Διεύθυνση Δ.Ε. Αιτωλοακαρνανίας
ΕΠΑΛ ΝΑΥΠΑΚΤΟΥ

Co-funded by the Erasmus+ Programme of the European Union

Agir maintenant pour la planète en consommant localement

Erasmus+ Programme – Strategic Partnership
Project Nr: 2019-1-FR01-KA229-062969_5

2nd meeting: 11th-17th of May 2020

WELCOME TO NAFPAKTOS DEAR FRIENDS

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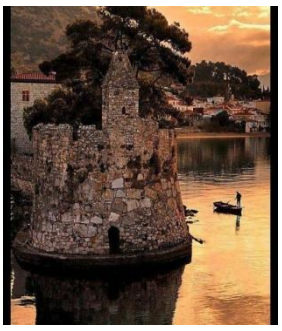
About Nafpaktos

Located on the western side of the country, Nafpaktos is among the most picturesque towns in Greece. It has an intense Medieval style and a relaxing atmosphere.
It first appeared in 1104 BC. with the Dorians, who, on their descent, used Nafpaktos to build rudimentary boats (rafts for accuracy), so Nafpaktos became a heritage. The city originally belonged to the Hesperian Lokros.
Nafpaktos owns its name to the words “nafs” and “pignimi”, which stands for ship construction. It was later Latinized as *Naupactus*. By the late medieval period, the local name had been corrupted to *Nepahtos* or *Epaktos* or *Epahtos*. By the Latins it was called *Neopant*, *Nepant* or *Lepant*. French sources of the 14th century give *Nepant* or *Neopant*; Venetian sources have *Nepanto* or *Lepanto*. The name was adapted in Ottoman Turkish as *Aynabahti* or *İnebahtı*. The original ancient name was revived in modern Greece in the 19th century.

The history of Nafpaktos through the history of her castle

The well preserved Castle of Nafpaktos is one of the most beautiful castles in Greece. It proudly keeps watch on the city and the bay of Patras and its picturesque ramparts go down to enclose the little harbor.
Its fortification passed through many phases, as it was started in the ancient times, passed through the Venetian conquest and was completed by the Turks.
The castle protected the people of Nafpaktos during wars and was unique for its five defensive walls, two of which were built going down to the sea and three walls were constructed at different levels on the hill between the maritime walls and the castle for maximum security. In periods of sieges, people would get into the castle to protect their lives from the enemies. Through its history, it has been a base for conquerors and pirates.
The Ozolian Locrians owned the castle at first, in the ancient times. At around 455 BC, the people of Athens sent the Messenian refugees there and made it their main naval station in western Greece during the Peloponnesian war. Two key battles took place and in 404 BC it was returned to the Locrians. In 191 BC, the castle was yielded to the Romans after much fighting. In the sixth century, it was partly ruined by an earthquake.
In the Middle Ages, it fell to the Venetians, who equipped it until the Turks got it in the fifteenth century.
The entrance to the Gulf of Nafpaktos is the battle ground of one of the most important naval battles in history: the **battle of Lepanto** in 1571 , where the Ottoman Empire’s naval power was almost totally destroyed by the combined papal, Spanish, Habsburg and Venetian forces. Miguel de Cervantes the most famous Spanish writer fought in the Battle of Lepanto and there is a statue in his honour. After the end of the Greek Revolution War, the castle and the town of Nafpaktos became in 1829 part of Greece.



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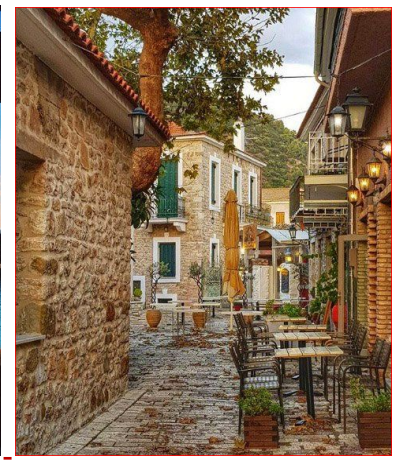
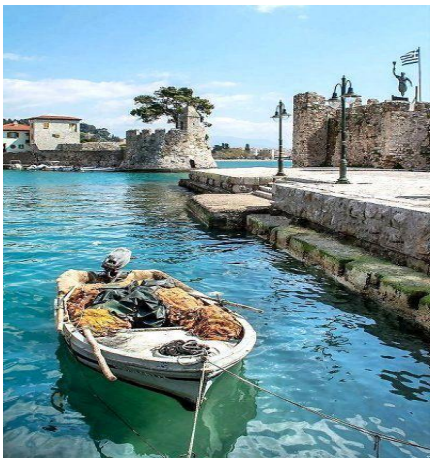
SUNDAY , May 3RD 2020.

Arrival of the partners to Athens airport. Welcome at the Athens airport and transportation to the accommodation place.

It will be our pleasure - if you aren't tired - to present you our town by a walking tour.
We could have dinner together.





DAY 1. MONDAY , MAY 11TH 2020

09: 00 – Welcome to City's council room

- Presentation of teams, countries and schools involved in the project

  - Welcome note. Informing the partners about the city and programme.
  - Presentations by representatives on climate change
  - Exhibition of local products-Interviews to producers

13:00 – Lunch at Petrino (Gribovo beach)

14:30 – Walking tour to the 1st Vocational School of Nafpaktos (EPAL NAFPAKTOU).

