



## Dimitra Bisikli

📍 **Address:** Merarchias 69, 62125, Serres, Greece

✉ **Email address:** [dimimpis@gmail.com](mailto:dimimpis@gmail.com) ☎ **Phone number:** (+30) 6955264035

📞 **Whatsapp Messenger:** 6955264035

📘 **Facebook:** <https://www.facebook.com/Dimitra.bisikli/>

**Gender:** Female **Date of birth:** 26/09/1995 **Nationality:** Greek

### WORK EXPERIENCE

---

[ 09/2021 – Current ] **Physical Education Teacher**

***Oneiroupoli kdap***

**City:** Serres

**Country:** Greece

**Main activities and responsibilities:**

Specialty in karate teaching and dance instructing.

[ 09/2020 – 07/2021 ] **Physical Education Teacher**

***Serres Municipality's Public Benefit Business***

**City:** Serres

**Country:** Greece

**Main activities and responsibilities:**

KDAP (centre of creative activities for children). Organised five activities for each day, sports (basketball, football, volleyball), martial arts (karate, taekwondo), dance (zumba, aerobic, greek traditional dance) and gymnastics (floor), for children (ages 6-13).

[ 05/2021 – 09/2021 ] **Group Fitness Instructor**

***Nea Kerdillia***

**City:** Serres

**Country:** Greece

**Main activities and responsibilities:**

Specialised in HIIT- High Intensity Interval Training and orthosomic programs. Management and motivation to reach their goals, lose or gain weight, recover from an injury or musculoskeletal pain, and built a strong healthy body together.

[ 06/2019 – 08/2019 ] **Fitness Entertainer**

***Kid's Fun Factory***

**City:** Thessaloniki

**Country:** Greece

**Main activities and responsibilities:**

Scheduled music-kinetical and creative games, dance and messy play for children in a more playful way.

[ 10/2017 – 05/2018 ] **Physical Education Teacher**

**Montessori children's college (Μοντεσσοριανό Παιδικό Κολέγιο)**

**City:** Serres

**Country:** Greece

**Main activities and responsibilities:**

Responsibility of the physical and motor development of children (ages 4-6) in such a way as to ensure their physical health and well-being.

[ 11/2017 – 03/2018 ] **Fitness Instructor**

**Proteas Serron (Α.Γ.Σ Πρωτέας Σερρών)**

**City:** Serres

**Country:** Greece

**Main activities and responsibilities:**

Instructor of orthosomic class. Deliver fitness instructions and exercise plans to individuals as well as the supervision of the correct way using the equipment. Signed new members, kept them motivated and provide secretarial support.

[ 06/2017 – 08/2017 ] **Karate Instructor**

**Tzioni Summer Camp**

**City:** Serres

**Country:** Greece

**Main activities and responsibilities:**

Children's educational games for developing coordination and motor skills, and karate lessons for self-defence and respect.

## EDUCATION AND TRAINING

---

[ 2014 – 2018 ] **Bachelor degree in Physical Education and Sports Science**

**Aristotle University of Thessaloniki (serres)** [phed-sr.auth.gr/](http://phed-sr.auth.gr/)

**Address:** Ag. Ioannis , 62110, Serres, Greece

[ 2019 – 2020 ] **Executive degree in Sports Management**

**Mediterranean College** [www.medcollege.edu.gr/](http://www.medcollege.edu.gr/)

**Address:** Ίλνως Δραγούμη 21, 54625, Thessaloniki, Greece

## LANGUAGE SKILLS

---

**Mother tongue(s):** Greek

**Other language(s):**

**English**

**LISTENING C1 READING C1 WRITING C1**

**SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1**

## DIGITAL SKILLS

---

Ms Office (Internet, Word, Excel, PowerPoint, Windows, Access) | -ECDL Progress Certificate

## CONFERENCES AND SEMINARS

---

[ 11/12/2021 – 12/12/2021 ] **22nd Panhellenic Conference on Physical Education and Sports** Thessaloniki

11/12/2021 - "From walking to running long distance races: instructions for psychological support, better performance and entertainment"

