

KONSTANTINOS RAMMOS – CV

A. PERSONAL INFORMATION



Name/Surname: Konstantinos Rammos
Date of Birth: September 17, 1981
Nationality: Greek
Marital Status: Married
Hometown: Athens
Tel. / Mob.: +30 2107624988 / +30 6986274193
Driving License: B'
Email: rammoskostas@gmail.com
Website:

<https://www.kostasrammos.com>

<https://pro-training.gr>

LinkedIn: <https://www.linkedin.com/in/kostasrammos/>

B. EDUCATION – REEDUCATION

2023 Professional Diploma in Yoga - **Upskillist & Austin Peay State University**
2023 Professional Diploma in Pilates - **Upskillist & Austin Peay State University**
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. ΚΟΡΕΑΚΟ**
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

- **3rd Acropolis International Wushu Open Tournament 2023**
 - Traditional Taijiquan Chen Style Form | Πλατύ σπαθί Σάολιν 少林刀 (Shàolín Dāo) (Category A' Men) – **4th Place**
- **22nd Hellenic Wushu Kung Fu Championship 2022**
 - Traditional Shaolin Gongfu Form | “Το κοντάρι Γιν του χεριού” Γιν Σόου Κουίν 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. KOPEAKO 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

Fitness & Personal Training

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

- **May 2023:** « **Nutrition and Exercise**», City Unity College
- **April 2023:** “**Coaches of High Performance Education Program**”, *ANTI-DOPING EDUCATION & LEARNING – ADEL-WADA*
- **April 2023:** “**ADEL for Registered Testing Pool Athletes**”, *ANTI-DOPING EDUCATION & LEARNING – ADEL-WADA*
- **April 2023:** “**Privacy and information security awareness for athletes**”, *ANTI-DOPING EDUCATION & LEARNING – ADEL-WADA*
- **April 2023:** “**National-Level Athletes Education Program**”, *ANTI-DOPING EDUCATION & LEARNING – ADEL-WADA*
- **April 2023:** “**Talented Athletes Education Program**”, *ANTI-DOPING EDUCATION & LEARNING – ADEL-WADA*
- **March 2023:**« **Eating to win: activity, diet and weight control**», *OpenLearn – Open University UK*
- **March 2023:**« **Exercise and mental health**», *OpenLearn – Open University UK*
- **January 2023:**« **Eating According To Temperament**», City Unity College
- **December 2022:** «**Exploring sport coaching and psychology**», *OpenLearn – Open University UK*

- **December 2022:** «Training for endurance in sport and fitness», *OpenLearn – Open University UK*
- **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:** «Ultimate Fitness System – Transform Your Fitness & Stretch!», *Alison*
- **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:** «Ultimate Fitness System – Fitness, Endurance & Stretching», *Alison*
- **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.hD., 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 Begginers», *Udemy*

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

- **February 2023:** «Cyber Security», *City Unity College*
- **October 2022 - January 2023:** «Learning the SEDNA Platform for Yacht Owners & Brokers», *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*.

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 freelance personal Trainer (pro-training.gr)
- **February 2021 – now:** Designed (Figma) the Yacht Charter Platform <https://abbcharter.com>, developed by booking-manager.com.
 - o Working as Digital Marketing Director
 - o Working as Graphic Designer
 - o Working as Social media manager
 - o Working as SEO Expert (Social media Ads, Google 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 AI** 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 (Ktimatologio).**
- **October – November 2008:** Worked as a Data Entry and Back office in **Greek Land Registry (Ktimatologio).**
- **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 Qong, Kick Boxing & Boxing, Hiking & Trekking, Running, Mountain Bicycle, Scuba Diving, Sketching, Reading, Astronomy Observation & Astrophotography.