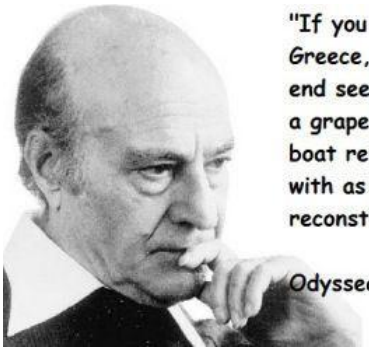
- Sightseeing: Fethiye Mosque, port, Anemogiannis Statue, Park of Thervantes, Botsari's Museum
- Presenting our school
- Discussion between teachers/Ice-breaking activities for students

DAY 2. TUESDAY , MAY 12TH 2020

- **08:00 –** Meeting in school. Educational visit to Messolongi for visiting local PDO food industries/enterprises
  - olives,
  - avgotaracho (Greek caviar), and
  - salt
  - Sea Lake (lagoon) Kleisova - Turlida

- **14:00–** Lunch at Maistrali fish taverna

- **16:00-** Educational visit to **Michos oil enterprise**



"If you deconstruct Greece, you will in the end see an olive tree, a grapevine, and a boat remain. That is, with as much, you reconstruct her."

Odysseas Elytis

DAY 3 . WEDNESDAY, MAY 13TH 2020

- **08:30 -** Meeting in school
  - Students are divided in 5 mixed international teams and through a WebQuest they discover GIs (PDO,PGI and TSG) in the Nafpaktos region and collect their data to be used in the interactive map.
  - Educational visits to local enterprises. Each visit will last 1 ½ hours.
    - **Kotronis plastic packaging** Presenting the technological process of plastics for food packaging production.
    - **Gratsanis milk products enterprise** Presenting the technological process of Greek feta & yogurt production; tasting traditional greek cheeses, yogurt, rizogalo (a cream with rice and milk), types of cream.
    - Douros' meat production Presenting the technological aspects of meat processing & standardization
    - **Styliaras honey enterprise** Presenting the technological process of packaging / standardization of beekeeping products.

- **14:30 –** Lunch at Sousouro restaurant (Psani beach).
- **17:00 – Pantelis traditional bakery** Cooking session: Preparing, presenting the ingredients and the technological process of traditional bakery products: Thessaloniki's koulouri, Kritsinia, Mpougatsa with cream and cheese pie

DAY 4. THURSDAY, MAY 14th 2020

- **08:00 –** Meeting in the school
  - Educational visit to Patras
- Visiting Archaeological museum of Patras
- Visiting Achaia Clauss - old winery of Patras
  - Guided tour to the winery
  - Tasting of wine
- Visiting Loukoum industry Koulos

- **14:00 -** Lunch at Lido – greek live music

- **17:00-** School again
  - Organizational aspects of the meeting in Turin, in October 2020
  - Ending ceremony- Evaluation of the meeting. Feedback questionnaires. Certificates & Mobility Europasses

- **20.00-** Teachers' dinner at a traditional taverna at Lygias.

DAY 5 . FRIDAY, MAY 15th -2020

- **07:00 -** Meeting in school. Departure from Nafpaktos.

All day educational trip to Athens.

Stop for a coffee/breakfast on the **Corinth Canal**.

Visit to Athens:

Acropolis Museum.

Walking tour to **Monastiraki-Plaka**

Meeting at Syntagma so to move to:

- Stavros Niarchos Culture Foundation – 1hour tour.
- Piraeus

After that we will move to Athens airport. Goodbye to our friends

Departure from Athens with our Italian friends. A stop for a snack or coffee.

- **SATURDAY, MARCH 16TH 2020**

Departure of the Italian partners

GENERAL INFORMATION

- **Accommodation :** Lepanto Hotel
- **Meals:** The meals cost 12-15 euro/person in all the restaurants/tavernas. I will send you the menus from each one as soon as possible. You are our guests in teachers' dinner.

School information:

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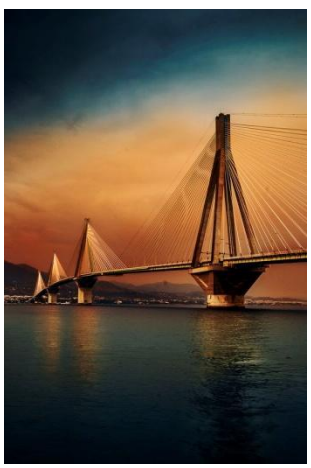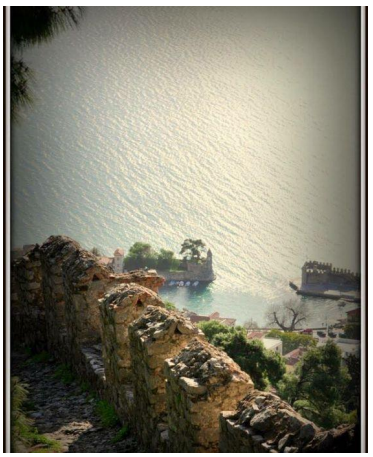
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  - Aspasia Mylona (+306932422640)