



## Europass Curriculum Vitae



### Personal information

First name / Surname **Helen Kaberi**  
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Nationality Greek  
Date of Birth July 5, 1962  
Gender female

### Work experience

Dates	2019 - today
Occupation or position held	Research Director
Main activities and responsibilities	Chemical and Radiochemical pollution; Marine litter; Sedimentation processes; Study of pollution archives; Marine litter and Microplastics; Coordination, Participation and Management of research projects and monitoring programs.
Name and address of employer	Institute of Oceanography, H.C.M.R., 46,7 km Athinon-Souniou Ave., 19013, Anavyssos, Greece
Type of business or sector	Research Organization
Dates	2014 - 2019
Occupation or position held	Senior Researcher
Main activities and responsibilities	Chemical and Radiochemical pollution; Marine litter; Sedimentation processes; Study of pollution archives; Coordination, Participation and Management of research projects and monitoring programs.
Name and address of employer	Institute of Oceanography, H.C.M.R., 46,7 km Athinon-Souniou Ave., 19013, Anavyssos, Greece
Type of business or sector	Research Organization
Dates	2006 - 2014
Occupation or position held	Associate Researcher
Main activities and responsibilities	Chemical composition of bottom sediments and suspended particles, heavy metal pollution, radiochemistry; Calculation of sedimentation rates; Study of pollution archives; Participation and Management of research projects and monitoring programs.
Name and address of employer	Institute of Oceanography, H.C.M.R., 46,7 km Athinon-Souniou Ave., 19013, Anavyssos, Greece
Type of business or sector	Research Organization
Dates	1995-2006
Occupation or position held	Research Scientist
Main activities and responsibilities	Applied research on the sedimentation processes; pollution studies; radiochemistry; participation in formulating research projects, task responsible of research projects
Name and address of employer	Institute of Oceanography, H.C.M.R., 46,7 km Athinon-Souniou Ave., 19013, Anavyssos, Greece
Type of business or sector	Research Organization

### Education and training

Dates 1990-1995

Title of qualification awarded	PhD in Chemical Oceanography
Principal subjects/occupational skills covered	Heavy metal behaviour in the marine environment; biogeochemistry
Name and type of organisation providing education and training	Dept of Chemistry, National and Kapodistrian University of Athens
Level in national or international classification	PhD
Dates	1986-1989
Title of qualification awarded	MSc in Oceanography
Principal subjects/occupational skills covered	Heavy metal cycling in the marine environment; biology; geology; biogeochemistry
Name and type of organisation providing education and training	National and Kapodistrian University of Athens
Level in national or international classification	MSc
Dates	1980-1986
Title of qualification awarded	BSc in Chemistry
Principal subjects/occupational skills covered	Environmental, Analytical, Inorganic Chemistry, Chemical Oceanography
Name and type of organisation providing education and training	Dept of Chemistry, National and Kapodistrian University of Athens
Level in national or international classification	BSc

### Personal skills and competences

Mother tongue(s) **Greek**

Other language(s) **English, French**

Self-assessment  
*European level (\*)*

**English**

**French**

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C1	Proficient user	C1	Proficient user	B2	Proficient user	C1	Proficient user	C1	Proficient user
B1	Independent user	B1	Independent user	A1	Basic User	A1	Basic User	A2	Basic User

(\*) [Common European Framework of Reference for Languages](#)

Social skills and competences	<ul style="list-style-type: none"> <li>- Social and communication skills, good ability to adapt in a multilingual and multicultural environment.</li> <li>- Member of the Greek Chemists Association, the Greek Oceanographers Association and the European Federation of Marine Scientists (EFMS).</li> <li>- Good supervising skills – supervisor of several MScs and currently of one PhD.</li> <li>- Reviewer of scientific manuscripts, Handling Editor of the <i>Mediterranean Marine Science</i> journal.</li> <li>- Chair of the Board of the Association of HCMR Researchers (2014-2017).</li> <li>- Member of the Scientific Council of the Institute of Oceanography (2015-today).</li> <li>- Member of the Board of the Hellenic Oceanographers' Association</li> </ul>
Organisational skills and competences	<ul style="list-style-type: none"> <li>- Managing experience in large (up to 10 M€ and around 50 partner-organisations) and small applied research projects;</li> <li>- Coordinator of scientists' groups in research projects;</li> <li>- Organization of scientific workshops and project meetings;</li> <li>- Member of scientific networks (GEOTRACES Mediterranean).</li> </ul>

