

KA1 COURSES



Greece - Levadia

Diefthinsi Defterovathmias Ekpaidefsis Viotias

Contact Person: Vassilis Sakkas

Email address: erasmus@viotiaedu.gr

WhatsApp: +306977566247

<https://viotiaedu.gr/>

<https://www.facebook.com/dideviot>

Table of Contents

Sustainability and Education	2
Educational robotics and STEAM technologies(beginners - advanced)	6
Stress management and Burnout	14
Digital Competence for all – DC4A.....	18
Hellenic Civilization	21
Summer Camp Staff Training	25
PACKAGES	28

Diefthinsi Defterovathmias Ekpaidefsis Viotias	
Name of the course	Sustainability and Education
Dates of the course	the whole year
Duration of the course	Depends on the requests
Minimum number of places	10
Maximum number of places	25
Type of course	<ul style="list-style-type: none"> ● Mix of Training Course and Job shadowing
If mixed, what is the balance between the activities?	80% course - 20% school visits
The target group is...	<ul style="list-style-type: none"> ● Primary teachers or /and ● Secondary teachers ● Pupils
Summary of the activity	<p>Sustainability and Education course explores the principles and practices of sustainable education and their importance for promoting environmental sustainability and social equity.</p> <p>The course covers a range of topics, including environmental education, sustainable development, sustainable agriculture, waste reduction and management, energy and climate change, biodiversity and conservation, sustainable consumption, health and wellbeing, outdoor education and social justice.</p> <p>The course highlights the challenges facing sustainable education and the importance of taking action at the individual, community, and organizational levels. It also examines the role of sustainability leadership in promoting sustainable education practices and empowering individuals and communities to become</p>

	<p>sustainability leaders.</p> <p>The course is designed to provide teachers and pupils with a foundation for understanding the basic principles and practices of sustainable education and their role in creating a more sustainable future.</p>
<p>Objectives, skills & competencies</p>	<ul style="list-style-type: none"> . to introduce the concept of sustainability . to understand the impacts of human activity on the environment. . to introduce the basic concepts of the relationship between the energy consumption and climate change . to highlight the importance of food security and food sovereignty in sustainable agriculture . to explain the challenges facing sustainable consumption, including the culture of consumerism . to focus on the concept of the circular economy for waste reduction . to promote social justice focusing on community-based approaches and policy change. . to underline the major challenges facing sustainable education, including limited resources, political and cultural resistance, and the need for interdisciplinary approaches to sustainable education. . to examine the role of educators, policymakers, and other stakeholders in creating a sustainable learning environment . to explore the ways in which sustainable development can be incorporated into the curriculum . to empower participants to become sustainability leaders with practical sustainable actions and approaches. . to explore about the outdoor education strategy

	<ul style="list-style-type: none"> to improve health and wellbeing
<p>Schedule - brief description</p>	<p>Sunday Evening: Arrival at Levadia</p> <p>Day 1: Monday - Get to know each other and the place, Ice-breaking games/Course explanation and expectations</p> <p>Training: Concepts of sustainability, 17SDGs, Sustainability and education. Impacts of human activity on the environment, relationship between the energy consumption and climate change.</p> <p>Evening: Group farewell dinner</p> <p>Day 2: Tuesday</p> <p>Training: Circular economy, sustainable consumption, food sovereignty, sustainable agriculture. Sustainable education, creating sustainable learning environments.</p> <p>Evening: Free</p> <p>Day 3: Wednesday</p> <p>Training: The important role of Green parks in a city</p> <p>Outdoor activity: The aim of this activity is to understand the effect of green parks in environment of a city. The participants will collect measurements from environment (temperature-humidity) by walk around the city and will discuss methods to improve the climate of ambient environment in the city.</p> <p>Evening: Free</p> <p>Day 4: Thursday</p>

