

# Theodora Kouvarda

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 **Website:** <https://imbriw.hcmr.gr/theodora-kouvarda/>

**Gender:** Female **Date of birth:** 28/08/1974 **Nationality:** Greek

## WORK EXPERIENCE

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[ 2001 – Current ] **Scientific personnel in Hellenic Centre for Marine Research**

***Hellenic Centre for Marine Research, Institute of Marine Biological Resources and Inland Waters***

**City:** Anavissos, Attica

**Country:** Greece

**Main activities and responsibilities:**

- River management: Implementation of the European Water Framework Directive on the Greek rivers, reference conditions and classification of surface inland waters.
- Evaluation of biological indices: Identification and classification of fresh water benthic macroinvertebrates, biodiversity conservation.
- Estimation of hydromorphological status of rivers in Greece: Implementation of River Habitat Survey (RHS) and Qualitat del Bosc de Ribera (QBR) methods in situ.
- Collection, processing and management of data regarding physicochemical parameters of water, flow measurements, benthic macroinvertebrates presence and abundance, hydromorphological quality.
- Processing of photos collected by means of UAVs and creation of orthophotomaps.
- Active member of HCMR Educational Unit: Organisation of environmental education seminars, festivals, school visits, dissemination activities.

## EDUCATION AND TRAINING

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[ 1997 ] **BSc in Environmental Studies**

***Department of Environment, University of Aegean***

**Address:** Greece

[ 1998 ] **MSc in Pollution and Environmental Control**

***School of Biological Sciences, University of Manchester***

**Address:** United Kingdom

[ 2002 ] **Training course on the implementation of River Habitat Survey (Accreditation No HP61)**

***Environment Agency***

**Address:** United Kingdom

## LANGUAGE SKILLS

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**Mother tongue(s):** Greek

**Other language(s):**

### English

**LISTENING C2 READING C2 WRITING C2**

**SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1**

### French

**LISTENING A2 READING B1 WRITING A2**

**SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2**

## DIGITAL SKILLS

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Microsoft Office: proficient user of Word, Excel and Powerpoint | Google Suite (Docs, Sheets, Slides) Avanzado | Google tools (Gmail Drive Google forms etc) | SPSS SOFTWARE | Knowledge of communication platforms (Skype, Zoom) | Photogrammetry and UAV data Processing: Agisoft Photoscan, Pix4D | ArcGIS Desktop (ArcView ) 9.3.1

## PROJECTS

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[ 01/01/2000 – 31/12/2002 ]

**AQEM: The Development and Testing of an Integrated assessment system for the Ecological Quality of Streams and Rivers throughout Europe using Bentic Macroinvertebrates.**

<http://www.aqem.de/>

[ 01/01/2001 – 31/12/2004 ]

**STAR: Standardisation of river classifications: Framework method for calibrating different biological survey results against ecological quality classifications to be developed for the Water Framework Directive.**

<http://www.eu-star.at/>

[ 01/11/2002 – 30/04/2006 ]

**TempQsim: Evaluation and improvement of water quality models for application to temporary waters in Southern European catchments. Incorporation of in-stream biogeochemical processes running in Mediterranean temporary rivers in river catchment models.**

[ 01/01/2008 – 31/12/2009 ]

**Development of networks for aquatic quality monitoring of the country's surface, transitional and coastal waters – Assessment/Classification of their ecological status.**

[ 01/01/2009 – 31/12/2011 ] **MIRAGE: Mediterranean Intermittent River ManAGement.**

[ 01/01/2012 – 31/12/2015 ]

**Monitoring Program of the ecological quality of rivers, coastal and transitional waters of Greece under the Article 8 of the Water Framework Directive 2000/60 EU**

<https://imbriw.hcmr.gr/monitoring-the-ecological-quality-of-rivers-in-greece/monitoring/>

[ 30/12/2011 – 31/12/2015 ]

**Monitoring the ecological quality of rivers, coastal and transitional waters of Greece under the Article 8 of the Water Framework Directive 2000/60 EU (EPERAA 8 REGIONS E. Macedonia & Thrace, Thessaly, Epirus, Ionian Islands, W. Greece, Peloponnese,**