12/12/2021 - "Introduction to the art of parkour and its application in physical education - Outdoor education games for use in a formal school. Theory and practice"

[ 14/06/2021 ] **First Aid of the Health and Social Care Sector** Serres

Certification scheme according to the international standard ISO/IEC 17024

[ 14/12/2019 ] **"Fitness Update" of North Academy Of Fitness** Serres

TRX, Kettlebell. Tae-bo, Cross and Functional training

[ 27/02/2019 ] **1st business forum "basketball to bussiness success"** Makedonia Palace

KAE PAOK

[ 23/10/2014 – 25/10/2014 ] **Handball Refereeing School** Serres

The school was organised by the association of handball referees of eastern Macedonia and Thrace under the auspices of Hellenic Handball Federation

## HONOURS AND AWARDS

---

[ 2019 ] **3rd place at Education Awards Awarding institution:** Mediterranean College

[ 2019 ] **1st place at Internship Program of AUTH 2017-18 Awarding institution:** Aristotle University of Thessaloniki  
of Department of Physical Education and Sports Science

[ 2018 ] **Referee of tae-kwon-do Awarding institution:** 4th Panserraiko Kid Cup

[ 2017 ] **Referee of tae-kwon-do Awarding institution:** 3rd Panserraiko Kid Cup

[ 2016 ] **Volunteer Awarding institution:** 12th Hellenic Mathitiada

- [ 2016 ] **3rd place for PhEd Scholarship Awarding institution:** Aristotle University of Thessaloniki (Serres)  
7th place of European Karate Championship of regions
- [ 2015 ] **Referee of tae-kwon-do Awarding institution:** 2nd Say of Martial Arts
- [ 2015 ] **Referee of tae-kwon-do Awarding institution:** 1st Panserraiko Kid Cup
- [ 2014 ] **Best Female Karate Athlete Awarding institution:** A.S Makedanos
- [ 2013 ] **Successful admission to a higher educational institution Awarding institution:** Municipality of Volvi
- [ 2011 ] **Best Female Karate Athlete Awarding institution:** A.S Makedanos
- [ 2006 ] **Best Karate Athlete Awarding institution:** A.S Aristotele  
from the Ministry of Culture and Sports

## SPORTS DISTINCTIONS

---

- [ 02/12/2009 ] **1st DAN at Shotokan Karate from ELOK**

Black Belt

### 21 Karate Medals

- 2 Hellenic Championships
- 2 Hellenic Cups
- 3 North & Central Hellenic Championship
- 6 North & Central Hellenic Cups
- 8 Regional Championships

### 7th place of European Karate Championship of regions at Ismir-Turkey

2 European participations with North & Central Greece (Macedonia)

## VOLUNTEERING

---

### 2nd Sports Panorama Serres

Assistant of Tae-kwon-do referee

### 1st Sports Day Music School

Zumba Instructor

### 1st Sports Panorama Serres

Assistant of Tae-kwon-do referee

## 12th Panhellenic Mathitiada Proti Serron

In charge of 3 Greek student-athlete missions from Lesvos-Greece, Instubul-Turkey and Johannesburg-South Africa

### COMMUNICATION AND INTERPERSONAL SKILLS

---

#### Personality

Hard working  
Teamwork  
Positivity  
Effectiveness  
Excellent communication with children

### HOBBIES AND INTERESTS

---

#### Personality

Passion for martial arts and dance (e.g zumba, aerobic and greek traditional dance). Interested in physical exercise for healthy life and well-being as well as sports management of organisations and sports events. Some of my hobbies are swimming, cycling, reeding books and watching movies in my free time.

### EXTRA WORK EXPERIENCE

---

[ 05/2018 – 09/2018 ] **Service**

Sentido Port Royal Villas & Spa

[ 02/2017 – 05/2017 ] **Service**

Greek tavern "O Makis"

[ 10/2016 – 02/2017 ] **Service**

"Paradiso" restaurant

[ 06/2016 – 09/2016 ] **Service**

Beach Bar Geko