



Europass Curriculum Vitae

Personal information

First name(s) / Surname(s) Helen Vadrachani
Address Kallinikou 3, 54630 Thessaloniki (Greece)
Mobile 6979631708
E-mail(s) helenavani@hotmail.com
Nationality Greek
Date of birth 24/04/1988

Work experience

Dates 01/01/2008 - 31/12/2009
Occupation or position held Secretary
Name and address of employer Papamastoraki Helen
74100 Rethimnon (Greece)
Type of business or sector Lawyer

Dates 01/06/2010 - 30/09/2010
Occupation or position held Practice as a Journalist
Main activities and responsibilities Reportage in local events
Name and address of employer Xristos Telidis
Mitropolews, Thessaloniki (Greece)
Type of business or sector Greek Newspaper "Ethnos"

Dates 01/03/2011 - 30/09/2011
Occupation or position held Press officer- voluntary work
Main activities and responsibilities I was responsible for the press releases. Also i did all the contacts with others media.
Name and address of employer Marios Eftymiopoulos
Thessaloniki (Greece)
Type of business or sector Thnik Tank "Strategy International"

Education and training

Dates 01/10/2006 - 30/09/2010
Title of qualification awarded Bachelor Degree in Polotical Science
Name and type of organisation providing education and training University of Crete (University)
Gallos,, 74100 Rethimnon (Greece)
Level in national or international classification Bachelor

Dates 01/11/2011 →
Title of qualification awarded Postgraduate student in European Policies and Political Analysis.
Name and type of organisation providing education and training University of Crete (University)
Gallos, 74100 Rethimnon (Greece)

Level in national or international classification | Master's degree

Personal skills and competences

Mother tongue(s) | Greek

Other language(s)

Self-assessment
European level ()*

English

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
B2	Independent user	B2	Independent user	B2	Independent user	B2	Independent user	B2	Independent user

(*) [Common European Framework of Reference \(CEF\) level](#)

Social skills and competences

I Have team spirit, Good ability to adapt to multicultural environments, gained through my work experience. Besides, i have good communication skills gained through my experience.

Seminars-congress

06/06/08 – 07/06/08: Conference- Constitution & Politics. Contemporary Discussion and Contribution of Dimitris Th. Tsatsos.

08/10/09-10/10/09: Confrence- Administration and Democracy: Quality, Effectiveness, Legitimization.

10/02/11-11/02/11: Conference of Strategy International : Global Challenges: NATO, European Union United Nations at the New Security Environment.

01/06/11-04/06/11: International Congress «AThena 11» in Thessaloniki. Title - Crisis Management.

Computer skills and competences

I gained the ECDL- word & excel. Also I did statistics lessons for SPSS & LISREL.

Additional information

Dissertation in the Bachelor degree - Title: Mediterranean & NATO. The new security enviroment after 9//11.