



ERASMUS+, Key Action 2,
Cooperation for Innovation
and Exchange of Good Practices
Strategic Partnerships for Schools

iGo Eco - Respect and care about the Earth

2020-1-PL01-KA229-081538_3



REPORT

LEARNING / TEACHING / TRAINING ACTIVITY 1

SAVE WATER, SAVE LIFE

PLACE: SIFNOS / GREECE

DATES: 18-22 OCTOBER 2021

Elaborated by:
Argirios Gkoumas, High School of Sifnos, Sifnos, Greece



iGo Eco - Respect and care about the Earth

**High School of Sifnos
"Nikolaos G. Promponas"**

Sifnos, 01/10/2021

**Apollonia
840 03 Sifnos
Greece**

To our Erasmus+ partner

INVITATION

Dear

We are glad to invite you to attend our Erasmus+ Project "iGo Eco - Respect and Care about the Earth (2020-1-PL01-KA229-081538_3)", 1st short-term exchange of groups of pupils that will take place from 18 to 22 October 2021 at our school, Sifnos, Cyclades, Greece.

Yours Sincerely
The headmaster

Nikolaos Belios

1. PARTICIPANTS:

Host partner: High School of Sifnos, Sifnos, Greece, represented by:

Belios	Nikolaos	Headmaster
Gkoumas	Argirios	Greek coordinator
Theodorou	Asimina	teacher
Fasoli	Eleftheria	teacher
Pefani	Sevi	teacher
Alito	Pietro	student
Ατσόνιος	Αλέξανδρος	student
Ατσόνιος	Φώτιος	student
Γεωργούλη	Αικατερίνη	student
Γεωργούλης	Αντώνιος	student
Λεμονή	Μαριάνθη	student
Λεμονή	Χρυσούλα	student
Μαργιόλα	Κλειώ	student
Φράγκου	Δέσποινα	student
Προυνιά	Βασιλική	student
Ατσόνιου	Μαργαρίτα	student
Δαμδημοπούλου	Αγγελική	student
Ζαχαράκη	Αικατερίνη	student
Ζαχαράκη	Ευγενία	student
Κόμη	Δάφνη	student
Λεμονή	Σοφία	student
Λεμονή	Φλώρα	student
Πρόκου	Μαρουλία	student
Τζέμα	Έρμα	student
Λεσάι	Άγγελος	student
Μαρία	Θεολόγου	student
Ευγενία	Ζαχαράκη	student

Guest partners:

COUNTRY	FIRSTNAME	SURNAME	teacher/student	SCHOOL
SPAIN	Valeria	Linares	student	Institut Teresa Pàmies, Barcelona
SPAIN	Ona	Miró	student	
SPAIN	Inti	Deop	student	
SPAIN	Rubén	Sardelli	student	
SPAIN	Kenya	Ebosogo	student	
SPAIN	Sofía	Carrillo	teacher	
SPAIN	Alicia	Rivero	teacher	
POLAND	Gabriela	Czapska	student	I Liceum Ogólnokształcące im. Leona Kruczkowskiego, Tychy
POLAND	Zuzanna	Jarlaczyńska	student	
POLAND	Natalia	Stasica	student	
POLAND	Kinga	Krokosz	student	
POLAND	Paweł	Ludynia	student	
POLAND	Magdalena	Całus	student	
POLAND	Agnieszka	Gemborys	teacher	
POLAND	Anna	Zarmutek	teacher	
TURKEY	ELİF NUR	SEVİN	student	SAIR ABAY KONANBAY ANADOLU LİSESİ, İSTANBUL
TURKEY	EYLÜL	KARAKAŞ	student	
TURKEY	ŞEVVAL	TOMBUL	student	
TURKEY	TUNA TEOMAN	ŞAHİN	student	
TURKEY	ZAFER	ÇAYLAK	student	
TURKEY	KENAN	GÜMÜŞSOY	teacher	
TURKEY	MURAT	YAĞMUR	teacher	
ROMANIA	ALEXIA IRINA	ȚARĂLUNGĂ	student	Colegiul National "Vasile Alecsandri", Bacau
ROMANIA	MARIA	BRĂNIȘTEANU	student	
ROMANIA	MARIA DANA	ALECU	student	
ROMANIA	RIANNA	FUNDULEA	student	
ROMANIA	IOANA IULIA	TORȚEL	student	
ROMANIA	MARIANA	ANDONE	teacher	
ROMANIA	EMANUELA	OIEGAR	teacher	
ITALY	NICCOLO	BANDINI	student	I.I.S. TITO SARROCCHI
ITALY	GIULIO	BIANCHINI	student	
ITALY	GAIA	CECCHERINI	student	
ITALY	GIULIA	BIANCIARDI	student	
ITALY	SAMUELE	COPPI	student	
ITALY	PATRIZIA	ROSSETTI	teacher	
ITALY	ELISA	BENNATI	teacher	

2. PURPOSE:

The purpose of the first Learning / Teaching / Training Activity for students and accompanying teachers was

- to become more aware of causes, effects and solutions to reduce water pollution and its negative impact on the environment and the flora and fauna,
- to approach the concept from different perspectives which shows how essential an element water is,
- to understand the need to address the problem and become motivated to get involved in their communities to signal the dangers of careless human behaviour on the environment.

