

HELLENIC REPUBLIC MINISTRY OF EDUCATION, RECEARCH AND RELIGIOUS AFFAIRS SECONDARY EDUCATION AUTHORITY OF TRIKALA 1st EPAL of Trikala

Address: Vathicleous 1, 421 00, Trikala - Greece Tel: +30 24310 28977 Email: <u>1epal-trikal@sch.gr</u>

ERASMUS+, KA229 School Exchange Partnerships

"SOS - Sustain Our Souls"



Minutes of the 1st Meeting

Short-term Staff Training Event "Rediscovering our local and regional heritage"

Trikala, Greece 5-9 November 2018







Page **1** of **12**

Sunday 4th November 2018

The participants arrived in Trikala and they were transferred to the Lithaion Hotel in the center of Trikala.

Monday 5th November 2018

The project meeting started in the 1st EPAL of TRIKALA with the participation of the following school/organization representatives:

Participants	Organization	Country
1. Ntogkas Nikolaos		Greece
2. Falagkara Theodora		
3. Sakka Maria		
4. Fliouka Paraskevi	1st EPAL of Trikala	
5. Saranti Evanthia	TSI EFAL OF TIKAIA	
6. Vlachogiannis Georgios		
7. Efstathiou Christos		
8. Boukouvalas Christos		
9. Nicoleta Militaru	Liceum de Arte "Ionel Perlea"	Romania
10. Lukasz Brzezinski	XLII Liceum Ogolnoksztalcace	Poland
11. Ana Isabel Lopez Novo	IES Terra de Xallas	Spain
12. Maria Sol Lorenzo Alvarez		
13. Andreas Hesse	Drei-Burgen-Schule	Germany
14. Maria Luisa Cusumano	IISS "AUGUSTO RIGHI"	Italy

9:00 The headmaster of the 1st EPAL of Trikala Mr. Nikolaos Ntogkas officially welcomed the participants.

The participants visited the school unit (classes, yard, laboratories, gym, auditorium, amphitheater).

Afterwards they went to the school library for the logo selection. The students of the 1st EPAL of Trikala had already worked on different logo versions before the kick-off meeting and after their presentation the partners made the final decision.

10:00 All the partners gave a presentation about their school/organization in the school amphitheater.

11:15 Short coffee break.

11:30 Continuation of the school/organization presentations.





13:00 Lunch at the school with traditional pies offered by the 1st EPAL of Trikala.

14:15 Each participant received books about Trikala and Meteora, the poster of the 1st meeting in Trikala and a city guide drawn by the students as a gift. The partners offered gifts to the Greek ones as well.

14:30 Work meeting in the school library on the following topics: Review and elaboration of some parts of the application form. Management of the project. Discussion about the organization and the implementation of the project, the work plan and the budget.



16:00 Short coffee break.

16:15 Discussion about key issues affecting the management of the project and the resources needed to achieve the project objectives.

20:00 Dinner at a traditional restaurant.

Tuesday 6th November 2018

09:00-13.00 Sightseeing through interactive games. Activity title: "Rediscovering our local and regional heritage". It is an alternative teaching method based on elements of the heritage. The participants visited the most representative elements of the heritage in Trikala, such as the Byzantine Castle, the Clock Tower, the Osman Shah Mosque, the Central Bridge, the old city, the Matsopoulos Mill, the Asklepieion and the Railway Station. They were divided into groups and collected information about these monuments and sights through a hunting treasure map, questionnaires, interviews and notes taken during a discussion with the instructor. They also took photos. This activity complied with methods that emphasize the role of participation and facilitation, such as receptive learning, guided discovery learning, inquiry and constructivist learning, learning by doing and playing, cooperation and discussion. The participants became the architects of their knowledge and did





not feel just by standers. They learned about Greek culture, tradition, legends and lifestyle.



13:00 Training at the school computer lab. All the material from the morning activity was used for the creation of an interactive map using Web tools (My maps). This training activity captured the interest of the partners and gave them the opportunity to get acquainted with very useful digital tools. Moreover, it can definitely convert the teaching procedure into a luring and really effective process.

14:30 Lunch with typical Greek dishes at a restaurant.

