment of past events and long-term projections under climate change. 8th Annual Conference of the Italian Association of Environmental and Resource Economists, February 6-7, Brescia, Italy.
17. Flouris A.D. (2019). Climate change, work conditions, and occupational health. Invited talk during the symposium organized by the European Trade Union Confederation Project "Involving Trade Unions into adaptation policy". November 5, Athens, Greece.
18. Flouris A.D. (2019). Evaluation and adaptation to the risks of occupational heat stress and strain. Invited talk at the roundtable "Occupational heat stress and strain", organized by the Greek Meteorological Service and the Greek Ministry of Labour. October 8, 2019, Athens, Greece.
19. Bosch P., Flouris A.D., Poulianiti P. (2019). Mapping loss of labour productivity resulting from climate change in Europe. European Climate Change Adaptation conference. May 28-31, Lisbon, Portugal.
20. Flouris A.D. (2019). Management of risks associated with heat stress. Keynote Speech at the Third Conference & Exhibition on Occupational Safety & Health in the State of Qatar. April 28, Doha, Qatar.
21. Flouris A.D. (2019). Exercise - Environment - Economy. Extensions of the "ATLAS project". Invited speech at the Forum titled "Wholistic action plan for the promotion of physical activity, research, rehabilitation, and sports. Organized by the Cypriot Presidency. February 28, Nicosia, Cyprus.
22. Flouris A.D. (2018). Impacts of occupational heat strain on health and productivity. Invited talk at the First Global Forum for Heat and Health organized by the Global Heat Health Information Network (GHHIN). December 17-20, Hong Kong, China.
23. Flouris A.D. (2018). Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming. Invited talk at the World Health Organization "Meeting on updating the evidence of the WHO Heat-Health Action Plans guidance". November 21-22, Bonn, Germany.
24. Flouris A.D. (2018). The health impacts of combined air pollution and occupational heat stress. Invited talk at the World Health Organization roundtable "Breathe clean air: everywhere, for everyone. Protecting workers from air pollution outdoors and indoors", organized by the World Health Organization. October 29, 2018, Geneva, Switzerland.
25. Flouris A.D. (2018). Occupational heat stress: impacts on health and productivity and proposed adaptation. Invited talk at the roundtable "Occupational heat stress in Greece and potential adaptation solutions", organized by the Greek Ministry of Labour. September 21, 2018, Athens, Greece.
26. Flouris A.D. (2018). Acute and short-term impacts of occupational secondhand smoke. Invited talk at the World Health Organization roundtable "Breathe clean air: everywhere, for everyone. Protecting workers from air pollution outdoors and indoors", organized by the World Health Organization. October 29, 2018, Geneva, Switzerland.

27. Flouris A.D. (2015). Heat load limitations under normal and stress conditions. Invited seminar talk during the Workshop on “A closer look at the thresholds of thermal damage” organized by the World Health Organization and the International Commission on Non-Ionizing Radiation Protection. May 26-28, Istanbul, Turkey.
28. Flouris A.D. (2015). Functional architecture of human thermoregulation. Invited seminar talk during the Workshop on “A closer look at the thresholds of thermal damage” organized by the World Health Organization and the International Commission on Non-Ionizing Radiation Protection. May 26-28, Istanbul, Turkey.
29. Flouris A.D., Mthunzi P. (2012). Young Researcher Initiatives to enhance future South Africa – European Union research and innovation partnerships. Invited talk during the Bilateral Meeting between the Research Generals of South Africa and the European Union during the South Africa – European Union Agreement on Scientific and Technological Cooperation. November 6th, Cape Town, South Africa.
30. Flouris A.D. (2012). Experience in research and innovation partnerships between South Africa and the European Union. Invited presentation at the Young Researchers Workshop held during the South Africa – European Union Agreement on Scientific and Technological Cooperation. November 5-6, Cape Town, South Africa.
31. Flouris A.D. (2011). Effects of climate change on public health and society in South Europe. Keynote Speech at the 3rd International Conference on Environmental Management, Engineering, Planning and Economics (CEMEPE 2011) & SECOTOX Conference. June 19-24, Skiathos, Greece.
32. Flouris A.D. (2011). Health and societal effects of climate change. Invited Lecture at the seminar entitled “Environment, health and quality of life” organized by the Centre for Environmental Education of the Municipality of Trikala, Greece.
33. Flouris A.D. (2010). ‘Preliminary toxicological evidence for electronic nicotine delivery systems. Invited speech at the ‘World Health Organization Regulatory Consultation on the Safety of ‘e-cigarettes’, organized by the World Health Organization. May 6-7, 2010, Geneva, Switzerland.
34. MacDonald A., Alphonso M., Edmundson P., Flouris A.D., Khullar R., Nadalini R., and Solignac A. (2006). ‘The need for an International Near-Earth Object Committee’. Invited speech at the ‘43rd Session of the Scientific and Technical Subcommittee of the Committee on Peaceful Uses of Outer Space (UNCOPUOS)’ organized by the United Nations. February 20 – March 3, Vienna, Austria.

ΟΜΙΛΙΕΣ ΜΕΤΑ ΑΠΟ ΠΡΟΣΚΛΗΣΗ ΣΕ ΦΟΡΟΥΜ ΕΠΙΣΤΗΜΗΣ

1. Flouris A.D. (2022). Thermoregulation during the marathon: preparation, race strategy, responding to issues. Invited Talk during the Round Table entitled “Effects of the environment and thermoregulation on performance” organized during the 10th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 21-23, Athens, Greece.
2. Flouris A.D. (2021). Preparing the soldier for battle in hot environments. Invited talk in the Round Table titled “Preparing the soldier for battle in adverse environmental conditions”, held during the Conseil International du Sport Militaire (CISM) International Symposium. November 4-6, Ancient Olympia, Greece.
3. Flouris A.D., Petmezas S.B., Asimoglou P.I. (2021). Physiological strain of the Dendra panoply wearer during a day in the Trojan War. Invited talk in the Round Table titled “Warrior fitness

- through the ages”, held during the Conseil International du Sport Militaire (CISM) International Symposium. November 4-6, Ancient Olympia, Greece.
4. Flouris A.D. (2021). Field study experiences: Effective mitigation strategies for occupational heat stress. Invited talk in the Symposium titled “Occupational Heat Stress: sustainable solutions and adaptation strategies provided by the HEAT-SHIELD project”, held during the 12th International Occupational Hygiene Association International Scientific Conference. September 11-15, Daegu, South Korea.
 5. Flouris A.D. (2019). Inter-individual factors and screening criteria for exercise-induced heat strain. Invited talk in the Symposium titled “Operation Heat Shield Canada – Protecting Human Health during physical activity on a Warming Planet”, held during the Annual Meeting of the Canadian Society for Exercise Physiology. November 6-9, Kelowna, BC, Canada.
 6. Flouris A.D., Ioannou L., Notley S.R., Kenny G.P., Nybo L. (2019). Inter-individual factors and screening criteria for occupational heat strain. Invited talk in the Symposium titled “Occupational heat strain in a warming world”, held during the 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands.
 7. Kenny G.P., Flouris A.D., Ioannou L.G., Nybo L., Notley S.R. (2019) Managing occupational heat stress in a diverse working population. Invited talk in the Symposium titled “Occupational heat strain in a warming world”, held during the 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands.
 8. Ioannou L., Notley S.R., Kenny G.P., Nybo L. Flouris A.D. (2019). How well do thermal indices quantify the magnitude of occupational heat strain? Invited talk in the Symposium titled “Occupational heat strain in a warming world”, held during the 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands.
 9. Notley S.R., Flouris A.D., Ioannou L.G., Nybo L., Kenny G.P. (2019). Interactive effects of aging and other individual factors on occupational heat strain. Invited talk in the Symposium titled “Occupational heat strain in a warming world”, held during the 18th International Conference on Environmental Ergonomics. July 7 – 12, Amsterdam, The Netherlands.
 10. Flouris A.D. (2018). Maximizing performance in prolonged duration sports under extreme environments. Invited Talk during the Symposium entitled “Maximizing performance in prolonged duration sports” which was organized during the 8th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 19-21, Thessaloniki; p: 33.
 11. Nybo L., Bislimovska J., Flouris A.D., Kjellstrom T., Kajfež Bogataj L., Mekjavic I., Gao C., Morris N., Shumake-Guillemot J., Maitre N., Saget C., Kendrovski V., Ivanov I. (2018). Thermal threats to human health and productivity – perspectives for the physiological society to provide solutions forming the basis for policies and implementable procedures. Invited Talk during the Symposium entitled “Climate change, occupational heat stress and sustainable solutions” which was organized during the 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 77.
 12. Casanueva A., Kotlarski S., Spirig C., Fischer A.M., Flouris A.D., Kjellstrom T., Lemke B., Nybo L., Schwierz C., Liniger M.A. (2018). Heat stress in a changing climate: a pan-European perspective. Invited Talk during the Symposium entitled “Climate change, occupational heat stress and sustainable solutions” which was organized during the 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 78.

