



/// THE SOCIAL SERVICE for STUDENTS as a COMPLEX INSTITUTIONAL INNOVATIVE PROGRAMME | **ERASMUS+ Project.**

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TASK | Athens Mobility – REPORT
PARTNER | Ilion Music School, ILION | ATTICA,
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Monday, 4th April 2022

At 08:30 the delegations of Spain, Italy, and Hungary arrived at our school, Music School of Ilion. After the speech and the official opening by the director Anna Tsigkouli at 09:00 o'clock, the coordinator Anastasia Karagiorgi announced the programme of the day.

At 09:20 the students had the opportunity to know each other within the workshop *Fragments of our lives* (Presenter Mrs. Karagiorgi), where they had to find other students, who ...

- ... liked cats
- ... had traveled abroad
- ... knew what the first Sustainable Development Goal is
- ... liked photography
- ... wore red
- ... knew how to cook
- ... loved nature
- ... had participated in social service activities on Christmas holidays
- ... loved Premier League Football
- ... liked jazz
- ... knew the capital of Australia
- ... had a sister
- ... played a music instrument
- ... knew the names of Mozart
- ... knew when International Volunteer Day is

In order to find a name for every single of those matters, the pupils holding the globingo worksheets asked each other questions and came in interaction with all the other participants.

At 09:40 the students Michail Mavrianos and Melina Tsikou made the first presentation. They explained how the Greek education system works, presented the different types of schools that exist in Greece and revealed information specifically about the Music School of Ilion. In this context the Greek students took all participants to a tour through their school and all its facilities.

At 10:00 o'clock the coordinator Anastasia Karagiorgi presented the workshop "**Characteristics of the Motivated volunteer-writing a code of conduct**" where copies of educational material were distributed to the students so that they would be able to think of new principles to be added to the suggested plan of a code of conduct for the Erasmus+ KA201 project on service - learning that had been prepared by the Greek partner. The goal of this workshop was the active participation of all partners in the formation of a common code of conduct that could function as a starting point for the sensitization of students before the preparation of service - learning activities.

At 10:30 a program of music performance was presented by various students of Music School of Ilion. Maro Kachramanoglou started with a piano performance. The second music performance was a piano-composition entitled *Fairy Tale* by the student Panagiotis Baltas (composer, piano) and Myrto Anagnostopoulou (vocals). Then Theodora Frouzaki and Andreas Kerasiotis played together at the piano the *Forrest Gump - Soundtrack theme*.

The choir of Miss Aggeliki Rekoumi sang the songs *I am but a small voice* and *We will rock you*. At the piano was Mr. Nikolaos Kasiouras and the cajon was played by the student Panagiotis Georgiou.

Finally, the student Maria Sakellari performed the song *Mama* by the Queen accompanied by the student Theodora Frouzaki on the piano.

After all the music performances, at 10:45 the Spanish students Celia Sanchez Garcia – Articoliar, Naiara Gallardo Luis, Patricia Tome Varela and Maria Martinez Varela presented their social service activities. They showed amongst other how to combine drama or radio with volunteering and presented us a library project that aimed money donations to charity.

At 11:00 we had the opportunity to watch a performance of the project: “**Everybody Dance**” at the small theatre in the school yard. 4 students of the High School of Ilion for Students with Disability performed together with 8 students of Music School of Ilion. Greek Student Michail Manetakis accompanied the performance with his accordion. Music Teacher Aspasia Trigka had made the rehearsals and choreography in collaboration with all students. It was a moving performance that sensitized all participants concerning the Social Model of Disability. After this bonding experience the students had the opportunity to communicate with all visitors, increase social skills and self-esteem. This cooperation led to inclusion in cultural life and addressed discrimination. More information on the educational material on **Everybody Dance** was presented by the coordinator Anastasia Karagiorgi on the 5th of April 2022 in the school library.

