Efstratios (Stratos) Simopoulos graduated from the School of Electrical Engineering of the Polytechnic School of AUTh and he has worked as a freelance engineer for 40 years.

From August 2012 to December 2014, he was the Secretary General for Public Works of the Ministry of Infrastructure, Transport and Networks. He was also Deputy Secretary of Productive Sectors for the New Democracy party.

Since 2019, he has been elected member of the Hellenic Parliament for Thessaloniki with New Democracy.

He is member of the Standing Committee on Economic Affairs and of the Standing Committee on Production and Trade of the Hellenic Parliament. He is chairman of the Philippines and Finland Parliamentary Friendship Group and a member of the Poland and Egypt Parliamentary Friendship Group.

Since 2024, he chairs the Special Permanent Committee on Research and Technology.

He has published a book titled "politikey".