

3rd Gymnasio of Argostoli
Erasmus+ KA229 2019-1-PT01-KA229-061424
«Knowing Sports, Outdoor Activities and Traditions»

“Knowing Sports, Outdoor Activities and Traditions”, Greece 14-18 October 2019
C1 - Short-term joint staff training events / Teachers Training - Final Progame (7/10/2019)

Monday, 14 October 2019

08:30 Mouikis Hotel Lobby

09:00 Regional Authority Office of Ionian Islands, “Welcome”, by Governor Mr. S.Travlos

10:00 Visit 3rd Gymnasio of Argostoli, meeting with school staff in school meeting room.

Country, school and team presentation (10 minutes each country)

Project Management: 4 hours (Coordinator)

14:00 Lunch at school with School’s Parents Council, traditional dishes made by parents and teachers.

Tuesday, 15 October 2019

08:30 Mouikis Hotel Lobby

09:00 Athletic Sport Center facilities of Watersports, presentation of athletics water activities by Ms. Maria Kounadi

Management of sports activities: 4 hours (Portuguese team)

How to plan activities?

Make matrix / protocol how to plan activities that will be complemented by other partners.

14:00 Lunch at “Ampelaki” Traditional Tavern, offered by Regional Authority of Ionian Islands.

Wednesday, 16 October 2019

08:30 Mouikis Hotel Lobby

09:00 Visit to Environmental Education Center of Ainos in Argostoli, presentation by Ms. S. Moschopoulou.

Specific Formation: up 1hour for each country

- Characterization of the activity / technical aspects - Sports

- Benefits of your practice; emphasize the specific benefits of your outdoor practice

- Material resources required,

- Discuss main cultural aspects in outdoor sport and education;

- Plan outdoor activities;

-Experiencing outdoor sports methods and approaches

- Exchange experiences with partners;

- health and safety issues;

10:00 Bus will take us to visit the Mount Ainos (hiking trail), Melissani Lake, Agios Gerasimos Monastery, Old Village Poulata (deserted since the 1953 earthquake). (25 euros/person for minibus transportation – All entrances are offered by Municipality Authorities)

14:00 Lunch at “Rompolis” Traditional Tavern in Poulata (20 euros/person) .

Thursday, 17 October 2019

08:30 Mouikis Hotel Lobby

09:00 High Secondary Schools of Argostoli, meeting with school staff in school’s meeting room.

11:00 High Secondary Schools of Argostoli, school meeting room “Brochure with results”

14:00 Lunch at Sea Lake of Koutavos at “Soulatso” (15 euros/person).

Friday, 18 October 2019

08:30 Mouikis Hotel Lobby

09:00 Town Library and Cultural Museum of Argostoli and Charokopio Traditional Broidery.

10:30 Traditional Kefalonian Products WorkShop “Voskopoula”

12:00 3rd Gymnasio of Argostoli, school meeting room “Meeting Evaluation and thoughts”.

14:00 OPTIONAL: Lunch at “Palia Plaka” Traditional Tavern (25 euros/person).

End of Meeting