



## **5k Run with 1st Experimental Lyceum of Athens**

Join us !!!

### **1st EXPERIMENTAL LYCEUM OF ATHENS HEALTH EDUCATION PROGRAMME "ROUTES OF HEALTH"**

#### **RUNNING 5klm WITH STUDENTS WITH MOBILITY / SENSORY DIFFICULTIES**

##### **1<sup>ST</sup> RACE**

- **Participation in eTwinning project entitled "Run 5km with us" with the objective of organizing a race 5klm**

##### **2<sup>ND</sup> RACE**

- **Programming the race action "Run 5Km with us" for people with mobility and sensory difficulties (training volunteers)**
  - Teaching First Aid : interdisciplinary approach of theoretical knowledge , greater motivation, active involvement and practical training of students / female students
  - Teaching methods for building active citizen groups, health and recreation, youth motivation, active involvement and practical training of students / female students, familiarity with motor and sensory difficulties and other difficult access, promotion of volunteerism in young students
- **Place: Kallimarmaro , Pnyx, Acropolis Thissio - Tour (Municipality of Athens )**
- **Time of the event : 15 to 25 September 2016**