Technical skills and competences	<ul style="list-style-type: none"> <li>- High competence in technical issues in the field of marine geochemistry and environmental pollution;</li> <li>- Design and participation in monitoring programs;</li> <li>- Design and implementation of sampling strategies, data processing and interpretation;</li> <li>- Environmental Impact studies in coastal areas;</li> <li>- Good knowledge of the Eastern Mediterranean marine environment;</li> <li>- Implementation of the EU Environmental Legislation (WFD, MSFD, GES, EQSD, etc)</li> </ul>
Computer skills and competences	High competence in standard Microsoft office applications (Word, Excel, PowerPoint), graphic software (Surfer, Grapher), good knowledge of Photoshop, Lightroom, and statistics packages.
Other skills and competences	1 <sup>st</sup> level SCUBA diving certificate; Art photography
Additional information (Annexes)	<p>Project Manager of the FP6 Integrated Project SESAME (2006-2011), coordinated by HCMR, with a consortium of 48 partners from all around the Mediterranean and the Black Sea. SESAME was designed to study the past, present and future environmental changes in the Mediterranean and Black Sea ecosystems, and how these affect their ability to sustain essential goods and services (<a href="http://www.sesame-ip.eu">www.sesame-ip.eu</a>).</p> <p>Involved in the HCMR coordinated FP7 PERSEUS project (2011-2015), and coordinator of the project's activities in the MSFD region of the Aegean and Levantine Sea. PERSEUS' main objectives were to investigate human pressures and related impacts on Mediterranean and Black Sea marine ecosystems and, using the MSFD principles as a vehicle, to design an effective and innovative research governance framework based on sound scientific knowledge (<a href="http://www.perseus-net.eu">www.perseus-net.eu</a>).</p> <p>Coordinator of the FP7 SEASERA MERMAID project (Marine Environmental targets linked to Regional Management schemes based on Indicators Developed for the Mediterranean, 2013-2015) (<a href="http://mermaid-era.eu">http://mermaid-era.eu</a>) which was linked to the MSFD application in French, Greek and Turkish waters.</p> <p>Coordinator of the HCMR work in the FP7 CLEANSEA project (2012-2015) (<a href="http://www.cleansea-project.eu">http://www.cleansea-project.eu</a>), which studied the impact of marine litter and specifically of microplastics on the marine ecosystems.</p> <p>Actively involved in the IPA ADRIATIC DeFishGear project (2013-2016) (<a href="http://www.defishgear.net">http://www.defishgear.net</a>), responsible of the study of microplastics in beach sediments in the Adriatic region.</p> <p>Coordinator of the HCMR group of scientists in the MEDSEALITTER project (2017-2019) funded by the INTERREG-MED (<a href="http://www.https://medsealitter.interreg-med.eu/">https://medsealitter.interreg-med.eu/</a>)</p> <p>Coordinator of the HCMR group of scientists in the INDICIT and INDICIT II projects (2017-2021) funded by the DG-ENV (<a href="http://www.indicit-europa.eu">http://www.indicit-europa.eu</a>) and responsible for the study of ingested plastics by sea turtles in Greece.</p> <p>Actively involved in the MELTEMI project (2017-2020) funded by the BALKAN-MED (<a href="https://meltemi-balkanmed.eu">https://meltemi-balkanmed.eu</a>) responsible for the monitoring of beach litter.</p> <p>Actively involved in the INTERREG-MED project Plastic Busters MPAs (2018-2022) <a href="https://plasticbustersmpas.interreg-med.eu/">https://plasticbustersmpas.interreg-med.eu/</a>, leading the work of microplastics analysis in sediments and beaches.</p> <p>Member of the Informal Online Working Group on Marine Litter (UNEP/MAP) which has drafted in 2015 the MEDPOL CORMON ML report "Environmental and background assessment criteria for Marine litter indicators" and proposed the corresponding baselines.</p> <p>Member of the HCMR working group for the MSFD implementation in Greece, responsible for the monitoring of microplastics in beach and seafloor sediments and actively involved in the monitoring of the heavy metals content in seafloor sediments and the beach litter.</p>
Driving licence	European driving license category B

