

THEODORA MICHOU

PhD Student

Department of Animal and Veterinary Sciences

ANIVET Ruminant Nutrition (RUN)

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EDUCATION

University of Thessaly (UTH), School of Agricultural Sciences, July 2024
Department of Animal Science Larissa, Greece
Integrated Master's in Animal Science. Main field of study; Animal Science

Invest Winter School, An introduction to Nature-Inclusive Agriculture, Oct. 2023
Van Hall Larenstein, University of Applied Sciences, Leeuwarden,
the Netherlands

Servia Town High School, Kozani, Greece July 2017
High School Diploma

CONFERENCES

- **Posters**

"Current Nitrogen Status and Management of Dairy Farms in Greece"

EAAP + WAAP + Interbull Congress 2023 – Lyon, France

Authors: M.E. Hanlon, A. Plomaritou, E. Tsiplakou, I. Vakondios, T. Michou, D. Kantas, A. Foskolos

"Partial Replacement of Soybean Meal with Processed Soybean Meal in Karagouniko Dairy Sheep"

EAAP Annual Meeting 2022 – Porto, Portugal (73rd Annual Meeting)

Authors: A. Foskolos, T. Michou, A. Plomaritou, S. Athanasiadis, K. Gatsas, K. Droumtsekas, S. Changli

"The Effects of Heat Antistress on Dairy Cattle Performance During Increased Heat Stress Periods"

EAAP Annual Meeting 2021 – Davos, Switzerland (72nd Annual Meeting)

Authors: A. Plomaritou, D. Tsolakis, T. Michou, E. Sourla, K. Naselos, C. Papatzikou, A. Foskolos

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- **Presentations**

"Determination of the potential for improving feed nitrogen use efficiency through diet in dairy cow farming"

Scientific Conference of the Hellenic Society of Animal Production, Karpenisi, Greece 2-4 October 2024 (38th Annual Meeting)

Authors: V. Galanis, M.E. Hanlon, A. Plomaritou, L. Karatosidi, S. Athanasiadis, T. Michou, K. Droumtsekas, D. Kantas, A. Foskolos

"Evaluation of replacement heifers management in dairy production in Greece"

Scientific Conference of the Hellenic Society of Animal Production, Orestiada, Greece, 3-5 October 2023 (37th Annual Meeting)

Authors: A. Plomaritou, M.E. Hanlon, L. Karatosidi, T. Michou, S. Athanasiadis, K. Droumtsekas, D. Kantas, A. Foskolos

"Current nitrogen status and management of dairy cattle farms in Greece"

Scientific Conference of the Hellenic Society of Animal Production, Orestiada, Greece, 3-5 October 2023 (37th Annual Meeting)

Authors: M.E. Hanlon, A. Plomaritou, E. Tsiplakou, K. Droumtsekas, T. Michou, L. Karatosidi, D. Kantas, A. Foskolos

"Partial replacement of soybean meal with processed soybean meal in Karagouniko sheep"

Scientific Conference of the Hellenic Society of Animal Production, Agrinio, Greece, 5-7 October 2022 (36th Annual Meeting)

Authors: T. Michou, A. Plomaritou, S. Athanasiadis, K. Gatsas, K. Droumtsekas, L. Karatosidi, S. Tsangli, A. Foskolos

"Determination of the apparent digestibility of the total diet with the presence of olive oil by-products in replacement heifers"

Scientific Conference of the Hellenic Society of Animal Production, Agrinio, Greece, 5-7 October 2022 (36th Annual Meeting)

Authors: A. Plomaritou, S. Tsangli, K. Gatsas, T. Michou, S. Athanasiadis, I. Nanas, G. Amoiridis, A. Foskolos

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ACADEMIC RESEARCH EXPERIENCE

Laboratory of Ruminant Livestock Farming, Department of Animal Science at the University of Thessaly.

Sept.2020-July2023

- Conducted experimental procedures for PhD theses and undergraduates' dissertations, involving the handling and care of animals, ensuring adherence to ethical guidelines and protocols.
- Administered treatments and monitored animal health and behaviour throughout the experimental processes.
- Assisted in designing and implementing research protocols, including data collection and analysis.
- Maintained accurate records of experimental procedures, observations, and outcomes.
- Collaborated with a multidisciplinary team to ensure the integrity and success of research projects.

CowficieNcy, University of Thessaly, Larissa, Greece

Oct. 2020-June 2023

- Upgrading and implementing mathematical models to increase nitrogen use efficiency of lactating dairy cows.
- In this role, I visited farms all over Greece to collect samples of feed ingredients and contributed to diet formulation.
- My work involved analysing these samples to develop and refine nutritional strategies, aiming to enhance the health and productivity of ruminant animals.
- The program was funded under : EXCELLENT SCIENCE - Marie Skłodowska-Curie Actions

Diploma Thesis

Title: *"The effect of soybean meal partial replacement with soy pass on milk production, apparent digestibility, and nitrogen balance in lactating Karagouniko dairy sheep"*

Experimental Trial on Karagouniko Ewes

University of Thessaly Farm-Gaiopolis

December, 2021 – February, 2022

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PROFESSIONAL EXPERIENCE

Project Contract (with acquisition title) at the University of Thessaly for the project titled: "Dairy Cattle Diet Formulation," with the main task of training the participants. (4/2022 - 5/2022)

Project Contract (with acquisition title) at the University of Thessaly for the project titled: "Application of the Cornell Net Carbohydrate and Protein System (CNCPS), Cornell University Nutrition System in Dairy Cows," funded by VESZ-F A.A. MANOURAS ABEE. (4/2021 - 11/2021)

University of Thessaly, Larissa, Greece

2021-2022

Animal Scientist (Internship)

Project Contract (with acquisition title) at the University of Thessaly for the project titled: "2nd Ruminant Breeding Workshop" with the main tasks: "Preparation of the workshop and audiovisual materials (webinar). Participation in data collection for the presentation: Development goals for replacement heifers and the current situation in Greece." (11/2020 - 12/2020)

Part-time Employment Contract and Rotating Work Contract with NUTRIA HELLAS IKE (7/2020 - 9/2020)

Sampling and Quality Analysis of Corn Silage in the greater region of Thessaly. Laboratory of Ruminant Livestock Farming, Department of Animal Science, University of Thessaly, funded by VESZ-F A.A. MANOURAS ABEE (August 2020)