

Personal Information

Surname/First name **THRAVALOU STAVROULA**

Email sthraval@gmail.com
Address Andromaxis 147, 17672, Kallithea, Athens
Nationality Greek
Date of birth 12/08/1983



Education

09.2013 – 12.2021 **Ph.D. “Natural ventilation as a passive cooling strategy of vernacular buildings in historic urban centres in the Mediterranean climate”**
University of Cyprus (UCY), Department of Architecture, Nicosia (Cyprus)

01.2009 – 03.2010 **M. Sc. “Bioclimatic Architecture and Environment”**
Grade: 8.50 /10
Universidad Politécnica de Madrid (UPM), Departamento de Construcción y Tecnología Arquitectónicas (ETSAM), Madrid (Spain)

10.2001 – 10.2007 **Bachelor: Architecture Engineering**
Grade: 8.42 /10
National Technical University of Athens (NTUA), School of Architecture, Athens (Greece)

Research activity

02.05.2023 – ongoing **Pilot project: “European Heritage Hub”**
Project coordinator of Europa Nostra Heritage Hub in Athens
Elliniki Etairia: Society for the Environments and Cultural Heritage, Athens

Program framework European Commission, **Pilot project: PPPA-CULT-2022-EUHERITAGEHUB**
Coordinator Europa Nostra
Project Budget €210,000 (sub-budget) €3,000,000 (total budget)
Website <https://www.europeanheritagehub.eu/>

01.02.2023 – 31.08.2023 **“Investigating the thermal properties of adobe masonry walls of vernacular dwellings” (ADOBES)**
Research assistant
University of Cyprus, Department of Architecture, Nicosia

Program framework University of Cyprus, **Internal research programs (2021)**
Project Budget €60,000
Website <https://adobes.ucy.ac.cy/project/>

01.11.2020 – 31.08.2023 **“Enhancing of Heritage Awareness and Sustainability of Built Environment in Architectural and Urban Design Higher Education” (HERSUS)**
Research assistant
University of Cyprus, Department of Architecture, Nicosia

Program framework European Commission, **ERASMUS+ program**
KA 2: Strategic Partnership for Higher Education
Coordinator University of Belgrade, Department of Architecture
Project Budget €41,991 (sub-budget) € 249,855 (total budget)
Website www.hersus.org

- 01.04.2020 – 30.12.2022 **“Building Information Modelling for Energy Efficiency in the Public Sector” (BEEP)**
Research assistant in Modelling and Simulation of Building Energy Performance
The Cyprus Institute. Energy, Environment and Water Research Center (EEWRC), Nicosia
- Program framework European Commission, **ENI-CBC-MED**
Coordinator National Research Council of Italy (CNR) - Institute of Cultural Heritage Science (ISPC)
Project Budget €234,634.00(sub-budget) € 19,000,000 (total budget)
Website <http://www.enicbcmed.eu/projects/beep>
- 01.11.2019 – 31.10.2022 **“Innovative Professional Skills for Existing Building Sector - SMART Rehabilitation 3.0” (SEPIE)**
Research assistant
University of Cyprus, Department of Architecture, Nicosia
- Program framework European Commission, **ERASMUS+ program**
KA 2: Strategic Partnership for Higher Education
Coordinator Association Rehabimed (Spain)
Project Budget 30,458 (sub-budget) € 209,117 (total budget)
Website <http://www.smart-rehabilitation.eu>
- 01.06.2019 – 30.02.2020 **“Towards Zero Energy Hospitals in the Balkan Region” (ZenH Balkan)**
Research assistant
The Cyprus Institute. Energy, Environment and Water Research Center (EEWRC), Nicosia
- Program framework European Union, **INTERREG**
Project Budget €180.000 (sub-budget)
Website <https://www.zenhbalkan.edu.gr>
- 01.09.2016 – 31.10.2016 **“Energy and Environmental Design of Buildings” (E&EDB)**
Research assistant
University of Cyprus, Department of Architecture, Nicosia (Cyprus)
- Program framework University of Cyprus (UCY), **STARTUP Research Grand of Aimilios Michael**
Project Budget €56.000
Website <http://www.ucy.ac.cy/arch/en/research/research-activities/research-labs#EEDB>
- 22.06.2014 – 30.06.2015 **“Implementation of sustainable design elements of vernacular architecture in the rehabilitation of traditional buildings and in the design of new structures” (BioCultural)**
Research assistant
University of Cyprus, Department of Architecture, Nicosia (Cyprus)
- Program framework University of Cyprus (UCY), **Internal research programs (2012)**
Project Budget €68.000
Website <https://biocultural.vernarch.ac.cy/>
- 22.10.2012 – 21.06.2014 **“Innovative Methods of Protection and Conservation of Bioclimatic Design Elements in Traditional Buildings in the Historic Centre of Nicosia” (BioVernacular)**
Research assistant
University of Cyprus, Department of Architecture, Nicosia (Cyprus)
- Coordinator Municipality of Nicosia
Program framework **Research Promotion Foundation (IPE - RPF) HUMANITIES- 0609(BIE)07:**
Project Budget €100.000
Website <https://biovernacular.vernarch.ac.cy/>