#### Annex I – Selected publications since 2003

Scientific Journals	<p>Karageorgis A.P., F. Botsou, H. Kaberi, S. Iliakis, 2020. Geochemistry of major and trace elements in surface sediments of the Saronikos Gulf (Greece): Assessment of contamination between 1999 and 2018. Science of the Total Environment 717 (2020) 137046.</p> <p>Karageorgis Aristomenis P., Fotini Botsou, Helen Kaberi, Stylianos Iliakis, 2020. Dataset on the major and trace elements contents and contamination in the sediments of Saronikos Gulf and Elefsis Bay, Greece. Data in brief, 29, 105330.</p> <p>Tsangaris C., Digka N., Valente T., A. Aguilar, A. Borrell, G. A. de Lucia, D. Gambaianie, Odei Garcia-Garin, H. Kaberi, J. Martin, E. Mauriño, C. Miaud, L. Palazzo, A. Pérezdel, J. A. Raga, A. Sbrana, C. Silvestri, E. Skylaki, and M. Matiddi (2020). Using Boops boops (osteichthyes) to assess microplastic ingestion in the Mediterranean Sea. Mar. Poll. Bull., 158, 2020.</p> <p>Berto D, Formalewicz M, Giorgi G, Rampazzo F, Gion C, Trabucco B, Giani M, Lipizer M, Matijevic S, Kaberi H, Zeri C, Bajt O, Mikac N, Joksimovic D, Aravantinou AF, Poje M, Cara M and Manfra L, 2020. Challenges in Harmonized Assessment of</p>
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- Heavy Metals in the Adriatic and Ionian Seas. *Front. Mar. Sci.* 7:717. doi: 10.3389/fmars.2020.00717
- Cadiou J.-F., O. Gerigny, Š. Koren, C. Zeri, H. Kaberi, C. Alomar, C. Panti, M.C. Fossi, A. Adamopoulou, N. Digka, S. Deudero, M. Concato, A. Carbonell, M. Bains, M. Galli, F. Galgani, 2020. Lessons learned from an intercalibration exercise on the quantification and characterisation of microplastic particles in sediment and water samples. *Marine Pollution Bulletin*, 154, 111097
- Digka Nikolettta, Laura Bray, Catherine Tsangaris, Konstantina Andreanidou, Eirini Kasimati, Evangelia Kofidou, Anastasia Komnenou, Helen Kaberi, 2020. Evidence of ingested plastics in stranded loggerhead sea turtles along the Greek coastline, East Mediterranean Sea. *Environmental Pollution*, 263, 114596.
- Garcia-Garin Odei, Morgana Vighi, Berta Sala, Alex Aguilar, Catherine Tsangaris, Nikolettta Digka, Helen Kaberi, Ethel Eljarrat, Asuncion Borrell, 2020. Assessment of organophosphate flame retardants in Mediterranean Boops boops and their relationship to anthropization levels and microplastic ingestion. *Chemosphere*, 252, 126569.
- Garcia-Garin Odei, Morgana Vighi, Alex Aguilar, Catherine Tsangaris, Nikolettta Digka, Helen Kaberi, Asunción Borrell, 2019. Boops boops as a bioindicator of microplastic pollution along the Spanish Catalan coast. *Marine Pollution Bulletin*, 149, 110648.
- Laura Bray, Nikolettta Digka, Catherine Tsangaris, Andrea Camedda, Delphine Gambaiani, Giuseppe Andrea de Lucia, Marco Matiddi, Claude Miaud, Luca Palazzo, Ana Perez-del-Olmo, Juan Antonio Raga, Cecilia Silvestri, Helen Kaberi, 2019. Determining suitable fish to monitor plastic ingestion trends in the Mediterranean Sea. *Environmental Pollution*, 247, 1071-1077. <https://doi.org/10.1016/j.envpol.2019.01.100>
- Apostolaki Eugenia T., Salvatrice Vizzini, Veronica Santinelli, Helen Kaberi, Cristina Andolina & Evangelos Papatthanassiou, 2019. Exotic *Halophila stipulacea* is an introduced carbon sink for the Eastern Mediterranean Sea. *Scientific Reports*, 9:9643, 2019, <https://doi.org/10.1038/s41598-019-45046-w>
- Matiddi, M., deLucia, G.A., Silvestri, C., Darmon, G., Tomás, J., Pham, C.K., Camedda, A., Vandeperre, F., Claro, F., Kaska, Y., Kaberi, H., Revuelta, O., Piermarini, R., Daffina, R., Pisapia, M., Genta, D., Sözbilen, D., Bradai, M.N., Rodríguez, Y., Gambaiani, D., Tsangaris, C., Chaieb, O., Moussier, J., Loza, A.L., Miaud, C., INDICIT Consortium, 2019. Data Collection on Marine Litter Ingestion in Sea Turtles and Thresholds for Good Environmental Status. *Journal of Visualized Experiments*, <https://www.jove.com/video/59466>, doi:10.3791/59466.
