

Curriculum Vitae

PERSONAL INFORMATION

Sofia Laschou



Hellenic Center for Marine Research (HCMR)

📍 46.7 km of Athens-Sounio Ave, 19013, Anavissos Attikis, GR

☎ +30 2291076396

✉ sofia@hcmr.gr
lassofia@gmail.com

🔗 <https://scholar.google.gr/citations?user=N-zdxhMAAAAJ&hl=el&oi=ao>
https://www.researchgate.net/profile/Sofia-Laschou?ev=hdr_xprf

ORCID: 0000-0001-8248-1853

Nationality Greek

WORK EXPERIENCE

1999-Current Scientific Personnel

Chemist at Hellenic Center for Marine Research (HCMR),
Institute of Marine Biological Resources and Inland Waters (IMBRIW)

Since November 1999, she has held a position as Chemist at the Institute of Marine Biological Resources and Inland Waters of HCMR.

She is a chemist at the Hydrochemical Laboratory of the Institute and her duties are water samples analysis, data analysis, reference conditions & surface water classification (Rivers, Lakes).

She has research interests in Environmental Analytical Chemistry, Reference conditions & Inland surface water quality classification, Greek Nutrient Classification System and Implementation of the European Water Framework Directive (2000/60/EU) on the Greek rivers.

She has participated in 44 national and European projects of HCMR. She has contributed in a number of papers in scientific journals, as well as in other publications (i.e., conference proceedings, special publications, workshops announcements and technical reports).

She is a member of the Association of Greek Chemists.

She is an active member of HCMR Educational Unit

- Environmental Analytical Chemistry
- Reference conditions and classification of surface inland waters
- Greek Nutrient Classification System and Implementation of the European Water Framework Directive (2000/60/EU) on the Greek rivers.

Curriculum Vitae

EDUCATION

- 2010 MSc in Environmental Chemistry
National and Kapodistrian University of Athens, Department of Chemistry,
Master thesis: *“Establishment of Reference Conditions and Development of a Nutrient Classification System for the Assessment of the Chemical-Physicochemical Status of Greek Rivers”*.
- 1996 BSc in Chemistry
National and Kapodistrian University of Athens, Department of Chemistry, Greece

PERSONAL SKILLS

Mother tongue(s) Greek

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	Very Good	Very Good	Very Good	Very Good	Very Good

ADDITIONAL INFORMATION

PUBLICATIONS

PUBLICATIONS ON INTERNATIONAL JOURNALS

1. Nikolaos Th. Skoulikidis, Leonidas Vardakas, Anastasia Lampou, Yiorgos Amaxidis, Sofia Laschou, 2025. Redefining and delineating pristine conditions: A methodological framework with an application to a minimally impacted Mediterranean stream basin Volume 178, September 2025, 114071 <https://doi.org/10.1016/j.ecolind.2025.114071>.
2. Kalogianni, E., Leris, I., Vardakas, L., Kapakos, Y., Laschou, S., Bommerlund, J., Mauvisseau, Q., Zimmerman, B., 2024. Designing, implementing and monitoring the translocation of a highly threatened freshwater fish <https://doi.org/10.1002/aqc.4072>
3. Kalogianni, E., Zogaris, S., Leris, I., Laschou, S., Zimmerman, B., Meek, S., Sargeant, S., Weldon, L., & Steer, M. D., 2023. New boundaries: Redefining the geographical range of a threatened fish through environmental DNA survey. Environmental DNA, 00, 1–9 <https://doi.org/10.1002/edn3.428>
4. Kalogianni E., Koutsikos, N., Karaouzas I., Smeti E., Kapakos Y., Laschou S., Dimitriou E., Vardakas L. REVIVE: A feasibility assessment tool for freshwater fish conservation translocations in Mediterranean rivers, 2023. Science of the Total Environment, 862, 160595. <https://doi.org/10.1016/j.scitotenv.2022.160595>
5. Sources of major elements and nutrients in the water cycle of an undisturbed river basin – Samothraki Island, Greece, 2023, Nikolaos Th. Skoulikidis, Ioannis Matiatos, Panagiotis Michalopoulos, Evangelia Smeti, Cemil Özkan, Konstantinos Akepsimaidis, Sofia Laschou, Christine Stumpp, Science of the total environment, 897,(3):165361. <https://doi.org/10.1016/j.scitotenv.2023.165361>