At 11:30 we returned to the school library with the presentation of social-service activities of the Italian partners with the students: Silvia Caserta, Martina Lanari, Simona Ianniello. Here is a list of their projects:

- Food counter
- Build a school in Africa, in Congo
- Project: Chocolate school - Chocolate for charity
- Project: Under the same sky
- Ideas for the future
- Fai days
- ITCG Band
- Competent Reader
- Science Laboratory
- Fab-Lab
- Visit the association “Amici di Giorgia”
- Charity collection for Ukrain people
- Red Cross Aid Course

At 11:45 the Spanish delegation with Celia Sanchez Garcia – Articoliar, Naiara Gallardo Luis, Patricia Tome Varela and Maria Martinez Varela together with the teacher Raul Alia presented us a video of Spanish students singing the Greek National Anthem, inspired by the music-composition they had listened from the site of the Music School of Ilion, which was performed to commemorate the 200th anniversary of the Greek revolution and independence war.

At 11:55 Greek student Panagiotis Chalkidis presented the social service activities of Music School of Ilion during the last school year. The main activities presented were:

- Erasmus Days 2021
- The Roots of Empathy
- Be Safe project - cooperation with Shedia social enterprise
- Christmas Bazaar for the “Ark of the World”
- Christmas carols with the children of the “Ark of the World”
- Everybody Dance project in collaboration with the High School of Ilion for students with disability
- CPR Training
- Wrinkles project-Memory Games in cooperation with the 2nd Open Care Center for the Elderly of Ag. Anargiri
- Cooking with the Other Human-Soup Kitchen
- Be Safe project-cooperation with The Old Bookstore for the Homeless
- Radio show – presentation of the Erasmus+ KA201 project at Street radio
- The Profile of an Active Citizen

After the presentation the coordinator Anastasia Karagiorgi explained to the participants that most of the activities would be presented during our educational meetings with host institutions and through detailed workshops the following days of the program.

At 12:10 the Hungarian delegation closed the presentations with their social-service activities. The students Laura - Fanni Grof, Maja - Szaffi Szabo and Zheng Kaixi presented the types of Education (Media and Film making, Business Studies, Bilingual) and the IKSZ program of the Europa 2000 Kozepiskola School that includes 50 hours of volunteering with host institutions before graduation. Amongst many other activities they cooperated with host institutions, Budapest Mafia, Maltese Service and donated food/burgers for the poor, helped out at school events or taught younger students.

At 12:25 the participants had the chance to draw up a *Charity Model Canvas*. Ms. Petros Dimitrakopoulos led this workshop, sharing out worksheets with basic questions that confronted the participants with organizing any wanted charity model. These questionnaire functions actually as a base for every charity model possible. The participants had to answer amongst other about the vision of their charity, the key activities, key cause differentiators, the audiences, existing partnerships, key competitors, measures, key challenges, the cost structure etc.

At 13:00 there was a lunch break at a restaurant next to the Metropolitan Park Antonis Tritsis near our school.

At 14:30 the delegations returned to attend the **Active Citizen Spring Festival** organized by Anastasia Karagiorgi and Nikolaos Kasiouras at the school library. The following NGOs and Organizations participated in the festival:

- Medecins Sans Frontieres Greece info@msf.gr
- Oikopolis oikopolis2007@gmail.com
- ActionAid education education.hellas@actionaid.org
- Horizon of Events katehaki54@yahoo.gr
- KEAN info@kean.gr
- Panhellenic Network for Theatre in Education info@thetroedu.gr
- Hellenic Red Cross secretary_general@redcross.gr
- Club UNESCO- Club for UNESCO, Arts, Languages and Sciences Greece info@clubunesco.gr
- Anima info@wild-anima.gr
- Students action group for the protection of Animals art.balloonpeople@gmail.com
- Art and Action network the People with Balloons ele.karagianni@yahoo.gr
- Panhellenic Animal Welfare and Environmental Federation pfpomospondia@gmail.com

All organizations had the opportunity to present the main goals and work of each to the audience, answered the questions asked by the students and handed out valuable educational material. The speech was captivating and inspired all participants, specifically the Spanish partner who pointed out the importance of an online meeting organized with the representative of Medecins Sans Frontieres Greece in May 2022 because the issues that were addressed in his speech could be a remarkable theme for the meeting in Madrid.

At 16:30 we got on our way to the NGO **“The Ark of the World”** where all participants attended a concert with songs by the children choir of the Ark and students of the Erasmus+ KA201 project of Music School of Ilion. (Presenter Mrs Oikonomaki). During the educational visit we experienced an unforgettable time with the melodic voices of the small children choir and the songs that were greatly performed in a welcoming and engaging atmosphere.

