

CURRICULUM VITAE



PERSONAL INFORMATION

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RESUME SUMMARY

During the period 2004-2010 she self-employed as freelancer geologist with main activity geological, hydrogeological and environmental research and water resources management studies. Since 2010 she holds a position as a research associate in Institute of Marine Biological Resources and Inland Waters, Hellenic Centre for Marine Research.
She has research interests in hydrology and water balance, water management, hydrogeology and groundwater, surface water and groundwater quality - environmental monitoring, hydrological - hydrogeological -water quality modeling, assessment of the impacts of climate changes on water resources, time-series analysis, vulnerability - flood hazard - erosion modeling and GIS applications.
She has participated in (28) national and international projects.
She has contributed to (38) papers in peer-reviewed journals, (7) book chapters, participated in (28) national or international conferences and co-authored in over (26) technical reports.

WORK EXPERIENCE

Dates (from - to)	10/05/2010-today
Name of employer	Hellenic Centre for Marine Research (H.C.M.R.), Institute of Marine Biological Resources and Inland Waters
Type of business or sector	Public Research Center
Occupation or position held	Research assistant
Main activities and responsibilities	Participating in EU and national research projects in the fields of: <ul style="list-style-type: none">- Hydrology - analysis of water balance components- Hydrogeology - groundwater- Surface water and groundwater quality - Environmental monitoring- Hydrological, hydrogeological, hydrodynamic modeling- Water quality modeling- Environmental water resources management- Impact of climate change on water resources- Time-series analysis- G.I.S. applications: Groundwater vulnerability - flood risk - erosion modeling - Multi Criteria Decision Analysis (M.C.D.A.)- Hydrological and water quality database design and development- Cartographic databases
Dates (from - to)	01/02/2005-29/04/2010
Name of employer	Freelancer
Type of business or sector	Private sector, consulting geologists-engineers
Occupation or position held	Freelancer geologist

Main activities and responsibilities	Geological, hydrogeological and environmental research and water resources management studies
Dates (from - to)	Summer 1999
Name of employer	Institute of Geology and Mineral Exploration (I.G.M.E.), Division of General Geology & Geological Mapping
Type of business or sector	Public Research Center
Occupation or position held	Student summer training
Main activities and responsibilities	Geological mapping, laboratory analysis

EDUCATION AND TRAINING

Dates (from - to)	2018-today
Name and type of organisation providing education and training	Harokopio University of Athens, School of Environment, Geography and applied Economics, Department of Geography
Principal subjects/occupational skills covered	An analysis of hydrometeorological and climatic pressures on the Greek river water bodies
Title of qualification awarded	PhD candidate

Dates (from - to)	2002-2004
Name and type of organisation providing education and training	National Technical University of Athens (N.T.U.A.)
Principal subjects/occupational skills covered	Interdepartmental Program of Postgraduate Studies (IPPS) "Water Resources Science and Technology" (Stream A: Hydrology and Environmental Water Resources Management) Postgraduate thesis title: "Hydrogeological condition of Almyros Basin, Volos" (Supervisor: Professor Dr. I. Koumantakis, Grade: "Excellent" 9.5/10)
Title of qualification awarded	MSc (Master of Science), Grade 7.83

Dates (from - to)	1997-2002
Name and type of organisation providing education and training	National and Kapodistrian University of Athens, Faculty of Sciences, Department of Geology
Principal subjects/occupational skills covered	Dynamic, Tectonic & Applied Geology Thesis title: "Nitrate pollution and other hydrochemical characteristics of the unconfined aquifer east of Menidi, Attica" (Supervisor: Associate professor Dr. A. Alexopoulos, Grade: "Excellent" 10/10)
Title of qualification awarded	BSc (Bachelor of Science), Grade 7.05

PERSONAL SKILLS AND COMPETENCES

MOTHER TONGUE	Greek
OTHER LANGUAGES	English: Excellent C2 (Certificate of Proficiency in English, University of Cambridge, 1997) German: Moderate B1 (Zertifikat Deutsch ZD, Goethe - Institut, 2001) French: Basic