Teaching experience

University teaching professional:

- 10.2024 – 02.2025 **03EE10 d Environmental Design (Περιβαλλοντικός Σχεδιασμός)**
03TB10 b Principles of bioclimatic design of building envelopes and its surroundings (Αρχές Βιοκλιματικού Σχεδιασμού Κτιριακών Κελύφων και Περιβάλλοντος Χώρου)
Framework: "Απόκτηση Ακαδημαϊκής Διδακτικής Εμπειρίας σε Νέους Επιστήμονες"
Department of Architecture, Aristotle **University of Thessaloniki (AUTH)**, Thessaloniki, (Greece)
- 03.2024 – 09.2024 **Environmental design of outdoor spaces (Σχεδιασμός Εξωτερικών χώρων II – Αστική οικολογία).**
Framework: "Απόκτηση Ακαδημαϊκής Διδακτικής Εμπειρίας σε Νέους Επιστήμονες"
Department of Interior Architecture, **University of West Attica (UNIWA)**, Athens, (Greece)
- 09.2022 – 12.2022
& 09.2021 – 12.2021
& 09.2020 – 12.2020
& 09.2019 – 12.2019
& 09.2018 – 12.2018 **POL 604: Capstone Design (1st part): Energy retrofit of existing buildings (Design of architectural intervention, numerical simulation & life cycle analysis)**
Interdepartmental Postgraduate Programme «Energy Technologies and Sustainable Design» (IPP-ETSD), **University of Cyprus (UCY)**, Nicosia (Cyprus)
- 01.2023 – 04.2023
& 01.2022 – 05.2022
& 01.2021 – 05.2021
& 01.2020 – 05.2020
& 01.2019 – 05.2019 **POL 704: Capstone Design (2nd part): Energy retrofit of existing buildings (Design of architectural intervention, numerical simulation & life cycle analysis)**
Interdepartmental Postgraduate Programme «Energy Technologies and Sustainable Design» (IPP-ETSD), **University of Cyprus (UCY)**, Nicosia (Cyprus)
- 06.2023 – 07.2023
& 06.2022 – 07.2022
& 06.2021 – 07.2021
& 06.2020 – 07.2020
& 06.2019 – 07.2019 **POL 804: Capstone Design (3rd part): Energy retrofit of existing buildings (Design of architectural intervention, numerical simulation & life cycle analysis)**
Interdepartmental Postgraduate Programme «Energy Technologies and Sustainable Design» (IPP-ETSD), **University of Cyprus (UCY)**, Nicosia (Cyprus)
- 01.2023 – 04.2023
& 01.2022 – 05.2022
& 01.2018 – 05.2018 **ARH 539: Specialised topics in Architecture and Technology: Adaptive and energy-efficient building envelopes**
University of Cyprus (UCY), Department of Architecture, Nicosia (Cyprus)

Massive Open Online Courses (MOOC) tutor:

08.2022 “**Conservation and Environmental Sustainability in Vernacular Architecture**”

University of Cyprus, Department of Architecture, Nicosia (Cyprus)

Program framework: **ERASMUS+ program: Smart Rehabilitation 3.0.**

KA 2: Strategic Partnership for Higher Education

Available online: <https://smart-rehabilitation.eu/moocs/>, <https://www.youtube.com/watch?v=X5u7EUZt82Y>

Workshop & seminar tutor:

20.06 – 22.06.2023 **European Heritage Hub project (Networking event of Athens Heritage Hub)**
Elliniki Etairia: Society for the Environments and Cultural Heritage, Athens

Training course in Agios Lavrentios. Participating in the festival "Open Village".

