



Comenius Project Meeting
“Steps towards Safer and
Healthier European Citizens”
Kos, Greece 13 to 18 October 2014



Programme for the meeting in Kos

Monday	
Time	Activities
8.30	Breakfast at hotel
9.00	Departure from Hotel
9.30	Arrival at school
10.00	Meeting students, teachers, Showing around the school
11.00	Icebreaking activities
11.30	A small walk (guided tour) around the town, on foot (activity sheets).
13.00	Visit at the Municipality
14.00	Snacks (light lunch) for teachers at Tessoro
15.30	Families collect students, lunch with parents
15.30	Free time for teachers and students with families
	Free time
18.30	Meeting teachers at hotel, walk in old town
20.00	Dinner for teachers

Tuesday	
Time	Activities
9.00	Arrival at school
9.30	Morning briefing with each country coordinators
10.00	Discussion about (health), presentation by a doctor, health system, diseases, vaccines
11.00	Discussion about nutrition, habits (Mediterranean diet, nutrition expert)
11.30	Transportation to Hippocratic Foundation (http://hippocraticfoundation.org/)
12.00	Visit of small museum and ancient surgery, garden of Hippocrates's medicine plants, playing game
14.00	Lunch at a small Muslim Village (Turkish-Greek cuisine)
16.00	Transportation to Asclepeion
16.30	Representation of Hippocratic Oath
17.00	Guided Tour
18.00	Families collect students
	Free time
20.00	Meeting at school
20.30	Dinner offered by parents
21.30	Karaoke party at school
23.00	Return to hotel



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Wednesday

Time	Activities
9.00	Departure from hotel
	Daily excursion, visit to nearby Island of Nisyros (45 min by bus, 1 hour by boat)
	Activities such as visiting museum, visit to active volcano, walk around the small town
15.30	Departure time
17.00	Families collect students
17.30	Free time for students with families
20.30	Dinner for teachers

Thursday

Time	Activities
9.00	Arrival at school for coordinators and students
9.30	Morning briefing with each country coordinators
10.00	1 hour lesson for students (in 4-5 different classes). A group of students (from some countries, if possible, one student from each country) will work in order to create posters (for the anti-addiction campaign).
11.00	Presentation of road safety matters by greek police. Stats of Kos and Greece. Presentation of the status in other countries (by students).
12.00	Workshop for students in two or three groups for safety and self defence.
14.30	Transportation to Zia
15.00	Visit to Zia. Lunch.
18.00	Families collect students
19.30	Optional activity: Visit to Therma for teachers (hot natural springs)
21.00	Dinner for teachers

Friday

Time	Activities
9.00	Arrival at school
9.30	Discussion and evaluation of meeting in Greece. Questionnaire.
10.30	Working for project with teachers and students
	Presentation of spots, movies and posters from each country, plus the poster created the day before.
12.00	Small tour of the Island by bus
	Entertaining activities for students, Triantafilopoulou vines
17.00	Return
18.30	Families collect students
20.30	Transportation to Fantasia club
21.30	Greek night, fixed menu, celebration, dancing till late (01.00 or even more).