COMPUTER SOFTWARE COMPETENCES	Microsoft Windows 11 Microsoft Office (Word Processing, Spreadsheets, Databases, Information and Communication - ECDL Progress Certificate; PowerPoint), MS Project ESRI ArcGIS 10.7.1, ArcGIS Pro 2.8, QGIS Desktop 3 DHI MikeSHE 2020, DHI Mike Flood 2020, DHI MIKE 3 FM Ecolab 2020, DHI Mike Customized Platform 2020, DHI MIKE HYDRO River 2020, MIKE+ 2025 SWAT+ USGS Modflow 2005/6, ModelMuse IBM SPSS Statistics version 25, Statistica 10, R Core Team 2025 AutoCad 2020 Indicators of Hydrologic Alteration (IHA) Photoshop CC, GIMP 2.8.20
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TRAINING - WORKSHOPS	NASA's Applied Remote Sensing Training Program (ARSET) 1. Monitoring Global Terrestrial Surface Water Height using Remote Sensing 13 & 15 May, 2025 2. Monitoring and Modeling Floods using Earth Observations 14 & 21 November, 2022
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3. Selecting Climate Change Projections Sets for Mitigation, Adaptation and Risk Management Applications
September 19 & 20 2022, Webinar
4. Introduction to NASA Resources for Climate Change Applications
September 29 & October 06 2021, Webinar
5. Satellite Observations for Analyzing Natural Hazards on Small Islands Nations
August 18, 24 & 26 2021, Webinar
6. Mapping and Monitoring Lakes and Reservoirs with Satellite Observations
February 9th, 16th, & 23rd, 2021, Webinar
7. Using Earth Observations to Monitor Water Budgets for River Basin Management II
July 21 - August 4, 2020, Webinar
8. Satellite Remote Sensing for Agricultural Applications
April 14, 21, 28 & May 5, 2020, Webinar
9. Applications of GPM IMERG Reanalysis for Assessing Extreme Dry and Wet Periods
January 28, 30 & February 4, 2020, Webinar
10. Using Earth Observations to Monitor Water Budgets for River Basin Management
March 13 - April 3, 2019, Webinar

ESRI Massive Open Online Course (MOOC)

1. GIS for Climate Action
6 weeks, completed on December 4, 2023
2. Do-It-Yourself GeoApps
4 weeks, completed on 21 February 2022
3. Cartography
6 weeks, completed on March 16, 2021
4. Spatial Data Science: The New Frontier in Analytics
6 weeks, completed on December 07, 2020
5. Going Places with Spatial Analysis
6 weeks, completed on September 17, 2020

DHI

1. MIKE ECO Lab - Creating a framework for water quality and ecological modelling
February 2024, Online course
2. MIKE HYDRO River - Introduction to River and Channel Modelling
24- 25 November 2016, Athens, Greece
3. Mike Customisable - Flood Forecasting and Early Warning Systems
27-28 April 2015, Anavyssos, Greece
4. MIKE 3 FM Ecolab - Introduction to 3D water quality and ecological modelling
02 May 2014, Athens, Greece
5. Integrated 1D and 2D River Flood Modelling
8-9 December 2011, Athens, Greece
6. Modelling Integrated Catchment Hydrology with MIKE SHE
3-5 October 2011, Athens, Greece

Other

1. Module 1 – Implementing and evidencing freshwater and wetland restoration
January 2025, MERLIN ACADEMY
2. IHE Delft Institute for Water Education & Conservation International: Advanced Topics in Freshwater Health
April 2024, Online course
3. IHE Delft Institute for Water Education & Conservation International: Fundamentals of Freshwater Health
March 2024, Online course
4. FAO Integrated Monitoring Initiative for SDG 6 (IMI-SDG6) & IHE Delft Institute for Water Education: Assessing the Environmental Flow Requirement for SDG Indicator 6.4.2
2023, Online course
5. ChatGPT-Water sector applications
26 April 2023, 60min Webinar Australian Water School
6. Climate Change and Water Resources: Evidence, Impacts, Adaptation
7 October 2021, Water mdpi webinar
7. The Nature Conservancy: Indicators of Hydrological Alteration (IHA)
28 January 2019, online course (ConservationTraining)
8. New predictive tools to improve river water management from local to European scale - MARS-GLOBAQUA Internal Workshop
16-17 March 2017, Sesimbra, Portugal
9. 2st data treatment workshop for river basin management - Twinning the projects MARS@GLOBAQUA
09-10 January 2017, Munich, Germany
10. 1st data treatment workshop for river basin management - Twinning the projects MARS@GLOBAQUA
11-13 July 2016, Lisbon, Portugal