Programme available at: <https://www.ellet.gr/nea/anakoinosi/>

Results at: <https://www.europanostra.org/europa-nostra-heritage-hub-in-athens-hosts-meeting-with-cultural-heritage-actors-from-the-balkans-in-pelion/>

06.06 – 10.06.2022

Short-term joint staff training in: Technological innovation and adaptive reuse of historic buildings (C8)

University of Cyprus (UCY), Department of Architecture, Nicosia (Cyprus)

Training course in Nicosia. Participating experts from: Universidad Politecnica de Catalunya (UPC), University of Palermo (UNIPA), KAUNAS University, University of Cyprus (UCY)

Program framework: **ERASMUS+ program: Smart Rehabilitation 3.0 Project.**

Press release: <https://smart-rehabilitation.eu/short-term-join-staff-training/>

02.05 – 06.05.2022

2nd HERSUS International Workshop on Adaptive Reuse

University of Cyprus (UCY), Department of Architecture, Nicosia (Cyprus)

International Student workshop in Nicosia. Participating students from the Department of Architecture of: Iuav University of Venice (IUAV), University of Belgrade (UBFA), Aristotle University of Thessaloniki (AUTH), Universidad de Sevilla (USE), University of Cyprus (UCY)

Program framework: **ERASMUS+ program: Hesus Project**

Syllabus available online: <https://hersus.org/elementor-20424/>

22.05.2017 – 04.06.2017

Module: "***The environmental approach of contemporary techniques of conservation and restoration of traditional buildings***"

University of Cyprus, Department of Architecture, Nicosia (Cyprus)

Training course in Nicosia. Research Project: "**Contemporary Techniques of Conservation and Restoration of Traditional Buildings and Settlements**" (*EduCult*)

Program framework: **ERASMUS+ program**

KA1 - Mobility for VET learners and Staff (2016-1-EL01-KA102-023282)

Project Budget: €5.250 (sub-budget), €32.895 (total-budget)

17.03.2016

Adobe mudbrick hands-on workshop.

Workshop in Agros, (Cyprus)

Program framework: UNESCO Schools' Network, in collaboration with Between the Lines Ltd.

09.11 – 13.11.2015

ARCH 491 Catalyst: Earth Building Workshop: From the unit to the wholeness

University of Nicosia (UNIC), Department of Architecture, Nicosia (Cyprus)

Teaching Assistant:

10.2023 – 01.2024

Concepts and practices of sustainable design (Αρχές και πρακτικές αειφορικού σχεδιασμού), (Teaching load: 12 hours)

Scientific coordinator: Maria Sinou

University of West Attica (UNIWA), Postgraduate Master's programme "Sustainable Design of Architectural space", Athens, (Greece)

01.09 – 12.2016

APH 311: Vernacular Architecture and Contemporary Issues

Scientific coordinator: Maria Philokyprou

University of Cyprus (UCY), Department of Architecture, Nicosia (Cyprus)

15.01 – 30.05.2017

APH 516: Buildings in History

Scientific coordinator: Maria Philokyprou

University of Cyprus (UCY), Department of Architecture, Nicosia (Cyprus)

Publications

International Scientific Journals

Carlucci, S., Lange, M. A., Artopoulos, G., Albuflasa, H. M., Assimakopoulos, M.-N., Attia, S., Azar, E., Cuce, E., Hajiah, A., Meir, I. A., Neophytou, M., Nicolaidis, M., Serghides, D., Sprecher, A., Tawalbeh, M., **Thravalou, S.**, & Kyprianou, I. (2024). **Characteristics of the built environment in the Eastern Mediterranean and Middle East and related energy and climate policies.** *Energy Efficiency*, 17(5), 52. <https://doi.org/10.1007/s12053-024-10217-w>

Alexandrou, K., **Thravalou, S.**, & Artopoulos, G. (2023). **Heritage-BIM for Energy Simulation: A data exchange method for improved interoperability.** *Building Research & Information*, <https://doi.org/10.1080/09613218.2023.2222856>

Calcerano, F., **Thravalou, S.**, Martinelli, L., Alexandrou, K., Artopoulos, G., & Gigliarelli, E. (2023). **Energy and environmental improvement of built heritage: HBIM simulation-based approach applied to nine Mediterranean case-studies.** *Building Research & Information*, 0(0), 1–23. <https://doi.org/10.1080/09613218.2023.2204417>

Thravalou, S., Michael, A., Neophytou, M., & Philokyprou, M. (2023). **The Ventilation Capacity of Earthen Vernacular Buildings With Timber Projections (Sachnisi) in Dense Urban Canyons – Findings From a Field Study in the Mediterranean.** *IOP Conference Series: Earth and Environmental Science*, 1196(1), 012089. <https://doi.org/10.1088/1755-1315/1196/1/012089>

Thravalou, S., Michopoulos, A., Alexandrou, K., & Artopoulos, G. (2023). **Energy retrofit strategies of built heritage: Using Building Information Modelling tools for streamlined energy and economic analysis.** *IOP Conference Series: Earth and Environmental Science*, 1196(1), 012115. <https://doi.org/10.1088/1755-1315/1196/1/012115>

Thravalou, S. (2023). **Climate-responsive opportunities and challenges in urban vernacular heritage.** *Technical Annals, Energy Policy and Planning Challenges and Insights in the Post-Crises Era* 1(2), <https://doi.org/10.12681/ta.34858>