13. Kjellstrom T., Otto M., Lemke B., Flouris A.D., Maitre N. (2018). Individual and population level work capacity loss due to heat during climate change. Invited Talk during the Symposium entitled "Climate change, occupational heat stress and sustainable solutions" which was organized during the 7th International Meeting of Physiology and Pharmacology of Temperature Regulation. October 7-12, Split, Croatia; p: 79.
14. Flouris A.D. (2017). Impact of environmental heat stress factors on occupational health. Invited Talk during the Symposium entitled "Integrating climate information and individual physiology for improved heat warning" which was organized during the 21st International Congress of Biometeorology. September 3-7, Durham, United Kingdom.
15. Flouris A.D., (2016). Science support and preparation for athletic events in extreme environmental temperatures. Keynote Opening Talk at the 6th Conference of the Greek Society for Biochemistry and Physiology of Exercise. November 4-7, Athens, Greece.
16. Flouris A.D. and the HEAT-SHIELD Consortium. (2016). Heat, health, and productivity issues in Europe. Invited Talk during the Symposium entitled "From climate prognoses and heat strain indices to practical implementations and policy impact: the HEAT-SHIELD project" which was organized during the 6th International Meeting of Physiology and Pharmacology of Temperature Regulation. December 5-9, Ljubljana, Slovenia; p: 35.
17. Flouris A.D. (2014). Exercise in the heat: performance, adaptation, and acclimatization. Invited Talk during the Round Table entitled "Exercise in Extreme Environmental Conditions" organized during the 4th Conference of the Greek Society for Biochemistry and Physiology of Exercise. October 24-26, Trikala, Greece.
18. Flouris A.D. (2014). Behavioural adaptations during exercise in extreme ambient temperatures. Invited Plenary Talk during the 19th Annual Congress of the European College of Sport Science. July 2-5, Amsterdam, The Netherlands.
19. Flouris A.D. (2014). Behavioural thermoregulation during exercise in the heat. Invited talk during the "Training and Competing in the Heat Conference". March 23-24, Doha, Qatar.
20. Flouris A.D. (2011). Effects of climate change on public health. Invited presentation at the 7th Scientific Symposium of General Medicine. September 22-25, Loutraki, Greece.
21. Flouris A.D. (2011). Acute health effects of passive smoking. Invited presentation at the 7th Scientific Symposium of General Medicine. September 22-25, Loutraki, Greece.
22. Flouris A.D. (2011). Cold-induced vasodilation: from theory to practical applications. Invited presentation at the Symposium "Cold-induced vasodilation: Mechanisms, Teleology and Practical Applications" taking place during the 14th International Conference on Environmental Ergonomics. July 10-15, Nafplio, Greece.
23. Flouris A.D. (2010). Exercise in the heat – physiological problems in relation to performance. Invited speech at the Round Table entitled 'Exercise and the Environment' during the 18th International Conference of Physical Education and Sport Science. May 21-23, 2010, Komotini, Greece.
24. Flouris A.D., Cheung S.S. (2009). Performance of the temperature regulation and heat regulation models during abrupt anomalies in thermal homeostasis. Invited talk at the conference 'Exercise in Hot Environments: From Basic Concepts to Field Applications' organized by the Government of Qatar and FIFA. November 8-9, Doha, Qatar.

25. Flouris A.D. (2009). Longitudinal preventive-screening cutoffs for obesity and metabolic syndrome in children and adolescents. Invited speech at the 'China International Academic Congress on Obesity'. February 24-26, Beijing, China.
26. Flouris A.D. (2005). Frontiers and research opportunities in space life sciences for young scholars. Keynote speech at the '4th Annual Meeting at the Crossroads' organized by Dalhousie University. May 6-7, Halifax, Canada.
27. Flouris A.D. (2005). Acute effects of passive smoking in humans. Invited Graduate Seminar Lecture at the School of Health and Human Performance, Dalhousie University, NS, Canada.

ΟΜΙΛΙΕΣ ΜΕΤΑ ΑΠΟ ΠΡΟΣΚΛΗΣΗ ΣΕ ΒΙΟΜΗΧΑΝΙΚΑ / ΕΠΙΧΕΙΡΗΜΑΤΙΚΑ ΦΟΡΟΥΜ

1. Flouris A.D. (2023). Worker health and safety in an increasingly warmer world: research in workplaces and guidelines. Invited talk during the conference ""Occupational heat stress" Greek Institute of Occupational Health and Safety". July 3, Athens, Greece.
2. Flouris A.D. (2023). Environmental and occupational stress and their effects on health and operational readiness. Full-day seminar organized by the Greek Tactical Air Force Command. March 30, Larisa, Greece.
3. Flouris A.D. (2023). Human thermoregulation in extreme heat: impacts on planning firefighting activities. Full-day seminar organized by the Greek Academy of Cadet Firefighters. March 10, Vilia, Athens, Greece.
4. Flouris A.D. (2021). Overview of research output from the HEAT-SHIELD project. Meeting of the Dutch Occupational Hygienists Association. September 2, Amsterdam, The Netherlands.
5. Flouris A.D. (2020). Relevance of climate change for combat and non-combat operations. 5th International Congress on Soldiers' Physical Performance. February 11-14, Quebec City, Canada.
6. Flouris A.D., Niopas A. (2019). The psychophysical impact of police officers during their work and the contribution of environmental factors. Invited talk during the Symposium entitled "Contributions of exercise on the operational preparedness of the police force" which was organized by Police Directorate of Trikala and the University of Thessaly Department of Exercise Science in Trikala, Greece. December 14.
7. Flouris A.D. (2019). Emergency response operations under climate change and extreme environments. First Responder Safety & Performance Symposium. November 21, Singapore.
8. Flouris A.D. (2019). Impact of environmental factors on fighters' health and performance. Invited talk during the Symposium entitled "Military fitness and wellbeing" which was organized at the 111 Combat Wing of the Hellenic Tactical Air Force in the Nea Aghialos Air Base, Greece. November 15.
9. Flouris A.D. (2018). Impact of environmentally-induced psychophysical stress on the health and performance of army helicopter pilots. Invited Talk during the Symposium entitled "Exercise is medicine in Armed Forces" which was organized during the 27th Hellenic Armed Forces Medical Conference. October 18-20, Thessaloniki, Greece; p: 49.
10. Flouris A.D. (2018). Future trends in health research. Opportunities for young researchers and new companies. Invited Talk during the Panel entitled "The healthcare industry: international trends, opportunities for Greek businesses and career prospects" which was organized during the at the 8th Panorama of Entrepreneurship and Career Development at the Megaron Athens International Conference Centre. March 9-11, Athens, Greece.

11. Flouris A.D. (2017). Impact of environmental factors on fighters' health and performance. Invited talk during the Symposium entitled "Military fitness and wellbeing" which was organized at the III Hellenic Army Corps / NATO Rapid Deployable Corps – Greece in Thessaloniki. May 17.
12. Flouris A.D. (2016). Impact of environmental factors on fighters' health and performance. Invited talk during the Symposium entitled "Physical performance and quality of life of Officers in the Armed Forces" which was organized at the European Union Operation Headquarters in Larisa, Greece. November 24.
13. Flouris A.D. (2013). Impact of environmental factors on fighters' health and performance. Invited talk during the Symposium entitled "Exercise and health behaviour as a way of life in the Armed Forces" which was organized at the Permanent Non-Commissioned Officers School. December 17, Trikala, Greece.
14. Flouris A.D. (2009). 'Living Lab Thessaly: Quality of life meets innovation'. Invited speech at the industrial forum 'European Society of Concurrent Engineering Net Industrial Forum 2009: User Driven Open Innovation in Advanced Service-Product Development'. December 7 2009, Rome, Italy.

ΔΙΔΑΚΤΙΚΗ ΑΝΑΓΝΩΡΙΣΗ

- 2005 Academic All-Canadian Mentor, Canadian Interuniversity Sport. Το βραβείο αυτό δίνεται σε ακαδημαϊκό μέλος του Πανεπιστημίου Dalhousie προς αναγνώριση της αφοσίωσής του στην ακαδημαϊκή αριστεία η οποία είχε θετική επιρροή σε ένα φοιτητή ο οποίος διακρίθηκε ακαδημαϊκά και αθλητικά.