Curriculum Vitae

6. Implementing the CCME Water Quality Index for the Evaluation of the Physicochemical Quality of Greek Rivers, Panagopoulos, Y.; Alexakis, D.E.; Skoulikidis, N.T.; Laschou, S.; Papadopoulos, A.; Dimitriou, E., *Water* 2022,14(17), 2738; <https://doi.org/10.3390/w14172738>
7. Skoulikidis, N., Lampou, A., Laschou, S., 2020. Unraveling aquatic quality controls of a nearly undisturbed Mediterranean Island (Samothraki, Greece). *Water* 12, 473. <https://doi.org/10.3390/w12020473>
8. Smeti E., von Schiller D., Karaouzas I., Laschou S., Vardakas L., Sabater S., Tornés E., Monllor-Alcaraz L.S., Guillem-Argiles N., Martinez E., Barceló D., Lopez de Alda M., Kalogianni E., Elozegi A., Skoulikidis N. (2019). Multiple stressor effects on biodiversity and ecosystem functioning in a Mediterranean temporary river. *Science of the Total Environment*, 647, 1179-1187. <https://doi.org/10.1016/j.scitotenv.2018.08.105>
9. Ruegner, H., Schwientek, M., Milacic, R., Zuliani, T., Vidmar, J., Paunovic, M., Laschou, S., Kalogianni, E., Skoulikidis, N.T., Diamantini, E., Majone, B., Bellin, A., Chiogna, G., López de Alda, M., Díaz-Cruz, S., Grathwohl, P. (2019). Particle Bound Pollutants in Rivers: Results from Suspended Sediment Sampling in Globaqua River Basins. *Science of the Total Environment* 647, 645–652. doi:10.1016/j.scitotenv.2018.08.027
10. Ioannis Leris, Eleni Kalogianni, Catherine Tsangaris, Evangelia Smeti, Sofia Laschou, Evangelia Anastasopoulou, Leonidas Vardakas, Yiannis Kapakos, Nikolaos Th Skoulikidis (2019). Acute and sub-chronic toxicity bioassays of Olive Mill Wastewater on the Eastern mosquitofish *Gambusia holbrooki*. *Ecotoxicology and environmental safety* 175, 48-57. <https://doi.org/10.1016/j.ecoenv.2019.03.025>
11. Evangelia Smeti, Eleni Kalogianni, Ioannis Karaouzas, Sofia Laschou, Elisabet Tornés, Núria De Castro-Català, Evangelia Anastasopoulou, Maria Koutsodimou, Argyro Andriopoulou, Leonidas Vardakas, Isabel Muñoz, Sergi Sabater, Nikolaos Th Skoulikidis (2019). Effects of olive mill wastewater discharge on benthic biota in Mediterranean streams. *Environmental Pollution* 254, 113057. <https://doi.org/10.1016/j.envpol.2019.113057>
12. Kalogianni E., A. Vourka, I. Karaouzas, L. Vardakas, S. Laschou & Th.N. Skoulikidis (2017). Combined effects of water stress and pollution on macroinvertebrate and fish assemblages in a Mediterranean intermittent river. *Science of the Total Environment*, 603-604, 639-650. DOI:10.1016/j.scitotenv.2017.06.078 (I.P. 2016: 4.900).
13. Skoulikidis N., Y. Amaxidis, I. Bertahas, S. Laschou & K. Gritzalis (2006). Analysis of factors driving stream water composition and synthesis of management tools – A case study on small/medium Greek catchments. *The Science of the Total Environment*, 362: 205-241.
14. Bertahas I., Dimitriou E., Karaouzas I., Laschou S. & Zacharias I. (2006). Climate change and agricultural pollution effects on the trophic status of a Mediterranean lake. *Acta Hydrochimica et Hydrobiologica* 342 (4): 349-359.