Serghides, D., **Thravalou, S.**, Dimitriou, S., & Kyprianou, I. (2022). **Energy Performance of Healthcare Facilities in 3 Climatic Zones in Cyprus.** *Renewable Energy and Environmental Sustainability*, 7(16). <https://doi.org/10.1051/rees/2022004>

Thravalou, S., & Philokyprou, M. (2021). **Urban design considerations in the environmental assessment of vernacular buildings with timber projections (sachnisi): The case of Nicosia's historic center.** *Frontiers of Architectural Research*, 10(1), 176–189. <https://doi.org/10.1016/j.foar.2020.11.001>

Thravalou, S., Philokyprou, M., & Michael, A. (2018). **The impact of window control on thermal performance. Investigating adaptable interventions in vernacular Mediterranean heritage.** *International Journal of Architectural Conservation*, 24(1), 41-59. <https://doi.org/10.1080/13556207.2018.1456058>

Philokyprou, M., Michael, A., Thravalou, S., Ioannou I. (2017). **Thermal performance assessment of vernacular buildings: The seasonal use of semi-open and indoor spaces in Mediterranean climate.** *Indoor and Built Environment*, 27(8), 1050-1068. doi:10.1177/1420326X17699037

Michael A., Heracleous C., Thravalou S., Philokyprou. M. (2017). **Lighting Performance of Vernacular Architecture in the East-Mediterranean Area: Field Study and Simulation Analysis.** *Indoor and Built Environment*, 26(4), 471-487. doi:10.1177/1420326X15621613

Books / Book chapters

Thravalou, S., Mouzourides, P., Michael, A., Philokyprou, M., & Neophytou, M. (2024). A Field Study on the Environmental Conditions of Street Canyons in Dense, Historic, and Urban Centres in the Mediterranean. The Case of Nicosia, Cyprus. In M. Ksibi, A. Negm, O. Hentati, A. Ghorbal, A. Sousa, J. Rodrigo-Comino, S. Panda, J. Lopes Velho, A. M. El-Kenawy, & N. Perilli (Eds.), *Recent Advances in Environmental Science from the Euro-Mediterranean and Surrounding Regions (3rd Edition). EMCEI 2021. Advances in Science, Technology & Innovation.* (pp. 637–640). Springer. https://doi.org/10.1007/978-3-031-43922-3_143

Thravalou, S., Alexandrou, K., & Artopoulos, G. (2023). A Simulation-Based Approach for Defining Energy Retrofit Strategies of Built Heritage Through the Use of H-Bim Tools. In A. Sayigh (Ed.), *Mediterranean Architecture and the Green-Digital Transition.* (pp. 545–555). Springer. https://doi.org/10.1007/978-3-031-33148-0_43

Thravalou, S., & Philokyprou, M. (2023). Delivering education on the sustainable aspects of heritage. In A. Moropoulou, A. Georgopoulos, M. Ioannides, A. Doulamis, K. Lampropoulos, & A. Ronchi (Eds.), *Transdisciplinary Multispectral Modelling and Cooperation for the Preservation of Cultural Heritage: Vol. Third International Conference, TMM_CH 2023 Athens, Greece, March 20–23, 2023 Revised Selected Papers* (pp. 353–363). Springer Nature. https://doi.org/10.1007/978-3-031-42300-0_30

Gigliarelli, E., Calcerano, F., Martinelli, L., Artopoulos, G., Thravalou, S., & Alexandrou, K. (2022). **Methodology for the energy renovation of heritage buildings using BIM. Guidelines for the development of an Energy Efficient Heritage Building Information Model (EE-HBIM)** (E. Gigliarelli, F. Calcerano, & L. Martinelli, Eds.). Consiglio Nazionale delle Ricerche. ISBN: 978 88 8080 530 4

Dimoudi, A., Kantzioura, A., Toumpoulides, P., Zoras, S., Serghides, D., Dimitriou, S., Thravalou, S., Metaj, M., Mara, E., & Dorri, A. (2022). **The Energy Performance of Hospital Buildings in the South Balkan Region: The Prospects for Zero-Energy Hospitals.** In A. Sayigh (Ed.), *Sustainable Energy Development and Innovation: Selected Papers from the World Renewable Energy Congress (WREC) 2020* (pp. 757–763). Springer International Publishing. https://doi.org/10.1007/978-3-030-76221-6_83

Thravalou, S. (2021). Natural ventilation as a passive cooling strategy of vernacular buildings in historic urban centres in the Mediterranean climate. Ph.D. thesis. Department of Architecture, University of Cyprus. ISBN 978-9925-553-42-6 <http://gnosis.library.ucy.ac.cy/handle/7/65356>