Through school-based and after-school activities, participants will develop communication and interpersonal skills.

Students deliver their own presentations, which means they will become more confident in addressing audiences, improve self-efficacy and self-learning. They also develop data collection and manipulation skills.

By spending time in host families, they get a first-hand insight into the lifestyle of a Greek family. They develop social skills, intercultural competence and respect for other cultures in the process. They improve their English skills and also acquire a basic level of Greek words and phrases.

Cultural events help students develop knowledge of geography, history, customs, traditions, thus improving cultural awareness, which will make them build a sense of European identity as a result.

Host teachers improve their organisational skills, problem-solving and risk management capacity. All teachers improve group and time management, thus being better equipped to deal with participation in future exchanges. The meeting will benefit the project and the quality of cooperation as the partners will get to know each other beyond the virtual space

3. OBJECTIVES:

- to enhance collaborative thinking as well as digital competence
- to develop communication and interpersonal skills
- to raise awareness of the diversity of European countries and their similarities
- to understand the deep meaning of water's importance and realize that the water crisis is happening now
- to improve level of English and acquire basic level of the Greek language
- to strengthen the cultural dimension of the project by organising cultural events or other team-building activities
- to develop creativity and critical thinking skills
- to improve skills like reading, listening, writing in a foreign language and presentation skills

4. ACTIVITIES:

The activities were organised in accordance with the proposed objectives. As such, the meeting agenda was devised as follows:

Monday, 18th October – Getting to know each other	
8:30	Arrival at school
8:40	Short tour of the school and walk to Prokou Foundation
09:30	Presentations of the partners' schools - welcoming speech – Discovering Sifnos – Presentation

10:15	Knowing each other - ice breaking games (D. Psarou – Music teacher)
11:15	tea / coffee break
11:45- 12:10	Activity 1: Water crisis and Water in Europe.
12:20	Time for Cinema! “Silent fish” – a documentary by Thodoris Chondrogiannos
14:00-17:00	Free time with hosts (lunch, sightseeing etc.)
17:30	preparations for the International Evening
18:00-21:00	International evening – presenting national culture (cuisine, songs, dances) and ice-breaking activities (Prokou Foundation – Cultural Association of Sifnos)
Tuesday, 19th October – Water consumption and water shortages	
8:30	Arrival at school and Prokou Foundation
8:45	Activity 2: Presentation of students’ surveys about water consumption habits in their communities
09:30	Activity 2: Comparisons and discussions Designing the final presentation about water consumption in our countries
09:45	tea / coffee break
10:15	Activity 3: Workshop: Water shortages – Solutions in Cyclades (History, Folklore, Architecture) (Katerina Kanakari – environmentalist PhD)
11:00	Departure to Vathy – Visit to a traditional pottery lab – Pottery lessons
12:00	Local traditional games – “Save the water” game
13:20	Return to school
14:00-16:00	Free time with hosts (lunch, sightseeing etc.)
16:30	Arrival at school – Leaving for Kastro (old village)
17:00-17:30	Guided tour of Kastro
17:30 – 19:00	Activity 4: Treasure Hunt Game (Saving water in Cyclades)
19:30	Coming back to the hotel- dinner

Wednesday, 20th October - Overconsumption	
8:30	Arrival at school and Prokou Foundation
9:00- 9:45	Activity 5: Workshop - The problem of overconsumption of water - problems and solutions
10:00	tea / coffee break
10:30	Activity 5: Workshop (transnational groups) - Creating brochures and posters - ways of informing people about the value of water and prompting them to reduce the consumption of water (M.Tsirozidou – Art teacher)
12:00	Students: Leisure time in Apollonia Teachers: meeting, discussing the project activities in the future
13:20	Return to school
14:00-16:30	Free time with hosts (lunch, sightseeing etc.)
17:00	Arrival at school – Visit to an old monastery (Virgin Mary of Mountain)
18:00	Visit to Panagia Chrysopigi
19:00	Faros (old village by the sea)

