

KONSTANTINOS RAMMOS – CV

A. PERSONAL INFORMATION



Name/Surname: Konstantinos Rammos
Date of Birth: September 17, 1981
Nationality: Greek
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B. EDUCATION – REEDUCATION

2022 Authorized Personal Trainer, ΕΛ.ΚΕ.ΔΙ.Μ.
2019 Mastering WordPress, ΕΛ.ΚΕ.ΔΙ.Μ.
2017 Enaleia – School of Fisheries
2016 Diploma in Photography – Shaw academy
2008 Hellenic Open University, Faculty of Science & Technology, Studies in Natural Sciences
2006-08 Web Designer – Developer, I.E.K. ΚΟΡΕΛΚΟ
2005: Certification of Sound Engineering from O.E.E.K.
1999-01 Sound Engineering, I.E.K. AKMH
1996-99 36th Lyceum, Athens

C. AWARDS AND SCHOLARSHIPS

- **22nd Hellenic Wushu Kung Fu Championship 2022**
 - Traditional Shaolin Gongfu Form | “Το κοντάρι Γιν του χεριού” Γιν Σόου Κουίβ 阴手棍 (Yīn Shǒu Gùn) (Category B’ Men)- **Bronze Medal**
 - Traditional Taijiquan Chen Style Form | Πλατύ σπαθί Σάολιν 少林刀 (Shàolín Dāo) (Category B’ Men) – **Bronze Medal**
- **3rd Meihua Wushu Championship 2022**
 - Traditional Shaolin Gongfu Form (over 36 years old) - **Gold Medal.**
 - Traditional Shaolin Gongfu Form with Bo (over 36 years old) - **Gold Medal.**
 - Traditional Taijiquan Chen Style Form (over 36 years old) - **Gold Medal**
- July 2008: **A´ Scholarship** from I.E.K. ΚΟΡΕΛΚΟ and SOUTH EUROPEAN COLLEGE about creating and Developing Web Site.
- 35 Awards 2017: **Top 10 Photographers in Greece and in Athens.**
- 35 Awards 2018: **Top 100 Undersea World Photographer.**
- Photography Competition of Hellenic Meteorological Society, Category “Photographing the clouds”– **2nd Place.**
- 35 Awards 2018: **Top 35 Photographers in Greece and in Athens.**

D. FOREIGN LANGUAGE

- English

E. USE OF COMPUTER & PROGRAMS

- Excellent Knowledge of the programs Figma, Sketch, Microsoft Office, Dreamweaver, Photoshop, Lightroom, Illustrator, Flash, Premier, Pro Tools, Cubase, Nuendo, Reason, Sound force, Wave lab.
- Graphic Designer
- Excellent Knowledge of HTML, CSS, JavaScript.
- Excellent Knowledge of CMS: WordPress, Joomla, Drupal, WooCommerce.
- Excellent Knowledge of Google Analytics, AdWords, Google Search Console, (SEO Expert), Facebook Sda, LinkedIn Ads, Twitter Ads
- Excellent Knowledge of Booking-manager (mmk) (Portal & Back Office), NauSYS, Sedna

F. SEMINARS, COURSES, ONLINE COURSES & CONFERENCES

Web Design & Development | Google | Microsoft | Cisco | Digital Marketing | UI/UX Design | Graphic & Digital Design | Back Office

- **October - December 2022:** «Learning the SEDNA Platform for Yacht Owners», Sedna
- **October 2022:** «LinkedIn Marketing Fundamentals», LinkedIn
- **October 2022:** «LinkedIn Marketing Strategy», LinkedIn
- **February 2021:** «Critical Thinking for Self Development», *Metropolitan School of Business and Management UK*
- **February 2021:** «Google Search Console for SEO – Formerly Google Webmaster», *Udemy*
- **February 2021:** «Basic Principles of Digital Marketing», *Grow with Google*
- **January 2021:** «Create an online business», *Grow with Google*
- **January 2021:** «Google Ads Apps Certification», *Google Certified*
- **January 2021:** «Google Shopping Ads Certification», *Google Certified*
- **January 2021:** «Google Ads Video Certification», *Google Certified*
- **January 2021:** «Google Ads - Measurement Certification», *Google Certified*
- **January 2021:** «Google Ads Display Certification», *Google Certified*
- **January 2021:** «Google Analytics Individual Qualification», *Google Certified*
- **January 2021:** «Google Tag Manager Fundamentals», *Google Certified*
- **January 2021:** «Google Ads Search Certification», *Google Certified*
- **January 2021:** «Getting Start with Google Analytics 360 », *Google Certified*
- **January 2021:** «Learning the Nausys Platform for Yacht Owners », *Nausys*
- **December 2020:** «Learn Figma for Web Design, User Interface, UI & UX», *Udemy*
- **May 2020:** «CNSS Certified Network Security Specialist », *International Cybersecurity Institute*
- **April 2020:** «NDG Linux Unhatched - 2020 cga EN », *Cisco Networking Academy*
- **April 2020:** «Growth Marketing Essentials», *Grow Force*
- **March 2020:** «Intro to Cybersecurity – EN 1217», *Cisco Networking Academy*
- **December 2019:** «Introduction to Data Studio», *Google Certified*
- **November 2019:** «Google Analytics for Power Users», *Google Certified*
- **November 2019:** «Advanced Google Analytics», *Google Certified*
- **November 2019:** «Google Analytics for Beginners», *Google Certified*
- **November 2019:** «Learning Mailchimp», *LinkedIn*
- **November 2019:** Participation in «Booking Manager Summit», Zagreb, Croatia.