Carlucci, S., Salvatore, Lange, M., Artopoulos, G., Albuflasa, H., Assimakopoulos, M.-N., Attia, S., Shady, Azar, E., Cuce, E., Hajiah, A., Meir, I., Neophytou, M., Nicolaidis, M., Serghides, D., Sprecher, A., Tawalbeh, M., Kyprianou, I., & Thravalou, S. (2021). **Eastern Mediterranean and Middle East Climate Change Initiative: Report of the Task Force on the Built Environment** (No. 1). The Cyprus Institute. <https://doi.org/10.13140/RG.2.2.27023.66721>

Thravalou, S. (2021). Design approaches statements: Environmentally responsible design. In V. Djokić, A. Nikezić, M. Loren-Méndez, K. Sakantamis, M. Philokyprou, E. Sorbo, & J. P. Lopez (Eds.), *Statements for Teaching through Design for Sustainability of the Built Environment and Heritage Awareness* (pp. 218–225). University of Belgrade,

Faculty of Architecture. <https://hersus.org/statements-for-teaching-through-design-for-sustainability-of-the-built-environment-and-heritage-awareness/>

Philokyprou, M., Hadjipetrou, T., Nodaraki, M., **Thralvalou, S.**, & Savvides, A. (2021). **Influence of national policies on the sustainability of heritage from the architectural and urban design perspective.** In V. Djokić, M. Philokyprou, A. Nikezić, E. Sorbo, K. Sakantamis, & M. Loren-Méndez (Eds.), *REVIEW: Best Practices in Educating Sustainability and Heritage* (pp. 320–321). University of Belgrade, Faculty of Architecture. <https://hersus.org/io1-review-best-practices-in-educating-sustainability-and-heritage/>

Philokyprou, M., Michael, A., **Thralvalou, S.**, & Heracleous, C. (2014). In Philokyprou M., Michael A. (Eds.), *Bioclimatic approach of vernacular architecture of Cyprus*. Nicosia: Research Program BIOVERNACULAR in Greek. Available at: www.biovernacular.ac.cy

Philokyprou, M., Michael, A., **Thralvalou, S.**, & Ioannou, I. (2013). **Evaluation of sustainable design elements in the historic centre of Nicosia, Cyprus.** In M. Correia, G. Carlos & S. Rocha (Eds.), *Vernacular heritage and earthen architecture* (pp. 631-637). London: Taylor & Francis Group.

Data repositories

Gigliarelli, Elena, Calcerano, Filippo, Martinelli, Letizia, **Thralvalou, Stavroula**, Alexandrou, Kristis, & Artopoulos, Georgios. (2021). **Guidelines for energy efficiency HBIM development of existing buildings** (Version v1). Zenodo. Available at: <https://doi.org/10.5281/zenodo.6393028>

National Scientific Journals

Philokyprou, M., Michael, A., **Thralvalou S.**, Heracleous C., **Sustainability and Architectural Design: The case of traditional architecture of the Historical Centre of Nicosia**, Annual Review of History, Society and Politics, Promitheas Research Institute, Nicosia, Volume 6, 2020, ISSN 2421-7700, in Greek.

Conferences (peer reviewed)

Thralvalou, S., Alexandrou, K., & Artopoulos, G. (2022). **A simulation-based approach for defining energy retrofit strategies of built heritage, through the use of H-BIM tools.** MED GREEN FORUM 6th, Florence, Italy. Presentation available online: https://www.youtube.com/watch?v=v_7-NLzQEYg

Philokyprou, M., & **Thralvalou, S.** (2022). **Lessons learned from the development of massive open courses on innovative strategies for the rehabilitation of built heritage.** *ICERI2022 Proceedings*. 4095–4101. <https://doi.org/10.21125/iceri.2022.0994>

Thralvalou, S., Philokyprou, M., & Michael, A. (2021). **A cross-scale field study on the role of natural ventilation in adobe urban heritage buildings.** In A. Al-Hashim, S. Al-Saadi, & H. Al-Khatri (Eds.), *Comfort At The Extremes* (pp. 302–308). College of Engineering Sultan Qaboos University. Presentation available online: https://www.youtube.com/watch?v=Ljsbt_S1Yso&list=PL4PRTCe0amvFNI6PrQnRFLW-V244fEsUL&index=17

Thralvalou, S., Alexandrou, K., & Artopoulos, G. (2021). **An integrated H-BIM approach for energy retrofit of built heritage.** 4th International Conference on Energy Efficiency in Historic Buildings, Munich, Germany.

