

CURRICULUM VITAE

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Helen Charoupia

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AREAS OF SPECIALIZATION AND RESEARCH

Brief Profile Summary

Helen Charoupia is a design researcher in the Department of Product and Systems Design Engineering at the University of the Aegean, currently completing her PhD focused on developing multispecies community design processes. Her research integrates participatory action research, research-through-design, and multispecies ethnography to create inclusive, ecological design approaches that move beyond anthropocentric frameworks.

She currently supports a master's-level Service Design studio course, where she develops pedagogical approaches to systemic design thinking and community-oriented practice.

Research Interests

Helen's research centres on participatory and community-led design methodologies with particular attention to:

Multispecies and More-than-Human Design: Developing design processes that integrate ecological perspectives and more-than-human stakeholders, drawing on posthumanism, environmental philosophy, and Indigenous knowledge systems to challenge anthropocentric design assumptions.

Participatory Action Research and Community Engagement: Creating collaborative design processes that centre community agency, lived experience, and local knowledge. Her work examines power dynamics in participatory design, exploring how design processes can support rather than extract from communities.

Systemic Design and Commons Regeneration: Applying systems thinking approaches to complex socio-ecological challenges, with a focus on urban regeneration, heritage activation, and commons governance through participatory frameworks.

Research-through-Design and Ethnographic Methods: Employing practice-based research methodologies that combine design intervention with ethnographic observation, particularly in small and remote places.

ACADEMIC POSITIONS

2022-present | Teaching Support - Department of Product and Systems Design Engineering, University of the Aegean
Supporting educational activities for Studio 7c – Service Design

2023-present | Design Researcher - Department of Product and Systems Design Engineering, University of the Aegean
HeritACT (HORIZON Project) - Design Researcher on heritage activation through engaging experiences

2020-2024 | Design Researcher - Department of Product and Systems Design Engineering, University of the Aegean
Human Cities / SMOTIES (Creative Europe Project) - Design Researcher focused on creative works with small and remote places

2020-2021 | Teaching Support - Department of Product and Systems Design Engineering, University of the Aegean
Subject: Theory of Complex Organisation & Systems Decision Support

RESEARCH PROJECTS

Current Projects

HeritACT: Heritage Activation through Engaging Experiences towards Sustainable Development (2023-present)
Type: HORIZON-CL2-2022-HERITAGE-01 The New European Bauhaus
Role: Design Researcher
Principal Investigator: Arnellos Argyris
Consortium: 14 partners across Europe, including the University of Patras (Coordinator), University College Dublin, Comune di Milano, Municipality of Elefsina
Focus: Co-design approaches for heritage activation and sustainable development

Completed Projects

Human Cities / SMOTIES: Creative Works with Small and Remote Places (2020-2024)

Type: Creative Europe Project

Role: Design Researcher

Focus: Community engagement in Apano Meria, Syros, involving memory mapping exercises and multispecies considerations

EDUCATION

2020-present | University of the Aegean

PhD Candidate – Department of Product and Systems Design Engineering

Dissertation Title: "Designing within complex systems: leveraging tacit knowledge to identify interventions for sustainable futures"

Focus: Developing multispecies community design processes integrating participatory action research, research-through-design, and multispecies ethnography

Supervisors: Jenny Darzentas, Thomas Spyrou, Argyris Arnellos

2015-2020 | University of the Aegean

Integrated Master's Degree (5-year program) – Department of Product and Systems Design Engineering

Thesis: "Climate crisis and transition to a sustainable way of life on Syros island"

2012-2015 | 5th High School of Vryonas

High School Diploma

Grade: Excellent (18/20)

JOURNAL PUBLICATIONS

Manuscripts Under Review

Charoupi, H., Nikolakopoulou, V., Arnellos, A., Xenakis, I. (Forthcoming) A Systematic Review of Community-Led Design: A Critical Reflection. *CoDesign Journal*

Charoupi, H., Pappas, A., Arnellos, A. (Submitted) Towards Multispecies Design (in Practice): a Systemic Design Ethics Perspective. *SheJi: The Journal of Design, Economics, and Innovation*

Costa, N., Oskam, P., Pombo, F., Charoupi, H. (Submitted) Nature-centred Biodesign for Regeneration. Design understandings in Europe. *Design Research Society 2026 Conference*

Charouopia, H., Pappas, A., Arnellos, A. (Submitted) **Integrating Systemic Design and Design Ethics for Multispecies Design Practice: A Workshop Case Study.** *Design Research Society 2026 Conference*

Published Articles (Peer-Reviewed)

Chamaidi, T., Charouopia, H., Stavrakis, M. (2025) **More-than-a-prediction: reframing AI's role in more-than-human design of interactions.** In CHIGreece 2025 Hermoupolis, Syros, Greece

Charouopia, H., Darzentas, J., Bruder, T., Conserva, A., Farinea, C. (2025) **.More-Than-Human Inclusivity: A Multispecies Approach to Systemic Design.** RSD14, OCAD University, Canada

Charouopia, H., Bofylatos, S. (2022). **Adopting Biomimicry in Design Problem Framing: a proposed application of a post-dualist systemic design process.** RSD11, University of Brighton, United Kingdom

Bofylatos, S., Charouopia, H., Nikolakopoulou, V., & Xyntarianos, P. (2021). **Design Perspectives, Placebeing on an Island in the Mediterranean.** PAD - Pages on Art and Design, 14(IV), 307–328.