- March – April 2019: « **Mastering WordPress**», *EA.KE.ΔI.M.*
- September 2016: «**Basic Principles of Digital Marketing**», *Google Certified.*
- September 2016: «**Online Marketing Fundamentals in Tourism**», *Google Certified.*
- June – October 2015: «**Microsoft IT Academy**», *Microsoft.*
- November 2006: Participation in the seminar: «**Insurance market. Marketing & Management of financial & insurance products**», *Metropolitan College.*
- November 2006: Participation in the seminar: «**Web Marketing**», *Metropolitan College.*
- November 2006: Participation in the seminar: «**Development of telecommunication networks. Broadband Networks (WMAN, OPTICAL)** », *Metropolitan College.*
- November 2006: Participation in the seminar: «**Youthful entrepreneurship**», *Metropolitan College.*
- November 2006: Participation in the seminar: «**E-BANKING. The future of trading**», *Metropolitan College.*
- November 2006: Participation in the seminar: «**Business incubators. Business Development Tool**», *Metropolitan College.*
- November 2006: Participation in the seminar: «**Internet security. Modern software applications**», *Metropolitan College.*
- November 2006: Participation in the seminar: «**Modern technology in the field of education. SOFTWARE - HARDWARE**», *Metropolitan College.*

Photography

- November – December 2016: « **Mastering Adobe Lightroom**», *Shaw Academy.*
- October 2016: « **Douglas Kirkland on Photography: Editorial Assignment**», *LinkedIn*
- October 2016: « **Insights on Photojournalism**», *LinkedIn*
- October 2016: « **Photography Project: Paul Taggart's Photojournalism Panoramas** », *LinkedIn*
- October 2016: « **Photojournalism and Photo Essay Fundamentals** », *LinkedIn*
- October 2016: « **Shooting a Photo Essay in 60 Minutes**», *LinkedIn*
- October 2016: « **Shooting a Photo Essay: Telling a Family Story**», *LinkedIn*
- October 2016: « **Storytelling through Unconventional Portraiture** », *LinkedIn*
- October 2016: « **The Creative Spark: Brian Kaufman, Visual Journalist**», *LinkedIn*
- October 2016: «**Creative Inspirations: Natalie Fobes, Photographer** », *LinkedIn*
- October 2016: «**Become a Photojournalist**», *LinkedIn*
- February – March 2016: «**Cameras, Exposure and Photography**» *Michigan State University*
- March 2009: Participation in the seminar: «**Astrophotography**».

Sound Engineer

- September 29, 2022: «**Music Therapy: Theory and Applications**», *City Unity College*
- May-June 2000: Participation in the seminar: «**Acoustic and Audio design of theaters**», *IEK AKMH.*
- November 2000: Participation in the seminar: «**Stereo Recoding Techniques**», *IEK AKMH.*
- March 2000: Participation in the seminar: «**PA SETUP**», *IEK AKMH.*
- November 1999: Participation in the seminar: «**Mixing & Mastering**», *IEK AKMH.*

Natural Sciences

- September 2017: « Working with Diagrams», *The Open University (UK)*.
- September 2017: « Egyptian Mathematics», *The Open University (UK)*.
- September 2017: « Babylonian Mathematics», *The Open University (UK)*.
- September 2017: « The Moon», *The Open University (UK)*
- September 2017: «Basic Science: Understanding Numbers», *The Open University (UK)*.
- March - April 2013: «Algebra», *University of California, Irvine, online course*.
- March - April 2013: «Astrobiology and The Search For Extraterrestrial Life», *University of Edinburgh*
- May–June 2010: Participation in the course of Free University «5 Cosmology Lessons — And It Was Light ...» *Dimitris Nanopoulos*.
- April 2008: Participation in the Conference **Youth World Space Congress**, *Athens 17-19/4/2008*.

Fitness & Personal Training

Kostas Rammos: Wushu Kung Fu Federation Athlete, Kick Boxing Federation Athlete, Boxing Athlete and Certified Personal Trainer.