[ 10/04/2012 – 31/12/2017 ]

**Fish Net-Greece: Conservation of the freshwater endemic (and critically endangered) fish species Valencia letourneuxi (the Corfu killifish).**

[ 02/11/2017 – 31/12/2023 ]

**Monitoring and Recording of the Water Status (Quality, Quantity, Pressures, Use) in Greece**

<https://wfd.hcmr.gr/>

[ 01/02/2014 – 31/12/2019 ]

**GlobAqua: Managing the effects of multiple stressors on aquatic ecosystems under water scarcity.**

<http://www.globaqua-project.eu/en/home/>

[ 01/11/2013 – 31/12/2015 ]

**KRIPIS: Development of an integrated management system for river basin, coastal and marine zones**

[ 01/12/2005 – 31/05/2009 ] **ENVfriendly: Environmental friendly technologies for rural development**

[ 17/04/2020 – 30/09/2022 ]

**CHEMICAL STATUS BULGARIA: National Methodology for chemical status assessment in Bulgaria**

[ 16/12/2010 – 15/12/2013 ]

**Triennial monitoring and assessment of the ecological status of Messinian streams**

[ 2005 – 2006 ]

**ANAPODARIS CRETE: Pilot study of the implementation of the WFD 2000/60 EU on a temporary river basin, a case study on evaluation of the ecological status of Anapodaris stream, Crete**

[ 2007 – 2008 ]

**PARNON: Wildfire, soil erosion and the risk to aquatic resources: evidence from the burnt Evrotas River basin, southern Peloponnese, Greece**

[ 2013 – 2016 ]

**MEDSEA CHECKPOINT: Growth and Innovation in Ocean Economy – Gaps and Priorities in Sea Basin Observation and Data. Lot-2: The Mediterranean**

[ 11/2017 – 04/2022 ]

**CLAIM: Cleaning litter by developing and Applying Innovative Methods in European Seas**

<https://www.claim-h2020project.eu/>

[ 01/05/2018 – 30/04/2022 ]

**COASTAL: Collaborative Land-Sea Integration Platform**

<https://h2020-coastal.eu/>

[ 2007 – 2018 ]

**REN ATHENS: European Researchers' Night: 2007-2018**

[ 2019 – 2019 ]

**«Κίτρινο Ψάρι» Προστατεύοντας τα ψάρια και την φύση των ρεμάτων**

[https://www.researchgate.net/publication/337339477\\_Kitrino\\_Psari\\_HCMR-IMBRIW\\_EKPAA\\_enarktiria\\_ekthesi\\_Yellow\\_Fish\\_Project\\_-\\_In\\_Greek?enrichId=rgreq-1a775855fbd1c2cd25f38fe3f5cb7b38-XXX&enrichSource=Y292ZXJQYWdlOzMzNzZmOTQ3NztBUzo4MjY5MDEwNDgzNDQ1NzZAMTU3NDE1OTk4MTk1MA%3D%3D&el=1\\_x\\_2&esc=publicationCoverPdf](https://www.researchgate.net/publication/337339477_Kitrino_Psari_HCMR-IMBRIW_EKPAA_enarktiria_ekthesi_Yellow_Fish_Project_-_In_Greek?enrichId=rgreq-1a775855fbd1c2cd25f38fe3f5cb7b38-XXX&enrichSource=Y292ZXJQYWdlOzMzNzZmOTQ3NztBUzo4MjY5MDEwNDgzNDQ1NzZAMTU3NDE1OTk4MTk1MA%3D%3D&el=1_x_2&esc=publicationCoverPdf)

[ 13/11/2006 – 12/11/2008 ]

**Study of the ichthyofauna and recommendations for its conservation at the hydroelectric dam of Ilariona**

## PUBLICATIONS

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[ 2022 ]