ΑΚΑΔΗΜΑΪΚΗ ΔΙΔΑΣΚΑΛΙΑ

Διδασκαλία σε Μεταπτυχιακούς Κύκλους Σπουδών

- 2023- σήμερα **Περιβαλλοντική Υγεία** στο Ξενογλωσσο Διατμηματικό Μεταπτυχιακό Πρόγραμμα με τίτλο «Lifestyle Medicine» του Τμήματος Ιατρικής και του Τμήματος Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 16-20 φοιτητές/έτος.
- 2022- σήμερα **Περιβαλλοντική Φυσιολογία και Εργασία** στο Μεταπτυχιακό Πρόγραμμα «Εργονομία - Επαγγελματική Φυσιολογία και Υγεία της Εργασίας - Ποιότητα ζωής» του Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 10-20 φοιτητές/έτος.
- 2015- σήμερα **Φυσιολογία της Άσκησης** στο Διατμηματικό Μεταπτυχιακό Πρόγραμμα με τίτλο «Άσκηση, εργοσπιρομετρία και αποκατάσταση» του Τμήματος Ιατρικής και του Τμήματος Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 16-20 φοιτητές/έτος.
- 2014- σήμερα **Περιβαλλοντική Φυσιολογία** στο Μεταπτυχιακό Πρόγραμμα «Εφαρμοσμένη Κινησιολογία στις Ένοπλες Δυνάμεις» του Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 20-30 φοιτητές/έτος.
- 2014- 2017 **Μεθοδολογία Έρευνας και Στατιστική** στο Διατμηματικό Μεταπτυχιακό Πρόγραμμα με τίτλο «Άσκηση, Εργοσπιρομετρία και Αποκατάσταση» του Τμήματος Ιατρικής και του Τμήματος Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 16-20 φοιτητές/έτος.

- 2014-
σήμερα **Περιβαλλοντική Φυσιολογία** στο Μεταπτυχιακό Πρόγραμμα «Άσκηση και Υγεία: Αξιολόγηση και Συνταγογράφηση» του Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 10-20 φοιτητές/έτος.
- 2014-
σήμερα **Μεθοδολογία Έρευνας και Στατιστική** στο Μεταπτυχιακό Πρόγραμμα «Εφαρμοσμένη Κινησιολογία στις Ένοπλες Δυνάμεις» του Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 16-20 φοιτητές/έτος.
- 2009-
σήμερα **Πρόληψη αναπνευστικών δυσλειτουργιών μέσω της άσκησης** στο Μεταπτυχιακό Πρόγραμμα « Άσκηση και Υγεία: Αξιολόγηση και Συνταγογράφηση» του Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 16-20 φοιτητές/έτος.
- 2009-
σήμερα **Μεθοδολογία Έρευνας και Στατιστική** στο Μεταπτυχιακό Πρόγραμμα « Άσκηση και Υγεία: Αξιολόγηση και Συνταγογράφηση» του Τμήματος Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Εγγραφή: 16-20 φοιτητές/έτος.

Διδασκαλία σε Προπτυχιακούς Κύκλους Σπουδών

- 2019-
σήμερα **Βασική Φυσιολογία και Εργο-Φυσιολογία** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας. Υποχρεωτικό μάθημα 2^{ου} έτους, εγγραφή: 150-200 φοιτητές/έτος.
- 2018-
σήμερα **Φυσιολογία Αντίξων Συνθηκών** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας. Μάθημα επιλογής 3^{ου} έτους, εγγραφή: 100-150 φοιτητές/έτος.
- 2018-
σήμερα **Άσκηση και Χρόνιες Παθήσεις** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας. Μάθημα επιλογής για διεθνείς φοιτητές Erasmus, εγγραφή: 2-10 φοιτητές/έτος.
- 2017-
2019 **Φυσιολογία της Άσκησης** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας. Υποχρεωτικό μάθημα 3^{ου} έτους, εγγραφή: 150-200 φοιτητές/έτος.
- 2011-
2019 **Φυσιολογία του Ανθρώπου** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας. Υποχρεωτικό μάθημα 1^{ου} έτους, εγγραφή: 150-200 φοιτητές/έτος.
- 2011-
2018 **Ανατομία του Ανθρώπου** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας. Υποχρεωτικό μάθημα 1ου έτους, εγγραφή: 150-200 φοιτητές/έτος.
- 2010 **Εργοφυσιολογική Αξιολόγηση Αθλητών** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας. Μάθημα επιλογής 3^{ου} έτους, εγγραφή: 26 φοιτητές.
- 2009 **Βιοχημική Αξιολόγηση Αθλητών** στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας. Μάθημα επιλογής 3^{ου} έτους, εγγραφή: 26 φοιτητές.
- 2005-
2006 **Principles of Measurement and Evaluation** στο School of Health and Human Performance, Dalhousie University. Υποχρεωτικό μάθημα 3^{ου} έτους, εγγραφή: 85-96 φοιτητές.

Βοηθός Καθηγητής σε Προπτυχιακούς Κύκλους Σπουδών

- 2004 **Anatomy**, διδάχθηκε από τον Καθηγητή Larry Holt στο School of Health and Human Performance, Dalhousie University.
- 2004 **Motor control and learning**, διδάχθηκε από τον Καθηγητή David Westwood στο School of Health and Human Performance, Dalhousie University.
- 2004 **Physical activity for persons with disabilities** διδάχθηκε από τον Καθηγητή Larry Holt στο School of Health and Human Performance, Dalhousie University.
- 2004 **Advanced exercise physiology**, διδάχθηκε από τον Καθηγητή Brian Roy στο Department of Physical Education and Kinesiology, Brock University.
- 2002-2004 **Introduction to human physiology**, διδάχθηκε από την Καθηγήτρια Panagiota Klentrou στο Department of Physical Education and Kinesiology, Brock University.
- 2002-2004 **Human physiology**, διδάχθηκε από τον Καθηγητή Brian Roy στο Department of Physical Education and Kinesiology, Brock University.
- 2002-2003 **Advanced exercise physiology**, διδάχθηκε από την Καθηγήτρια Panagiota Klentrou στο Department of Physical Education and Kinesiology, Brock University.

ΕΠΙΒΛΕΨΗ ΦΟΙΤΗΤΩΝ & ΕΡΕΥΝΗΤΩΝ

Μεταδιδακτορικό επίπεδο

- 2022- σήμερα Επιβλέπων Καθηγητής για τη Δρ Μαρία Βλιώρα στο Πανεπιστήμιο Θεσσαλίας. Θέμα έρευνας: Signaling pathways involved in the browning of white adipose tissue.
- 2021-2022 Επιβλέπων Καθηγητής για το Δρ Λεωνίδα Ιωάννου στο Πανεπιστήμιο Θεσσαλίας. Θέμα έρευνας: Επιπτώσεις περιβαλλοντικών παραγόντων στην υγεία και την παραγωγικότητα.
- 2019- σήμερα Επιβλέπων Καθηγητής για τη Δρ Ελένη Καρλιγκιώτου στο Πανεπιστήμιο Θεσσαλίας. Θέμα έρευνας: Factors and signaling pathways involved in the browning of white adipose tissue and on the effects of exercise on adipose tissue.
- 2016- σήμερα Επιβλέπων Καθηγητής για το Δρ Πέτρο Ντίνα στο Πανεπιστήμιο Θεσσαλίας. Θέμα έρευνας: Non-invasive assessment of brown adipose tissue mass and activity.
- 2016- σήμερα Επιβλέπων Καθηγητής για τη Δρ. Αντωνία Καλτσάτου στο Πανεπιστήμιο Θεσσαλίας. Θέμα έρευνας: Effects of thermal stimuli on multiple sclerosis symptoms.
- 2015-2019 Επιβλέπων Καθηγητής για τη Δρ Παρασκευή Σακελλαρίου στο Πανεπιστήμιο Θεσσαλίας. Θέμα έρευνας: Effects of thermal stimuli on brown and brown-like adipose tissue biology.
- 2017-2019 Επιβλέπων Καθηγητής για τη Δρ Tania Amorim στο Πανεπιστήμιο Θεσσαλίας. Θέμα έρευνας: Effects of environmental stimuli on bone tissue biology.
- 2016-2019 Επιβλέπων Καθηγητής για τη Δρ Κωνσταντίνα Πουλιανίτη στο Πανεπιστήμιο Θεσσαλίας. Θέμα έρευνας: Effects of environmental factors on workers' performance and health.

- 2010-2012 Επιβλέπων Ερευνητής για το Δρ Andres Carrillo στο Ινστιτούτο Έρευνας και Τεχνολογικής Ανάπτυξης του Εθνικού Κέντρου Έρευνας και Τεχνολογικής Ανάπτυξης. Θέμα έρευνας: Exploring the age-associated alterations in thermal biology.

