



ALL DISEASE BEGINS IN THE GUT

*Project number: 2019-1-PL01-
KA229-064917_5*

*KA2 – Cooperation for Innovation
and the Exchange of Good Practices
KA229–School Exchange
Partnerships*

*4th LTTA
FERMENTATION*

ACTIVITY TITLE: FERMENTATION

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



ACTIVITY PLAN

PHILOXENIA

LITERALLY, IT MEANS FRIEND TO A STRANGER



The roots of philoxenia live deep in the heart of every Greek person and it's meaning for us is to share our lives with others.

13-17/3: NAFPAKTOS, GREECE

Nafpaktos

Nafpaktos is situated in West Greece, on a bay on the north coast of the Gulf of Corinth.

It's the third largest town of the region of Aetoloacarnania, and it's part of the municipality of Nafpaktia.

Nafpaktos is a town with a long history and a great fortification which starts from the port and continues with four more lines of defence walls.

Nafpaktos is said to have its name from the words "nafs" (the ancient greek word for ship) and "pignymi" (an ancient greek verb that means "to make ships").

The most important sights of Nafpaktos are the medieval castle and its beautiful medieval port which is the basic landmark of the town.

The small, medieval port has an opening of 35 meters. Left and right to the entrance there are two towers which were constructed during the venetian era. The harbour of Nafpaktos is the lowest of the five enceinte and this is where the inner city is spread out.

The Castle of Lepanto is one of the best preserved examples of castle architecture in Greece, perhaps in Europe.

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.

You can also visit the old family mansion "Botsari " which has turned into a private museum, the clock-bell of Nafpaktos, the monasteries and the beaches of Nafpaktos; Psani and Gribovo.

Other things you may admire are the traditional houses in the city center and the small stone paths in Stenopazaro and uphill to the castle.

1st EPAL Nafpaktou

since 1965

1st EPAL Nafpaktou is a public Vocational High School that has long experience in providing vocational education and training as it initiated its activity in 1965 as a lower technical school. It's located in Nafpaktos, a small seaside town close to Patras. As a vocational high school, it has to combine theoretical knowledge and practical implementation at the same time. It cooperates with Laboratory Center of Nafpaktos (EK Nafpaktou), an independent school unit, which is maintaining, supporting and serving 1st EPAL Nafpaktou in terms of laboratory places and equipment to promote the educational process. It also cooperates with DIEK Nafpaktou that provides adult education in the same building (afternoon hours).

Students, aged 15 to 19+ years, are attending subjects to our school, spread over the different courses:

- Agriculture, Food & Environment,
- Electrical, Electronics & Automation,
- Engineering,
- Economics & Administration,
- Health,Welfare & Wellness,
- Informatics,

There are also students who are attending their apprenticeship year, spending one day at school (attending laboratory subjects) and 4 days at work-based learning.





DAY 1 - 13 / 03 / 2022

"I am a citizen, not of Athens, or Greece, but of the world."
- Socrates

09:00 Walking tour to Syntagma and Parliament

National Garden, Zappeion Mansion, Monument of the Unknown Soldier guarded by the Evzones and Presidential Mansion.

12:30 Acropolis Museum and Acropolis

15:00 Lunch

Walking tour to the center (Areios Pagos, Plaka neighborhood: Roman Agora, Anafiotika, Monastiraki and its traditional bazaar, Philopappou Hill, Ancient Agora/Thisio).

18:00 Departure from Athens to Nafpaktos

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DAY 2 - 14 / 03 / 2022

8:30 WELCOME CEREMONY

- Presentation of teams from each country participating in the project meeting
- Presentation of countries and schools involved
- Presentation of Greek education system and curricula

10:00 MINI CONFERENCE

- Tassou Ch, Probiotic microorganisms in the microbiota of traditional fermented foods
- Sfika V, Substantiation of health claims of probiotics and prebiotics
- Kogiopoulou Th. Dietary benefits of fermented foods

12:00 VISIT TO THE VENETIAN CASTLE

- presentation by students

13:30 VISIT TO SCHOOL FACILITIES

14:30 LUNCH

16:30 WALKING TOUR AROUND PORT

- Fethiye Mosque, Anemogiannis Statue, Park of Thervantes, Botsari's Museum - presentation by students

21:00 DINNER



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CONTACT PERSONS

Ioanna Patsiou

Headmistress

Aspasia Mylona

Project Coordinator

PRESENTATION OF EDUCATIONAL GREEK SYSTEM

Dr. Spyridon Papadakis

Organizational Coordinator of the Regional Center for
Educational Planning (PEKES) of Western Greece
Educational Project Coordinator (S.E.E.)

SPEAKERS ON CONFERENCE

Dr. Chrysoula Tassou

Research Director
Institute of Technology of Agricultural Products
Hellenic Agricultural Organisation-DIMITRA

Dr. Vasiliki Sfika

Biologist - Chemist M.Sc - Ph.D.
IAPR - Directorate General of the General Chemical State Laboratory
Chemical Service of Peloponnese, Western Hellas & Ionian Islands

Kogiopoulou Thomai

Dietitian, Greece

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DAY 3 - 15 / 03 / 2022

DELPHI, CENTER OF THE WORLD: A GREEK ORACLE WHISPERING ANCIENT SECRETS

8:00-17:00 DELPHI-ARACHOVA

- Amfissa (olive industry, oliveyards)
- Delpi Museum and Archeological site (Tholos, Temple of Apollo, Temple of Athena Pronaia, Amphitheater and the Stadium, Kastalian Spring)
- Arachova (traditional pasta production, vineyard and winery, milk products)

21:00 DINNER

***With an Olive Tree, a Vineyard and a Boat, You Can Rebuild
Greece
- Odysseas Elitis***

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DAY 4 - 16 / 03 / 2022

8:00 MEETING AT SCHOOL

- Fermentation escape room
- Bread workshop
- Beer workshop



12:30 LUNCH

13:30 DEPARTURE FROM NAFPAKTOS TO MESSOLONGHI

- 2:30 Salt museum
- Diexodos (speech and writing center/museum)
- Avgotaracho (PDO product)
- Turlida islet

19:00 DEPARTURE FROM MESSOLONGHI TO NAFPAKTOS

20:00 DINNER

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D A Y 5 - 17 / 03 / 2022

8:00 Meeting at school

Probiotics and health- Health claims

(gallery walking)

Workshop: Yogurt



10:00 DEPARTURE FROM NAFFAKTOS TO PATRA

11:00 Achaia Clauss winery

12:30 Lunch

14:30 St Andreas Church

15:30 Brewery KYKAΩ

17:00 Ending Ceremony

Evaluation of the meeting. Feedback questionnaires. Certificates & Europass

20:00 DINNER

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ACCOMODATION

Hotel Crystal

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*EPAL NAFFAKTOU, GREECE:
FERMENTATION*