- Tsabarís C., H. Kaberi, F.K. Pappa, P. Leivadarios, R. Delfanti, E. Krasakopoulou, V. Zervakis, 2019. Vertical distribution and temporal trends of <sup>137</sup>Cs at Lemnos and Cretan deep basins of the Aegean Sea, Greece. *Deep-Sea Research Part II*, <https://doi.org/10.1016/j.dsr2.2019.06.011>
- Michopoulos Panagiotis, Athanassios Bourletsikas, Kostas Kaoukis, Marios Kostakis, Nikolaos S. Thomaidis, Ioannis I. Passias, Helen Kaberi, Stelios Iliakis, 2019. Distribution and quantification of Pb in an evergreen broadleaved forest in three hydrological years. *Journal of Forestry Research*, <https://doi.org/10.1007/s11676-019-01018-4>
- Digka N., Tsangaris C., Kaberi H., Adamopoulou A., Zeri C., 2018. Microplastic Abundance and Polymer Types in a Mediterranean Environment. *In Proceedings of the International Conference on Microplastic Pollution in the Mediterranean Sea*. p 17-24. DOI10.1007/978-3-319-71279-6\_3.
- Michopoulos P., Bourletsikas A., Kaoukis K., Daskalidou E., Karetos G., Kostakis M., Thomaidis N.S., Passias I.N., Kaberi H. and Iliakis S., 2018. The distribution and variability of heavy metals in a mountainous fir forest ecosystem in two hydrological years. *Global NEST Journal*, Vol 20, No 2, pp 188-197.
- Vlachogianni T., T. Fortibuoni, F. Ronchi, C. Zeri, C. Mazziotti, P. Tutman, D. Bojanić Varezić, A. Palatinus, Š. Trdan, M. Peterlin, M. Mandić, O. Markovic, M. Prvan, H. Kaberi, M. Prevenios, J. Kolutari, G. Kroqi, M. Fusco, E. Kalampokis, M. Scoullou, 2018. Marine litter on the beaches of the Adriatic and Ionian Seas: An assessment of their abundance, composition and sources. *Marine Pollution Bulletin*, 131, 745–756.
- Brodersen M. M., M. Pantazi, A. Kokkali, P. Panayotidis, V. Gerakaris, I. Maina, S. Kavadas, H. Kaberi and V. Vassilopoulou, 2017. Cumulative impacts from multiple human activities on seagrass meadows in eastern Mediterranean waters: the case of Saronikos Gulf (Aegean Sea, Greece). *Environmental Science and Pollution Research* <https://doi.org/10.1007/s11356-017-0848-7>.
- Panagiotoulas I., F. Botsou, H. Kaberi, A. Karageorgis, M. Scoullou, 2016. Can we document if regulation and Best Available Techniques (BAT) have any positive impact on the marine environment? A case based on a steel mill in Greece. *Environ Monit Assess* (2017) 189: 598. <https://doi.org/10.1007/s10661-017-6324-5>.
- Pappa F.K., C. Tsabarís, A. Ioannidou, D.L. Patiris, H. Kaberi, I. Pashalidis, G. Eleftheriou, E.G. Androulakaki, R. Vlastou, 2016. Radioactivity and metal concentrations in marine sediments associated with mining activities in Ierissos Gulf, North Aegean Sea, Greece. *Applied Radiation and Isotopes*, <http://dx.doi.org/10.1016/j.apradiso.2016.07.006>
- Crise A., H. Kaberi, J. Ruiz, A. Zatspein, E. Arashkevich, M. Giani, A.P. Karageorgis, et al., 2015. A MSFD complementary approach for the assessment of pressures, knowledge and data gaps in Southern European Seas: The PERSEUS experience. *Marine Pollution Bulletin*, 95, 28–39.
- Ioakeimidis C., C. Zeri, H. Kaberi, M. Galatchi, K. Antoniadis, N. Streftaris, F. Galgani, E. Papatthanassiou, G. Papatheodorou, 2014. A comparative study of marine litter on the seafloor of coastal areas in the Eastern Mediterranean and Black Seas. *Marine Pollution Bulletin*, 89, 296–304.
- Paraskevopoulou, V., Zeri, C., Kaberi, H., Chalkiadaki, O., Krasakopoulou, E., Dassenakis, M., Scoullou, M., 2014. Trace metal variability, background levels and pollution status assessment in line with the Water Framework and Marine Strategy Framework EU Directives in the waters of a heavily impacted Mediterranean Gulf. *Marine Pollution Bulletin*, [doi.org/10.1016/j.marpolbul.2014.07.054](https://doi.org/10.1016/j.marpolbul.2014.07.054).
- Tsabarís C., V. Zervakis, H. Kaberi, R. Delfanti, D. Georgopoulos, M. Lambropoulou, C. Kalfas, 2014. <sup>137</sup>Cs vertical distribution at the deep basins of the North and Central Aegean Sea, Greece. *Journal of Environmental Radioactivity*, 132,

