

LYDIA MEGGOU

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Date of birth: 15/03/2001 , Nationality: Greek

ABOUT ME

MSc Biologist/ Environmental Biologist

PROFESSIONAL EXPERIENCE

Jan 2026 - Now

HCMR - Hellenic Center for Marine Research - Institute of Marine Biological Resources and Inland Waters, Anavyssos, Attica, Greece
Scientific Personel

"Monitoring and recording the status (quality, quantity, pressures, use) of the country's waters" (K.E.02.5032401)

Sampling and identification benthic diatoms in rivers.

- Data analysis, databases and applicaion of bioindicators
- Preparing samples in the laboratory.
- Observing samples under a microscope and/or stereoscope.
- Recording and classifying observed species.

**University of Bergen - Faculty of Science and Technology -
Department of Biological Sciences (BIO), Bergen, Norway**

March 2025 - July 2025

Marine Biology Intern

- Worked with barnacle larvae to study settlement and recruitment processes
- Organized and participated in field experiments investigating larval behavior and environmental influences
- Joined a 5-day research cruise in the Norwegian fjords to collect marine biological samples and environmental data
- Assisted in sample processing, data collection, and preliminary data analysis
- Contributed to data organization and management for ongoing research projects

The internship was founded by the Erasmus+ Program of the EU

EDUCATION

**University of Ioannina - Department of Biological Applications and Technologies,
Ioannina, Greece**

Oct 2019 - Nov 2024

Master of Science (Integrated Master) - Biology/ Environmental Biology & Technology

Final grade: 8.49 / 10

Master Thesis: "Airborne Ciliates In Experimental Aquatic Containers" (Duration 1 year Lab & Field Work)

Ekpaideutiki Anagennisi Ekpaideutiria Antonopoulou, Athens, Greece

2019

Highschool Graduate

Final grade: 19,9/20

LANGUAGE SKILLS

Greek (Mother tongue)

English (Proficient user - C2 LEVEL)

French (Advanced user - C1 LEVEL)

SKILLS

Laboratory work

Field work

Data Analysis & Processing

Microscopy

Taxonomy and Classification

R Language - R Studio

SPSS IBM Software

Past4 Software

ImageJ Software

CERTIFICATES

Knowledge of Computer Operation

2024

University of Ioannina - Department of Biological Applications and Technologies, Ioannina, Greece

Educational & Teaching Qualification

2024

University of Ioannina - Department of Biological Applications and Technologies, Ioannina, Greece

PUBLICATIONS

Microbes and us: microbiology literacy in Greece, FEMS Microbiology Letters, Volume 371, 2024, Hera Karayanni, Eleni Motsiou, Vasiliki Sapountzi, Lydia Meggou, Maria Pagkoutou, Aikaterini Triantafyllidi, Alexandra-Kyparisia Markouti, Sevasti Zervou, Stelios Anastasopoulos, Georgios Efthimiou, <https://doi.org/10.1093/femsle/fnae008>

2024

CONFERENCES

Joint International Conference of Mikrobiosmos & CEESME Central and Eastern Europe Symposium on Microbial Ecology. **Poster Presentation** "Colonization of experimental containers by aquatic microbes and investigation of the role of a nearby freshwater system - Pagkoutsou Maria, Meggou Lydia, Moschos Stefanos, Genitsaris Savvas, Karayanni Hera".

2025

14th Panhellenic Conference P.E.V "Biology in the era of new technologies. Challenges and Opportunities" **Eposter presentation** "Dispersal and colonization of bacteria and microeukaryotes in experimental aquatic systems. - Lydia Meggou, Maria Pagoutsou, Stefanos Moschos, Ira Karagianni".

2025