	<p>Training: Who will win a boats race using the 3th Law of Newton?</p> <p>Outdoor activity: The aim of this activity is to understand the 3th low of Newton. The participants (separated in teams) will construct a boat which will be moved under the 3th law of Newton. The teams will compare their constructions in a boat race in a river!</p> <p>Evening: Free</p> <p>Day 5: Friday</p> <p>Training: Health and Wellbeing</p> <p>Thinking mind and body feeling, mindful and stress management, the road map to wellness and happiness.</p> <p>Evening: Free</p> <p>Saturday - Departure</p>
Cost breakdown	<ul style="list-style-type: none"> ● Course = 400 € ● meals, accommodation and cultural visits upon request
If any other costs, please detail below:	

Diefthinsi Defterovathmias Ekpaidefsis Viotias	
Name of the course	Educational robotics and STEAM technologies (beginners - advanced)
Dates of the course	the whole year
Duration of the course	Depends on the requests
Minimum number of places	10
Maximum number of places	22
Type of course	<ul style="list-style-type: none"> ● Mix of Training Course and Job shadowing
If mixed, what is the balance between the activities?	80% course - 20% school visits
The target group is...	<ul style="list-style-type: none"> ● Primary teachers ● Secondary teachers
Summary of the activity	<p><i>The program is a mix of training courses and seminars with subject specialists.</i></p> <p><i><u>A higher educational institution will be the receiving organization and provide the training in Levadia.</u></i></p> <p><i>The emphasis is on practical workshops to support development of skills for teaching and training in STEAM subjects, ARDUINO platform, Raspberry Pi, MICRO:BIT python, labview, Lego, Scratch game design, using provided hardware and software. On-site training will take 3 days.</i></p> <p><i>Visits in local Robotics/STEAM center.</i></p> <p><i>Trainees will learn how to</i></p> <ol style="list-style-type: none"> <i>1. use little Bits for curriculum-tied projects in order to solve real-world problems, starting with simple circuit projects and building upon them each year.</i>

2. *keep a journal while solving problems, brainstorm ideas, prototype them, test them, redesign them and make them better*
3. *manage a Makerspace at school*
4. *blend ART with STEM subjects in order to prepare students for their roles as global citizens*

According to our education program there are two level of training:

BASIC LEVEL

ADVANCED LEVEL

BASIC LEVEL (for beginners)

On basic level the participants will understand the computational thinking and the epistemology of STEAM. Participants will learn how to create a didactic scenario involves artifacts, Arduino platform, Micro:bit platform, Edison robot, lego wedo, electronic components, sensors and actuators. They will use design software to create 3D artifacts for their STEAM applications. They will handle all the above components and devices to create simple application under specific didactic scenarios. They will learn to programming using blocks!

Topics of BASIC STEAM SCENARIOS: Participants will learn to programming Arduino and Micro:bit, Edison robot, lego, under fantastic scenarios! Based on interesting of participants and the specialization of teachers, participants involves to specific scenario.

Help a Robot to escape from a maze

Using open hardware and open software learners will develops a robot using sensors to Obstacle

Avoid. After the construction will be a competition in a maze! The competition involves class subject of: Mats, Physics, Geometry. Architecture, Technology. All in a didactic scenario! Who will escape from the maze!

A scenario based on the experience and the interest of the participants will be implemented:

Robotics in Theatre

Participants will study and develops robotics scenes from ancient Greek mythology. They bring alive the myth of Hercules and Jason with Argo. In this activity the participants learn how to involve education robotics in ART!

Mission to Mars

Under a rescue scenario, learners will save the life of astronauts after a disaster in their station. They develop a robot machine to transfer the astronauts to safe place into the station. The scenario involves different class subjects: Math, Physics, Geometry. Astronomy, Technology, ICT! All in a didactic scenario!

Catch the thief in Louvre museum.

Louvre museum is a magic place for teachers to teach art to students. In this scenario, participants will program the arduino platform to catch a thief who try to steal a famous painting art! In this activity the participants learn how to involve education robotics in ART!