19:00 The partners were transferred to the "Theristades" (The reapers) dance academy of Mr. Antonis Papamichail where they had a traditional Greek dance lesson. In a country where folk dances are as alive today as they were in ancient times, Greece counts over 4.000 traditional dances spread across all regions of the country. Some dances are also known outside the Greek borders. Traditional Greek dancing is a substantial and integral part of our life as it has a primarily social function. It brings the community together at key points of the year, such as Easter or festivals and at key points in the lives of individuals and families, such as weddings, births, baptisms or name days. The partners had the opportunity to introduce themselves to the world of Greek traditional dances, to dance Syrtos, Syrtaki, Hasapiko and Zeibekiko, to learn about the culture of our region and to have fun.



21:00 Dinner in a restaurant.





Wednesday 7th November 2018

9:00 The partners went on a field trip to the famous UNESCO heritage site of Meteora. They first visited the Digital Projection Centre of Meteora's History and Culture in Kalambaka. Through the modern facilities of the museum the partners discovered the unique phenomenon of Meteora and enjoyed a threedimensional virtual tour of the historical monasteries. Afterwards, they visited the holy monasteries of St. Stephen, Varlaam and St. Nikolaos Anapafsas. The trip to Meteora offered them the unique experience of nature's grandeur in conjunction with history, architecture and man's everlasting desire to get connect with the Divine.



14:30 Lunch in a traditional restaurant.

17:00 Free time.

Thursday 8th November 2018

08:30 The partners departed for a study visit and a training course at the Environmental Education Center in Makrinitsa.

Page **5** of **12**







At first, they were welcomed by the substitute director Mr. Panagiotis Vigklas. Then they were thoroughly informed about the region of Pelion, which is famous for its natural beauty matching perfectly the sea and the mountain landscape, about the traditional architecture of the mansions that was adopted during the flourishing period of the 18th and 19th century and has been maintained through the years and about the E.E.C. The Center designs and implements educational programs for students of Primary & Secondary Education, study visits for educators and general adult population. In addition, it organizes and conducts General Adult Education Meetings, Teacher Training Meetings and Seminars. Afterwards, Mr. Vigklas trained the partners regarding Environmental Project implementation, namely organization, main objectives, stages and methods. At the end, he presented projects about herbs and health, sustainable water management, ecotourism– hikes in several sites, tradition, stone bridges and forests in Greece.



- **14:30** Lunch with traditional local dishes in a restaurant.
- 18:30 Arrival in Trikala-free time.
- 21:00 Farewell dinner in a restaurant

Friday 9th November 2018

09:00 Training at the computer lab. The partners created a 20-word glossary about heritage in all their mother languages. This glossary will be enriched by each partner school and the 1st EPAL of Trikala will create an online dictionary that will be presented at the 2nd project meeting in Santa Comba.





10:30 Work meeting in the school library. Discussion about the next two meetings in Spain and Italy, preparation and deadlines for each partner's tasks, project activities and associated costs, supporting documents in compliance with legal regulations; estimated expenditures for each activity and sub-activity, cash flow (estimated payments in correlation with activity calendar); procedures for continuous monitoring of costs according to the budget, continuous review and update of the budget, dissemination of the results.

13:00 Lunch at the school.

13:30 Closing of the meeting. Certificates presentation to the participants.



15:30 Partners' departure from Trikala to Athens.

At the end of the project meeting the participants (except the Greeks) were asked to fill in an evaluation sheet. The results will be presented in another document.

Page **7** of **12**



Decisions and tasks during the 1st Meeting in Trikala

Task	Organization in charge	Deadline	Comments
 Management tasks for each meeting: 2 contact persons per school in order to achieve efficient communication via emails, whatsapp, skype etc. 2 original certificates per participant. Photocopies of signatures for each partner and the original ones at the host school, for every meeting Use of "PBworks" as a common tool for the management of the program. 	All partners agreed.	-	-
Preparation of a maximum 5- minute presentation about each school, town etc.	All partners agreed.	Till the meeting in Spain.	Video, power point etc.
Decision for the next meeting in Santa Comba-Spain.	All partners agreed. "IES Terra de Xallas" is responsible for hosting this meeting.	-	Meeting dates 18-22/2/2019
All partners must send the exact number and the names of teachers and students that will take part in the 2 nd meeting to "IES Terra de Xallas".	All partners agreed.	30-11-2018	
Invitations and program of Santa Comba meeting.	"IES Terra de Xallas"	10-12-2018	
Establishment of an eTwinning cooperation in order to make common projects.	All partners agreed. Romanian and Spanish partners are responsible for eTwinning.		All partners will take part in it.