**A Comparative Evaluation of Hydromorphological Assessment Methods Applied in Rivers of Greece**

<https://www.mdpi.com/2306-5338/9/3/43>

Stefanidis, K.; Kouvarda, T.; Latsiou, A.; Papaioannou, G.; Gritzalidis, K.; Dimitriou, E. A Comparative Evaluation of Hydromorphological Assessment Methods Applied in Rivers of Greece. *Hydrology* **2022**, *9*, 43. <https://doi.org/10.3390/hydrology9030043>

[ 2021 ]

**Pressures and Status of the Riparian Vegetation in Greek Rivers: Overview and Preliminary Assessment**

<https://www.mdpi.com/2306-5338/8/1/55>

Latsiou, A.; Kouvarda, T.; Stefanidis, K.; Papaioannou, G.; Gritzalidis, K.; Dimitriou, E. Pressures and Status of the Riparian Vegetation in Greek Rivers: Overview and Preliminary Assessment. *Hydrology* **2021**, *8*, 55. <https://doi.org/10.3390/hydrology8010055>

[ 2020 ]

**Disentangling the Main Components of Hydromorphological Modifications at Reach Scale in Rivers of Greece**

<https://www.mdpi.com/2306-5338/7/2/22>

Stefanidis, K.; Latsiou, A.; Kouvarda, T.; Lampou, A.; Kalaitzakis, N.; Gritzalidis, K.; Dimitriou, E. Disentangling the Main Components of Hydromorphological Modifications at Reach Scale in Rivers of Greece. *Hydrology* **2020**, *7*, 22. <https://doi.org/10.3390/hydrology7020022>

[ 2022 ]

**Digital storytelling as an educational tool for scientific, environmental and sustainable development literacy on marine litter in informal education environments (Case study: Hellenic Center for Marine Research)**

<https://ejournals.epublishing.ekt.gr/index.php/hcmr-med-mar-sc/article/view/26942>

ANDRIOPOULOU, A., GIAKOUMI, S., KOUVARDA, T., TSABARIS, C., PAVLATOU, E., & SCOULLOS, M. (2022). Digital storytelling as an educational tool for scientific, environmental and sustainable development literacy on marine litter in informal education environments (Case study: Hellenic Center for Marine Research). *Mediterranean Marine Science*, 23(2), 327–337. <https://doi.org/10.12681/mms.26942>

[ 2016 ] **An annotated checklist of the Greek Stonefly Fauna (Insecta: Plecoptera)**

<https://www.biotaxa.org/Zootaxa/article/view/zootaxa.4111.4.1>

IOANNIS KARAOUZAS, ARGYRO ANDRIOPOULOU, THEODORA KOUVARDA, DÁVID MURÁNYI, (2016), An annotated checklist of the Greek Stonefly Fauna (Insecta: Plecoptera), *Zootaxa*, [Vol. 4111 No. 4: 17](https://doi.org/10.11646/zootaxa.4111.4.1), <https://doi.org/10.11646/zootaxa.4111.4.1>

[ 2004 ]

**The development of an ecological quality assessment and classification system for Greek running waters based on benthic macroinvertebrates**

<https://link.springer.com/article/10.1023/B:HYDR.0000025263.76808.ac>

Skoulikidis, N.T., Gritzalis, K.C., Kouvarda, T. *et al.* The development of an ecological quality assessment and classification system for Greek running waters based on benthic macroinvertebrates. *Hydrobiologia* **516**, 149–160 (2004). <https://doi.org/10.1023/B:HYDR.0000025263.76808.ac>

[ 2002 ]

**Hydrochemical and Ecological Quality Assessment of a Mediterranean River System**

<https://journal.gnest.org/publication/226>

Skoulikidis N.Th., Gritzalis K. and Kouvarda Th., Hydrochemical and Ecological Quality Assessment of a Mediterranean River System, 2002, *Global Nest: the Int. J.* Vol 4, No 1, pp 29-40, <https://doi.org/10.30955/gnj.000226>

## CONFERENCES AND SEMINARS

[ 2020 ]

**A comparative assessment of the riparian vegetation status using two different indices: Results from a large-scale study in Greece.**