UNPLAGGED STEAM activities

Participants will develop STEAM activities without programming! UNPLGGED STEAM help K6 students to understood physical phenomena and understood the real world! The UNPLGGED STEAM activities have with positive effect and help students with attention-deficit hyperactivity

disorder (ADHD) to learn themselves to concentration in their works!

ADVANCE LEVEL (for experts)

The scope of advance level is to involve the participants to advance programming. They will involve in real problems and they will try to find the best solution! In advance level the participant will learn

- ✓ LabVIEW programming for ARDUINO and Raspberry Pi platform
- ✓ Python programming for MICRO:BIT and Raspberry Pi platform
- ✓ App inventor programming for Bluetooth applications

Participant will use ARDUINO platform MICRO:BIT and RASPBERRY Pi as open hardware to develop their application!

About Labview: LabVIEW is a visual programming language: it is a system-design platform and development environment that was aimed at enabling all forms of system to be developed. LabVIEW object-oriented programming uses concepts from other object-oriented programming languages such as C++ and Java, including class structure, encapsulation, and inheritance. You can use these concepts to create code that is easier to maintain and modify without affecting other sections of code within the application.

CERN using the LabVIEW object-oriented programming!!! : Measuring and controlling, in real time, the position of bulk components to

absorb energetic particles out of the nominal beam core with high reliability and accuracy at the world's most powerful particle accelerator, the Large Hadron Collider (LHC).

It will be a challenge to learn this programming language!

Topics of ADVANCE STEAM SCENARIO:

Participants will learn to programming Labview and python, under fantastic scenarios!

Smart home

Participants will create the smart home of their dreams! Using protocols like Wi-Fi or Bluetooth they develop application to control their devices in their smart house. Participants under activities will understand the philosophy of Internet of things.

Automation in greenhouse

Participants will create automations for hydroponic agricultural in a greenhouse. Participants will learn how to measure and control environment magnitudes. Using Arduino platform as hardware, Labview code will control all the process in the greenhouse in real time!

Robotic application using LabVIEW

Participant will create a 4 DOF robotic arm and will learn to program the robotic arm using LabVIEW code. The scope of activities is to introduce the participants to understand the core of learning machines.

Educational Robotics using Raspberry Pi platform

Participants using python programming and raspberry pi platform will control their own robot. The target of this activity is to handle the

	<p><i>libraries of python to develop funny applications for students using the Raspberry Pi platform!</i></p>
<p>Objectives, skills & competencies</p>	<p>Content and pedagogical skills to deliver the content:</p> <ul style="list-style-type: none"> ✓ Development of a scaffolded set of STEAM activities that can be integrated into the curriculum ✓ Training in educational robotics, STEM technologies ✓ Hands-on approach to the study of science, technology, engineering and math ✓ Engineering competencies (design, iteration, prototype development, design reviews, project planning...) ✓ Coding, programming and computational thinking/ Writing code for educational purposes ✓ Data-logging and scientific methods ✓ Contextualized mathematics ✓ Making the study of math and science more visual and creative ✓ Art and design ✓ Making artifacts ✓ Development of 21st century skill sets in students (teamwork, cooperation and collaboration, time management, resource allocation, etc.) ✓ Pedagogical training in how to integrate STEAM into existing or renewed practices/The role of teachers (facilitators, guiding investigations and encouraging discussion) ✓ Assessment and evaluation activities to measure what students are learning ✓ Educating the community about STEAM
<p>Schedule - brief description</p>	<p>Accommodation</p> <p>Levadia: hotel in the city centre (6 nights)</p> <p>Sunday Evening: Arrive in Levadia</p>

Monday–Get to know each other and the place
/Icebreaking games/Course Expectations

Training: Science Focus

AM: STEAM-- An overview

PM: Practical Science activities for the
primary/secondary classroom

Evening: Group farewell dinner

Tuesday– Training: Technology Focus

AM: Digital Competency

PM: Practical Technology activities for the
primary/secondary classroom

Evening: Free

Wednesday– Robotics center visit

The day will be spent observing STEAM lessons and
meeting with teachers

Evening: Free

Thursday: Job shadowing

Friday: Job shadowing/Robotics in special needs
education - A visit to a school.