PARTICIPATION IN RESEARCH PROJECT

11. "Μηχανικοί για διαχείριση τεχνικών έργων"
Παρακολούθηση Εκπαιδευτικού Προγράμματος Επαγγελματικής Κατάρτισης με 200 ώρες θεωρίας (ΚΕΚ: Τεχνική Εκπαιδευτική) και 300 ώρες πρακτικής άσκησης (Θεμελιοδομή Α.Ε.) 23/01-30/04/2004, Αθήνα, Ελλάδα
1. "*Harnessing the potential of coastal regions to build climate resilience via enhanced observation of the land-sea interface – LandSeaLoT*" (2024 – 2028)
Project coordinator: Dr. Jos Brils.
2. "*Demonstrating innovative pathways addressing water and soil pollution in the Mediterranean Agro-Hydro- System – Path4Med*" (2024 – 2028)
Project coordinator: Dr. Konstantinos X Soulis.
3. "*Emblematic Action of Green Islands in the framework of the circular economy-NHSOS*" (2023-25)
National project: Ministry of Development and Investment, Greece 2.0 – Recovery and Resilience Fund, Project coordinator: Dr. M. Stoumpoudi
4. "*Prespa Rivers: Evaluation of the ecological role, functioning and biodiversity values of rivers/streams discharging in Prespa Lakes*" (2022-24)
National project: Society for the Protection of Prespa, Donors Initiative for Mediterranean Freshwater Ecosystems (DIMFE) and the Prespa Ohrid Nature Trust (PONT), Project coordinator: Dr. E. Dimitriou
5. Environmental Impact Assessment Study of the Project "Floating PV Project at Kremasta I with capacity of 115.87968 MW" (2023-25)
National project: ILIAKO POWER VIII SINGLE MEMBER P.C., Project coordinator: Dr Stamatis Zogaris
6. Environmental Impact Assessment Study of the Project "Floating PV Project at Kremasta II with capacity of 115.87968 MW" (2023-25)
National project: ILIAKO POWER VIII SINGLE MEMBER P.C., Project coordinator: Dr Stamatis Zogaris
7. Ichthyological Research in the area of influence of the ILARION Dam (Ichthyological research and TEPEM) (2023-25)
National project: PUBLIC ELECTRICITY COMPANY S.A., Project coordinator: Dr Stamatis Zogaris
8. "*Biodiversity monitoring and proposed management and development plans of Almyropotamos wetland*" (2023-25)
National project: Fthiotida Regional Unit, Project coordinator: Dr. I. Karaouzas
9. "*Monitoring and Recording of the Water Status (Quality, Quantity, Pressures, Use) in Greece*" (2017-2023)
National project: Y.ME.PER.A.A. 2014-2020, Project coordinator: Dr. E. Dimitriou
10. "*Chemical Status Bulgaria*" (2020-21)
International project, The World Bank Group, Project coordinator: Dr. I. Karaouzas
11. "*Hellenic Integrated Marine and Inland Water Resources Observing, Forecasting and Offshore Technology Systems (HIMIOFoTS) - Maintenance and upgrading of an integrated sea and surface water monitoring and forecasting system*" (2017-2019)
National project: Operational Programme Competitiveness, Entrepreneurship and Innovation 2014-2020 (EPAnEK), Project coordinator: Dr. E. Dimitriou
12. "*Improving Knowledge and Increasing Awareness for Wetland Restoration In Attica Region*" (2016-2017)
National project: Program co-funded by 85% from the EEA FM 2009-2014 and by 15% from the national funds (Greek Public Investment Programme), Project coordinator: Dr. E. Dimitriou
13. "*GLOBAQUA: Managing the effects of multiple stressors on aquatic ecosystems with water scarcity*"(2014-2019)
FP7 – EU DG: Research European Union's Seventh Programme for research, technological development and demonstration under grant agreement No 603629 - FP7-ENV, Project coordinator (Evrotas basin): Dr. N. Skoulikidis
14. "*Development of a decision support tool for the sustainable management of water resources, in combination to the optimisation of power production*" (2015-2017)
National project: Programming Agreements between Research Centers -GSRT/IKY/SIEMENS 2014-2016, Project coordinator: Dr. M. Stoumpoudi
15. "*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*" (2012-2015)
National project: EPPERAA 2012-2015, Project coordinator: Dr. N. Skoulikidis
16. "*Development of an integrated management framework of river basins and associated coastal and marine zone*" (2013-2015)
National project: Ministry for Education, Religious Affairs, Culture and Sport of Greece and the European Union - European Regional Development Fund, "Proposals for Development of Research Bodies-KRIPIS", Project coordinator: Dr. E. Dimitriou
17. "*Assessment of the Ecological Status of Pikrodafni stream*" (2014)
Municipality of Ag. Dimitrios, Project coordinator: Dr. E. Dimitriou
18. "*Development Of New Material From Waste Biomass For Hydrocarbons Adsorption In Aquatic Environments*" (2013-2014)
Operational Program "Education and Lifelong Learning" THALIS (MIS: 377356)
University Of Piraeus, Project coordinator: Dr. E. Dimitriou