PUBLICATIONS ON INTERNATIONAL CONFERENCES

1. Assessing the impact of extreme weather events on water quality: the case of Pinios river basin (Greece) after the Daniel storm - preliminary findings. K. Lazogiannis, I. Matiatos, E. Dimitriou, G. Amaxidis, A. Papadopoulos, S. Laschou, G. Filippi, M. Kapeloni, 5th International Conference on Environmental Design (ICED2024) 18-20 October 2024, Athens, Greece.
2. Vardakas, L., Smeti, E., Karaouzas, I., Laschou, S., Koutsikos, N., Kapakos, Y., Papaioannou,

Curriculum Vitae

G., Dimitriou, E., Kalogianni, E. 2023. Habitat restoration for the conservation of two threatened fishes in an intermittent river. XVII European Congress of Ichthyology 2023: 4th - 8th September 2023, Prague

3. Smeti E, von Schiller D, Laschou S, Vardakas L, Tornés E, Theodoropoulos C, Vourka A, Andriopoulou A, Koutsodimou M, Anastasopoulou E, Karaouzas I, Sabater S, Elozegi A, Skoulikidis NT & Kalogianni E (2018). Effects of agro-industrial pollution on biota and ecosystem functioning in an intermittent river (Evrotas, Greece). *Limnologia* 2018. XIX Conference of the Iberian Association of Limnology Inland waters and XXI century challenges: from scientific knowledge to environmental management, 24 – 29 June 2018, Coimbra, Portugal. Book of abstracts, p. 202.
4. Ruegner, H., Schwientek, M., Grathwohl, P., Nasrabadi, T., Zuliani, T., Milačič, R., Laschou, S., Kalogianni, E. Particle facilitated pollutant transport in rivers. Poster presentation. In: Köck Schultmeyer, M., Barceló, Cullerés, D. (Eds.). Reconnaissance of trace organic compounds and metals in GLOBAQUA river basins: book of abstracts of the GLOBAQUA workshop, 9-10 November 2017, Barcelona, Spain. p 38.

PUBLICATIONS ON NATIONAL CONFERENCES

1. Oikonomou A, Dimitriou E, Kalogianni E, Papadopoulos A, Kouraklis P, Laschou S, Barbieri R, Mentzafou A, Stoumboudi M. What is the impact of the hydromorphological changes on the biodiversity of riverine ecosystems? The case of Louros River fish fauna. 11ο Πανελλήνιο Συνέδριο Οικολογίας, Πάτρα 4-7 Οκτωβρίου 2023 (<http://helecos11.upatras.gr>). (poster)
2. Vardakas L., Dimitriou E., Karaouzas I., Koutsikos N., Smeti E., Laschou S., Kapakos Y., Kouraklis P., Papaioannou G., Boglis A., Anastopoulos D., Dimitrakopoulos I. and Kalogianni E. 2022. Methodological framework and implementation of conservation actions for two threatened cyprinids in an intermittent river. PROCEEDINGS of the Marine and Inland Waters Research Symposium 2022, Porto Heli, 2022.
3. Oikonomou A., Smeti E., 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 P., Leris I., Laschou S., Latsiou A., Markogianni V., Masouras A., Mentzafou A., Barbieri R., Ntakias A., Panagiotou A., Papadaki C., Sperelakis E., Tragaki D., Fytilis K., Filippi G., Chamoglou M., Tachos V., Skoulikidis N., Papadopoulos A., Stoumboudi M., Dimitriou E. Comparing biological quality elements in Greek rivers, Marine and Inland Waters Research Symposium, 16-19 September 2022, Porto Heli.
4. Smeti E., Laschou S. and Skoulikidis N. 'Diversity-Ecosystem Functioning Relationship In Benthic Diatom Assemblages In Rivers', Marine and Inland Waters Research Symposium, 16-19 Σεπτεμβρίου 2022, Porto Heli (pages:773-777) https://symposia.gr/wp-content/uploads/2022/10/Proceedings_5.10.22.pdf
5. Reviewing environmental conditions of a minimally disturbed aegean island – Samothraki, Greece, N.Th. Skoulikidis, A. Lampou, S. Zogaris, I. Karaouzas, K. Gritzalis, I.Panagopoulos, E. Dimitriou, S. Laschou, E. Smeti, I. Matiatos, G. Katopodis, C.Papadaki, V. Vlami, C. Özkan, M. Fischer-Kowalski. Symposium Protection & Restoration of the Environment XVI July 5-8, 2022, Kalamata, Greece.
6. Laschou S., Skoulikidis N., Chatzinikolaou Y., Dasenakis M., Scoullou M. 2015. Preliminary Greek Nutrient Classification System based on benthic invertebrates for Greek rivers and

Curriculum Vitae

streams. 11 th Panhellenic Symposium on Oceanography and fisheries, pp 690-693, Mytilene, Lesvos island, Greece, 2015.