At the end of every day we will reflect on what have
we done during the sessions, what was the purpose
and how can the participants use this back home.

All five days of the programme will be held in the
premises of

-ASPAITE – a higher institution, and the

-Robotics Center in Levadia.

Saturday Departure

Cost breakdown	<ul style="list-style-type: none">● Course = 400 €● meals, accommodation and cultural visits upon request
If any other costs, please detail below:	

Diefthinsi Defterovathmias Ekpaidefsis Viotias

Name of the course	Stress management and Burnout
Dates of the course	the whole year
Duration of the course	Depends on the requests
Minimum number of places	10
Maximum number of places	20
Type of course	<ul style="list-style-type: none"> ● Mix of Training Course and Job shadowing
If mixed, what is the balance between the activities?	80% course - 20% school visits
The target group is...	<ul style="list-style-type: none"> ● Primary teachers or /and ● Secondary teachers ● Pupils
Summary of the activity	<p>The course is based on an energy approach which delivers tangible effects into and out of the class. Participants will</p> <ul style="list-style-type: none"> - develop stress management strategies - increase their self-confidence, vitality to be strongly committed to class teaching. - strengthen their relationship with students - understand their own emotions and body better - enhance clarity and focus - experience more enjoyment in everyday life - communicate more effectively with students - be helped to build community

<p>Objectives, skills & competencies</p>	<p>Content and pedagogical skills to deliver the content:</p> <p>Skills for better life</p> <ul style="list-style-type: none"> • They learn to approach and make use of the inner forces we all have for peace, knowledge, change and growth while at the same time beginning to experience more enjoyment in everyday life. • Set up a positive learning environment • Increase their self-confidence and concentration. • Slow down when they need to • Anger and emotional crisis management • Training in how to integrate WELLNESS into existing or renewed practices/The role of teachers (facilitators, guiding investigations and encouraging discussion) • Assessment and evaluation activities to measure what students are learning
<p>Schedule - brief description</p>	<p>Accommodation</p> <p>Levadia: hotel in the city centre (5 nights)</p> <p>Sunday Evening: Arrive Levadia</p> <p>Monday–Get to know each other and the place</p> <p>Ice-breaking games</p> <p>Training: Thinking mind and body feeling</p> <p>AM: Stress management-- An overview</p> <p>PM: Practical activities for the primary/secondary classroom</p> <p>Evening: Group farewell dinner</p>

	<p>Tuesday– Training: The energy flow as an antidote to stress</p> <p>AM: Transforming body feeling to energy feeling of Wellness and happiness</p> <p>PM: Practical activities for the primary/secondary classroom</p> <p>Evening: Free</p> <p>Wednesday– The complete hexagram of energy flow</p> <p>The day will be spent observing stress management lessons and meeting with CFQ group of Livadia (they are specialized in deep relaxation techniques). Evening: Free</p> <p>Thursday-Blend education with mindful and stress management subjects</p> <p>AM: Concentration vs Presence, how the brain works</p> <p>PM: Practical activities for the Presence achievement.</p> <p>Friday - build community</p> <p>AM: School – family – community approach of well being</p> <p>PM: Practical activities for stress management spreading on community</p> <p>At the end of every day we will reflect on what have we done during the sessions, what was the purpose and how can the participants use this back home.</p> <p>All five days of the programme will be held in the premises of 9th primary school in Levadia.</p> <p>Saturday Depart</p>
<p>Any further details about the activity</p>	<p>The NGO “Union of the Art of Wellness and Happiness” will be the receiving organization and provide the training in Levadia.</p>
<p>Cost breakdown</p>	<ul style="list-style-type: none"> ● Course = 400 €

	<ul style="list-style-type: none">● meals, accommodation and cultural visits upon request
If any other costs, please detail below:	