Decision for the meeting in Taranto-Italy.	All partners agreed. IISS "AUGUSTO RIGHI" is responsible for hosting this meeting.	-	Meeting dates 8-12/4/2019
Create an info page for each student that will take part in the meetings.	All partners agreed. The 1 st EPAL of TRIKALA is responsible for this.	30-11-2018	It will also contain a parents' solemn declaration in which it is certified that we have their consent to share info about their child only for this project (dissemination activities etc)
Creation of an online dictionary.	All partners agreed. The 1 st EPAL of TRIKALA is responsible for this.	10-12-2018	All partners must send 20 words in both English and their mother tongue to the 1 st EPAL of Trikala and also translate the other partners' words into their native languages.
Dissemination activities.	All partners agreed.	10-12-2018	All partners must organize dissemination activities and upload them on PBworks.





Page **9** of **12**

DISSEMINATION OF THE MEETING

The project has received a lot of publicity in the local newspapers and websites.

A. DURING 1ST MEETING IN TRIKALA (school)

A.1. INTERNET SITES

- 1. trikalavoice.gr
- 2. https://www.trikalanews.gr
- 3. http://www.trikalaola.gr
- 4. Trikalain.gr
- 5. energospolitis.gr
- 6. n-takosnews.gr

A.2 LOCAL NEWSPAPERS

6 Ευρωπαϊκά Σχολεία στο 1ο ΕΠΑΛ Τρικάλων με το πρόγραμμα Erasmus+

Στο 1ο ΕΠΑΛ Τρικά-λων, από 5 έως 9 Νο-εμβρίου 2018, πραγματοποιείται η πρώτη συνά ντηση εταίρων στο πλαί σιο του προγράμματος Erasmus+ με τίτλο «S-O-S Sustainour Souls», στο οποίο συμμετέχει το σχολείο.

Το πρόγραμμα αυτό φέρνει σε επαφή εκπαι-δευτικά ιδρύματα από έξι ευρωπαϊκές χώρεςκαι οι κύριοι σκοποί του προγράμματος είναι η καλ-λιέργεια της ιστορικής μνήμης, η ανάδειξη της αξίας του τόπου διαβίωσης και της κληρονομιάς μας, μέσα από τη μελέτη του φυσικού και πολιτι-στικού περιβάλλοντος και την ένταξη των επο-νομαζόμενων «δεξιστήτων του 21ου αιώνα» των του 21ου αιώνα» προς αυτή την κατεύθυν-οη, η πάταξη του ρατοι-ομού, η καλλιέργεια κλί-ματος φιλίας ανάμεσα στους λαούς και η δημιουργία ευσυνείδητων και

στρ μα ευσυνιστιτών.
Μέσα από ένα ταξίδι στο περιβάλλον, την πα-ράδοση, τον πολιτισμό



αι τις βασικές αρχές-αθούν επίσης η δημιουργιθουν επισης η οημιουργι-κότητα, η συνεργασία, η κριτική σκέψη, η μετα-γνώση, οι επιστημονικές και γλωσσικές δεξιότη-τες, μέσω καινστόμων καθώς και την αλληλεπίδραση ανάμεσα στους συμμετέ-χοντες μαθητές και κα-θηγητές, θα καλλιεργη-

ξίες των χωρών,

στρατηγικών. Στο πρόγραμμα αυτό συμμετέχουν 6 εκπαιδευ-τικοί από τα σχολεία: Drei-Burgen-Schule α-πό το Φέλσμπεργκ της Γερμανίας,
IES Terra de Xallas από τη Σάντα Κόμπα της

loπανίας, • Istituto d'Istruzione Secondaria Superiore "Augusto Righi" από τον Τάραντα της Ιταλίας, • XLII Liceum Ogolnoksztalcace από την Κρακοβία της Πολωνίας, • Liceumde Arte "Ionel Perlea" από τη Σλομπο-ζία της Ρουμανίας και το 1ο ΕΠΑΛ Τρικάλων που φιλοξενεί την 1η συ-

νάντηση. Οι παραπάνω εκπαι-δευτικοί, στις δύο πρώτες μέρες της συνάντη-σης, παρουσίασαν στους καθηγητές και τους μα θητές του 1ου ΕΠΑΛ Τρικάλων τα σχολεία και την περιοχή τους και πήραν μέρος στις δραστηριότητες που οργανώθηκαν στο πλαίσιο του προ-γράμματος«S-O-S Sustainour Souls».