7. N. Skoulikidis, Y. Amaxidis, S. Laschou. «Nutrient levels and origin of a small mountainous catchment». 8th Symposium of Oceanography and Fisheries. Thessaloniki 4-8 June 2006.

Projects

1. CASTOR Project (2025-2028): Conservation Actions for Supporting the Threatened freshwater fish of Evrotas River”
2. PEKA_OPY (2024-2029): WFD monitoring of the Greek surface waters/ Monitoring and recording the status (quality, quantity, pressures, use) of the country’s waters (02.5032401/001-006)/National Project
3. ALMYROPOTAMOS (2023-2024): Biodiversity monitoring and proposed management and enhancement plans for the Almyropotamos wetland of Achladi (Fthiotida Prefecture).
4. ALIENized (2023-2024). Living with the invader: Does alien mosquitofish presence influence native killifish behaviour?
5. LOUROS_Oikonomou (2023). Assessment of the environmental degradation in the Louros River basin and restoration measures.
6. WESTCOASTS:2021 – 2023. Περιβαλλοντική παρακολούθηση του παράκτιου χώρου της Κινέτας και της Νέας Περάμου «WEST COASTS 2021-2023»
7. PRESPA RIVERS (2022-2023) Assessment for the ecological role, functioning and biodiversity values of rivers/streams that flow in Prespa Lakes.
8. EVROTAS-STATIONS (2022). Installation and operation of a network of automatic water monitoring stations in the Evrotas river basin.
9. PARNON (2020-2023).“Improvement Actions for the Conservation Status of Squalius keadicus (Endangered) and Pelasgus laconicus (Critically Endangered).”Hydrological characterization of summer fish refugia in the Evrotas basin and sites of implementation of conservation actions for the two target species within the boundaries of the protected Natura 2000 area – EKVOLES EVROTA.
10. Chemical status Bulgaria:2020-2023 Chemical Status Bulgaria: "Chemical status assessment methodology reflecting the impacts of the climate changes on the status of surface water including analysis of chemical pressure, impacts, risks and status"
11. FISH FAUNA – SCHINIAS: Starting/ending date: 01/03/2019 – 30/04/2021
12. PACIM: Starting/ending date: 01/05/2019 – 30/06/2020 European project. Population assessment of two critically endangered Greek fish species and range assessments of the highly invasive mosquito fish and top mouth gudgeon.
13. OHRID LAKE WATERSHED Starting/ending date: 10/05/2019 – 31/12/2019 Surveillance monitoring program for the Ohrid Lake Watershed.
14. ACHLADA (Geropotamos Stream Study) Starting/ending date: 06/12/2018 – 31/01/2019. National project -Project services from the Asprofos SA, entitled ‘Monitoring and Evaluation of Water Quality in the catchment area of Geropotamos, Florina.
15. Open ELIoT: 2018-2020. Open Internet of Things infrastructure for online environmental service.
16. COASTAL: 2018-2022. Collaborative Land-Sea Integration Platform
17. YMEPERAA_OPY: (2017-2023): Monitoring and Recording of the Water Status (Quality, Quantity, Pressures, Use) in Greece
18. Παρακολούθηση της ποιότητας υδάτων στο ρέμα Πικροδάφνης και στον υγρότοπο Βουρκαρίου» (10/2016-3/2017)
19. Managing the effects of multiple stressors on aquatic ecosystems under water scarcity (QLOBAQUA). 2014-2019.
20. (2014). "Αποτίμηση της οικολογικής κατάστασης του ρέματος Πικροδάφνης "
21. Ανάπτυξη συστήματος ολοκληρωμένης διαχείρισης λεκάνης απορροής και της συνδεόμενης παράκτιας και θαλάσσιας ζώνης (ΚΡΗΠΙΣ). 2013-2015.