Tuesday, 5th of April 2022

At 08:30 all delegations arrived at Music School of Ilion.

At 09:00 o'clock the coordinators meeting started in the school library.

From 09:00 till 11:30, within Metropolitan Park "Antonis Tritsis", the Schools of ERASMUS+ KA201 Partnership cooperated with the **Network for Children's Rights**¹:

- Students participated in outdoor team games (e. g. outdoor tic-tac-toe, races with challenges, volleyball), which promoted the "**collective spirit**".
- Students attended the workshop "Young Journalists" about Journalism as a profession with the potential to make social impact.

Main topics of the workshop: 1. What is a (good) journalist? 2. How do we conduct interviews?

The facilitators, Myrto Symeonidou and Ioanna Papaioannou, shared their experience on the project of the newspaper "Migratory Birds".² The newspaper is the result of the teamwork of "Young Journalists", a team consisting of teenage and young migrants, refugees and Greeks. It is multilingual and features articles in Arabic, English, Farsi, Greek and Urdu. It is distributed every two months, free of charge, as a supplement to "EfSyn" (*Newspaper of the Editors*)³, a Greek daily newspaper.

At 11:40 there was a presentation on the work and goals of the "**Ark of the World**", an NGO that all partners had visited the previous day, by Aikaterini Christou, teacher of the underprivileged children. The "Ark of the World" is a charitable Nonprofit Organization providing care and protection to mothers and children. It is first and foremost intended and addressed to young, unprotected children, most of whom come from single-parent families, and to many children without parents, who experience difficult circumstances, neglect, abandonment, lack of medical care and uncertain future. In collaboration with Prosecutors for Children, protecting agencies and services for children's rights, it undertakes to raise children in its four accommodation homes. The NGO was established in 1998 in Athens by 26-year-old Father Antonios Papanikolaou at the region of Academia Platonos and houses 400 children away from poverty, hunger, racism and other blights tormenting our society today. The Ark of the World was awarded in November 2003 by the President of the Republic Konstantinos Stephanopoulos as one of the best child care organizations in Greece, it was chosen as the brightest example against racism and xenophobia in Greece for 2003 by the European Monitoring Centre, it received an award for its operations in 2004 by UNESCO, it was awarded as one of the best child care organizations in Greece in 2005 by the President of the Republic Karolos Papoulias. The founder of the NGO Father Antonios received the annual European Citizens Award for 2018 by the European Parliament and was among the ten finalists for the award "Mary Chirwa for Courageous Leadership in 2019.

At 12:00 o'clock Mrs. Anastasia Minovgioudi, teacher of German language, organized an outdoor workshop aiming at enhancement of students' skills "**foresight skills**". By answering questions based on current circumstances, students formulated predictions about the future of their lives. During the activity the students imagine being someone else and consider inequality as a source of discrimination and exclusion. The objectives are:

- to promote empathy with others who are different
- to raise awareness about the inequality of opportunities in society
- to foster an understanding of possible consequences of belonging to minority groups

At 13:00 the coordinator Anastasia Karagiorgi presented the workshop "**The Social Model of Disability – challenge for citizenship**". At first the basic question that was put to the students was if they knew the meaning of The Social Model of Disability. Then educational material was distributed to the students concerning the activity plan "**Everybody Dance**" that had been created by the Greek partner so that the collaboration with the students of High School of Ilion for Students of Disability could be organized. Conversation followed regarding the participants' experience the previous day when they had watched the inclusive dance activity at the school

¹ Network for Children's Rights: <https://ddp.gr/en/>

² Website of the newspaper "Migratory Bird": <https://migratorybirds.gr/>

³ www.efsyn.gr

open theatre. The objectives were:

- To raise empathy and active citizenship
- To develop communicative skills
- To bring students closer to people with disabilities
- To explore and clarify values that lead to civic responsibility
- Lead to the inclusion of people with disabilities in cultural life through the sensitization of students with artistic expression

At 13:45 all partners set off for the educational visit to the offices of street paper “Shedia”⁴, in the city center of Athens. Christos Alephantis, Editor in Chief, presented the concept of the social project. Shedia's vendors belong to vulnerable groups, like homeless or long-term unemployed people who live well under the poverty line. The vendors keep significant percentage of each copy sold, providing them, thus, with the opportunity to earn an income, in a dignified way, that will allow them to meet some of their most basic needs.