Thralvalou, S., Kotsoni, N., & Philokyprou, M. (2021). **Typological and morphological analysis of sachsen; a timber projection in vernacular urban dwellings of the Eastern Mediterranean.** Proceedings of the 5th Biennial of Biennial of Architectural and Urban Restoration, 795–804. Presentation available online: <https://www.youtube.com/watch?v=ZsXfxrVpi8M>

Deligiorgi, M., **Thralvalou, S.**, Alexandrou, K., & Artopoulos, G. (2021). **Data-driven integrated practices for the study and protection of built heritage.** Proceedings of the

5th Biennial of Urban and Architectural Heritage. BRAU05, Nicosia. Presentation available online: <https://www.youtube.com/watch?v=52PHILEwEEQ>

A. Dimoudi, A. Kantzioura, P. Toumpoulides, P. Zoras, D. Serghides, S. Dimitriou, S. Thravalou, M. Metaj, E. Mara and A. Dorri, (2019). **Zero energy hospitals - the prospects for energy upgrade of hospital buildings in the Balkan region**. Paper presented at the 12th International Scientific Conference on Energy and Climate Change (PromitheasNet), Athens, Greece

Thravalou, S. (2018). Cultural heritage and identity in contested spatial entities. The case study of Nicosia, Cyprus. Paper presented at the *PSUC 2018 AESOP Thematic Group for Public Spaces and Urban Cultures Series*, Nicosia, Cyprus.

Thravalou, S. (2018). Cultural and environmental layers of the urban form: The case of the historic center of Nicosia. Paper presented at the *4th Biennial of Urban and Architectural Heritage*, Nicosia, Cyprus. 641-651

Michael, A., Philokyrou, M., Thravalou, S., & Ioannou, I. (2016). **The role of the thermal mass of adobe walls in the thermal performance of vernacular dwellings**. Paper presented at the *XIIth World Congress on Earthen Architectures Terra2016*, Lyon, France. Retrieved from <https://craterre.hypotheses.org/1827>

Thravalou, S., Philokyrou, M., & Michael, A. (2016). The impact of architectural design interventions and occupant interactions on thermal comfort in built vernacular heritage. Paper presented at the 2nd International Conference *EECHB on Energy Efficiency and Comfort in Historical Buildings*, Brussels, Belgium. 102-109.

Thravalou, S., Philokyrou, M., & Michael, A. (2016). "Natural ventilation performance of heritage buildings in the Mediterranean climate. The case of a two-storey urban traditional dwelling in Nicosia, Cyprus." Paper presented at the 9th Windsor Conference: Making Comfort Relevant, Windsor, UK. 328-339. Retrieved from http://nceub.org.uk/W2016/W2016_index.html

Thravalou, S., Michael, A., Philokyrou, M., & Savvides, A. (2015). The role of semi-open spaces as thermal environment modifiers in Cypriot vernacular rural architecture. Paper presented at the *International Conference on Sustainability in Architectural Cultural Heritage*, Limassol, Cyprus.

Michael, A., Philokyrou, M., Thravalou, S., & Ioannou, I. (2013). **Contribution of bioclimatic elements to thermal comfort: Heritage Case Study in Nicosia, Cyprus.** Paper presented at the *Sustainable Architecture for a Renewable Future, PLEA2013*, Munich, E-Book

Philokyrou, M., Michael, A., & Thravalou, S. (2013). **Assessment of the bioclimatic elements of vernacular architecture. The historic centre of Nicosia, Cyprus.** Paper presented at the *Le Vie Dei Mercanti XI Forum Internazionale Di Studi*, Aversa, Capri. 666-675.

Thravalou, S., & Vassiliou, M., Rois. (2013). "Urban stitching at the last divided capital, Nicosia, Cyprus". Paper presented at the *Changing Cities: Spatial, morphological, formal and socio-economic dimensions*, Skiathos, Greece

Conferences (Poster)

Thravalou S. (2023). The Climatic Adaptability of traditional Settlements in Samos, Greece: An Architectural and Environmental Analysis. The International Conference on Bioclimatic Materials and Buildings: Energy efficiency and global industry value chain, Morocco.

