





# Curriculum Vitae

## Parastatidis Themistoklis

 Ellis Alexiou 19, 55535 Pilea, Thessaloniki  6974793912  themis\_prodance@yahoo.gr  16/8/1974

### Education-Training:

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- **Technical high school diploma (1994)**  
Specialty in Graphistic Arts
- **Professional Dance Diploma in Ballroom Dancing (2003)**  
Full Bronze American Style –Bronze and Silver metal ten dances
- **Professional Dance Diploma by- Arthur Murray Dance studios- by Mrs Ute Streicher**  
Certification ZUMBA Basic 1 (2009)  
Certification Zumba Kids (2010)  
Certification Zumba Toning (2011)  
Certification Mashala Bangra (2013)
- **Coach Licence Level B (2009)**
- **Judge Licence Level B (2009)**

### Professional Experience:

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- 2004-2006 Dance Teaching of International Ballroom Dancing and Greek Dances in "Valentino" Ballroom Center in Thessaloniki.
- 2006- Today: Owns a Dance studio, named "Line of Dance" in Thessaloniki. He teaches European, Latin American, Greek Traditional Dances at Social and Competitive Level. He also performs Professional Classes.
- 2008-2009 Teaches Greek Traditional Dances in "Charisio" Nursing Home.
- 2009-2011 Teaches at Primary Schools
- 2011- 2013 Performs Zumba as certified Zumba Instructor
- 2015- Today Teaches in Greek Alzheimer's Association and Related Disorders, Day Care Centers
- 2016-2019 Dance Teaching of International Ballroom Dancing and Greek Dances in *Center for the Open Care for the Elderly*
- 2013-2019 Dance seminars of Greek Traditional Dances in organized foreign dancing groups
- March 2024-December 2024 Erasmus+ KA210-ADU - Small-scale partnerships in adult education. "Cross-Cultural Dance and Research: On Track for "The Seniors Tangueros Olympiads 2024" (First Training 11-14 Maptiou Dijon. France)

## Organisation –Participation in Social, Athletic and Charity Events.

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- 2009: Organization of the 1<sup>st</sup> European WDSF Championship of Latin Dances in Thessaloniki του
- 2009: Organization of the 1<sup>st</sup> Training for Judges and Coaches of Competitive Ballroom Dancing.
- 2010 2nd Training for Judges and Coaches of Competitive Ballroom Dancing. Σεπτέμβριος 2011:
- Organization of the 1<sup>st</sup> charity Zumbathon in Thessaloniki for Greek Alzheimer’s Association.
- February 2012: Organization and Dance of the cultural event in Vafopoulio “The Tango, through History, Cinema and Science”.
- March 2012: Participation in Charity Event “Dance for a cause”, in Velidio Conference center.
- June 2012: Participation in Charity Event Zumba in Waterland for non- profit organization “Arogi”
- June 2012: Organization and participation in the 3-day Seminar of Zumba in Chalkidiki.
- November 2012: Participation in the 3rd Zumbathon, for the non-profit organization “ Amimoni”
- December 2012 : Organization and Participation of the 4th charity Zumbathon in Thessaloniki for Greek Alzheimer’s Association.
- 2004-2012 Competitive Dancing  
Category: Rising Stars & Professional Latin,  
Category: One Dance, Waltz, Tango, Argentine Tango  
Category: Pro-Am Latin (Professional- Amateur)
- August 2013 Organization of the Summer Zumba Camp in Katerini Pierias.
- March 2014 : Organization and Participation of the 6th charity Zumbathon for the medical care expenses of a little child.
- May 2017 Organization of 1<sup>st</sup> Championship of Northern Greece “ Team Battle Salonica” Municipal stadium of Pilea.
- April 2017 Organization of the 1<sup>st</sup> Championship of Pole Sport, VAO Basketball Court in Thessaloniki.
- March 2018 Organization of 2nd Championship of Northern Greece “ Team Battle Salonica”, Municipal stadium of Pilea.
- May 2018 Organization of the 2nd Championship of Pole Sport, Basketball Court of Stavroupoli, Thessaloniki.
- July 2018 Participation as Greek Federation of Polesport in the 2<sup>nd</sup> World Championship in Taragona Spain.
- March 2019 Organization of 3rd Championship of Northern Greece “ Team Battle Salonica”, Municipal stadium of Pilea. With international participations of Athletes and Judges.
- March 2019 Organization of the 3<sup>rd</sup> Championship of Pole Sport, Olympic Village facilities “ Fivos” Athens.
- May 2022 Organization of 4thrd Championship of Northern Greece “ Team Battle Salonica”, Municipal stadium of Pilea. With international participations of Athletes and Judges.
- July 2022 Organization of the 4<sup>th</sup> Championship of Pole Sport, National Gymnasium Mikras of Thessaloniki.
- April 2023 Organization of 5th Championship of Northern Greece, Municipal stadium Oreokastro