η καλλέργεια της ιστορι κής μνήμης, η ανάδειξη τη αξίας του τόπου διαβίωση και της κληρονομάς μαα μέσα από τη μελέτη του φυ ακού και παλατιστικού περι βάλλοντος και την ένταξι ιξητης ων επονομαζόμενων «δε ατήτων του 21ου αιώνα ρος αυτή την κατεύθυν προς αυτή την κατεύθυν ση, η πάταξη του ρατοι σμού, η καλλέργεια κλίμα τος φιλίας ανάμεσα στου λαούς και η δημιουργία ευ αυνείδητων και υπεύθυνω ολιτων. Μέσα από ένα ταθδι στο

κασία από ενα ταφό εριβάλλαν, την παράδα ην παλιτισμό και τις βασ ρχές-αξίες των χωρών, ώς και την αλληλεπίδρι ανάμεσα στους συμμετέ χοντες μαθητές και καθη γητές, θα καλλιεργηθούλ



DEMITTH B NOEMBPROY 2018 ORA/6a 11

6 Ευρωπαϊκά Σχολεία στο 1ο ΕΠΑΛ ρικάλων με το πρόγραμμα Erasmus+





Σάντα Κάμπα της Ισπανίας, Istituto d'Istruzione Sec-ondaria Superiore "Augusto Right" από τον Τάραντα της Iravíaς, XLII Liceum Ogotroiesztai-ceae από πην Κρακαβία της Παλωνίας, hos filoregia υσιας Liceum de Ate "lanel Per-lea" από τη Σλαμποζία της Ρουμανίας και το 1ο ΕΠΑΑ Τ-

Οι παραπάνω εκπαιδευτ καί, στις δύα πρώτες μέρεα της συνάντησης, παρου αίασαν στους καθηγητέα και τους μαθητές του 1οι ΕΠΑΛ Τρικάλων τα σχολεία και την περιοχή τους και πήραν μέρος στις δραστη-ριάτητες που αργανώθηκαν στο πλαίαιο του προγράμµaroq «S-O-S Sustain ou Souls».







B. AFTER MEETING

B.1. INTERNET SITES

- 1. http://energospolitis.gr
- 2. <u>https://trikalain.gr</u>
- 3. <u>https://n-takosnews.gr</u>
- 4. http://www.trikalaola.gr
- 5. <u>https://trikalavoice.gr</u>
- 6. <u>https://www.trikalanews.gr</u>

B.2 LOCAL NEWSPAPERS

Επικαιρότητα

Πρόγραμμα Erasmus+ στο 1ο ΕΠΑΛ Τρικάλων

oc Era

μα αυτό φέρνει σε ε ιδρύματα, μαθη από έξι ευρωπαί η αναρεική καβίωσης και μέσα από τη πολπιστικού ένταξη των εα συμμετείχαν 6 εκ

από το Φέλ Γερμανίας, le Xallas από τη Σάντα lomavíac, d'Istruzione Second "Auausto Righi" amó ksztalcace omó

vel Pe a" onó ιανίας και ν που φιλοξεση. από τα παραπά-

δραστηριότ ο ΕΠΑΛ Τρικά πυξης πρό που υλοπ χρήσι-



TPITH 13 NOEMBPIOY 2018 / H EPEYNA



per Me autr τη βοήθει ύ, δίνεται εκμάθηση παρ από τον Λασγ εριστάδες», με λιού καθηγητή τ

трітн 13 NOEMBPIOY 2018 / огдіба 11

Πρόγραμμα Erasmus+ στο 1ο ΕΠΑΛ Τρικάλων

O ρώθηκε με χία στο 1ο ΕΠΑ N B PK ς. ιπό τη Σάντα condaria Su-από τον Τάа* апо́ каі Фіλо-

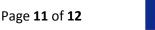
IIPQINOE AOFOE







OUIS







POSTER OF THE MEETING