5th International Electronic Conference on Water Sciences

Anna Latsiou \* , Theodora Kouvarda, Konstantinos Stefanidis, Konstantinos Gritzalis, Elias Dimitriou, 13 November 2020 by MDPI in [5th International Electronic Conference on Water Sciences](#) session [Poster](#)

[ 2019 ]

**Untangling The Main Drivers Of Hydromorphological Alteration In Greek Rivers**

4th International Electronic Conference on Water Sciences

Konstantinos Stefanidis \* , Konstantinos Gritzalis, Theodora Kouvarda, Anna Latsiou, Anastasia Lampou, Elias Dimitriou, 12 November 2019 by MDPI in [4th International Electronic Conference on Water Sciences](#), session [Managing Water Resources from Aquifers, Rivers and Lakes](#), <https://doi.org/10.3390/ECWS-4-06422>

[ 2018 ]

**Preliminary results of the digital educational action "HCMR in your classroom**

HELECOS, Heraklion, Crete

A. Andriopoulou, S. Giakoumi, A. Latsiou, Th. Kouvarda, B. Zimmerman, S. Pace, E. Kalogianni, 2018, Preliminary results of the digital educational action "HCMR in your classroom", HELECOS, Heraklion

**The learning outcomes of the environmental educational program "getting acquainted with Valencia**

HELECOS, Heraklion, Crete

A. Andriopoulou, S. Giakoumi, A. Latsiou, Th. Kouvarda, B. Zimmerman, S. Pace, E. Kalogianni, 2018, The learning outcomes of the environmental educational program "getting acquainted with Valencia", HELECOS, Heraklion, Crete

[ 2018 ] **Presentation of Emodnet MedSea Checkpoint** 12th Hellenic Symposium on Oceanography and Fisheries, special session, Corfu

S. Reizopoulou, Ch. Kyriakidou, N. Skoulikidis, Th. Kouvarda, 2018, Presentation of Emodnet MedSea Checkpoint, 12th Hellenic Symposium on Oceanography and Fisheries, special session, Corfu

[ 2016 ]

**Effects of multiple stressors on the ecological status of a Mediterranean intermittent river**

11th Panhellenic Symposium on Oceanography and Fisheries, Mytilene

I. Karaouzas, N. Skoulikidis, A. Andriopoulou, M. Koutsodimou, Th. Kouvarda, K. Gritzalis, 2016, Effects of multiple stressors on the ecological status of a Mediterranean intermittent river, 11th Panhellenic Symposium on Oceanography and Fisheries, Mytilene

[ 2016 ]

**Effects of multiple stressors on the ecological status of a Mediterranean intermittent river**

11th Panhellenic Symposium on Oceanography and Fisheries, Mytilene

I. Karaouzas, N. Skoulikidis, A. Andriopoulou, M. Koutsodimou, Th. Kouvarda, K. Gritzalis, 2016, Effects of multiple stressors on the ecological status of a Mediterranean intermittent river, 11th Panhellenic Symposium on Oceanography and Fisheries, Mytilene

[ 2007 ]

**Implementation and comparison of different benthic biological indices in the rivers of Greek islands**

29th Scientific Conference, Kavala

Th. Kouvarda, K. Gritzalis, N. Skoulikidis, 2007, Implementation and comparison of different benthic biological indices in the rivers of Greek islands, 29th Scientific Conference, Kavala

[ 2007 ]

**Ecological Characteristics of Macroinvertebrate fauna in an Agricultural River Basin**

29th Scientific Conference, Kavala

I. Karaouzas, K. Gritzalis, Th. Kouvarda, 2007, Ecological Characteristics of Macroinvertebrate fauna in an Agricultural River Basin, 29th Scientific Conference, Kavala

[ 2007 ] **Ecological characteristics of the benthic fauna in the rivers of S. Euvoia**

29th Scientific Conference, Kavala

K. Gritzalis, M. Koutsodimou, A. Andriopoulou, Th..Kouvarda, 2007, Ecological characteristics of the benthic fauna in the rivers of S. Euvoia, 29th Scientific Conference, Kavala

[ 2003 ]