Savva, Y., Georgiou, E., Ioannou, S., Neophytou, E., Thravalou S. (2018). **High-Performance Building Envelopes: Energy Retrofit Interventions in a High-Rise**

Office Building in Nicosia. Poster presented at the *6th International Conference on Renewable Energy Sources & Energy Efficiency*, Nicosia, Cyprus

Koufopavlou, C., Georgiou, N., Ioannou, M., Thravalou S. (2018). **High-Performance Building Envelopes: Re-leave Project. Double-Skin Green Façade Applications in Nicosia.** Poster presented at the *6th International Conference on Renewable Energy Sources & Energy Efficiency*, Nicosia, Cyprus

Thravalou, S., Antoniou, G., Christoforou, C., Euthyvouslou C., Georgiou D., Ioannou K., Kekkou K., Kontonis, P.R., Koufopavlou, C., Kozakos, D., Koufexis A., Kynigos, M., Spyrou, A., Symeou, A. and Michopoulos A. (2018). **Capstone Design Project: A Methodology Approach Towards Sustainable Energy Retrofit Solutions in Cyprus.** Poster presented at the *6th International Conference on Renewable Energy Sources & Energy Efficiency*, Nicosia, Cyprus

- MSc thesis **Thravalou, S. (2009). Rehabilitación energética de edificios consolidados en Samos, Grecia.** In F. J. Neila González (Ed.), *Ambitat: 18 propuestas de arquitectura medioambiental* (1st ed.). Madrid, Spain: INGEBOOKS. Retrieved from <http://www.ingebook.com>
- Bachelor thesis **Thravalou, S., & Vassileiou, M.,Rois. (2007). At the last divided capital (Nicosia, Cyprus)** (Bachelor, School of Architecture, National Technical University of Athens). Retrieved from <https://courses.arch.ntua.gr/121798.htm>
- Articles in local press **Thravalou, S., & Philokyprou, M. (2022, March 17). Διδάγματα από την πολιτιστική κληρονομιά (Lessons learnt from cultural heritage).** *Philenews (Φιλελεύθερος)*, Cyprus, p.13. Available at: <https://www.philenews.com/apopsis/article/520789/didagmata-apo-tin-politistiki-klironomia/>
- Invited lectures **Thravalou, S. (2024, July 29). Climate justice and cultural heritage.** 19th Conference on Unity & Plurality in Europe (ICUPE), Mostar, Bosnia- Herzegovina
- Thravalou, S. (2023, March 22). Panel discussion 9: New European Bauhaus initiative for Green Deal addressing energy challenges.** 3rd International Conference TMM-CH Transdisciplinary Multispectral Modelling and Cooperation for the Preservation of Cultural Heritage. Athens, Greece. Available at: https://tmm-ch.com/gallery_panel9.php
- Thravalou, S. & Alexandrou K. (2022, December 8). Building Information Modelling to Building Performance Simulation (BIM to BPS), Lessons learned.** 2nd Workshop of Urban Periscope Research program. Available at: <https://www.youtube.com/watch?v=c3jI9njDzl0>
- Thravalou, S. & Alexandrou K. (2022, March 9). Building Information Modelling for Energy Efficiency in the public sector.** Workshop on Building Information Modelling: Funded BIM projects in Cyprus – BIM & Innovation. Encore Research program. Nicosia, Cyprus. Available at: https://www.youtube.com/watch?v=v_7-NLzQEYg
- Thravalou, S. (2022, October 28). Digital tools for preservation and energy upgrade of heritage buildings.** International Conference: Rehabilitation in Europe. Renovation Wave and NextGeneration EU, Madrid, Spain.
- Interviews **'BEEP promotes Building Information Modelling and energy performance simulation among building professionals in Cyprus'.** (2022, February 4). [Online]. <https://www.enicbcmcd.eu/beep-promotes-building-information-modelling-and-energy-performance-simulation-among-building>
- 'Vernacular Architecture and Bioclimatic Design'** Mazi, Live Television Programme, CyBC1, 16:30 - 17:50, Cyprus Broadcasting Corporation, Nicosia (2016, April 06).

Professional experience

- 10.2013 onwards **Building Energy Certification Inspector** in Greece - Residential buildings (level 1)
- 09.2016 – 05.2017 **Architect Engineer**
Architecture Studio «A&P Architects», Nicosia (Cyprus)
- 09.2011 – 10.2012 **Architect Engineer – Sustainability Consultant**
Architecture Studio **CHRISTOS BARDIS & Associates**, Athens (Greece)
- 05.2010 – 07.2010
& 10.2007 – 06.2008 **Architect Engineer**
Architecture Studio **THEANO FOTIOY, MARIA KAFRITSA & Partners**, Athens (Greece)
- 10.2010 – 12.2010 **Architect Engineer**
Architecture Studio **LAMBROS LAMBROU & Partners**, Athens (Greece)
- 09.2008 – 12.2008 **Architect Engineer**
Architecture Studio **GIANAKAKHS & Partners**, Chania (Greece)