- December 2022: «Supporting female performance in sport and fitness», *OpenLearn – Open University UK*
- October 2022: «Michigan Sport-Related Concussion Training Certification», *Coursera & University of Michigan*
- October 2022: «The athlete’s journey: transitions through sport», *OpenLearn – Open University UK*
- October 2022: «Learning from sport burnout and overtraining», *OpenLearn – Open University UK*
- September 29, 2022: «Become a Scuba Diver, City», *City Unity College*
- April 2022: «Kettlebell Workout by FitnessBlender», *Cursa*
- April 2022: «Boxing Training Course, Complete workout set», *Udemy*
- April 2022: «Recovery strategies in sport and exercise», *OpenLearn – Open University UK*
- April 2022: «Training for speed and power in sport and fitness», *OpenLearn – Open University UK*
- April 2022: «Developing resilience in sport», *OpenLearn – Open University UK*
- April 2022: «Improving aerobic fitness», *OpenLearn – Open University UK*
- February 2022: «Παρακολούθηση σεμιναρίου Προπονητικής Γ' κατηγορίας των Fighters Athanasopoulos (Boxing & Kick Boxing)»
- February 2022: «Squats from A to Z», *Udemy*
- February 2022: «Running for beginners», *Udemy*
- January 2022: « Ability to recognize the psychological exhaustion of athletes and ways to deal with it », *Speaker: Frosso Patsou, P.h.D., psychologist - Sports Psychologist, scientific collaborator of the national track and field team (SEGAS)*
- January 2022: « The athlete's plate: Differences-difficulties in nutrition in home and abroad accommodation», *Irini Babaroutsi, PhD, Clinical Dietitian - Sports Nutritionist, scientific collaborator of the national team (SEGAS)*
- December 2021: « Tui Shou (Pushing hands) seminar », *taught by the national coach of Croatia Zilhad Mahmulin*
- June 2019: «Your First Three Steps to Learning Tai Chi», *Udemy*

- **May 2019:** «Tai Chi Chuan for Beginners», *Udemy*

Miscellaneous

- **December 2022:** «Accessibility and inclusion in digital health», *OpenLearn – Open University UK*
- **August 25, 2022:** «Anxiety, Panic Attacks and Cognitive Behavioral Therapy (CBT)», *City Unity College*
- **January-March 2009:** Participation in the course of *Free University* «10 Lessons of Greek Archeology».

G. WORK EXPERIENCE

- **January 2021 - now:** Working as a personal Trainer (pro-training.gr)
- **February 2021 – now:** Designed the Yacht Charter Platform <https://abbcharter.com>, developed by booking-manager.com. Digital Marketing Director, Graphic Designer & SEO Expert (Social media, Google Ads, Facebook Ads etc.)
- **May 2021 – August 2021:** Photographer of “**unity.gr**” e-shop clothes (Studio Photography & Retouch Photos of clothes for the e-shop).
- **April 2021 – May 2021:** Translate the nanos App in Greek (nanos.ai) (Type of work-contract)
- **November 2019 – Now:** Working in Yacht Charter Company **Sailways S.A.** as IT Specialist, Photographer, Web Designer & Developer, Graphic Designer, SEO Expert and Digital Marketer Director. Some accomplishments are:
 - o New Website with a boat search system and inquiry form.
 - o Email Marketing (Design & Develop).
 - o Digital Marketing campaigns (Google Ads, Facebook Ads, Twitter Ads, LinkedIn Ads).
 - o Manager of Back office of Booking-Manager, Sedna, Nausys.
 - o Google Ads Campaigns developing and running.
 - o Booking Manager Summit 2019.
 - o International Charter Expo 2020 Sailways Exhibition Stand Design.
 - o 360 yachts Tour editing & Embedding on website.
 - o Integration of MMK (Booking Manager) - Yachts details and booking in Sailways website with iframe, PHP, HTML & CSS.
 - o Improve SEO ranking in Google with On-Site & Out-Site SEO.
- **February – June 2019:** Worked in advertising company **Future Project**, as a Web & Graphic Designer & Wordpress Designer.
- **October – January 2018 - 2019:** Worked in advertising company **MindFx** and in Pharmaceutical company “**Aineios Pharmaceutical IKE**”, as a web Designer and Developer, Graphic Designer and Photographer.
- **October – November 2018:** Designed and Developed of website **syntel.gr**
- **2017:** Sound Engineering in the movie «**Istories Chronou**».
- **September 2011 - September 2012:** Worked at the **Supermarket AB Vasilopoulos**.
- **August 2010 – August 2011:** Worked as a security in Megaron, The Athens Concert Hall.

- **February – April 2009:** Worked as a Data Entry and Back office in **Greek Land Registry.**
- **October – November 2008:** Worked as a Data Entry and Back office in **Greek Land Registry.**
- **August 2000 – September 2008:** Worked as a Sound Engineer at Studio **Hxotron** and **Horizon**. At the same time worked as a radio producer in **Status FM** and as sound engineer in Various Concert Halls.
- **2016 - now:** Working as freelancer Photographer.
- **2008 – now:** Working as freelancer Web & Graphic Designer, Web Developer, SEO Expert & Digital Marketer
- **1999 – now:** Working as freelancer Sound Engineer ● **1998 - now:** Working as a Dj in Various Bars.

H. FREE TIME

Training in Traditional Shaolin Gong Fu, Tai Chi Chuan, Qi Gong, Kick Boxing & Boxing, Hiking & Trekking, Running, Mountain Bicycle, Scuba Diving, Sketching, Reading, Astronomy Observation & Astrophotography.