Published Book Chapters (Peer Reviewed)

Monna, V., Charouopia, H. (2023) **.Power Relations in Participatory Design Practices in Small and Remote Places.** In Fassi, D., De Rosa, A. (Eds.) *Remote Places, Public Spaces: The Story of Creative Works with Ten Small Communities* (pp. 149-158). Birkhäuser

Bartzoka, K., Charouopia, H., Bofylatos, S. (2022). **Creative communities in action: ecosystems of social innovation in remote places.** In Nikšić, M., Goršić, N. (eds) *Creative works in small and remote places: European best practices exploration* <https://www.uirs.si/sl-si/publikacije/knjiga/id/119>

Charouopia, H., Bofylatos, S. (2021). **Unfurling nature's complexity to find our way back in** Vezzani, V., Bertolotti, E., & Gonzaga, S., *Roots and Routes on the Island of Madeira: Design Practices for Learning through Nature*

INTERNATIONAL RESEARCH COLLABORATIONS

2025- | COST Action CA24126 "DESIGNAE"

Management Committee Member of European network promoting nature-centred biodesign and investigation of emerging futures
<https://www.cost.eu/actions/CA24126/>

CONFERENCE PRESENTATIONS

December 2025 – Participation in the 3rd Scientific Conference on Participatory Design “Spatial Justice in the Era of Climate Crisis” on the panel *Participation and public*

consultation in practice with presentation of the work “Nature, commons and transformation: The case of Ermoupolis” (**Poster**)

Co-authors: Chairetakis D.

October 2025 – Participation in the 14th Relating Systems Thinking and Design Conference "Arcs of Impact"

Paper: "More-Than-Human Inclusivity: A Multispecies Approach to Systemic Design"

Co-authors: Darzentas J. (University of the Aegean), Bruder T., Conserva A., Farinea C. (Institute for Advanced Architecture of Catalonia - IAAC)

September 2025 – Participation in Conference on Advisors of Special Education

Councils: Educational policy: Roles, classes and perspectives with the article

"Designing the Special Education & Inclusive Education Consultant service through a case study: Data, requirements, suggestions"

Co-authors Imellou, O., Charoupias, A. (University of Nicosia, Department of History and Philosophy of Science of NKUA)

October 2022 – Participation in 11th Relating Systems Thinking and Design

"Possibilities and Practices of Systemic Design", on panel Radical Shifts in Planetary Health with the article "Adopting Biomimicry in Design Problem Framing: a proposed application of a post-dualist systemic design process"

Co-authors: Bofylatos, S. (University of the Aegean)

October 2023 – Participation in the 2nd Scientific Conference on Participatory

Design "Understanding and changing the city" on the panel Remote and parallel space with the presentation of the work Human Cities / SMOTIES "Creative interventions in small and isolated places" (**Poster**)

Co-authors: Bartzoka, K., Xyntarianos, P. (University of the Aegean)

TEACHING EXPERIENCE

2020 - | University of the Aegean

Department of Product and Systems Design Engineering

Master's Level Course: **Systems Thinking and Services** (Studio 7c – Service Design)

Teaching Focus:

- Systemic design approaches to complex socio-technical challenges
- Service design methodologies and tools

- Community-centred design processes
- Participatory research methods
- Team formation and collaborative design practice

Pedagogical Approach: Develops studio-based learning experiences where students engage with real-world challenges (e.g., waste management in Ermoupolis neighbourhoods), applying systems thinking and participatory design methods to create sustainable solutions.

CONFERENCE ORGANIZATION

March 2026 | DESIGNAE Conference: "Nature-Centred Biodesign for Regeneration"

Role: Conference Co-Organizer

Location: TBA

Scope: International conference bringing together researchers, practitioners, and policymakers working on nature-centred design, biodesign, and regenerative approaches

Responsibilities: Coordination across six working groups, creation of conference materials, and program development

SKILLS AND COMPETENCIES

Research Methods

- Participatory Action Research
- Research-through-Design
- Multispecies Ethnography
- Qualitative Research Methods (interviews, participant observation, workshops)
- Stakeholder Mapping and Analysis
- Co-design Facilitation

Design Practice

- Service Design
- Participatory Design
- Community-Centred Design
- Design for Sustainability

Technical Skills

- Workshop Facilitation
- Stakeholder Engagement
- Project Coordination
- Academic Writing and Publication
- Teaching and Pedagogy Development

Languages

Greek: Native

English: Excellent (Proficiency C2, CaMLA)

PROFESSIONAL DEVELOPMENT & MEMBERSHIPS

2025-present | COST Action CA24126 "DESIGNAE" Management Committee Member
European network for nature-centred biodesign and regenerative futures

Previous Experience | Apano Meria Social Cooperative Enterprise

Experience crafting design experiences and conducting community-based field research,
establishing commitment to participatory and community-engaged practice

REFERENCES

Available upon request