Διδακτορικό επίπεδο

- 2019-σήμερα Κύριος Επιβλέπων για την Αρετή Καπνιά στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Thermoregulatory responses during rest and exercise at moderate and extreme cold.
- 2019-σήμερα Κύριος Επιβλέπων για τον Davide Testa στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: On the impacts of climate change on human health and migration.
- 2019-2023 Κύριος Επιβλέπων για τον Κωνσταντίνο Μάντζιο στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Novel biomedical engineering applications for the assessment of human-environment interaction.
- 2016-2023 Κύριος Επιβλέπων για την Ελένη Νίντου στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Studying the factors and signaling pathways involved in the browning of white adipose tissue and on the effects of exercise on adipose tissue.
- 2016-2022 Κύριος Επιβλέπων για την Λυδία Τσουτσουμπή στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: The thermoregulatory function of the human vasomotion system in healthy and clinical populations.
- 2016-2022 Κύριος Επιβλέπων για τη Μαρία Βλιώρα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Factors and signaling pathways involved in the browning of white adipose tissue.
- 2016-2020 Κύριος Επιβλέπων για τον Λεωνίδα Ιωάννου στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Effects of radiation on behavioral and physiological mechanisms of human thermoregulatory system.
- 2015-2020 Μέλος επταμελούς επιτροπής για τον Ιωάννη Κωστούλα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: The effect of a specific training program on combat swimming performance and shooting ability.
- 2015-2018 Μέλος επταμελούς επιτροπής για τον Δημήτρη Δραγανίδη στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Effect of inflammation on muscle protein synthesis and breakdown in the aged human skeletal muscle.
- 2015-2019 Μέλος επταμελούς επιτροπής για τον Αθανάσιο Πούλιο στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Βιοχημεία και φυσιολογία του ποδοσφαίρου.
- 2014-2019 Μέλος τριμελούς επιτροπής για την Αργυρώ Κρασέ στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Effects of

therapeutic exercise in combination with adaptations in hemodialysis therapy on quality of life and health in patients at the terminal phase of renal disease.

- 2013-2016 Μέλος τριμελούς επιτροπής για τον Πέτρο Ντίνα στο School of Sports, Performing Arts and Leisure, University of Wolverhampton. Τίτλος διατριβής: Function and activation of human brown adipose tissue.
- 2011-2015 Επιστημονικός Σύμβουλος για την Angelica Valente στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Investigation of the functional architecture of the human thermoregulatory system through biochemical indices.
- 2011-σήμερα Κύριος Επιβλέπων για τη Μαρία Μισαηλίδη στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Effects of environmental factors on elite performance.
- 2011-2014 Μέλος τριμελούς επιτροπής για τη Jill Stapleton στο Faculty of Health Sciences, University of Ottawa. Τίτλος διατριβής: Aging and heat stress: From rest to exercise.

Μεταπτυχιακό επίπεδο

- 2021-2024 Κύριος Επιβλέπων για τον Γιώργο Γκίκα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Introducing machine learning in real-time tracking and analysis of strength training.
- 2021-2024 Κύριος Επιβλέπων για τη Στέλλα Ζιάκα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Induction and decay of heat acclimation in middle-aged patients with type 2 diabetes: impact on reducing the risk of hyperthermia during work in hot environments.
- 2022-2023 Μέλος τριμελούς επιτροπής για την Kristina-Marie Janetos στο Faculty of Health Sciences, University of Ottawa. Τίτλος διατριβής: Short-term warm water immersion as a heat acclimation strategy to enhance heat dissipation in older adults: an exploratory study.
- 2021-2023 Κύριος Επιβλέπων για το Μιχάλη Στεφανάκη στο Τμήμα Ιατρικής του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Ανάγκες ενυδάτωσης σε παιδιά κατά τη διάρκεια δρόμων αντοχής σε θερμό περιβάλλον.
- 2021-σήμερα Κύριος Επιβλέπων για τον Νίκο Αθανασιάδη στο Τμήμα Ιατρικής του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Επιπτώσεις περιβαλλοντικών παραγόντων σε δρόμους αντοχής.
- 2021-σήμερα Κύριος Επιβλέπων για τον Jason Dourakos στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Επιπτώσεις σωματικής κατάστασης και σύστασης στην επίδοση στο στίβο μάχης.
- 2020-σήμερα Κύριος Επιβλέπων για την Κρυσταλλία Κουτσιμάνη στο Τμήμα Ιατρικής του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Ανάγκες ενυδάτωσης σε αθλητές δρόμου βουνού σε θερμο-ουδέτερο και κρύο περιβάλλον.
- 2021-σήμερα Κύριος Επιβλέπων για τον Γιώργο Παπαγγέλη στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Οι επιπτώσεις της στολής

χημικής, βιολογικής, ραδιολογικής και πυρηνικής προστασίας στην υγεία, απόδοση και ψυχολογία του μαχητή κατά τη διάρκεια της ανίχνευσης.

- 2019-2021 Μέλος τριμελούς επιτροπής για την Melissa Côté στο Faculty of Health Sciences, University of Ottawa. Τίτλος διατριβής: Autophagy during and following dynamic exercise in young adults: influence of exercise intensity.
- 2020-2021 Κύριος Επιβλέπων για τον Γιώργο Ράμμο στο Τμήμα Ιατρικής του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Επίδραση διαλειμματικής προπόνησης υψηλής έντασης σε άτομα με καρδιακή ανεπάρκεια.
- 2019-2021 Κύριος Επιβλέπων για τον Γιώργο Αποστόλου στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Acute effects of head and neck cooling on the functional capacity of patients with multiple sclerosis.
- 2019-2021 Κύριος Επιβλέπων για τον Δημήτρη Πασπαλά στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Η επίδραση ενός περιοδισμένου προγράμματος άσκησης με αντιστάσεις κατά την αγωνιστική περίοδο αθλητών καλαθοσφαίρισης σε δείκτες μεταβλητότητας καρδιακής συχνότητας.
- 2019-2020 Συν-Επιβλέπων για τον Yu Cao στο KU Leuven στο Μεταπτυχιακό Πρόγραμμα Σπουδών Bioscience Engineering (Biosystems Engineering). Τίτλος διατριβής: Dynamic analysis of movement protocol during simulated Trojan war combat.
- 2019-2020 Συν-Επιβλέπων για τον Jan Goyens στο KU Leuven στο Μεταπτυχιακό Πρόγραμμα Σπουδών Bioscience Engineering (Biosystems Engineering). Τίτλος διατριβής: Monitoring occupational heat stress and physical activity using accelerometry.
- 2017-2019 Κύριος Επιβλέπων για τον Κωνσταντίνο Μάντζιο στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Σχεδιασμός, υλοποίηση και έλεγχος εγκυρότητας και αξιοπιστίας ενός λογισμικού για την προάσπιση της υγείας και της βελτίωσης της απόδοσης σε θερμό περιβάλλον.
- 2017-2019 Κύριος Επιβλέπων για την Αρετή Καπνιά στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Θερμοκρασία δέρματος και αθλητική απόδοση ύστερα από συνθήκη ηρεμίας σε δροσερό περιβάλλον.
- 2017-2019 Κύριος Επιβλέπων για τον Σταύρο Πετμεζά στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Εισαγωγή στην Αρχαιοφυσιολογία. Μελετώντας τον τακτικό αθλητή του αρχαίου κόσμου: φυσική απόδοση και άνεση ενός πολεμιστή της εποχής του Χαλκού φέροντος πανοπλία, κατά τη διάρκεια διαφορετικών συνδυασμών τεχνικών οπλομαχίας σε ένα προσομοιωμένο περιβάλλον μάχης του Τρωικού πολέμου.
- 2017-2019 Κύριος Επιβλέπων για τον Κωνσταντίνο Ντάλλα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Οι επιπτώσεις περιβαλλοντικών παραγόντων σε εργαζόμενους και αθλητές.