- 47-56, doi.org/10.1016/j.jenvrad.2014.01.015.
- Kaberi H., N. Streftaris and V. Papathanassiou, 2014. Assessing and predicting marine ecosystem changes in the Southern European Seas — SESAME. *Journal of Marine Systems*, 135, 1–5.
- Delfanti R., E. Özsoy, H. Kaberi, A. Schirone, S. Salvi, F. Conte, C. Tsabaris, C. Papucci, 2014. Evolution and fluxes of <sup>137</sup>Cs in the Black Sea/Turkish Straits System/North Aegean Sea. *Journal of Marine Systems*, 135, 117–123.
- Kapsimalis V., I. Panagiotopoulos, P. Talagani, I. Hatzianestis, H. Kaberi, G. Rousakis, T. Kanellopoulos, G.A. Hatiris, 2013. Sediment contamination in the metropolitan coastal zone of Athens, Greece: Sources, degree, and ecological risk. *Marine Pollution Bulletin*, 80, 312–324.
- Kapsimalis V., I. P. Panagiotopoulos, I. Hatzianestis, T. D. Kanellopoulos, C. Tsangaris, H. Kaberi, H. Kontoyiannis, G. Rousakis, C. Kyriakidou, G. A. Hatiris, 2013. A screening procedure for selecting the most suitable dredged material placement site at the sea. The case of the South Euboean Gulf, Greece. *Environ Monit Assess*, DOI 10.1007/s10661-013-3312-2.
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- Naeher S., M. Geraga, G. Papatheodorou, G. Ferentinos, H. Kaberi and C. J. Schubert, 2012. Environmental variations in a semi-enclosed embayment (Amvrakikos Gulf, Greece) – reconstructions based on benthic foraminifera abundance and lipid biomarker pattern. *Biogeosciences*, 9, 1–14, doi:10.5194/bg-9-1-2012.
- Tsabaris C., V. Kapsimalis G. Eleftheriou, M. Laubenstein, H. Kaberi, W. Plastino, 2012. Determination of <sup>137</sup>Cs activities in surface sediments and derived sediment accumulation rates in Thessaloniki Gulf, Greece, *Environ Earth Sci*, DOI 10.1007/s12665-012-1530-5.
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- Karageorgis Aristomenis P., Stelios Katsanevakis & Helen Kaberi, 2009. Use of Enrichment Factors for the Assessment of Heavy Metal Contamination in the Sediments of Koumoundourou Lake, Greece. *Water Air Soil Pollution*, DOI 10.1007/s11270-009-0041-9.
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