



Greece

The last station of this amazing educational mobility program was in Greece, 1st Primary School of Lixouri Kefalonia. The topic of our program was “Every song a story, every dance strong feelings”. Based on the beneficial effect of music and dance in mental and physical health of children and adults, the aim of our project was not only to emphasize this particular aspect, but most of all to broaden the multicultural spectrum and intercultural conscience of teachers, students, parents and the whole local community. Music and dance reflect the history, social values, and the feelings of people and nations. Furthermore, music and dancing can strengthen the bonds among people, enhance friendship and interpersonal relationships. To those ends, our program included a presentation of traditional Greek and local, Kefalonian songs and dances along with a brief account of their history and meaning, whereas our partners were asked to present and share with the local community, songs and dances they perform with their students, explaining the underlying story or the meaning, correspondingly.

Our program took place on 21st-27th May, 2023 (including two travelling days).

More specifically, on the first day our partners from Hungary, Lithuania, Poland and Turkey had the opportunity to explore and visit local attractions, as Greek schools were closed due to national elections. They enjoyed a tour to seaside regions of Lixouri, such as Kounopetra and Vatsa. Moreover, they got acquainted with the local history and culture by visiting the folklore museum of Kaminarata as well as the monastery of Tafios and Kipouria. Finally, they enjoyed the natural beauty of the place



by visiting Petani beach where they had the chance to swim, collect pebbles they would paint on a later planned activity and relish local Mediterranean dishes and a wonderful view of the sea.





On the second day our school organized a welcome ceremony for our partners. It was a day of great significance and honour for us, as we were the last host country of such an important educational project. Therefore, the local community and authorities were informed and invited to attend, while the event was covered by local media. The students presented a variety of dances and songs providing a wide range of Greek and Kefalonian historical, musical and cultural elements that our guests were able to understand as there was always a short informative introduction before each song or dance. Finally, they were prompted to get mingled with the students and dance.

Welcome ceremony: <https://www.youtube.com/watch?v=6rOW3sISar8>



After the end of the ceremony, our partner-teachers had the chance to meet the students in classrooms, interact with them in various ways such as playing games, singing, dancing, or providing information about their countries in order to introduce



themselves and get to know the learners and the school routine



Right after the end of the school program, our guests visited the Kefalonia Fisheries. There, they were guided around the premises by the biologist and hatchery manager of the company and were scientifically informed about organic fish farming and the nutritional benefits of fish and the Mediterranean diet.



In the evening the participants of our program visited the town gym to get some physical exercise by doing aerobics and playing basketball.

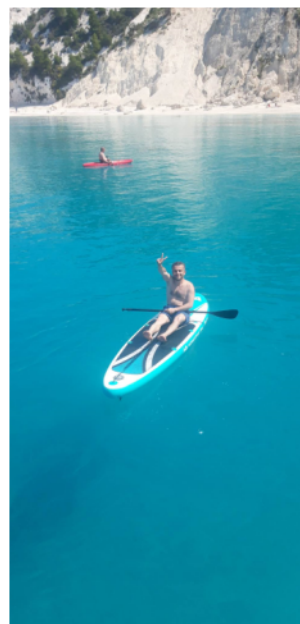
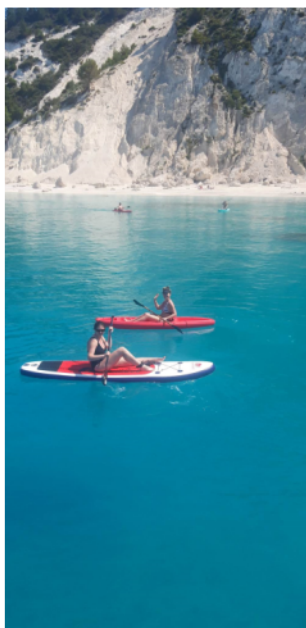


Finally, the day ended with dinner offered by the Kefalonia fisheries. Our guests had the chance to savour organic farm fish such as sea bass and sea bream and thus gain the benefits of a healthy meal.



On the third day our guests had the opportunity to explore beaches of unutterable beauty and uniqueness, such as the White Rocks in Argostoli, Xi beach in Lixouri, and visit the small island of Vardiani, by taking a daily cruise. Furthermore, they had the chance to swim in crystal clear waters and do a number of water sports, such as kayaking and paddle boarding. Last but not least, they tasted homemade food, wine and honey on board.





In the evening, dinner was offered by the Municipality of Lixouri in a traditional restaurant, as a token of cordial partnership, gratitude and friendship to our guests. A variety of representative local dishes was served in order for them to familiarize with the Kefalonian food culture.



On the fourth day our partners joined a guided tour to the main attractions of the island, to places of distinctive archaeological, religious and geological interest and natural beauty. They visited the monastery of Agios Gerasimos, protector of the island, the cave of Drogarati as well as the cave lake of Melissani, the picturesque villages of Agia Efimia and Assos, the port of Sami, and admired the breathtaking view of Myrtos beach.





In the evening, our partners participated in an experiential workshop, organized by the sociologists of the psychosocial support centre of “Apoplous”. The activities aimed at strengthening the participants’ bonds of friendship, cultivate feelings of mutual trust and promote collaboration.





On the fifth day of our program, our guests had the chance to visit the school classrooms for the last time and say goodbye to our learners with farewell activities. Moreover, they got involved in the artistic activity of stone painting, as they coloured the pebbles they had collected from Petani beach and took them as handmade souvenirs from Greece.





A farewell ceremony was organized in our school courtyard for the last evening of our program and this whole multidimensional project. The local community participated in the organization of this celebration event. Parents prepared traditional dishes and attended the participants' presentations, students along with local cultural associations presented traditional dances, live folk Greek and Kefalonian music was



played and local media covered the event. Our partners presented the videos with the songs and dances they had prepared with their students and explained the meaning and story of each song. We all had the chance to express our feelings, impressions, exchange views and memories about the completion of the whole project and the mobility that took place. In the end we all danced and enjoyed our last evening together.

Farewell ceremony: <https://www.youtube.com/watch?v=W5QPm9qA108>





We hope that all the participants enjoyed their last mobility to Kefalonia and our program not only offered them sufficient knowledge of our musical, cultural and historical background, but also enriched their concept of a healthy lifestyle, self-improvement and inspired their teaching practices in order to transmit this knowledge to their learners. For us, this was the last stop of a long, amazing journey. We had the opportunity, to participate in a unique educational experience, to explore beautiful places and cultures, to be involved in several school practices and exchange ideas. This program gave us the opportunity to be creative and “Do something good” not only for ourselves, but mostly for our schools and our students. We have learnt ways to live happily and healthily and tried to convey this knowledge to our learners by working as a team. But what is more important is that we had the chance to create strong friendships with wonderful people and build memories that will stay in our hearts forever.