Diefthinsi Defterovathmias Ekpaidefsis Viotias	
Name of the course	Digital Competence for all – DC4A
Dates of the course	the whole year
Duration of the course	Depends on the requests
Minimum number of places	12
Maximum number of places	22
Type of course	<ul style="list-style-type: none"> ● Mix of Training Course and Job shadowing
If mixed, what is the balance between the activities?	80% course - 20% school visits
The target group is...	<ul style="list-style-type: none"> ● Primary teachers or /and ● Secondary teachers ● Pupils
Summary of the activity	<p>Definition: Digital competencies involve the "confident, critical and responsible use of, and engagement with, digital technologies for learning, at work, and for participation in society. It is defined as a combination of knowledge, skills and attitudes." (Council Recommendation on Key Competences for Life- long Learning, 2018).</p> <p>Aim: This course is designed for education staff and other professionals. Practical for all. The aim is to improve knowledge and understanding the purpose of Digital competencies for European citizen of 21 century. Especially for education staff the course provides best practice how to pass these Knowledge, Attitude and Skills to their students.</p>

	<p>Methodology: The course methodology encourages collaboration, actions, sharing of good practice and reflection of the participants for each pillar of the DigComp 2.0</p>
<p>Objectives, skills & competencies</p>	<p>During the week we will aim to develop knowledge and understanding of approaches, increase our digital competence following the 5 pillars of the complete DigComp 2.0 framework (Vuorikari, R., Kluzer, S. and Punie, Y., DigComp 2.2: The Digital Competence Framework for Citizens - With new examples of knowledge, skills and attitudes, EUR 31006 EN, Publications Office of the European Union, Luxembourg, 2022, ISBN 978-92-76-48883-5, doi:10.2760/490274, JRC128415).</p> <p>The five pillars the participants will be involved follow the official above paper are;</p> <ol style="list-style-type: none"> 1. Information and data literacy 2. Communication and collaboration 3. Digital content creation 4. Safety 5. Problem solving
<p>Schedule - brief description</p>	<p>Day 1 Arrival</p> <ul style="list-style-type: none"> • Information and data literacy. The participants will be involved in scenarios (using ICT technologies) to search for information, to store, to manage, and organize digital data, to develop a digital content for the DAY2, etc. <p>Evening: Group farewell dinner</p> <p>Day 2</p> <ul style="list-style-type: none"> • Communication and collaboration. The participants will be involved in scenarios (using ICT technologies) to share through digital technologies, all the information from the DAY 1. They adapt communication strategies for a

	<p>specific audience, to be aware of diversity in digital environments, etc.</p> <p>Evening: Free</p> <p>Day 3</p> <ul style="list-style-type: none"> • Digital content creation. The participants will be involved in scenarios (using ICT technologies) to edit the digital product of Day 2 in different formats using simple programming. They understand how copyright and licences apply to data, etc. <p>Evening: Free</p> <p>Day 4</p> <ul style="list-style-type: none"> • Safety The participants will be involved in scenarios (using ICT technologies) to protect devices and digital content from threads and virus attacks. <p>Evening: Free</p> <p>Day 5</p> <ul style="list-style-type: none"> • Problem solving. The participants will be involved in scenarios (using ICT technologies) to solve simple technical problems those needs digital competences. • Evaluation • Certificates
<p>Any further details about the activity</p>	
<p>Cost breakdown</p>	<ul style="list-style-type: none"> ● Course = 400 € ● meals, accommodation and cultural visits upon request
<p>If any other costs, please detail below:</p>	