19. "TAP EAST Komotini - Thessaloniki ESIA Greece – Hydrobiology Baseline Study" (2012-2013)
TAP AG, Project coordinator: Dr. E. Dimitriou
20. "Ecological quality assessment in Pikrodafni Stream. Management and restoration measures" (2011-2012)
National project: Ministry of Environment, Energy and Climate Change, Project coordinator: Dr. E. Dimitriou
21. "Monitoring of the state and abundance of *Ladigesocypris ghigii* (Pisces, Cyprinidae) population in Gadouras stream (Rhodes Island), during the construction of the Gadouras dam" (2011-2012)
National project: Ministry of Development, Competitiveness, Infrastructure, Transport and Networks, Project coordinator: Dr. M. Stoumpoudi
22. "Ecological quality monitoring in Lake Koumoundourou. Management, restoration and recreation measures" (2011-2012)
ELPE S.A., Project coordinator: Dr. E. Dimitriou
23. "Monitoring for the quality and estimation of the ecological status of the Messinian Rivers: Pamisos, Aris, Lygdou, Epis, Karia, Tzanes-Pollimnio, Mavrozoumena, Despoti, Mourtia, Arkadikos, Neda and Velika" (2010-2013)
National project: Regional unit of Peloponnese, Project coordinator: Dr. K. Gkritzalis
24. "Advancing understanding of carbon cycling and coloured dissolved organic matter dynamics in European wetlands & coastal ecosystems through integration of observations and novel modelling approaches - ECODOM" (2008-2012)
Marie Curie, Project coordinator: Dr. E. Dimitriou
25. "Environmental pollution risk assessment of Evros river catchment" (2009-2010)
National project: Trans-Balkan Pipeline S.A., Project coordinator: Dr. E. Dimitriou
26. "Environmental monitoring of N. Plastira Reservoir" (2009-2010)
National project: Public Electricity Corporation S.A., Project coordinator: Dr. E. Dimitriou
27. "Advancing the predictability of water cycle through an improved understanding of land surface and coastal water processes and optimal integration of models with observational data-Pre-WEC" (2007-2010), European project Marie Curie, Project coordinator: Dr. A. Papadopoulos
28. "Hydrometeorological data resources and technologies for effective flash flood forecasting-HYDRATE" (2006-2009),
European project, Project coordinator: Dr. A. Papadopoulos

INDICATIVE PARTICIPATION IN
GEOLOGICAL-HYDROGEOLOGICAL-
ENVIRONMENTAL STUDIES (in Greek)

1. "River Basin Management Plans - Development of systems and management tools for the water resources of the West Macedonia, Central Macedonia, East Macedonia and Thrace river basin district" (2003-2008)
Commissioner: Ministry of Development, Contractors: ENM L.T.D., EKBY, DHI
2. "Management study of Avlonari stream - Preliminary Environmental Impact Study"
Commissioner: Prefecture of Evia, Contractors: ATHINAIKI TEM
3. "Investigation of the possibility of hybrid energy systems construction at Samos island-Reconnaissance study" (2008)
Commissioner: ROKAS S.A., Contractors: YDRETME L.T.D., GEOSYNOLO L.T.D.
4. "Loggies - Dafni S.H.P. at R. Tavropos. Geological Suitability Study" (2008)
Commissioner: ROKAS S.A., Contractors: GEOSYNOLO L.T.D.
5. "Standard tourism development of Ag. Ioannis - Vroucha municipal community - Ag. Nikolaos Municipality at Lasithi Prefecture, Crete. Geological Suitability Study" (2007)
Commissioner: PLASTIKA KRITIS S.A., Contractors: GEOSYNOLO L.T.D.
6. "Polydendri, Asprokampos, Messolakos - Pistiko small hydropower plants at Aliakmonas River. Reconnaissance study" (2006)
Commissioner: IBERINCO HELLAS, Contractors: YDRETME L.T.D., GEOSYNOLO L.T.D.
7. "Pyrgos small hydropower plants at Sarantaporos River. Geological study" (2006)
Commissioner: ENERGA S.A., Contractors: GEOSYNOLO L.T.D.
8. "Construction study of a small dam at Soufli Municipality (Mavrorema). Geological study" (2006)
Commissioner: Prefecture of Rodopi, Contractors: OTME L.T.D., GEORGIOS EMMANOUILIDIS, STAVROS DIAKOSTAVRIANOS
9. "Water supply of Kerkyra Island. Dam, central conduit, refineries, desalination units studies. Tender documents, water leakage study, environmental studies" (2002-2004)
Commissioner: Ministry of Environment, Planning and Public Works, Contractors: ADK S.A., YDROTEK L.T.D., ENM L.T.D., SSE&PERIBALLON L.T.D., GEOLOGIKI YPOSTIRIXI L.T.D., NIKOLAOS SPIGGOS, GEORGIOS EMMANOUILIDIS, KONSTANTINOS ZAIMIS
10. "Final study of the central water supply conduit from the water treatment units to Heracleio and Ag. Nikolaos. Management of the abovementioned projects of the project Water supply of Heracleio and Agios Nikolaos from the Aposelemis dam". Engineering consultant of D6 Directorate. (2003)
Commissioner: Ministry of Environment, Planning and Public Works, Contractors: ADK L.T.D.