- July 2023 Organization of the 5th Championship of Pole Sport, National Gymnasium Mikras of Thessaloniki.
- May 2024 Organization of 6th Championship of Northern Greece, Municipal stadium Oreokastro
- July 2024 Organization of the 6<sup>th</sup> Championship of Pole Sport, National Gymnasium Mikras of Thessaloniki.
- As the Director of a Dance studio organizes three Showcases per year where all his students take part, from 4 years old to 80 years old.

### Additional Knowledge:

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- Good Knowledge of English ( Level B2)
- Good Knowledge of German (Bilingual, Born and raised in Germany till 10 years old)
- **Perfect Knowledge of Computer Use:**
  - MS Office
  - AutoCad
  - Unity 3D
  - Adobe Premiere, Adobe Photoshop, Adobe After Effects
  - Web site Designing

### Trainings Life-long Learning:

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2003-2004 Mr Sagias G. Latin and Smooth American Style

2003 κ.Mouzafiarova Julia, International Ballroom Dance

2005 κ.Kyril Padov International Latin Dance Technique

2007 1<sup>st</sup> Festival of Tango Thessaloniki

DANTE &MONIK

ELADIA CORDOBA & MARTIN LORENZO

2008 UTE STREICHER International Latin Competitive Dance

2009 UTE STREICHER and SHACHA MELNIKOV Seminar of Judges and Coaches of Competitive Ballroom Dancing

2010 UTE STREICHER, Andrea Grabner and Emmanuela Faller Seminar of Judges and Coaches of Competitive Ballroom Dancing

2012 Mr. Kalamatianos Seminar in Zeimpekiko

2024 "Le Tango pour les Personnes Agées Dépendantes (Session 2024). A 26 hours training 11/3/2024-14/3/2024, SEFCA, Université de Bourgogne.

### Conference Presentation:

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1. International Ballroom Dancing Against Neurodegeneration: A Randomized Controlled Trial in Greek Community-Dwelling Elders with Mild Cognitive impairment. Ioulietta Lazarou ,**Themis Parastatidis**, Anthoula Tsolaki, Mara Gkioka, Anastasios Karakostas , Stella Douka , Magda Tsolaki. 10th PanhellenicConferenceofAlzheimer'sDiseaseandRelatedDisorders (PICAD) and 2nd MediterraneanConferenceofNeurodegenerativeDiseases (MeCOND). 2-5/2/2017, Grand Hotel Palace, Thessaloniki, Greece

## Publications:

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1. Lazarou I, Parastatidis T, **Tsolaki A**, Gkioka M, Karakostas A, Douka S, Tsolaki M. International Ballroom Dancing Against Neurodegeneration: A Randomized Controlled Trial in Greek Community-Dwelling Elders with Mild Cognitive impairment" Am J Alzheimers Dis Other Demen. 2017 Dec;32(8):489-499. doi: 10.1177/1533317517725813. Epub 2017 Aug 25.PMID:28840742

## Family Status:

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- Married(2009)
- Father of three Children (2010, 2012,2017)

## More Information:

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- President of Greek Federation of Pole Sport (From 2016)
- Vice-President of Hellenic Dance Sport Union
- Lifeguard Diploma
- License of Boat Driving
- Driving License