Diefthinsi Defterovathmias Ekpaidefsis Viotias	
Name of the course	Hellenic Civilization
Dates of the course	the whole year
Duration of the course	Depends on the requests
Minimum number of places	10
Maximum number of places	30
Type of course	<ul style="list-style-type: none"> ● Mix of Training Course and Job shadowing
If mixed, what is the balance between the activities?	80% course - 20% school visits
The target group is...	<ul style="list-style-type: none"> ● Primary teachers or /and ● Secondary teachers ● Pupils
Summary of the activity	<p>The culture of Greece has evolved over thousands of years, beginning in Minoan and later in Mycenaean Greece, continuing most notably into Classical Greece, through the influence of the Roman Empire and its successor the Byzantine Empire. Other cultures and states such as the Frankish states, the Ottoman Empire, the Venetian Republic and Bavarian and Danish monarchies have also left their influence on modern Greek culture, because the country has been influenced by its location between the East and West, but historians credit the Greek War of Independence with revitalizing Greece and giving birth to a single entity of its multi-faceted culture.</p> <p>Greece is widely considered to be the cradle of Western culture and democracy. Modern democracies owe a</p>

	<p>debt to Greek beliefs in government by the people, trial by jury, and equality under the law. The ancient Greeks pioneered in many fields that rely on systematic thought, including biology, geometry, history, philosophy, and physics. They introduced such important literary forms as epic and lyric poetry, history, tragedy, and comedy. In their pursuit of order and proportion, the Greeks created an ideal of beauty that strongly influenced Western art.</p> <p>Tradition, music, language, food, theatre and literature are the major composites of the culture in Greece and constitute the base for those who wish to take part in this course.</p>
<p>Objectives, skills & competencies</p>	<p>Content and pedagogical skills to deliver the content:</p> <ul style="list-style-type: none"> • classical civilization qualifications and reorganization of their excellence as intellectual preparation for adult life and school community. • Experience the idea of democracy in everyday life. • Ancient Greeks were the first who established the ideas of rights and responsibilities, through this project • participants can connect these ideas with the corresponding ones of their own country and develop good • practices for school life. • Recognize the importance of family life and sincere relationships. • The inspired past of Greece can help them look forward. • Knowledge of arts, drama and philosophy. • The modern way of living in Greece, which includes religion and tradition, is tightly connected with living in nature and the open air. The participants can develop sensitivity about

	<p>environment and be aware of alternative approach of nature. They can also develop their sense of belonging to a community.</p> <ul style="list-style-type: none"> • Obtain knowledge and develop skills to understand the meaning of well-being in everyday life. • project participants can develop activities connected with drama, dramatization, role-playing, creative writing, which can be intergraded in the curriculum.
<p>Schedule - brief description</p>	<p>Accommodation</p> <p>Levadia: hotel in the city centre (6 nights)</p> <p>Sunday Evening: Arrive Levadia</p> <p>Monday–Get to know each other and the place Ice-breaking games Training: Democracy and Citizenship: Then and Now, Evening: Group farewell dinner</p> <p>Tuesday– Training: Drama and theatre Evening: Free</p> <p>Wednesday– The evolution of Modern Greek language and literature, Evening: Group farewell dinner</p> <p>Thursday- Greek diet/food - Music from antiquity to today</p> <p>Friday - Tradition: Traditional shadow theatre, Social and economic impact of festivals and holidays, Cultural Elements of Life in Greek villages and towns. Evening: Group farewell dinner</p>

	<p>At the end of every day we will reflect on what have we done during the sessions, what was the purpose and how can the participants use this back home.</p> <p>All five days of the programme will be held in the premises of 3rd Secondary school in Levadia.</p> <p>Saturday Departure</p>
Cost breakdown	<ul style="list-style-type: none"> ● Course = 400 € ● meals, accommodation and cultural visits upon request
If any other costs, please detail below:	