PUBLICATIONS

PUBLICATIONS IN INTERNATIONAL, PEER-REVIEWED JOURNALS

1. **Mentzafou, A.**, Dimitriou, E., Karaouzas, I., & Zogaris, S. (2025). Impact Assessment of Floating Photovoltaic Systems on the Water Quality of Kremasta Lake, Greece. *Hydrology*, **12**(4), 92. <https://doi.org/10.3390/hydrology12040092>
2. **Mentzafou, A.**, Papadopoulos, A., & Dimitriou, E. (2025). Assessing the Impacts of Climatic and Water Management Scenarios in a Small Mountainous Greek River. *Hydrology*, **12**(1), 13. <https://doi.org/10.3390/hydrology12010013>
3. Matiatos, I., Papadopoulos, A., Harjung, A., Vystavna, Y., Lazogiannis, K., Rossi, P., Heiderscheidt, E., **Mentzafou, A.**, Zotou, I., & Dimitriou, E. (2025). Water dynamics and evaporation losses to inflows into transboundary Mediterranean lakes – the case of Prespa Lakes. *Hydrological Sciences Journal*, 1–17. <https://doi.org/10.1080/02626667.2024.2446279>
4. He, K., Yang, Q., Shen, X., Dimitriou, E., **Mentzafou, A.**, Papadaki, C., Stoumpoudi, M., Anagnostou, E. N. (2024) Brief communication: Storm Daniel flood impact in Greece in 2023: mapping crop and livestock exposure from synthetic-aperture radar (SAR). *Natural Hazards and Earth System Sciences*, **24**(7), 2375–2382. doi: 10.5194/nhess-24-2375-2024
5. Katsouras, G., Dimitriou, E., Karavoltos, S., Samios, S., Sakellari, A., **Mentzafou, A.**, Tsalas, N., Scoullou, M. (2024) Use of Unmanned Surface Vehicles (USVs) in Water Chemistry Studies. *Sensors* **24** (2809), 1–17. doi: 10.3390/s24092809
6. **Mentzafou, A.**, Katsafados, P., Papadopoulos, A., & Dimitriou, E. (2023) Hydrological Regime Alteration Assessment in the Context of WFD 2000/60: A European and Global Review. *Sustainability* **15**(2), 15704, 1–27. doi: 10.3390/su152215704
7. **Mentzafou, A.**, Papadopoulos, A., & Dimitriou, E. (2023) Flood generating mechanisms investigation and rainfall threshold identification for regional flood early warning. *Environmental Earth Sciences* **82**(242), 1–15. doi: 10.1007/s12665-023-10938-8
8. Varlas, G., Papadaki, Ch., Stefanidis, K., **Mentzafou, A.**, Pechlivanidis, I., Papadopoulos, A. & Dimitriou, E. (2023) Increasing Trends in Discharge Maxima of a Mediterranean River during Early Autumn. *Water* **15**(6), 1022, 1–24. doi: 10.3390/w15061022
9. **Mentzafou, A.**, Katsafados, P., Papadopoulos, A., & Dimitriou, E. (2022) An assessment of the relative impacts of key stressors on the hydrology of Greek river water bodies. *Environmental Earth Sciences* **81**(212), 1–18. doi: 10.1007/s12665-022-10346-4
10. **Mentzafou, A.** & Dimitriou, E. (2022) Hydrological Modeling for Flood Adaptation under Climate Change: The Case of the Ancient Messene Archaeological Site in Greece. *Hydrology* **9**(2), 19, 1–16. doi: 10.3390/hydrology9020019
