

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

Argostoli, Kefalonia, Greece 30 May - 3 June 2022
C7 Short-term exchanges of group of students "Knowing sailing, rowing, hiking and Greek traditional dances"
Draft Programme (5/5/2019)

Monday, 30 May 2022

08:30 Hotel Lobby Meeting

09:00 Welcome meeting at School, icebreaking activities – traditional games

09.30 Nautical Club of Argostoli Program (noarg.gr) – Canoe-Kayak, Rowing, Water Polo, Sailing, Swimming (for students) – Day 1

10:00 Regional Authority Office of Ionian Islands, "Welcome", by Governor Mr. S.Travlos (for School coordinators)

14:00 Lunch in Traditional Tavern "Palia Plaka"

16:00 "Get to know our town" scavenger game with action bound

18:00 End of the Day

Tuesday, 31 May 2022

08:30 Hotel Lobby Meeting

09:00 Nautical Club of Argostoli Program (noarg.gr) – Canoe-Kayak, Rowing, Water Polo, Sailing, Swimming (for students) – Day 2

14:00 Lunch in Traditional Tavern "Palia Plaka"

16:00 Kefalonia Museum of Ancient Greek Technology by Kotsanas, "Paths of Argostoli Guide", Lighthouse, Lassi - Makris Yalos

18:00 End of the Day

Wednesday, 1 June 2022

08:00 Hotel Lobby Meeting

08:30 Visit to Environmental Education Center of Ainos, presentation by Mr. M. Xanthakis.

Mount Ainos (hiking trail 1 & 2)

12.00 Melissani Lake, Drogarati Cave

14:00 Lunch at "Rompolis" Traditional Tavern in Poulata

16.00 The Nautical Museum of Sami, Odysseus Land, Antisamos Beach Water Sports

18.00 End of the Day

Thursday, 2 June 2022

09:00 Hotel Lobby Meeting

10:00 Visit to Myrtos and Assos (Castle hiking trail)

12.00 Fiskardo, Venetian Lighthouse of Fiskardo, Nautical and Environmental Museum

14:00 Lunch at "Apagio", Fiskardo

16.00 Emplisi Trail, Trial Dive in Kefalonia Diving Center

18.00 End of the Day

Friday, 3 June 2022

09:00 Hotel Lobby Meeting

10:00 Traditional Dances with "Mpallos Dance Group"

12.00 Create your own traditional sweats at "Kappatos Traditional Sweats"

14:00 Lunch at "Ladokola"

16.00 Evaluation and farewell meeting

18.00 End of the Program