Diefthinsi Defterovathmias Ekpaidefsis Viotias	
Name of the course	Summer Camp Staff Training
Dates of the course	TBC
Duration of the course	6 days (Mon-Sat)
Minimum number of places	50
Maximum number of places	100
Type of course	<ul style="list-style-type: none"> • Training
If mixed, what is the balance between the activities?	<ul style="list-style-type: none"> • 100% Course
The target group is...	<ul style="list-style-type: none"> • Primary school teachers • Secondary school teachers • Other (headteachers, inspectors...)
Summary of the activity	<p>Would you like to be the Leader of yourself and then the Leader of a team? Do you want to feel connected with your inner self, the mother nature and your significant others? Do you like to overcome new challenges, build new skills, meet new people and work with children? Do you want to be a camper before you become a Camp Leader? Then, this Training is for you!</p> <p>We have experienced professionals who provide a unique educational experience that reinforces the understanding of a camp's commission.</p> <p>The proposed aquatic activities will be developed during the different days of the camp, including team building activities, team's management, camp's schedule, role playing etc.</p>
Objectives, skills & competencies	<ul style="list-style-type: none"> • Knowledge of a Summer Camp's Function • Participation in activities in order to be in the shoes of the children • Management skills • Communication skills • Collaboration skills • Specialisation in activities

Schedule - brief description

An intensive course where you will develop skills and receive everything you will need to know in order to become a successful Camp Leader. Firstly, though, you will become a camper, you will live exactly as a child who is coming to spend its summer in the camp! Is there still a child inside you? Let's find out...

Monday to Saturday

- Team building activities:
 1. Ice breaking games
 2. Communication's games
 3. Trust's games
 4. Mindgames
 5. "Big" Camp Games (e.g. Treasure Hunting with all the teams of a camp)

(based at the soccer/basket fields of the camp)

- Camp Songs (Get to know songs for the empowerment of a team and create your own)
- Lectures, Role Playing and Case studies about:
 1. Summer Camps' Philosophy
 2. Staff Responsibilities
 3. Camp Emergency
 4. Safety Policies
 5. Camp Values and Expectations
 6. Daily Management
 7. Schedule of a summer camp
 8. Trips/Excursions and the way of moving from one place to another with children
 9. Team Management
 10. Conflict Management
- Training expertised to the activities held by the educators/camp leaders and Exemplary Teaching

	<p><i>Activities: Theatrical Games, Sports, Dance, Arts and Crafts, STEM and Educational Robotics, Music-Motor Educational Activities</i></p> <ul style="list-style-type: none"> • Interactive Seminar I : "Body language as a teaching tool" • Interactive Seminar II : "Emotion Management - Anger Management" • Debriefing - Assessment <p style="text-align: center;">Everyday sea swimming Cultural visit to Acropolis</p>
<p>Any further details about the activity</p>	<p>There is no need to bring anything but your personal belongings. All materials will be provided during the training. Comfortable shoes and clothes are highly suggested.</p>
<p>Cost breakdown</p>	<p>Total cost is 800 euros and includes:</p> <ul style="list-style-type: none"> • Course fee • Camp accommodation • Breakfast • Coffee breaks • Lunch • dinner
<p>If any other costs, please detail below:</p>	

PACKAGES (for a group of 10 people or more)

TRAINING COURSE FEE: 80 euros / per participant / per day

- Tuition fee and training materials
- Certificate of attendance
- Welcome dinner
- Coffee Breaks
- Administration costs

HALF BOARDING FEE: 500 euros per participant

- Airport to Levidia transfer (two ways)
- Accommodation in a **single room** in 3 stars hotel (5 nights)
- Breakfast (5 days)
- Lunch (5 days) in selected restaurants to taste the variety of Greek cuisine

FULL BOARDING FEE: 620 euros per participant

- Airport to Levidia transfer (two ways)
- Accommodation in a **single room** in 3 stars hotel (5 nights)
- Breakfast (5 days)
- Lunch (5 days) in selected restaurants to taste the variety of Greek cuisine
- Dinner (5 days) in selected restaurants to taste the variety of Greek cuisine

CULTURAL VISIT TO DELPHI (transport and tickets): **35 euros per participant**

CULTURAL VISIT TO ANTIKYRA SEASIDE (transport): **25 euros per participant**

Recommended:

Full boarding plus cultural visits to delphi and Antikyra seaside: 670 euros per participant.