- 2016-2018 Μέλος τριμελούς επιτροπής για την Ευθυμία Τσιγκαρίδα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Τα παιδιά σώζουν ζωές: Ενημέρωση και Εκπαίδευση στην ΚΑΡΠΑ σε παιδιά της ΣΤ΄ Δημοτικού.
- 2016-2018 Μέλος τριμελούς επιτροπής για την Ελένη Πολύζου στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Στάσεις, γνώσεις και αυτό-αποτελεσματικότητα ως προς την Καρδιοπνευμονική Αναζωογόνηση από μαθητές Δημοτικού.
- 2016-2019 Κύριος Επιβλέπων για τον Παναγιώτη Ασίμογλου στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Μετρήσεις φυσιολογίας σε τακτικούς αθλητές – ένοπλους μαχητές κατά τη διάρκεια πρωτοκόλλου μάχης βασισμένο στον Τρωικό πόλεμο.
- 2017-2018 Συν-Επιβλέπων για τον Davide Testa στο Department of Molecular and Translational Medicine, University of Brescia. Τίτλος διατριβής: The global change and human migration nexus: a multidimensional analysis.
- 2016-2017 Επιστημονικός Σύμβουλος για τον Δούκα Αντωνίου στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Effects of environmental factors on physiology and performance of helicopter pilots.
- 2015-2017 Επιστημονικός Σύμβουλος για τον Βαγγέλη Καρσιώτη στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Effects of environmental factors on the cognitive function of Hellenic army helicopter crew.
- 2015-2017 Επιστημονικός Σύμβουλος για τον Θωμά Νιόπα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: The psychosomatic state of police officers during their work shift.
- 2014-2016 Επιστημονικός Σύμβουλος για τον Λεωνίδα Ιωάννου στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Θερμορύθμιση και μεταβολικές προσαρμογές κατά τη διάρκεια του Marathon des Sables.
- 2014-2016 Επιστημονικός Σύμβουλος για τη Λυδία Τσουτσουμπή στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Design and implementation of novel techniques to assess hydration state.
- 2013-2015 Μέλος τριμελούς επιτροπής για τη Gabrielle Paul στο Faculty of Health Sciences, University of Ottawa. Τίτλος διατριβής: The separate and combined contributions of metaboreceptors and baroreceptors to heat loss responses during recovery from dynamic exercise.
- 2013-2015 Μέλος τριμελούς επιτροπής για τον Ryan McGinn στο Faculty of Health Sciences, University of Ottawa. Τίτλος διατριβής: Mechanisms underlying the postexercise attenuation of skin blood flow and sweating.
- 2013-2016 Επιστημονικός Σύμβουλος για την Παρασκευή Γκιάτα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Chronic effects of different exercise protocols on thermogenesis and metabolism.

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- 2012-2014 Επιστημονικός Σύμβουλος για τον Khelifa Bartura στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Effects of hydration status and self-talk on endurance performance in a hot environment.
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- 2011-2013 Επιστημονικός Σύμβουλος για την Ελένη Τσιμιτρέα στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: A novel model to predict intracranial temperature through non-invasive and practical indicators.
- 2011-2012 Επιστημονικός Σύμβουλος για τη Μαρία Χόρτη στο Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού του Πανεπιστημίου Θεσσαλίας. Τίτλος διατριβής: Effects of active and passive electronic cigarette smoking on lung function and cytokine production.
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- 2008-2010 Μέλος τριμελούς επιτροπής για τον Geoff Hartley στο Faculty of Applied Health Sciences, Brock University. Τίτλος διατριβής: The effects of altered heat stress on voluntary pacing strategies during prolonged cycling.

ΕΡΕΥΝΗΤΙΚΑ ΕΝΔΙΑΦΕΡΟΝΤΑ

Η κατανόηση και η προσαρμογή στους περιβαλλοντικούς παράγοντες που προκαλούν επιπτώσεις στην υγεία, την απόδοση, και την παραγωγικότητα. Η πρόκληση κοινωνικών αλλαγών για

προσαρμογή στις επιπτώσεις των περιβαλλοντικών παραγόντων στην ανθρωπότητα για βελτίωση της ποιότητας ζωής όλων των ανθρώπων – με τρόπο σωστό και δίκαιο.

Οι φυσιολογικοί και οι ενδοκρινολογικοί μηχανισμοί καθώς και οι νευρικές οδοί που επιτρέπουν τη ρύθμιση της θερμικής ισορροπίας στο ανθρώπινο σώμα: υποθαλαμική ρύθμιση θερμικής ομοιόστασης, ρύθμιση θερμοκρασίας/θερμότητας, περιφερικός αγγειοκινητικός τόνος κατά τη διάρκεια έκθεσης σε κρύο περιβάλλον, συμπεριφοριστική θερμορρύθμιση, ομοιοστατικές, κίρκαρδικές και αλλοστατικές (π.χ., φλεγμονώδη ερεθίσματα, πυρετός) επιδράσεις.

Η ανάπτυξη και η βελτίωση τεχνολογιών για βιο-καταγραφή, ρουχισμό, καθώς και έκθεση και αξιολόγηση περιβαλλοντικού κινδύνου. Εφαρμογές smartphone και φορητών συσκευών που βασίζονται σε τεχνητή νοημοσύνη, ρούχα, συστήματα ενδυμάτων ρύθμισης μικροκλίματος, βελτιστοποίηση εξοπλισμού ατομικής προστασίας.

Οι αντιδράσεις του ανθρώπινου οργανισμού στο διάστημα και άλλα ακραία περιβάλλοντα: διαστημικοί περιπάτοι καθώς και έκθεση σε υπερβαρικές συνθήκες, διάφορα τοξικά, καπνό και ατμοσφαιρική ρύπανση.

Η ρύθμιση και η ενεργοποίηση του φαιού λιπώδη ιστού: επιδράσεις περιβαλλοντικών παραγόντων στην ενεργοποίηση του φαιού λιπώδη ιστού και της αποσυζευκτικής πρωτεΐνης 1, επιδράσεις της ηλικίας στη μείωση της μάζας του φαιού λιπώδη ιστού, διατροφικές και θερμορυθμιστικές επιπτώσεις στη ρύθμιση του φαιού λιπώδη ιστού, επιδράσεις φαινομένων κατά τους πρώτους μήνες ζωής στο φαιό λιπώδη ιστό.

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ΑΝΑΚΟΙΝΩΣΕΙΣ ΣΕ ΕΠΙΣΤΗΜΟΝΙΚΑ ΣΥΝΕΔΡΙΑ

Πλήρης λίστα παρουσιάζεται στο Παράρτημα.

ΆΛΛΕΣ ΕΓΚΡΙΤΕΣ ΔΗΜΟΣΙΕΥΣΕΙΣ

1. Shumake-Guillemot J., Amir S., (...), Flouris A.D., (...), Zaitchik B. (2020). Technical Brief. Protecting health from hot weather during the COVID-19 pandemic. Global Heat Health Information Network.
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ΕΚΛΑΪΚΕΥΜΕΝΕΣ ΔΗΜΟΣΙΕΥΣΕΙΣ

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23. Flouris A.D. (2013). Effects of increased ambient temperature on the health of high-risk populations. Invited commentary published by the Athens News Agency (16/5/2013), appearing subsequently in many newspapers, magazines, and online media.
24. Flouris A.D. (2013). Menthol: a secret to increase your metabolic rate. Invited commentary published by the Athens News Agency (23/3/2013), appearing subsequently in many newspapers, magazines, and online media.
25. Flouris A.D. (2012). Collaboration between industry and academia for improving bicycle helmets. Invited commentary for the Greek local newspaper Erevna; 29/11/2012, page 22.
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29. Flouris A.D. (2010). How safe are e-cigarettes. Invited commentary published by the Athens News Agency (20/1/2010), appearing subsequently in many newspapers, magazines, and online media.
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31. Flouris A.D. (2010). Increasing doubts for electronic cigarettes. Invited commentary published in the Greek national daily newspaper Proto Thema (22/1/2010).
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33. Flouris A.D. (2009). The acute health effects of secondhand smoke necessitate the smoke-free law. Invited commentary published in the Greek national daily newspaper Patris (19/6/2010).
34. Flouris A.D. (2009). The consequences of passive smoking on health. Invited commentary for the Greek local newspaper Erevna; 12/6/09, page 40. The article appeared also in several other newspapers and magazines including "Kathimerini", "Eleftherotipia", "Men's Health", "Vita", and "Forma".
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ΑΚΑΔΗΜΑΪΚΗ ΑΝΑΓΝΩΡΙΣΗ

Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Operational fitness" κατά τη διάρκεια του Διεθνούς Συμποσίου Conseil International du Sport Militaire (CISM) που διεξήχθη στις 4-6 Νοεμβρίου 2021 στην Αρχαία Ολυμπία.

Προσκλήθηκα να διατελέσω Πρόεδρος στις ενότητες "Heat waves warning system development", "Additional areas where updated evidence on heat and health is needed" καθώς και "Conclusions and next steps" στη συνάντηση του Παγκόσμιου Οργανισμού Υγείας με τίτλο "Meeting on updating the evidence of the WHO Heat-Health Action Plans guidance" που έγινε στις 21-22 Νοεμβρίου στη Βόννη της Γερμανίας.

Ο διδακτορικός μου φοιτητής Λεωνίδα Ιωάννου τιμήθηκε με το 2ο βραβείο Αναρτημένης Ανακοίνωσης στο 8ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης για την παρουσίαση με τίτλο "Ioannou L.G., Tsoutsoumbi L., Gkiata P., Mantzios K., Flouris A.D. (2018). The science of physics supports exercise physiology: a new software to protect athletes' health and performance".

- Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Physiological and biochemical applications in sports training" κατά τη διάρκεια του 7ου Συνέδριου της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης, στις 20-22 Οκτωβρίου, 2017, στην Αθήνα.
- Ο διδακτορικός μου φοιτητής Λεωνίδα Ιωάννου τιμήθηκε με το 1ο βραβείο Προφορικής Παρουσίασης στο 7ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης και 19ο Διεθνές Συνέδριο Φυσικής Αγωγής για την παρουσίαση με τίτλο "Ioannou L.G., Tsoutsoumbi L., Gkiata P., Flouris A.D. (2017). Effects of sports wear technology during submaximal exercise in a hot environment".
- Η διδακτορική μου φοιτήτρια Αργυρώ Κρασέ τιμήθηκε με το 2ο Βραβείο Καλύτερης Αναρτημένης Ανακοίνωσης στο 7ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης και 19ο Διεθνές Συνέδριο Φυσικής Αγωγής για την παρουσίαση με τίτλο "Krase A., Flouris A.D., Tsianas N., Founta P., Patrikalou E., Karatzaferi C.K., Stefanidis I., Sakkas G. (2017). Effects of cold dialysis on insulin resistance in patients with end-stage renal disease".
- Η διδακτορική μου φοιτήτρια Λυδία Τσουτσουμπή τιμήθηκε με το 3ο Βραβείο Καλύτερης Αναρτημένης Ανακοίνωσης στο 7ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης και 19ο Διεθνές Συνέδριο Φυσικής Αγωγής για την παρουσίαση με τίτλο "Tsoutsoumbi L., Ioannou L.G., Nintou E., Gkiata P. Flouris A.D. (2017). Influence of thermal homeostasis on reactive hyperemia".
- Οι ομιλίες μου με τίτλο "Heat load limitations under normal and stress conditions" και "Functional architecture of human thermoregulation" στο Σεμινάριο με τίτλο "A closer look at the thresholds of thermal damage" που διεξήχθη στην Κωνσταντινούπολη στις 26-28 Μαΐου 2015, υιοθετήθηκαν από τον Παγκόσμιο Οργανισμό Υγείας και τη Διεθνή Επιτροπή για την Προστασία από τη Μη-Ιοντισμένη Ακτινοβολία (ICNIRP), σύμφωνα με την έκθεση της ICNIRP με τίτλο "A closer look at the thresholds of thermal damage: workshop report by an ICNIRP task group" [Sienkiewicz et al., Health Physics; 111(3): 300-6] η οποία δημοσιεύτηκε μετά το Σεμινάριο.
- Ο διδακτορικός μου φοιτητής Πέτρος Ντίνας τιμήθηκε με το 2ο βραβείο Καλύτερης Παρουσίασης στο 5ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης για την παρουσίαση με τίτλο "The effects of physical activity on PGC-1α and FNDC5 in muscle, circulating irisin, and UCP1 of white adipocytes in humans: a systematic review". 6-7 Νοεμβρίου, 2015, Αθήνα.
- Η μεταπτυχιακή μου φοιτήτρια Μαρία Μισαηλίδη τιμήθηκε με το 3ο Βραβείο Καλύτερης Παρουσίασης στο 4ο Συνέδριο της Ελληνικής Εταιρίας Βιοχημείας και Φυσιολογίας της Άσκησης που πραγματοποιήθηκε στα Τρίκαλα στις 24-26 Οκτωβρίου 2014 για την παρουσίαση με τίτλο "Instruments to assess secondhand smoke exposure in large cohorts of never smokers: the smoke scales".
- Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Nutrition and energy metabolism" κατά τη διάρκεια του 19th Annual Congress of the European College of Sport Science. 2-5 Ιουλίου 2014, Άμστερνταμ, Ολλανδία.
- Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Chronobiology and exercise" κατά τη διάρκεια του 19th Annual Congress of the European College of Sport Science. 2-5 Ιουλίου 2014, Άμστερνταμ, Ολλανδία.
- Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Exercise, nutrition and metabolism" κατά τη διάρκεια του 19th Annual Congress of the European College of Sport Science. 2-5 Ιουλίου 2014, Άμστερνταμ, Ολλανδία.

- Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Monitoring physiological responses" κατά τη διάρκεια του συνεδρίου "Training and Competing in the Heat Conference". 23-24 Μαρτίου 2014, Ντόχα, Κατάρ.
- Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Neurophysiological responses during exercise in the heat" κατά τη διάρκεια του συνεδρίου "Training and Competing in the Heat Conference". 23-24 Μαρτίου 2014, Ντόχα, Κατάρ.
- Ο Μετα-Διδακτορικός μου φοιτητής Δρ. Andres Carrillo κέρδισε το Young Investigator Award στο 15ο International Meeting on Fat Soluble Vitamins για την παρουσίαση "Vitamin D physiology: Relevance in muscle function and inflammation". 22-24 Μαρτίου 2012, Καλαμπάκα.
- Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Oxydative Stress, Exercise, and Health" κατά τη διάρκεια του 3rd Conference of the Hellenic Society of Biochemistry and Physiology of Exercise. 8-9 Νοεμβρίου 2013, Αθήνα. Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Methodological aspects of temperature regulation" κατά τη διάρκεια του 14th International Conference on Environmental Ergonomics. 10-15 Ιουνίου, Ναύπλιο.
- Προσκλήθηκα να διατελέσω Πρόεδρος στην ενότητα "Integrated Resources Management I" κατά τη διάρκεια του 3rd International Conference on Environmental Management, Engineering, Planning and Economics (CEMEPE 2011) & SECOTOX Conference. 19-24 Ιουνίου, Σκιάθος.
- Ο Μετα-Διδακτορικός μου φοιτητής Δρ. Andres Carrillo τιμήθηκε με το Βραβείο Καλύτερης Παρουσίασης στο 1st Conference of the Greek Society for Biochemistry and Physiology of Exercise και το 19th International Conference of Physical Education για την παρουσίαση "Autonomic nervous system activity during syncope in the heat stressed human" από τους Carrillo A.E. και Flouris A.D.
- Ο φοιτητής μου Βασίλης Χριστοδούλου τιμήθηκε με την Υποτροφία Εισόδου στο Μεταπτυχιακό Πρόγραμμα «Άσκηση και Υγεία» του Πανεπιστημίου Θεσσαλίας, παίρνοντας την 1η θέση στη λίστα των επιτυχόντων.
- Ο φοιτητής μου Πέτρος Ντίνας τιμήθηκε με την Υποτροφία Εισόδου στο Μεταπτυχιακό Πρόγραμμα «Άσκηση και Υγεία» του Πανεπιστημίου Θεσσαλίας, παίρνοντας την 2η θέση στη λίστα των επιτυχόντων.
- Ο μεταπτυχιακός φοιτητής μου Geoff Hartley βραβεύθηκε με το βραβείο 2010 American College of Sports Medicine (ACSM) Graduate Student Research Award από το Environmental Physiology Interest Group του ACSM για την εργασία του "The effect of a secret manipulation of ambient temperature on heat storage and voluntary exercise intensity" από τους Hartley G.L., Flouris A.D., McGarr G.W., Plyley M.J., and Cheung S.S.

ΔΗΜΟΣΙΟΤΗΤΑ

Συνεντεύξεις σε >100 Τηλεοπτικούς (π.χ., ET1, ET2, ET3, SKAI, Alpha, Mega, Star, Open), ραδιοφωνικούς (e.g., Athens 984, Flash Radio, Alpha 9.89, Πρακτορείο FM 104.9, Radio One, Δημοτικό Ραδιόφωνο Θεσσαλονίκης 100.6) σταθμούς, εφημερίδες (π.χ., Καθημερινή, Το Βήμα, Αθηναϊκό-Μακεδονικό Πρακτορείο Ειδήσεων, Θεσσαλία) και περιοδικά (π.χ., K, Life, Vita, The Private Journal) στην Ελλάδα για τις επιπτώσεις της κλιματικής αλλαγής και περιβαλλοντικών παραγόντων στην υγεία, την παραγωγικότητα και την απόδοση, καθώς και την καινοτομία, την ανάπτυξη τεχνολογιών, την παιδεία και πολιτικές του μέλλοντος.