Training / Seminars

- 21 – 24.03.2022 **Training course: Technological innovation in rehabilitation, for adaptation to habitability and use**
Mobility under ErasmusPlus framework – Smart Rehabilitation 3.0 program
Universitat Politècnica de Catalunya - UPC, Escola Politècnica Superior d'Edificació de Barcelona, Barcelona (Spain)
- 20 – 24.09.2021 **Training course: Conservation and Restoration**
Mobility under ErasmusPlus framework – Smart Rehabilitation 3.0 program
University of Palermo - UNIPA, Department of Architecture, Palermo (Italy)
- 09 – 10.2020 **Massive Open Online Course (MOOC): Heritage under Threat**
Universiteit Leiden and Centre for Global Heritage and Development
Duration:30 h, offered online through Coursera
- 10.06 – 14.06.2019 **ICOMOS University Forum: Thinking and planning the future in heritage management**
ICOMOS International and ICOMOS Netherlands, Amsterdam (Netherlands)
- 06.03 – 08.03.2017 **Energy Plus Software Training**
(EnergyPlus Fundamentals, EnergyPlus HVAC, Design Builder EMS)
Duration:22.5 h, DESIGNBUILDER & BIG LADDER SOFTWARE, Brussels (Belgium)
- 22.02 – 19.05.2016 **Nearly Zero Energy Buildings (nZEB)**
Duration:110 h, KEK EUROTraining, Athens (Greece)
- 18.05 – 30.05.2015 **Application of Building Energy Management Systems (BEMS) in the building sector**
Duration: 40 h, IAAC, Barcelona (Spain)
- 15.04 – 17.04.2015 **Design Builder Software Training**
(Natural ventilation, Daylighting & Renewables, Internal and External CFD, Detailed HVAC)
Duration: 25 h, Design Builder Ltd & UCL, London (United Kingdom)
- 02.04 – 02.05.2012 **Energy Audition - Energy Performance Certification**
Duration: 60 h, KEK ΔHMHTPA, Athens (Greece)
- 27.09 – 01.10.2010 **Natural lighting and energy saving**
Duration: 20h, IEKEEM TEE, Athens (Greece)

- 03.11 – 01.12.2009 **Materials, construction techniques and sustainability**
Duration: 47h, LA CASA ENCENDIDA, Madrid (Spain)
- 26.09 – 28.11.2005 **Bioclimatic Architecture**
Duration: 20h, ELLINIKI ETAIRIA for the Environment and Cultural Heritage, Athens (Greece)

Participation in Academic, Scientific & Professional Committees

- 03.2017 – 12.2021
Member of the Technical Advisory Group for the research program
«Preserve Traditional Buildings through Energy Reduction» (VIOLET)
Program framework European Union, INTERREG (Priority Axis 5.1 Preserving, protecting, promoting and developing natural and cultural heritage) (Partner: Cyprus Energy Agency)
Website <https://www.interregeurope.eu/violet/>
- 09.2018 -2020
Member of the Advisory and Scientific Committee for the research program:
«Sustainable Historic Districts» (SUSHI)
Program framework EIT Climate-KIC (Partner: Cyprus Energy Agency)
Website <https://sustainablehistoriccitydistricts.wordpress.com/>
- 2013–Present
Vice-President of the NGO **Geodomo Cyprus**
Educational organization aiming at promoting natural building materials and techniques
- 12/2019–Present
Reviewer, Building and Environment, Elsevier
Reviewer, Frontiers of Architectural Research, Elsevier
- 2015 –Present
Membership: International Council of Monuments and Sites, **ICOMOS**- Cyprus
- 2014 –Present
Membership: Scientific Technical Chamber of Cyprus, CSTC – **ETEK**
- 2013 –Present
Membership: Cyprus Architects Association, CAA – **ΣAK**
- 2008 –Present
Membership: Scientific Technical Chamber of Greece, TCG – **TEE**

Awards

- Scholarships**
- 09.2018 – 05.2019
& 09.2015 – 05.2016
Annual Scholarship from the University of Cyprus
for PhD studies at University of Cyprus
- 01.2009 – 03.2010
Full Scholarship from Bodosakis Foundation
for master studies at Universidad Politecnica of Madrid
- Architectural Competitions**
- 03.2010
Mention in the International University Competition
SB10 MAD «Sustainable City: The rehabilitation as a tool», Madrid
Project « El barrio de futuro en 8 letras »
Sustainable rehabilitation of a neighborhood, Canillas, Madrid, Spain
- 07.2008
The “Natural” Tiny House Top 10 of 2008
<http://www.naturalhomes.org/tinyhouse.htm>
Cal museum made of cob, in Madamados, Lesbos, Greece

Foreign Languages

English	Excellent Knowledge	CERTIFICATE OF ADVANCED ENGLISH (C1), Grade B
Spanish	Excellent Knowledge	DIPLOMA DE ESPANOL (C2)
Portuguese	Good knowledge	PRINCIPIANTE (A2)
German	Basic Knowledge	ZERTIFIKAT (C1)