11. Kanellopoulos, T.D., Kapetanaki, N., Karaouzas, I., Botsou, F., **Mentzafou, A.**, Kaberi, H., Kapsimalis, V., Karageorgis, A. (2022) Trace element contamination status of surface marine sediments of Greece: an assessment based on two decades (2001–2021) of data. *Environmental Science and Pollution Research* **29**, 5171–45189. doi: 10.1007/s11356-022-20224-y
12. Spyrou, C., Loupis, M., Charizopoulos, N., Arvanitis, P., **Mentzafou, A.**, Dimitriou, E., Debele, S., Sahani, J., & Kumar, P. (2022) Evaluating Nature-Based Solution for Flood Reduction in Spercheios River Basin Part 2: Early Experimental Evidence. *Sustainability* **14**(16), 10345, 1–16; doi: 10.3390/su141610345
13. **Mentzafou, A.**, Varlas, G., Papadopoulos, A., Poulis, G. & Dimitriou, E. (2021) Assessment of Automatically Monitored Water Levels and Water Quality Indicators in Rivers with Different Hydromorphological Conditions and Pollution Levels in Greece. *Hydrology* **8**(2), 86, 1–19. doi: 10.3390/hydrology8020086
14. **Mentzafou, A.**, Blagojevic, M. & Dimitriou, E. (2021) A GIS-MCDA-Based Suitability Analysis for Meeting Targets 6.3 and 6.5 of the Sustainable Development Goals. *Sustainability* **13**(8), 4153, 1–23. doi: 10.3390/su13084153
15. Panagiotou, A., Zogaris, S., Dimitriou, E., **Mentzafou, A.**, Tsihrintzis, V. (2021) Anthropogenic barriers to longitudinal river connectivity in Greece: A review. *Ecohydrology & Hydrobiology* **22**(2), 295–309. doi: 10.1016/j.ecohyd.2021.10.003
16. Gallotti, G., Santo, M.A., Apostolidou, I., Alessandri, J., Armigliato, A., Basu, B., Debele, S., Domeneghetti, A., Gonzalez-Ollauri, A., Kumar, P., **Mentzafou, A.**, Pilla, F., Pulvirenti, B., Ruggieri, P., Sahani, J., Salmivaara, A., Basu, A.S., Spyrou, C., Pinaridi, N., Toth, E., Unguendoli, S., Pillai, U.P.A., Valentini, A., Varlas, G., Zaniboni, F., Di Sabatino, S. (2021) On the Management of Nature-Based Solutions in Open-Air Laboratories: New Insights and Future Perspectives. *Resources* **10**(4), 36, 1–21. doi: 10.3390/resources10040036
17. Karaouzas, I., Kapetanaki, N., **Mentzafou, A.**, Kanellopoulos, T. D. & Skoulikidis, N. (2021) Heavy metal contamination status in Greek surface waters: A review with application and evaluation of pollution indices. *Chemosphere* **263**, 1–15. Elsevier Ltd. doi: 10.1016/j.chemosphere.2020.128192
18. Spyrou, C., Loupis, M., Charizopoulos, N., Apostolidou, I., **Mentzafou, A.**, Varlas, G., Papadopoulos, A., et al. (2021) Evaluating nature-based solution for flood reduction in Spercheios river basin under current and future climate conditions. *Sustainability* **13**(7), 3885, 1–20. doi: 10.3390/su13073885
19. **Mentzafou, A.**, Conides, A. & Dimitriou, E. (2020) Climate change assessment impacts on the coastal area of Maliakos Gulf, Greece. *Journal of Water and Climate Change* **11**(4), 1–15. doi: 10.2166/wcc.2019.209