- Συνέντευξη στην Jazmín Acuña από τις εφημερίδες El Surti και El Pais τον Ιούνιο του 2023, σχετικά με τις επιπτώσεις της ζέστης στη φυσιολογική και πνευματική απόδοση των εργαζομένων σε διαφορετικούς κλάδους. Προχωρήσαμε με το σχεδιασμό μιας ολόκληρης μελέτης που διεξήχθη από μια ομάδα δημοσιογράφων στην Παραγουάη για την αξιολόγηση των επιπτώσεων του θερμικού στρες στους εργαζόμενους στον τομέα της διανομής. Το άρθρο «Ser repartidor, un trabajo de riesgo en un planeta cada vez más caliente» (Εργασία σε ντελίβερι: επικίνδυνη δουλειά σε έναν όλο και πιο ζεστό πλανήτη) δημοσιεύτηκε στην Ισπανία από την El Pais και στην Παραγουάη από την El Surti στις 21 Νοεμβρίου. Ένα πρόσθετο άρθρο με τίτλο "Paraguay's El Surti reveals effects of rising temperatures through experiment with delivery drivers" που περιγράφει την εμπειρία των δημοσιογράφων από τη συνεργασία με έναν επιστήμονα δημοσιεύθηκε στις ΗΠΑ στις 29 Ιανουαρίου 2024 από την Katherine Pennacchio.
- Συνέντευξη στον Chris Baraniuk από το WIRED Magazine στις 17 Αυγούστου 2023, σχετικά με την αποτελεσματικότητα των γιλέκων ψύξης στη φυσιολογική και πνευματική απόδοση των εργαζομένων σε διαφορετικούς κλάδους. Το άρθρο με τίτλο "The world's workers are donning cooling vests to battle record heat waves" δημοσιεύτηκε στις 21 Αυγούστου.
- Συνέντευξη στην Manuela Andreoni από τους The New York Times στις 5 Ιουλίου 2023, σχετικά με τον τρόπο με τον οποίο η ζέστη επηρεάζει τους άτυπους εργαζόμενους στον αναπτυσσόμενο κόσμο και τι είδους κανονισμοί υπάρχουν ή πρέπει να υιοθετηθούν για να τους προστατεύσουν, καθώς και για τις μελέτες της ερευνητικής μου ομάδας για την εργασιακή θερμική καταπόνηση. Το άρθρο με τίτλο "How Extreme Heat Affects Workers and the Economy" δημοσιεύτηκε στις 20 Ιουλίου.
- Συνέντευξη στην Kate Abnett, τη Julia Harte, την Charlie Devereux από το Thomson Reuters Foundation σχετικά με την ακραία ζέστη που βιώνεται στην Ευρώπη και τη σχέση της με την κλιματική αλλαγή, τί προκαλεί την υπερβολική ζέστη στη Νότια Ευρώπη και πώς η κλιματική αλλαγή αλληλοεπιδρά με άλλους παράγοντες (π.χ. Ελ Νίνιο), ποιες είναι οι πιθανές συνέπειες μιας περιόδου τόσο έντονης ζέστης στην περιοχή και τί γίνεται για να μετριαστούν αυτές οι επιπτώσεις. Το άρθρο με τίτλο "From China to Death Valley, extreme weather blankets the globe" δημοσιεύτηκε στις 17 Ιουλίου.
- Συνέντευξη στην Arghy Baker από το Time Magazine στις 25 Μαΐου 2023 για τους εργαζόμενους στις ΗΠΑ, τις επιπτώσεις της θερμικής καταπόνησης στην υγεία και την παραγωγικότητα, καθώς και τις μελέτες που έχω διευθύνει για την προάσπιση της υγείας των εργαζομένων. Το άρθρο με τίτλο "Extreme Heat Is Endangering America's Workers—and Its Economy" δημοσιεύτηκε στις 3 Αυγούστου.
- Συνέντευξη στον Andrew Mills από το Thomson Reuters Foundation για τις αλλαγές στο Κατάρ μετά την υιοθέτηση της νέας νομοθεσίας για την προστασία των εργαζομένων από τη θερμική καταπόνηση. Το άρθρο με τίτλο "Experts say Qatar can lead Gulf on protections for workers against heat stress" δημοσιεύτηκε στις 11 Μαΐου 2023.
- Συνέντευξη στον Jared Paolino από το SciencesPo στις 16 Ιανουαρίου, 2023, για τις επιπτώσεις της εργασιακής θερμικής καταπόνησης στους εργαζόμενους. Το άρθρο δημοσιεύτηκε στις 4 Απριλίου στο "Heat Trap Project", μια σειρά δημοσιογραφικών ερευνών για τις επιπτώσεις της παγκόσμιας υπερθέρμανσης στις ανθρώπινες κοινωνίες (www.heattrapproject.com).
- Συνέντευξη στον James Glanz και τον Josh Holder από τους The New York Times επανειλημμένως μεταξύ Ιουνίου και Νοεμβρίου 2022 για τις επιπτώσεις της ζέστης στους εργαζόμενους, το γενικό

πληθυσμό, αλλά και συγκεκριμένες ευπαθείς ομάδες όπως τα παιδιά. Το άρθρο "Extreme heat will change us" δημοσιεύτηκε στις 18/11/2022.

Συνέντευξη στην Argh Baker από το Time Magazine στις 2 Σεπτεμβρίου, 2022, σχετικά με τους εργαζομένους στο Κατάρ, τις επιπτώσεις της εργασιακής θερμικής καταπόνησης στην υγεία και την παραγωγικότητα, καθώς και για τη μελέτη στους χώρους εργασίας του Κατάρ που χρηματοδοτείται από το Διεθνή Οργανισμό για την Εργασία. Το άρθρο "Thousands of Migrant Workers Died in Qatar's Extreme Heat. The World Cup Forced a Reckoning" δημοσιεύτηκε στις 3 Νοεμβρίου και βρέθηκε στο εξώφυλλο του Time Magazine.

Συνέντευξη στον Josh Fine από το HBO στις 18 Αυγούστου 2022 σχετικά με τους εργαζομένους στο Κατάρ, τις επιπτώσεις της εργασιακής θερμικής καταπόνησης στην υγεία και την παραγωγικότητα, καθώς και για τη μελέτη στους χώρους εργασίας του Κατάρ που χρηματοδοτείται από το Διεθνή Οργανισμό για την Εργασία.

Συνέντευξη στην Aqdas Fatima από το Karachi Urban Lab στις 17 Αυγούστου 2022 για το Επεισόδιο 3 του Podcast με τίτλο "Rethinking Heat in the City". Η συνέντευξη κάλυψε τον τρόπο με τον οποίο οι άνθρωποι αλληλεπιδρούν με το περιβάλλον τους και τις αρνητικές επιπτώσεις που μπορεί να έχει η αύξηση της θερμότητας τόσο στην ανθρώπινη φυσιολογία όσο και στην κοινωνική αλληλεπίδραση.

Συνέντευξη στον Josh Williams and James Glanz from the New York Times on June 24, 2022, about the impacts of heat on working people as well as the differences across countries around the world, particularly the contrast between high- and low-income countries.

Συνέντευξη στην Pilita Clark από την εφημερίδα Financial Times για τον θανατηφόρο καύσινα που έπληξε περιοχές της Ευρώπης και της Βόρειας Αμερικής. Το άρθρο με τίτλο "The future of work is already here and it is seriously hot" δημοσιεύτηκε στις 4 Ιουλίου 2021.

Συνεντεύξεις στις εφημερίδες "The Peninsula" και "Qatar Tribune" για τις επιπτώσεις της εργασιακής θερμικής καταπόνησης στην υγεία και την παραγωγικότητα των εργαζομένων καθώς και για τη μελέτη σε εργασιακά περιβάλλοντα του Κατάρ η οποία χρηματοδοτήθηκε από τον Διεθνή Οργανισμό για την Εργασία. Τα άρθρα με τίτλο "Heat stress research to benefit workers and companies in Qatar" και "MADLSA study to assess impact of occupational heat stress on workers" δημοσιεύτηκαν στις 25 Ιουλίου 2019.

Συνέντευξη στη Lise Brix από τη δημοφιλέστερη επιστημονική σελίδα στη Δανία Videnskab.dk, (>400.000 αναγνώστες/μήνα) σχετικά με τις επιπτώσεις των ηλεκτρονικών τσιγάρων στην υγεία. Το άρθρο με τίτλο "Are e-cigaretets harmful?" δημοσιεύτηκε στις 14 Ιανουαρίου 2014.

Συνέντευξη στον Ryan Taplin από το CBC News σχετικά τις επιπτώσεις της υποθερμίας στην υγεία του ανθρώπου. Τίτλος άρθρου "Hypothermia: a killing cold". Η συνέντευξη δημοσιεύτηκε στον οργανισμό Canadian Broadcasting Corporation (CBC) News, Canada στις 18 Ιανουαρίου 2011.

Συνέντευξη στον Douglas Main από την επιστημονική ιστοσελίδα Scienceline (www.scienceline.org) στις 24/11/2010 σχετικά με το πως το ανθρώπινο σώμα ρυθμίζει τη θερμότητά του και τι προκαλεί διαφορές ανάμεσα στους ανθρώπους.

Συνέντευξη στη Rachel Grice από το αμερικάνικο περιοδικό Men's Health στις 4/8/2010 σχετικά με τις επιπτώσεις του παθητικού καπνίσματος στην υγεία και την απόδοση. Το άρθρο δημοσιεύτηκε στο τεύχος του Οκτωβρίου.