**Self purification processes and the effects of habitat modification on macroinvertebrate species diversity in Greek rivers**

7th Symposium on Oceanography and Fisheries, Chersonissos, Crete

Gritzalis, N. Skoulikidis, Th. Kouvarnta, I. Karaouzas, 2003, Self purification processes and the effects of habitat modification on macroinvertebrate species diversity in Greek rivers, 7th Symposium on Oceanography and Fisheries, Chersonissos, Crete

[ 2003 ]

**Greek metric for the ecological assessment and classification of running waters according to the demands of the Water Framework Directive 2000/60/EC**

7th Symposium on Oceanography and Fisheries, Chersonissos, Crete

N. Skoulikidis, K. Gritzalis, Th. Kouvarda, Th. Kousouris, 2003, Greek metric for the ecological assessment and classification of running waters according to the demands of the Water Framework Directive 2000/60/EC, 7th Symposium on Oceanography and Fisheries, Chersonissos, Crete

[ 2002 ]

**The Biodiversity, Locomotion Types and the Current Preferences of the Aquatic Macroinvertebrate Fauna at Samothraki Island, NE Aegean Sea, Greece**

9th International Congress on the Zoogeography and Ecology of Greece and Adjacent Regions, Thessal

Gritzalis, N. Skoulikidis, Th. Kouvarda, 2002, The Biodiversity, Locomotion Types and the Current Preferences of the Aquatic Macroinvertebrate Fauna at Samothraki Island, NE Aegean Sea, Greece, 9th International Congress on the Zoogeography and Ecology of Greece and Adjacent Regions, Thessaloniki

[ 2002 ]

**The Development of an Integrated Water Quality Classification System for Greek Rivers based on Benthic Microinvertebrates**

6th International Conference for Protection and Restoration of the Environment, Skiathos

Skoulikidis, K. Gritzalis, Th. Kouvarda, 2002, The Development of an Integrated Water Quality Classification System for Greek Rivers based on Benthic Microinvertebrates, 6th International Conference for Protection and Restoration of the Environment, Skiathos

[ 2022 ] **COMPARING BIOLOGICAL QUALITY ELEMENTS IN GREEK RIVERS** MARINE AND INLAND WATERS RESEARCH SYMPOSIUM 2022, Porto Heli, Attica

COMPARING BIOLOGICAL QUALITY ELEMENTS IN GREEK RIVERS

Oikonomou A.1\*, Smeti E.1\*, Karaouzas I., Stefanidis K., Andriopoulou A. Vavalidis Th., Vardakas L., Vourka A., Giakoumi S., Gritzalis K., Zogaris S., Theodoropoulos Ch., Kalaitzakis N., Kalogianni E., Kapakos Y., Kapeloni M., Kapetanaki N., Katsogiannou I., Colombari E., Kommatas D., Kouvarda Th., Kouraklis P., Koutsikos N., Koutsodimou M., Lampou A., Lampri PN., Leris I., Laschou S., Latsiou A., Markogianni V., Masouras A., Mentzafou A., Barbieri R., Ntakis A., Panagiotou A., Papadaki C., Papadopoulos A., Sperelakis E., Tragaki D., Fytilis K., Filippi G., Chamoglou M., Tachos, V., Skoulikidis N., Stoumboudi M., Dimitriou E.

Institute of Marine Biological Resources and Inland Waters, Hellenic Centre for Marine Research (HCMR), MARINE AND INLAND WATERS RESEARCH SYMPOSIUM 2022, Porto Heli, Attica

<https://symposia.gr/>

## TECHNICAL REPORTS

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[ 2019 ] **«Κίτρινο Ψάρι»: Προστατεύοντας τα ψάρια και την φύση των ρεμάτων**