Curriculum Vitae

22. Environmental flows downstream of dams (ECOFLOW). 2013-2015
23. Ανάπτυξη νέου υλικού από απορριπτόμενη βιομάζα για την προσρόφηση υδρογονανθράκων σε υδάτινο περιβάλλον. Πρόγραμμα ΘΑΛΗΣ-Πανεπιστήμιο Πειραιά. 2013
24. Αγωγός φυσικού αερίου (Trans Adriatic Pipeline)– ΤΑΠ. 2012 – 2013
25. Μελέτη για την αποκατάσταση του ρέματος της Πικροδάφνης 2012.
26. EPPERAA – Western-Central Greece, Attica, Central Macedonia, Western Macedonia, Southern Aegean: 2012-2015. Ecological quality monitoring of waters, rivers, littoral & transitional waters of Greece – Implementation of the Article 8 of the Directive 2000/60/EC, Prefecture of Western-Central Greece.
27. EPPERAA - Eight Prefectures: 2012-2015. Ecological quality monitoring of waters, rivers, littoral & transitional waters of Greece – Implementation of the Article 8 of the Directive 2000/60/EC, Eight Prefectures (Eastern Macedonia & Thrace, Epirus, Thessaly, Ionian Islands, Western Greece, Peloponnese, Northern Aegean and Crete).
28. Monitoring of ecological water quality of Koumoundourou Lake and designing management. 2010-2012
29. «Τριετής (2010-2013) παρακολούθηση της ποιότητας και εκτίμηση της οικολογικής κατάστασης των ποταμών του Ν. Μεσσηνίας: Πάμισου, Άρις, Λυγδού, Έπης, Καριάς, Τζάνες – Πολυλίμνιου, Μαυροζούμενας, Δεσπότη, Μουρτιάς, Αρκαδικού, Νέδας και Βελίκας»
30. MIRAGE (FP7-ENV-2007-1) Mediterranean Intermittent River ManAGement. 2009 –2011.
31. Environmental monitoring of N. Plastira Reservoir (2009-2010), Public Power Corporation.
32. Ecodom, Marie Curie: ‘Advancing understanding of carbon cycling and coloured dissolved organic matter dynamics in European wetlands & coastal ecosystems through integration of observations and novel modelling approaches: Χρηματοδότης: ΕΕ. 2008-2012
33. Technical Report for the environmental conditions of the artificial lake of Ladona river. Public Electricity Company (DEH) 2007-2008.
34. «Study of the ichthyofauna and recommendations for its conservation at the development area of the hydroelectric dam Skopos-Papadias». Participants: I.I.W. (H.C.M.R.), Funding: Public Power Corporation, 2006-2008.
35. ANAPODARIS CRETE 2005-2006 «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»
36. LIFE Environment. Environmental Friendly Technologies for Rural Development. (The Evrotas river case) LIFE05 ENV/GR/00245. (2005-2009)
37. Actions for the conservation of Mediteranean ponds in Crete. “MEDPONTS”. ‘LIFE04NAT/GR/000105’. 2004-2008.
38. Evaluation and Improvement of water quality models for application to temporary waters in southern European catchments. (tempQsim, EVK1-2001-00247)(2002-2005).
39. Standardization of river classifications: Framework method for calibrating different biological survey results against ecological quality classifications to be developed for the Water Framework Directives.(STAR, EVK1-2001-00034) (2002-2005).
40. AQEM 2001-2002 «The Development and Testing of an Integrated Assessment System for the Ecological Quality of Streams and Rivers throughout Europe using Benthic Macroinvertebrates» (AQEM, EVK1-CT-1999-00027)
41. «Monitoring of the state and abundance of *Ladigesocypris ghigii* (Pisces, Cyprinidae) population in Gadouras stream (Rhodes Island), during the construction of the Gadouras dam», 2001-2009, (Phase I, Phase II, Phase III). Participants: I.I.W. (H.C.M.R.), Funding: Ministry of Environment Physical Planning & Public Works.
42. 1. Exploitation of the hydrochemical time-series of Acheloos River - 2. Assessment of the contribution of agriculture in aquatic pollution”, Participants: I.I.W. (H.C.M.R.) (coordinator), University of Connecticut, Thesa S.A., Funding: Ministry of Agricultural

Curriculum Vitae

Development and Food – Directorate Design of Land Reclamation Works and Exploitation of Soil-Aquatic Resources, Scientific Leader and Coordinator (2000-2002).

43. Action for the protection of the calcareous fens in Trichonis lake (LIFE'99/NAT/GR/006499 2000-2003).
44. Conservation measures for the endangered fish *Ladigesocypris ghigi* (LIFE/Nature, 1998-2001).