



Elvira Mentzelioti

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Gender: Female **Date of birth:** 18/01/2002 **Place of birth:** Greece **Nationality:** Greek

ABOUT ME

Highly focused, responsible and ambitious university student and youth advocate with excellent time management, guaranteed to contribute strongly within a service role requiring enthusiasm, charismatic communication skills and an exemplary work ethic. Bringing energy, joy to others and problem-solving skills to any position.

EDUCATION AND TRAINING

[10/09/2020 – Current]

Bachelor of Science in Food Science and Technology

University of Peloponnese

City: Kalamata | **Country:** Greece | **Field(s) of study:** Agriculture, forestry, fisheries and veterinary | **Type of credits:** ECTS

5th & 6th Semester - Erasmus Student: Università degli Studi di Palermo, Italy

WORK EXPERIENCE

Food and Agriculture Organisation (FAO)

City: Rome, Italy

[01/08/2025 – Current]

WFF Youth Representatives Programme

Hellenic National Youth Council

City: Athens | **Country:** Greece

[01/04/2025 – Current]

Chairwoman of the Committee on Women's Rights and Gender Equality

Understanding Europe Greece - European Youth Parliament Greece

[01/12/2024 – Current]

School Trainer

European Youth Parliament Greece

City: Thessaloniki | **Country:** Greece

[10/01/2024 – 10/01/2025]

Vice President of the Executive Board

European Youth Parliament Greece

City: Thessaloniki | **Country:** Greece

[10/01/2023 – 10/01/2024]

Board Member for International Relations

Academy Skills

City: Athens | **Country:** Greece

[01/09/2020 – Current]

European Programmes Manager

LANGUAGE SKILLS

Mother tongue(s): Greek

Other language(s):**English**

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

French

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Italian

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user***NETWORKS AND MEMBERSHIPS**

- [01/08/2025 – Current] **World Food Forum (WFF) Europe and Central Asia (ECA) Agrifood Stakeholder Network**
- [01/11/2022 – Current] **Member of the EU Youth Hub powered by ELIAMEP (Hellenic Foundation for European and Foreign Policy)**
- [20/11/2020 – Current] **Member of the European Youth Parliament of Greece**
- [20/11/2020 – Current] **Member of the European Youth Parliament Network**

MANAGEMENT AND LEADERSHIP SKILLS**LEAD1x: Exercising Leadership: Foundational Principles by Harvard University****SOCIAL AND POLITICAL ACTIVITIES**

- [13/05/2024 – 17/05/2024] **Confidence in Tomorrow - 75th Anniversary of the Council of Europe** European Parliament in Strasbourg, France
- [09/04/2025 – 12/04/2025] **Delphi Economic Forum 2025** Delphi, Greece
EU Youth Hub - ELIAMEP Delegation
- [16/04/2024 – 21/04/2024] **Local European Youth Event Berlin 2024** European Youth Parliament, Berlin Germany
- [10/04/2024 – 13/04/2024] **Delphi Economic Forum** Delphi, Greece
EU Youth Hub ELIAMEP Delegation
- [08/06/2023 – 11/06/2023] **European Youth Event 2023** European Parliament in Strasbourg, France
- [04/10/2021 – 11/10/2021] **European Youth Event 2021** European Parliament in Starsbourg, France
Delegation of EYP Greece
- [01/05/2019 – 31/08/2021] **Member of the Hellenic Youth Parliament** Greek Parliament, Athens
Committee on Democracy and Human Rights
- [02/12/2019 – 29/02/2020] **Euroscola** European Parliament in Strasbourg, France
President of Migration and Integration Committee

PUBLICATIONS

- [2025] [The Future is Female: NextGen Feminism](#)
Journal Name: TO BHMA | **Publisher:** ToVima.Com
- [2025] [Export Promotion & Marketing of Agri-Food Products](#)

CONFERENCES AND SEMINARS

- [13/08/2025 – 16/08/2025] **Summer Academy 2024 - European Youth Parliament** Bern, Switzerland
- [15/08/2023 – 18/08/2023] **Summer Academy 2023 - European Youth Parliament** Maastricht, the Netherlands
- [11/05/2023 – 14/05/2023] **Ragusa 2023 - Regional Session of EYP Italy** Ragusa, Italy
Chairperson on AGRI Committee
- [14/04/2022 – 18/04/2022] **Athens 2022 - 43rd National Selection Conference of EYP Greece** Athens, Greece
Co-Chairperson on DEVE committee
- [23/03/2022 – 28/03/2022] **Valencia 2022 - Regional Selection Conference of EYP Spain** Valencia, Spain
Chairperson on AFET committee
- [26/11/2021 – 28/11/2021] **Eskilstuna 2021 - 11th Eastern Regional Session of EYP Sweden** Eskilstuna, Sweden
Chairperson on ENVI committee
- [08/10/2021 – 08/10/2021] **Your career finder by the European Commission** European Parliament in Strasbourg, France
- [29/07/2021 – 01/08/2021] **Nis 2021 - 52nd Regional Session of EYP Serbia** Nis, Serbia
Co-Chairperson on AGRI committee
- [05/04/2021 – 11/04/2021] **Lyon 2021 - International Forum of EYP France**
Delegate on SEDE committee
- [05/02/2021 – 07/02/2021] **Advanced - 1st Digital Regional Session of EYP Latvia**
Delegate on AFET committee
- [29/01/2021 – 31/01/2021] **Strasbourg 2021 - Regional Session of EYP France**
Delegate on CULT committee
- [22/01/2021 – 24/01/2021] **Bois Colombes 2021 - Regional Session of EYP France**
Delegate on AIDA committee
- [07/01/2021 – 10/01/2021] **Utrecht 2021 - Regional Selection Conference of EYP The Netherlands**
Delegate on FEMM committee
- [19/12/2020 – 20/12/2020] **Juniper - 1st Digital National Selection Conference of EYP Slovakia**
Delegate on AGRI committee
- [14/10/2020 – 18/10/2020] **Barcelona 2020 - 15th National Selection Conference of EYP Spain**
Delegate on ITRE committee

SKILLS

UNICERT Primary Certificate

ORGANISATIONAL SKILLS

- Organiser - 103rd International Session of the European Youth Parliament (Malaga 2025)**
- Head Organiser - Peloponnese Regional Selection Conference of EYP Greece**
- Head Organiser - 48th National Selection Conference of EYP Greece**

Core Organiser - European Youth Event Berlin (EYE 2024)

Organiser - 45th National Selection Conference of EYP Greece

Organiser - 2nd Digital Session of EYP Greece

Organiser - 4th Digital Session of EYP Switzerland

VOLUNTEERING

[09/08/2025 – Current] **Synergia Think Tank**

[01/12/2019 – Current] **European Solidarity Corps**

HOBBIES AND INTERESTS

volleyball player

Kyzikos Volleyball Academy 2009-2019

camping

Summer Camp, Sports Camp, Kinderland Camp 2008-2018