20. Spyrou, C., Varlas, G., Pappa, A., **Mentzafou, A.**, Katsafados, P., Papadopoulos, A. & Anagnostou, M. N. (2020) Implementation of a Nowcasting Hydrometeorological System for Studying Flash Flood Events: The Case of Mandra, Greece. *Remote Sensing* **12**(17), 2784, 1–21. doi: 10.3390/rs12172784
21. **Mentzafou, A.**, Panagopoulos, Y. & Dimitriou, E. (2019) Designing the national network for automatic monitoring of water quality parameters in Greece. *Water* **11**(6), 1310, 1–22. doi: 10.3390/w11061310
22. **Mentzafou, A.** & Dimitriou, E. (2019) Time Series Analysis of the Physicochemical Parameters and Meteorological Factors in a Mediterranean Lagoon. *Environmental Processes* **6**(1), 119–134. doi: 10.1007/s40710-019-00346-1
23. **Mentzafou, A.**, Varlas, G., Dimitriou, E., Papadopoulos, A., Pytharoulis, I. & Katsafados, P. (2019) Modeling the Effects of Anthropogenic Land Cover Changes to the Main Hydrometeorological Factors in a Regional Watershed, Central Greece. *Climate* **7**(11), 129, 1–27. doi: 10.3390/cli7110129
24. Varlas, G., Anagnostou, M. N., Spyrou, C., Papadopoulos, A., Kalogiros, J., **Mentzafou, A.**, Michaelides, S., et al. (2019) A Multi-Platform Hydrometeorological Analysis of the Flash Flood Event of 15 November 2017 in Attica, Greece. *Remote Sensing* **11**(1), 45, 1-31. doi: 10.3390/rs11010045
25. **Mentzafou, A.** & Dimitriou, E. (2019) Nitrogen loading and natural pressures on the water quality of a shallow Mediterranean lake. *Science of the Total Environment* **646**, 134–143. Elsevier B.V. doi:10.1016/j.scitotenv.2018.07.249
26. **Mentzafou, A.**, Wagner, S. & Dimitriou, E. (2018) Historical trends and the long-term changes of the hydrological cycle components in a Mediterranean river basin. *Science of the Total Environment* **636**, 558–568. Elsevier B.V. doi:10.1016/j.scitotenv.2018.04.298
27. Dimitriou, E., Panagiotopoulos, I., **Mentzafou, A.** & Anagnostou, C. (2018) Assessing the anthropogenic impacts on the fluvial water and sediment fluxes into the Thermaikos Gulf, Northern Greece. *Environmental Engineering and Management Journal* **17**(5), 1053–1068. doi:10.30638/eemj.2018.105
28. Vigiak, O., Lutz, S., **Mentzafou, A.**, Chiogna, G., Tuo, Y., Majone, B., Beck, H., et al. (2018) Uncertainty of modelled flow regime for flow-ecological assessment in Southern Europe. *Science of the Total Environment* **615**, 1028–1047. doi: 10.1016/j.scitotenv.2017.09.295
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13. **Mentzafou, A.**, & Dimitriou, E. (2012). Distributed hydrological and water quality modelling to analyze the fate of nitrate along a transboundary river. In *6th International Conference on Energy and Development, Environment - Biomedicine (EDEB'12) Recent Researches in Environment and Biomedicine, 7-9 March 2012* (pp. 79–84). Vouliagmeni Beach, Athens, Greece: WSEAS Press.
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1. Markogianni, V., **Mentzafou, A.**, Tourlouki, A., & Dimitriou, E. (2024). Preliminary assessment of hydrological processes and water quality status in Prespa National Park In River Restoration Centre-25th Annual Network Conference, 24th – 26th April 2024, Venue Cymru, Llandudno, North Wales, doi: 10.13140/RG.2.2.28992.75527
2. Santo, M.A., Gallotti, G., Basu, B., Armigliato, A., Spyrou, C., Salmivaara, A., Ruggieri, P., Pilla, F., Sarkar Basu, A., Apostolidou, E., Varlas, G., **Mentzafou, A.**, Di Sabatino, S. (2020). A modelling approach to assess Nature Based Solutions efficiency In AGU Fall Meeting, 1-17 December 2020
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POPULARIZED ARTICLES

