MANTHOS VALSAMIDIS

MEDICAL DOCTOR / GREEK NATIONAL CLIMBING TEAM ATHLETE / CONTENT CREATOR



PHOTO / Emil Torday

MEDIA KIT 2027

International-level competitive climbing, outdoor rock climbing, and the dedication behind every goal.

A medical doctor and Greek National Climbing Team athlete, sharing moments from training, international competitions and outdoor adventures, alongside practical knowledge and advice.

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MEDICINE AND THE MOUNTAINS



PHOTO / Dimitris Tosidis

DOCTOR. ATHLETE. CREATOR.

I studied medicine at Aristotle University of Thessaloniki from 2017 to 2023, balancing my studies with international climbing competitions. From 2024 to 2025, I worked for 18 months as an anaesthesiology resident at G. Gennimatas General Hospital in Thessaloniki.

I made the decision to temporarily pause my anaesthesiology residency to fully commit to competitive climbing and pursue my sporting goals.

My love for the outdoors began in childhood, through hiking, camping and exploring nature with my parents. Years of competitive swimming taught me discipline and determination. In 2012, I won my first climbing competition and discovered the sport that would become my passion. Two years later, I joined the Greek National Climbing Team and have proudly represented Greece in international competitions ever since.

MY NEXT CHAPTER IN MEDICINE

Medicine remains an essential part of my life and future. Alongside competitive climbing, I am pursuing an MSc in Emergency Surgery and Trauma at the University of Athens. My goal is to resume specialist training abroad and become an air rescue physician.

A STORY WORTH SHARING

Through training, competition and outdoor climbing, I want to share the victories, setbacks and hard work behind every goal, encouraging others to pursue what they love.

CONTENT AND MEDIA

700+ Pieces of Digital Content Created

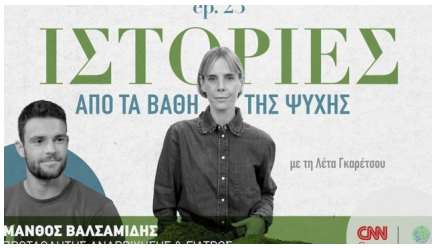
MEDIA APPEARANCES



ERT DOCUMENTARY

Es Avrion ta Spoudaia — My journey in competitive climbing

View feature >



CNN GREECE

Act for Earth — The Podcast, Episode 25. Climbing, competitive sport and my personal journey.

View feature >



FULL MEDIA ARCHIVE

A collection of interviews, media features and press appearances.

Explore the archive >

SELECTED CONTENT I CREATED



CLIMBING SHOE GUIDE

Practical tips on choosing climbing shoes and understanding the equipment.



ULTRA-DISTANCE SWIMMING

An interview with ultra-distance swimmer Spyros Chrysikopoulos.



WHAT PEOPLE THINK ABOUT CLIMBING

An interactive video asking the public about climbing.

WINNER OF WALLTOPIA / AT-HOME CLIMBING VIDEO CONTEST

Winning video > **Official winner announcement >**

INSTAGRAM / LAST 30 DAYS

172,087
Views

52,743
Viewers

66.1%
Views from non-followers

5,862 followers / 72.6% aged 25-44 / 76.8% based in Greece

YOUTUBE / LAST 365 DAYS

214,111 views
372.8K lifetime views / 831 subscribers / 165 public videos

TIKTOK / LAST 365 DAYS

535.3K views
367.4K viewers / 82.6% For You traffic

Instagram **Facebook** **Website**

SOURCE NOTES / Instagram: last 30 days. TikTok & YouTube: 10 Nov 2025 - 9 Nov 2026. Lifetime totals & demographics captured 10 Nov 2026. View counts may include repeat views.

COMPETITION RECORD

37

NATIONAL CLIMBING FIRST-PLACE FINISHES

56
National climbing competition results

45
International climbing competition results

PROUDLY REPRESENTING GREECE IN INTERNATIONAL CLIMBING COMPETITIONS SINCE 2014.

Youth and senior competitions. Competitive climbing career: 2012–2026.