Συνέντευξη στην Michelle Roberts από το BBC News στις 19 Ιανουαρίου 2010 σχετικά με τις συνέπειες χρήσης ηλεκτρονικών τσιγάρων στην υγεία.

- Συνέντευξη στον David Tomchak από το BBC News Radio Channel 4 στις 19 Ιανουαρίου 2010 σχετικά με τις συνέπειες της χρήσης ηλεκτρονικών τσιγάρων στην υγεία. Η συνέντευξη αναμεταδόθηκε στις πρωινές ειδήσεις στις 20 Ιανουαρίου.
- Συνέντευξη στην Andrea Six, Ελβετίδα δημοσιογράφος της εβδομαδιαίας εφημερίδας της Ζυρίχης "NZZ am Sonntag". Τίτλος άρθρου "The ailment of the men". Δημοσιεύτηκε στις 20 Σεπτεμβρίου 2009.
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ΠΡΟΣΩΠΙΚΕΣ ΠΛΗΡΟΦΟΡΙΕΣ

Υπηκοότητες

Ελληνική, Καναδική.

Γλώσσες

Ελληνική (μητρική), Αγγλική (άπταιστα)

Μη-ακαδημαϊκά ενδιαφέροντα

Ελεύθερη κατάδυση (Εθνική Ομάδα Aida 2014, 2015).

ΠΑΡΑΡΤΗΜΑ**Αξιολογητής για Έγκριτα Επιστημονικά Περιοδικά**

#	Περιοδικό	Αξιολογ. άρθρα
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3.	American Journal of Epidemiology	2
4.	American Journal of Industrial Medicine	4
5.	American Journal of Physiology: Regulatory, Integrative and Comparative Physiology	5
6.	American Journal of Respiratory and Critical Care Medicine	4
7.	Annals of Epidemiology	1
8.	Applied Ergonomics	1
9.	Applied Physiology, Nutrition and Metabolism	16
10.	Aviation, Space, and Environmental Medicine	17
11.	Biochemistry and Physiology of Exercise	2
12.	Biological Reviews	2
13.	BMC Public Health	1
14.	BMC Pulmonary Medicine	1
15.	BMC Research Notes	1
16.	British Journal of Sports Medicine	2
17.	British Medical Journal	2
18.	Canadian Medical Association Journal	3
19.	Comprehensive Physiology	2
20.	Environmental Health	2
21.	Environmental Health Perspectives	1
22.	Environmental Research	1
23.	Environmental Science and Technology	2
24.	Ergonomics	4
25.	European Journal of Applied Physiology	27
26.	European Journal of Sport Science	6
27.	European Physical Education Review	1
28.	Experimental Physiology	7

29. Food and Chemical Toxicology	3
30. Heart	1
31. Indian Journal of Medical Sciences	2
32. International Journal of Adolescent Medicine and Health	2
33. International Journal of Environmental Research and Public Health	4
34. International Journal of Obesity	2
35. International Journal of Sports Medicine	2
36. Journal of Applied Physiology	4
37. Journal of Comparative Physiology B	1
38. Journal of Experimental Psychology: Applied	1
39. Journal of Neuroscience Methods	2
40. Journal of Obesity	1
41. Journal of Pediatrics	2
42. Journal of Physical Activity and Health	1
43. Journal of Science and Medicine in Sport	3
44. Journal of Sports Sciences	3
45. Journal of Strength and Conditioning Research	3
46. Journal of the International Society of Sports Nutrition	2
47. Journal of Thermal Biology	3
48. Jove-Journal of Visualized Experiments	1
49. Lancet	1
50. Life Sciences	1
51. Medicine and Science in Sports and Exercise	7
52. Microcirculation	4
53. Nature	2
54. Nature Communications	1
55. Pediatric Exercise Science	2
56. Pediatrics	1
57. Pflügers Archiv - European Journal of Physiology	2
58. Physiology and Behavior	6
59. Proceedings of the National Academy of Sciences	1
60. Psychophysiology	7

61. Recent Patents on Cardiovascular Drug Discovery	1
62. Research Quarterly for Exercise and Sport	1
63. Scandinavian Journal of Medicine and Science in Sports	1
64. Scientific Reports	1
65. Temperature	13
66. The Journal of Physiology	2
67. Tobacco Control	2
68. Toxicology Letters	4
69. Toxicology Reports	7
70. World Health Organisation South-East Asia Journal of Public Health	1
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Βραβεία / Υποτροφίες

- 2023 2023 TIME100 Next. Ετήσια λίστα του περιοδικού TIME με 100 άτομα σε όλο τον κόσμο που διαμορφώνουν το μέλλον των τομέων τους και αποτελούν την επόμενη γενιά ηγετών.
- 2014 Διακεκριμένος Επισκέπτης Επιστήμονας από το Γραφείο Διεθνούς Έρευνας στο Πανεπιστήμιο της Οττάβα του Καναδά.
- 2007-2009 PDF Fellowship for Post-Doctoral Fellows από το Natural Science and Engineering Research Council (NSERC) of Canada.
- 2007 Μελέτη των βασικών μηχανισμών της ανθρώπινης θερμορύθμισης. Εσωτερικό ερευνητικό βραβείο. Dalhousie University.
- 2007 Best Graduate Student Presentation Award στο '5th Annual Conference of the Atlantic Provinces Exercise Scientists' που οργανώθηκε στο Antigonish, Nova Scotia, Canada, για την παρουσίαση με τίτλο "Influence of thermal body state on acute oscillations in peripheral blood flow".
- 2006 Best Presentation Award στο '5th Annual Meeting at the Crossroads' που οργανώθηκε στο Halifax, Canada, για την παρουσίαση με τίτλο "Endothermic cold-induced vasodilation is a reflex mechanism regulating body heat content"
- 2006 Graduate Scholarship που απονέμεται από το School of Health and Human Performance του Dalhousie University ως υποστήριξη σε διδακτορικούς φοιτητές που παρουσιάζουν εξαιρετικές ακαδημαϊκές επιδόσεις.
- 2006 Research Capacity Award που απονέμεται από το Nova Scotia Health Research Foundation σε ερευνητές που παρουσιάζουν εξαιρετική συνεισφορά στην έρευνα για τη μελέτη με τίτλο "Endothermic cold-induced vasodilation is a reflex mechanism regulating body heat content".
- 2005 Development Scholarship από το Canadian Space Agency για την παρακολούθηση του 2005 Summer Session Program του International Space University που πραγματοποιήθηκε στο Vancouver, Canada.
- 2005-2008 Post Graduate Supplement Scholarship που απονέμεται από το Canadian Space Agency σε εξαιρετικούς υποψήφιους διδάκτορες.
- 2005-2008 Post Graduate Scholarship (PGS D3) για υποψήφιους διδάκτορες που απονέμεται από το Natural Science and Engineering Research Council (NSERC) of Canada.
- 2004-2005 Dalhousie University Post Graduate Scholarship που απονέμεται από το Dalhousie University σε εξαιρετικούς υποψήφιους διδάκτορες.
- 2004-2006 Ontario Graduate Scholarship for International Students που απονέμεται από το Canadian Ministry of Education σε 60 μεταπτυχιακούς φοιτητές από όλο τον κόσμο που θέλουν να φοιτήσουν στην επαρχία του Ontario για να προάγει την αριστεία.

- 2004 Excellence in Research Award που απονέμεται από το Brock University σε ένα μεταπτυχιακό φοιτητή ετησίως από όλο το πανεπιστήμιο που παρουσιάζει την πιο σημαντική προσφορά στην έρευνα.
- 2004 Academic Excellence Scholarship που απονέμεται από το Hellenic-Canadian Federation of Ontario σε 15 μεταπτυχιακούς φοιτητές στην επαρχία του Ontario οι οποίοι παρουσιάζουν εξαιρετική κοινωνική προσφορά, άριστες ακαδημαϊκές επιδόσεις και σημαντική προσφορά στην έρευνα.
- 2003 Edgar and Irmgard Penner Scholarship που απονέμεται από το Brock University σε ένα μεταπτυχιακό φοιτητή ετησίως ο οποίος επιδεικνύει εξαιρετική προσφορά στην φοιτητική κοινότητα, τις υψηλότερες ακαδημαϊκές επιδόσεις, και την πιο σημαντική προσφορά στην έρευνα.
- 2003-2004 Brock University Graduate Fellowship που απονέμεται από το Brock University στους άριστους φοιτητές του μεταπτυχιακού προγράμματος.
- 2002-2003 Brock University Graduate Fellowship που απονέμεται από το Brock University στους άριστους φοιτητές του μεταπτυχιακού προγράμματος.
- 2014 Διακεκριμένος Επισκέπτης Επιστήμονας από το Γραφείο Διεθνούς Έρευνας στο Πανεπιστήμιο της Οττάβα του Καναδά.