Mentzafou, A., & Dimitriou, E. (2014). Transboundary rivers of Greece: The challenge of integrated flood management. In *I Fysi*, 147 (pp. 27-29). (in Greek)

OTHER ACTIVITIES

PARTICIPATION IN ONE-DAY CONFERENCE

1. Katsafados P., Varlas G., Spyrou C., Papadopoulos A., Anagnostou M., Kalogiros I., **Mentzafou A.**, Karimpalis E., Mpaltas E. (2020). An innovative system for flood early warning: application in the case of Mandra, Attica. *3rd Scientific Forum for the Disaster Risk Reduction in Greece, 5-6 May 2020*, Athens, Greece, National and Kapodistrian University of Athens, Interdepartmental Program of Postgraduate Study (IPPS) Environmental Management Strategies, Disaster and Crisis (in Greek)
2. **Mentzafou A.** (2020). Lake Koumoundourou; Management, rehabilitation and enhancement actions. *INTCATCH 2020 Final Workshop related to Integrated Management of Water Resources and Monitoring of Surface Water Quality by using autonomous boats*, Athens, Greece, 28-29 January 2020. EYDAP
3. **Mentzafou A.**, & Dimitriou E. (2019). Applications of integrated hydrological modeling in Spercheios river basin. *DHI Greece & Cyprus User Group Meeting: Urban & Water Resources, 8th May 2019*, DHI Athens, Greece.
4. Dimitriou E., & **Mentzafou A.** (2016). Flood events and environmental protection. *ERASMUS+ KA2 - McAgenda, Get Erasmus+ in your life, 2nd Multiplier Event, 4th November 2016*, Athens, Greece, Session: *Natural & Anthropogenic Hazards & Disasters*. Athens
5. Dimitriou E., & **Mentzafou A.** (2016). Water quality and rehabilitation proposals. *One-day conference: Koumoundourou Lake, Elefsina 15/12/2016*. Prefecture of Attica. (in Greek)
6. **Mentzafou A.**, Dimitriou, E., & Papadopoulos, A. (2016). Models: a river basins management tool. In S. Zogaris, N. Skoulikidis, A. Oikonomou, D. Mpompori, M. Gkini, & K. Stergiou (Eds.), *EU Directive 2000/60 and the conservation of inland waters: Research and Proposals* (pp. 32-34). Athens, IMBRIW-HCMR (in Greek)
7. Papadaki, C., Dimitriou, E., **Mentzafou A.**, Skoulikidis, N., Zogaris, S., Oikonomou, A., Stoumpoudi, M. (2016). Eco-hydraulic models and ecological flow: applications in Greece. In S. Zogaris, N. Skoulikidis, A. Oikonomou, D. Mpompori, M. Gkini, & K. Stergiou (Eds.), *EU Directive 2000/60 and the conservation of inland waters: Research and Proposals* (pp. 38-40). Athens, IMBRIW-HCMR (in Greek)
8. Dimitriou, E., **Mentzafou A.**, & Stoumpoudi, M. (2015). Environmental water management plan of a dam, based on a fully dynamic model. *Workshop: "The ecological flow in rivers and the importance of its correct estimation", second workshop of the project "ECOFLOW: System of estimation of the acceptable ecological flow in rivers and streams in Greece"*, 3 February 2015, Athens. (in Greek)
9. Ntoanidis, L., **Mentzafou A.**, Papadaki, C., Zogaris, S., Evelpidou, N., Argyropoulou-Pappa, M., & Dimitriou, E. (2015). Investigation of hydraulic approaches for assessing spatial variation of habitats in a river-Achelous River case study. *Workshop: "The ecological flow in rivers and the importance of its correct estimation", second workshop of the project "ECOFLOW: System of estimation of the acceptable ecological flow in rivers and streams in Greece"*, 3 February 2015, Athens. (in Greek)
10. Papadaki, C., Ntoanidis, L., **Mentzafou A.**, Zogaris, S., Evelpidou, N., Argyropoulou-Pappa, M., & Dimitriou, E. (2015). Modeling habitats to simulate and assess the differences between habitat eligibility criteria, focusing on the trout of Greek rivers. *Workshop: "The ecological flow in rivers and the importance of its correct estimation", second workshop of the project "ECOFLOW: System of estimation of the acceptable ecological flow in rivers and streams in Greece"*, 3 February 2015, Athens. (in Greek)

PEER REVIEW ACTIVITIES

Editor in International, peer-reviewed journals
(<https://www.webofscience.com/wos/author/record/AAB-4824-2019>):
Environmental Earth Sciences (Springer, ISSN 1866-6299)
Hydrological Sciences Journal (Taylor & Francis LTD, ISSN 2150-3435)
Journal of Hydrology (Elsevier, ISSN 0022-1694)
Water (MDPI, ISSN 2073-4441)
International Conference on Energy Engineering and Environmental Protection
IOP Conference Series: Earth and Environmental Science

EDITORIAL ACTIVITIES

Water, MDPI (ISSN 2073-4441), 2020.
Special Issue "Assessing Surface and Ground- Water Vulnerability and Pollution Risk" of the section "Hydrology and Hydrogeology". Guest Editors: E. Dimitriou and A. Mentzafou

LECTURES

Directorate of Secondary Education of Western Attica
EDUCATIONAL ACTIONS AT THE WESTERN ATTICA WETLANDS (2014-2018)
Koumoundourou Lake-Reitoi

DISTINCTIONS-AWARDS

Fellowship from State Scholarships Foundation of Greece (I.K.Y.) for the year 1996-97

INTERVIEWS

The geological structure of Delphi at the documentary entitled:
Griechenland: Von den Gipfeln bis ans Meer / 05 Südküste und Attika
Greece: From the mountains to the shoreline / Southcoast and Attica
Production 2K Films, 2016
<https://2kfilms.com/southcoast-attica/>
Premiered on 08/07/2016 at ARTE channel and on 02/01/2017 at COSMOTE HISTORY channel