Παραδοτέο Φάσης Α: Έκθεση Έναρξης Έργου και Αναφορά στα Είδη Ψαριών που Διαβιούν στην Περιοχή Μελέτης Για το «Εθνικό Κέντρο Περιβάλλοντος και Αειφόρου Ανάπτυξης (Ε.Κ.Π.Α.Α.)» Ζόγκαρης, Σ. και Γιακουμή Σ. (επιμέλεια σύνταξης) 2019. Έκθεση Έναρξης Έργου και Αναφορά στα Είδη Ψαριών που Διαβιούν στην Περιοχή Μελέτης. Ελληνικό Κέντρο Θαλάσσιων Ερευνών / ΕΚΠΑΑ, Σελ. 33

[https://www.researchgate.net/publication/337339477\\_Kitrino\\_Psari\\_HCMR-IMBRIW\\_EKPAA\\_enarktiria\\_ekthesi\\_Yellow\\_Fish\\_Project\\_-\\_In\\_Greek](https://www.researchgate.net/publication/337339477_Kitrino_Psari_HCMR-IMBRIW_EKPAA_enarktiria_ekthesi_Yellow_Fish_Project_-_In_Greek)



[ 2007 ]

**Study of the ichthyofauna and recommendations for its conservation at the development area of the hydroelectric dam Ilariona (in Greek).**

1st Interim Report. Economou A., Zogaris S., Giakoumi S., Tachos V., Chatzinikolaou Y., Stoumboudi M., Barbieri R., Kalogianni E., Dimitriou E., Kolombari E., Skoulikidis N., Amaxidis G., Andriopoulou A., Kouvarda Th., Koutsodimou M., Diapoulis A., Gritzalis K., Bertachas I., Laschou S., 2007, DOI: [10.13140/RG.2.2.22563.45603](https://doi.org/10.13140/RG.2.2.22563.45603)

[https://www.researchgate.net/publication/312827933\\_1st\\_Interim\\_Report\\_Study\\_of\\_the\\_ichthyofauna\\_and\\_recommendations\\_for\\_its\\_conservation\\_at\\_the\\_development\\_area\\_of\\_the\\_hydroelectric\\_dam\\_Illariona\\_in\\_Greek?channel=doi&linkId=588876ca4585150dde50b82f&showFulltext=true](https://www.researchgate.net/publication/312827933_1st_Interim_Report_Study_of_the_ichthyofauna_and_recommendations_for_its_conservation_at_the_development_area_of_the_hydroelectric_dam_Illariona_in_Greek?channel=doi&linkId=588876ca4585150dde50b82f&showFulltext=true)

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**DATA REPORTS**

[ 2017 ]

**MedSea Checkpoint Challenge 7 (River Inputs): Description of Targeted Products, the methodology and the expert evaluation of fitness for purpose**

Final Challenge Report: "Skoulikidis, N., Kouvarda, D., Kalaitzakis, N., Falcini, F., & Simoncelli, S., 2017, *EMODnet MedSea CheckPoint Challenge 7 (River Inputs) Report. European Marine Observation and Data Network.* [https://doi.org/10.25423/cmcc/medsea\\_checkpoint\\_challenge7](https://doi.org/10.25423/cmcc/medsea_checkpoint_challenge7)"

<https://emodnet.ec.europa.eu/en/checkpoint/medsea/challenges/river-inputs>

[ 2014 ]

**Alyki Anavissou and Agios Nikolaos Wetlands (Anavissos Attika): Biodiversity inventory and prospects for restoration**

- Review of natural history and conservation interest at these small wetlands areas in Southern Attika Greece. Ideas for conservation measures and restoration, Zogaris S., Kouvarda Th., Andriopoulou A., Koutsodimou M., 2014, DOI: [10.13140/RG.2.1.1768.0807](https://doi.org/10.13140/RG.2.1.1768.0807)

[https://www.researchgate.net/publication/275648026\\_Alyki\\_Anavissou\\_and\\_Agios\\_Nikolaos\\_Wetlands\\_Anavissos\\_Attika\\_Biodiversity\\_inventory\\_and\\_prospects\\_for\\_restoration#fullTextFileContent](https://www.researchgate.net/publication/275648026_Alyki_Anavissou_and_Agios_Nikolaos_Wetlands_Anavissos_Attika_Biodiversity_inventory_and_prospects_for_restoration#fullTextFileContent)