INTERNATIONAL HIGHLIGHTS

1st / 2018
Lead - Balkan Youth Championship, Bursa
View competition record >

25th / 2022
Lead - FISU University Championships, Innsbruck
Official results >

36th / 2025
Lead - European Cup, Toulouse-Tournefeuille
Official results >

VIEW MY FULL COMPETITION RESULTS >



PHOTO / Dimitris Tosidis

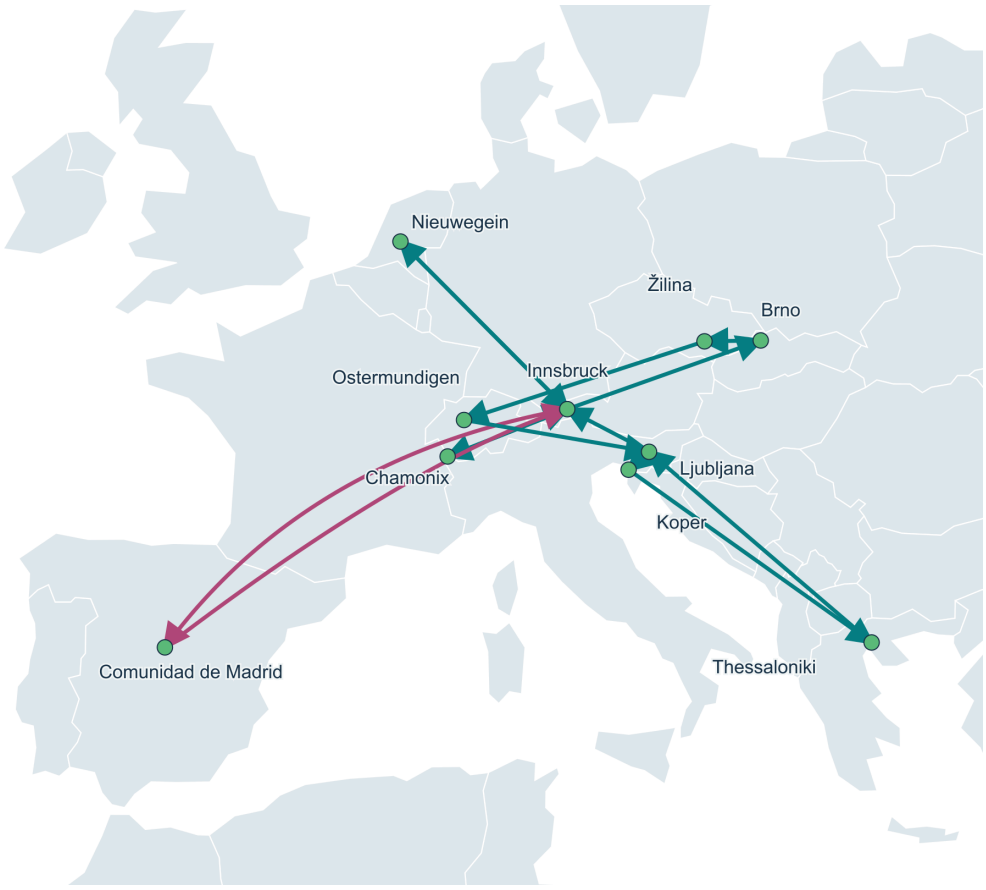
THE 2027 SEASON

After a year of intensive preparation, I plan to compete in eight international events across Europe in 2027. Through original video content, I will document the entire journey — from training and setbacks to travel and competition.

8
Target competitions

8,850
Estimated driving distance

129
Days on tour / 1 May to 6 September



2027 / COMPETITION CALENDAR

TEAL / BY ROAD PINK / BY AIR

NIEUWEGEIN 8-9 MAY	**INNSBRUCK** 9-13 JUN	**CHAMONIX** 9-11 JUL	**MADRID** 16-17 JUL
ZILINA 7-8 AUG	**BRNO** 13-21 AUG	**OSTERMUNDIGEN** 27-28 AUG	**KOPER** 3-4 SEP

2027 COMPETITION GOALS

My goal is to win the Greek National Championships, retain my place on the Greek National Climbing Team, and meet the qualification criteria to compete internationally.

A camper van would serve as my mobile base across Europe, combining transport, accommodation and recovery while supporting my training throughout the tour.

National team selection and international competition entries are subject to the applicable qualification criteria. The competition schedule may change.

LET'S WORK TOGETHER



PHOTO / Iliana Nouni

CONTENT CREATION

REELS, SHORTS, TIKTOK
Training sessions, competition coverage, product testing and authentic reviews.

PHOTOGRAPHY & POSTS
Photography from outdoor climbing, training sessions and competitive events.

STORIES
Behind-the-scenes moments from everyday life and training.

YOUTUBE
Collaborations with athletes, climbing documentaries, competition coverage and educational content.

INTERVIEWS & BRAND EVENTS
Media appearances, product presentations and corporate events.

LOGO PLACEMENT

Sponsor visibility on training and competition apparel, in accordance with applicable federation regulations.

AREAS OF SUPPORT

01 FINANCIAL SPONSORSHIP
Funding for training, competition and travel expenses.

02 TRANSPORT & MOBILITY
A car, van or camper to support the European competition tour.

03 FUEL & ACCOMMODATION
Fuel and accommodation throughout the competition tour.

04 EQUIPMENT & PRODUCTS
Equipment and everyday essentials for training, outdoor climbing and travel.

05 SERVICES & PRODUCTION
Content production, technical services and logistical support.

06 EVENTS & EXPERIENCES
Brand events, media appearances and community engagement.

CONTACT



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