PERSONAL INFORMATION

Foteini Arfara

38-40, Agioy Eythimioy, Piraeus, 18755, Greece

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Sex Female | Date of birth 19/02/1993 | Nationality Greek

EDUCATION AND TRAINING

2011-2017

Bachelor in Chemistry, University of Athens

BSc thesis: 'Synthesis of poly(aspartic) acid'

During my studies in the Department of Chemistry, I had the opportunity to practice in a chemical laboratory about chemical analysis of food, drink, water and consultancy.

2017-2019

Master in 'Polymer science and its applications', Department of Chemistry, University of Athens

Master thesis: 'Synthesis and Characterization of pH-Responsive Homopolypeptides and Hybrid Polypeptide Polymers of Poly(Histidine), Poly(Arginine) and Poly(Glutamic Acid)'

2019-2023

Ph.D. in 'Polymer science and its applications in industry', Department of Chemistry, University of Athens

PhD thesis: 'Synthesis of mesoporous polypeptide hybrid nanoparticles based on poly(histidine), silicone and poly(ethylene oxide) for drug entrapment and release'

PERSONAL SKILLS

Mother tongue: Greek

Other languages

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
	Certificate of Proficiency of Michigan				
French	C2	C2	C2	C2	C2
	DALF C2				
Spanish	B2	B2	B2	B2	B2
	National Foreign Language Exam System (KPG) B2				

Communication skills

- ❖ Highly organized individual who keeps detailed notes during each step of the research process
- ❖ Adaptability
- ❖ Creativity
- ❖ Familiarity with technology
- ❖ Critical thinker who can use logic and reasoning to identify weaknesses in laboratory research and modify the research plan to create a stronger proposal that yields more concise results
- ❖ Expressing and understanding different points of view

- Good communication skills gained through my experience in the lab research and the collaboration with my fellow students and colleagues

Job-related skills

- ❖ Experience on polymer synthesis by high vacuum, glove box and Schlenk techniques
- ❖ Polymer characterization using mainly Size exclusion chromatography, Nuclear magnetic resonance spectroscopy, Dynamic light scattering and z-Potential, Thermogravimetric analysis, Infrared spectroscopy and Ultraviolet spectroscopy.
- ❖ Synthesis of N-carboxy amino acid anhydrides and polymerization of these monomers under vacuum in order to produce amphiphilic copolymers, which are able to function as scaffolds for drug delivery purposes.

I was, also, entrusted with the supervision and training of bachelor's as well as master's students.

Computer skills

MS OUTLOOK 2003, MS ACCESS 2003, MS EXCEL 2003, MS WORD 2003, WINDOWS XP, MS POWER POINT 2003 (Cambridge International Examinations)

ADDITIONAL INFORMATION

Publications

1. V. Athanasiou, Foteini Arfara, P. Thimi, M. Liakopoulou, D. Stavroulaki, I.Kyroglou, D. Skourtis, I. Stavropoulou, P. Christakopoulos, M. Kasimatis, P.G. Fragouli and Hermis Iatrou, Polymers 2020, 12, 2819.
2. V. Athanasiou, Foteini Arfara, D. Stavroulaki, D. Kabras, I. Kleideris, N. Roumeliwti, P. G. Fragouli, G. Patias, D. Haddleton and Hermis Iatrou, ACS Applied Nano Materials 2021 4 (12), 14217- 14230.
3. V. Castelletto, L. de Mello, Foteini Arfara, H. Iatrou, J. Seitsonen and Ian W. Hamley, Polymer 2022, 263, 125497.
4. M.-E. Kargaki, Foteini Arfara, H. Iatrou and Constantinos Tsitsilianis, Gels 2023, 9, 512.

Conferences

1. 12th International Congress of Polymers, Ioannina, 2018 (participation with poster).
2. European Polymer Congress, 2019 (EPF 2019) (participation with poster).
3. Athens Conference on Advances in Chemistry (ACAC 2020)(participation with speech).
4. 13th Hellenic Polymer Society. International Conference, 2021(participation with poster).
5. 1st Chemistry Department Graduate Student Symposium NKUA, 2022 (participation with speech).

Honours and awards

1. I participated in the ‘Research-Innovate’ research program, in collaboration with DEMO, funded by ESPA for a certain period during my PhD, 5/2019-7/2022 for a study of ‘Liposomal and Polymeric Nanoparticles for the Controlled Transport and Release of Doxorubicin for the fight against Triple Negative Breast Cancer’
2. I received a scholarship funded by IKY to complete my PhD.