



2nd Transnational meeting in Volos Greece,
08-14 January 2018

Introduction

Topic: Healthy Nutrition

Names of international participants: Appendix 1

International participants: 11 Students – 08 Teachers

Local participants: 10 Students- 08 teachers

Objectives of the mobility:

1. Raise awareness of the integral part that healthy nutrition and a whole alike school approach play in children's health, well being and attainment.
2. Establishing the basic notions on healthy eating habits and how a healthy diet promotes school performance.
3. Establishing consumer awareness principles.
4. Promote a “pro-healthy food” attitude among children with lifelong expectancy.
5. During the exchange visit to partner school in Greece students will discover the benefits of healthy eating through presentations, worksheets, interactive tutorials on nutrition and its importance in their daily lives.
6. Educational visits to local institutions specializing in the “Science Of Food”, thus demonstrating the basics of nutrition, food history of the region, ingredients and food handling.

7. Lectures by specialists on nutrition issues, so as to clarify notions and answer questions on healthy dietary habits, obesity and active lifestyle on “Ask A Nutritionist Day”.
8. Creation of “Eatwell Plate” by students’ international groups with the assistance of ICT skills, based on the knowledge they will have gained throughout their experience during the exchange visit in Greece.
9. In terms of a more active lifestyle, students will get closer to nature, discovering the benefits of rejecting a couch potato way of living, in favour of increasing their physical activity through invigorating walks in natural surroundings (nearby shore, Meteora Rocks).

Erasmus+ KA2 Strategic Partnership - Essential Life Skills
2nd LTT Activity, 08-14 January 2018 at
2nd Upper Secondary School of Nea Ionia- Volos, Greece
Meeting’s agenda

Sunday 07/01	Thessaloniki airport- arrival of Italian team (IT). Transfer to Volos. Accommodation of teachers at Hotel Kipseli. Accommodation of students at their hosts’ houses. http://www.hotelkipseli.gr/en/index.html
Monday 08/01	Athens airport- Arrival of the rest of the teams (LT, PL, SK). Transfer to Volos. Accommodation of teachers at hotel Kipseli. Accommodation of students at their hosts’ houses. http://www.hotelkipseli.gr/en/index.html Teachers: Optional common dinner.
Tuesday 09/01	09:00: Official opening. Meeting at school. Welcome speech by Mr. D. Bazianas, school’s headmaster. Presentation of the project’s agenda. Participant students will present videos or PPs to introduce their schools and towns to other students. 10:30: Coffee break.

	<p>11:00: Teachers: Coordinators' meeting. Students: Presentation by nutritionist Mr. Panagiotis Zisis: "Healthy Eating Habits: Good overall health and school Performance Enhancement" Follow-up: "Ask Your Nutritionist" Mr. Zisis will answer questions students have prepared. 13:30: Lunch 15:30: A stroll in the city. Students' and teachers' common activity. http://www.pelionculture.gr/en/historic-district-volos-walking-tour/ http://www.pelionculture.gr/en/best-of-ancient-and-modern-volos-walking-tour/ 21:00: Dinner</p>
Wednesday 10/01	<p>09:00-12:00: Educational visit to Volos Archaeological Museum. The history of food through time in the region. http://www.tap.gr/tapadb/index.php/en/component/jshopping/product/view/60/1705 13:30: Lunch 17:30: Visit to Makrinitza and Portaria, two traditional Pelion villages/ alternatively to an authentic Olive Oil Press and Olive Oil Museum in Ano Gatzzea village. http://www.discoverpelio.com/village/makrinitza http://www.discoverpelio.com/village/portaria http://mouseioelias.gr/</p>
Thursday 11/01	<p>09:00: Departure to Meteora, an UNESCO World Heritage Site (all day study trip) http://whc.unesco.org/en/list/455 https://www.visitmeteora.travel/ 13:30: Lunch at Kalabaka or Trikala. 17:00: Return to Volos. 18:00-21:00 Students: Prepare their "Eat well Plate" (cooking-filming) Teachers: Optional Coordinators' meeting (in case there is a need to) 21:00: Dinner</p>
Friday 12/01	<p>09:00-12:00: Arrival at school. "Eat well Plate": Presentation of students' work and dishes. Certificates ceremony. 14:00: Lunch 18:00 Visit to the Museum of the City of Volos. A Photo exhibition. Temporary exhibition on local gastronomy. http://observatory.sustainablegreece2020.com/en/practice/volos-museum-city.696.html 21:00: Farewell Dinner</p>
Saturday 13/03	<p>07:00: (LT, PL, SK, GR) Departure to Athens for an all- day study visit to the UNESCO World Heritage Site of Acropolis and the Acropolis Archaeological Museum. http://whc.unesco.org/en/list/404 http://www.theacropolismuseum.gr/en (IT) Departure to Thessaloniki airport.</p>
Sunday 14/01	<p>Individual departure of the participants from Athens airport</p>

Tasks and Deadlines

Mobility Greece – minutes

- Deadlines from the last meeting in Poland
 - share press media- miss IT, GR
 - **after meeting:** Greece will create **until 14th of February 2018** poster, video, gallery, chapter for the guide book, mobility agreements with student included, report, press release, evaluation survey
 - **Attendance list** will be prepare and given to the partners
- Web page – instructions to uploading
 - All the logging data for the page are in the PDF
 - Poland will share in facebook the PDF with the guide
 - Please, put the correct event
 - Please, put the Tags – easy for search
 - We have to use “Set featured image“ (sittings down the page on the right) for put photos in the post
 - If we have problems photos for the gallery send to Grazyna
- Invoices for Slovakia, Poland and Lithuania – we will pay 650 €
 - Trips for transport 150 €
 - Guide tours 100 €
 - 400 € we will pay the transport from Athens to Volos and back.

Discussion about dinners.

Appendix 1: Participants' lists

<i>Students</i>	<i>Italy</i>	<i>Lithuania</i>	<i>Poland</i>	<i>Slovakia</i>	<i>Greece</i>
No.1	Daniele Santella	Urtė Rimkutė	Michał Piotrkowski	Renáta Vrábl'ová	Nasos Choutzioumis
No.2	Gabriele Di Maso	Agnė Aurilaitė	Aleksandra Obrębska	Patrícia Dobišová	Evelina Melachroinaki
No.3		Rokas Jakštas	Alicja Pszczółkowska	Simona Maťusová	Alexandra Giotopoulou
No.4					Xanthippi Zanteriou
No.5					Hara Gatsiou
No.6					Sofia Karpouza
No.7					Afroditi Chondronikou
No.8					Manolis Gkatzounas
No.9					Evagelia Anagnostou
No.10					Aggeliki Moschatou
No.11					

<i>Teachers</i>	<i>Italy</i>	<i>Lithuania</i>	<i>Poland</i>	<i>Slovakia</i>	<i>Greece</i>
No.1	Pasquale Napolitano	Lineta Dargienė	Grażyna Wiał	Eva Ladňáková	Dimitrios Apostolou
No.2	Irene Gelsomino	Ausra Paulikaitė	Maria Trojanowska	Monika Horváthová	Despoina Tsiachri
No.3					Sofia Mentsiviri
No.4					Dimitrios Blatsis
No.5			-		Georgios Giannisis
No.6		-	-		Aristea Tziortziou

No.7					Foteini Tsiropoulou
No.8					Georgia- Reveka Loukidou
No.9					Theodora Efstathiou
No.10					Dimitrios Chrysikos