20:30	Return to the hotel - dinner
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Thursday, 21st October - Pollution	
8:30	Arrival at school and Prokou Foundation
8:40	Activity 6: Presentation about water pollution, causes and effects (N. Belios – Geologist, Headmaster)
9:15	Departure to S. Andreas (ancient Acropolis of Sifnos)
10:15	Hiking-Field trip (“Natura” area of Sifnos) to observe water ‘in the wild’ (N.Belios – Geologist, Headmaster) Activity 7: water and agriculture, water and fauna (N.Belios – Geologist, Headmaster)
13:20	Return to school
14:00-16:30	Free time with hosts (lunch, sightseeing etc.)
17:00	Arrival at Artemonas
17:30	Departure for Saint Simeon - Sunset
19:00	Return to Artemonas - free time
20:00	Dinner for all the participants at a local traditional restaurant

Friday, 22nd October	
8:30	Arrival at school and Prokou Foundation
9:00	Overview of the week – checking the final versions of the outputs
9:30	Activity 8: Open discussion - students contribute with ideas and design the final presentation
10:30	Meeting with the Mayor of Sifnos
11:00	tea / coffee break
11:30	Presentation of certificates
12:00	Return to the hotel - packing
13:00	Lunch with host families
15:00	Check out from the hotel
15:30	Departure for Kamares
16:00-18:30	Free afternoon in Kamares
19:00	Departure of delegations from Sifnos to Athens

5. ACTIVITY DETAILS

Day 1: Monday, 18 October 2021

Objective: getting to know the partners and their culture with the focus on learning most about the Greek partner; getting familiar with the history and traditions of the island; taking introductory lesson about the significance of water and water crisis

The first day of the exchange was thoroughly devoted to getting to know one another. It started with the short school tour - not only did we see what the school building and classrooms look like, but we also learnt about some customs, daily routines of the students like, for example, a morning assembly and a prayer. As there is not a big enough room to conduct activities, we walked to the hall of the building of Prokou Foundation. There, after welcoming speeches on the part of the headmaster and the coordinator, the particular teams introduced themselves and their cities and schools and were provided with some materials and project souvenirs.

After that, host students presented the topics they had prepared about water and its importance, introducing the participants to the main topic of the meeting.

The highlight of the whole day was the International Evening, held in the Hall of Prokou Foundation. It was a great opportunity to present national cultures. All teams had prepared some traditional products so that everyone could taste delicious cuisine of the partner countries. We also had a chance to listen to some traditional songs and dance some folk dances from all the partner countries, especially Greek ones. The Cultural Association of Sifnos had an active participation in the event with musicians and a group of dancers, presenting traditional songs and dances of the island.

Not only was it the best ice-breaking activity one can imagine, but we also learnt a lot about our partner schools and their culture.





Day 2: Tuesday, 19 October 2021

Objective: cooperative learning - sharing the knowledge about water consumption habits and water shortage.

On the second day of LTTA1 participants presented the results of the survey they had conducted in their communities before the meeting in Sifnos.

After the presentations, the outcomes were discussed, differences and similarities about the way people consume water in different parts of Europe were identified, and finally, a general, comparative presentation of the survey results was designed and created.

Knowing that Sifnos is an island with a severe problem in the lack of water, the participants watched with interest the presentation of Ms. Kanakari Katerina (Ph.D. environmentalist - with the assistance of Mrs Sevi Pefani), on "*water shortage and solutions in Cyclades (History, Folklore, Architecture)*". The lecture presented the ways that the inhabitants of the islands have used, for centuries, to save water and especially the use of rainwater, and how this has affected their daily lives, even the way they build their houses.

After the activity, all the members left for a visit to the village of Vathi in Sifnos, where they visited a pottery lab. There, after attending a demonstration of pottery making and learning about the use of water in this traditional art of Sifnos, they had the opportunity to take pottery lessons, making their first pottery. In the end everyone was excited and proud to present their own ceramic creation!

After lunch with their host families, the whole group went to the old capital city of Sifnos – Kastro - to visit the most important cultural attractions. We had a guided tour of the spectacular places of the old town. We did sightseeing and got to know the landmarks of Kastro in the form of the Treasure Hunt Game with various activities in groups. We decided on this form of sightseeing to tighten the bonds between participants, to foster cooperation between them and to make the visit to this amazing place more memorable. We were divided into five groups and had to find architectural elements related to water shortage and saving (according to the lecture we attended in the morning). All the participants were really engaged in doing their best to carry out all the tasks and to fill in the worksheet and to find the treasure. It was a very enjoyable and educational activity, which will be remembered for a long time. This activity was designed and organized by the teachers Mrs Elepheria Fasoli and Mrs Asimina Theodorou.





Day 3: Wednesday, 20 October 2021

Objective: Water overconsumption and cooperation. Spotting on overconsumption problems; finding and suggesting solutions; cooperating on dissemination to local communities

Having in mind the outcomes of the surveys and the information about water shortage, the participants analyzed them and some aspects were discussed or clarified. The first activity of the day (designed and organized by the teachers Mrs Elepheria Fasoli and Mrs Asimina Theodorou) was cooperative work in groups called "The Lake of problems and solutions".

Students in internationally mixed groups first discussed problems and difficulties people face using water in their daily life and then they put the issues down. The post-it notes (with the shape of waterlilies) were placed on a „lake” (painted by host students and stuck on the wall) so that other participants could see what other groups talked about.

The problems were put in certain categories and after that students came back to their groups to come up with solutions to the various issues. The same procedure was repeated and the solutions were placed on a „solution water lily.” This activity was followed by an open discussion – problems and solutions were talked about and the participants shared their experiences what the issues are like in their countries.

At the same time a presentation has been created, showing each problem along with its solution and all participants had a detailed discussion on them.

The art teacher of the Greek school, Mrs. Maria Tzirozidou, organized for the project participants a workshop for the production of posters and newsletters, under the topic *“Creating brochures and posters - ways of informing people about the value of water and prompting them to reduce water consumption.”*

The members, after attending a presentation on the painting style they would use, collaborated in international groups and with a very pleasant mood, imagination and creativity, produced six impressive posters that will be used to disseminate the results of the meeting to local communities.

When students went to the host families for the lunch, teachers had their meeting where some reflections were made and some planning of the next meeting took place.

The afternoon of the third day of the LTTA1 was entirely focused on learning about the places of interest in Sifnos and getting familiar with various sights of the island. We had a guided tour of the island and visited many places, for example Virgin Mary of the mountain - old monastery, Chrisopigi – Virgin Mary of Sifnos, Faros, village by the sea, and many more.

This pleasant tour ended at the cape Holy Cross of Faros and ended with a traditional dinner given by the Greek school to the visitors. At this dinner guests had the opportunity to taste traditional dishes of the island and to learn some of the most interesting traditions of Sifnos.





Day 4: Thursday, 21 October 2021

Objective: learning about water pollution and its causes and effects; hiking in the “Natura” area of Sifnos and watch water (or its shortage) in the nature

Day 4 focused on water pollution and its effects. Mr. Nikos Belios, a geologist and the headmaster of the Greek school, presented the issue, emphasizing the huge and catastrophic consequences of water pollution.

After that all participants visited the ancient acropolis of Saint Andreas. They had there a short guided tour and then the whole group went hiking in the “Natura” area, along an easy and safe trail. Mr Belios was their guide, giving them all the necessary information. When they reached their first stop, Mr Belios presented the topic "Water in agriculture and water in fauna."

All participants returned to school tired but happy of this short trip off the beaten track in the nature of Sifnos.

After the lunch in the host families’ houses, all the students had a free afternoon, meanwhile teachers visited the chapel of Saint Symeon located on the second highest mountain of the island.

The day finished with a dinner the Greek school offered to all the participants in an old traditional restaurant.





Day 5: Friday, 22 October 2021

Objective: summary of the project activities

The last day was a summary of all the conducted project activities.

In the beginning, the subject of “*Water shortage, Solutions of water scarcity and Water in Holy books*” was presented by the student Eylul Karakas (Turkey).The development of the topic, which was done on her own initiative, was extremely interesting and was welcomed by the participants with very favourable comments.

Then there was a short discussion about several issues of the topic of the meeting and all participants, in national groups, took part in a Kahoot game. The questions of the game referred to the information and knowledge which had been presented in all the activities of the week, and the delegations participated with great enthusiasm. The winners were the members of the Turkish team, who were warmly applauded by everybody.

This gaming session was followed by a meeting with the Mayor of the island in the Hall of Prokou foundation. The mayor spoke very warmly to all the visitors, expressing her joy for their presence on the island and showed great interest in the topic of the meeting since, as it is well known, the lack of water is one of the biggest problems of our island. Gifts were then exchanged between the mayor and representatives of all the participating schools.

Then the students and teachers were awarded certificates of attendance, which was followed by the farewell lunch at the host families’. After a very moving and full of tears goodbye at the port of Kamares, in the afternoon all the delegations headed for Athens by ferry.

All the very enjoyable and educational project activities will be remembered for a long time and friendships which were made during the week will remain in the participants’ lives.





All pictures by Agnieszka Gemborys (Poland) and Samuele Coppi (Italy). Thank you!