At the end of the presentation, we had the opportunity to inform our Erasmus+ KA201 partners that Shedia is a host institution for our activity “**Be Safe**” project that they had the chance to watch in the Erasmus+ KA201 service - learning activity video that had been presented the previous day. The objectives were:

- Name the concept of ‘overall poverty’ as adopted by the United Nations (social discrimination and exclusion/lack of participation in decision-making civil, social and cultural life).
- Gain further understanding of the effects of poverty and service-learning experience.
- Raise empathy and active citizenship.
- Cultivate team spirit.
- Develop self-assessment skills as a life-long learner.
- Explore and clarify values that lead to civic responsibility.

At 15:00 meal was offered to all representatives of schools. The cost of the meal, created by a famous chef in Greece **Mr. Lazarou**, would fund the social enterprise of Shedia. The Invisible Route activity that was planned to be organized at 16.30 to public dormitories in the center of Athens was cancelled due to health problems of the Shedia member who was responsible for guiding us in the route.

At 16:30 all partners set off for an entertaining walk in the center of Athens where students of Music School of Ilion became guides to our visitors. We had the chance to walk around historical buildings on Panepistimiou Str, the University of Athens, the National Gallery, the Academy of Athens and the Numismatic Museum.

Wednesday, 6th April 2022

At 08:45 we set off from the Music school of Ilion to our partners’ hotel to pick them up on an excursion to Epidaurus and Nafplion. The initial plan was a voyage to Aegina Island where we would have the opportunity to see the Mosaic of Aegina and be informed on the work of NGO ECOWEEK that managed to save this cultural inheritance that would otherwise be buried underneath Avra hotel that was built over the mosaic area. The mosaics under an ancient synagogue from the 4th century BC, with geometrical patterns and two Greek inscriptions were discovered in the nineteenth century. NGO ECOWEEK in cooperation with Greece’s Ephorate of Antiquities for Piraeus and the Islands, embarked a two-year program for the preservation of this important piece of history. A crowdfunding platform was set up for donations that were completed in 2020. The monument was restored which carries a message of sustainability, solidarity and innovation.

Unfortunately, due to Panhellenic strike on the day of the planned activity the ships would not sail to Aegina Island. So, we had to arrange for a different destination, and we decided on the Epidaurus site and Nafplion which are important historical and picturesque destinations in Greece.

⁴ Street paper “Shedia”: <https://www.shedia.gr/what-it-is/>

The first stop on our journey was the Corinth canal, one of the oldest canals in the world and a very important navigational route in the Greek archipelago connecting the Gulf of Corinth with the Saronic Gulf. It was first crossed by boats in 600BC when Periander built a ship railway, small boats being carried on wheeled cradles running in grooves. This system was used until the 9th century. Work on the canal began in 1882 and it opened in 1893. The principal engineers for the construction were Istvan Turr and Bela Gerstner Hungarians, as our Hungarian partner pointed out.

After this short interval we set off to the Ancient Theatre of Epidauros, an UNESCO World heritage Centre, constructed in late 4th century BC and considered to be the most perfect ancient Greek theatre with regard to acoustics and aesthetics. On arrival 5 Greek students Maria – Nicoleta Georgopoulou, Theodosia Niarchou, Michail Manetakis, Maria - Georgia Moutzoglou and Aikaerini Kassoumou made an introduction to the site and then 2 Greek students Maro Kahramanoglou and Virginia Katsaouni read an excerpt from Antigone, a tragedy by Sophocles in the orchestra of the theatre to honor the site. Afterwards Raul Alia, the Spanish partner read an excerpt in Ancient Greek from Medea, a tragedy by Euripides which is considered to be one of the great plays of the Western canon. The play lost none of its power to fascinate and repel as the centuries went by. It struck the age as new, but like all innovative masterpieces it has its deep root in tradition.

Then we set off to Nafplion where the Greek Student Stella Kardara introduced us to the history of the city and what Nafplion means to her. It is a small historic town with a backdrop of a beautiful castle with bougainvillea cascading down its stately neoclassical buildings, Byzantine churches, Turkish fountains, and mosques. The town combines old-world charm with stunning architecture and was the first capital of the newly born Greek state between 1823 and 1834. We spend some time walking in the picturesque maze of narrow streets and alleys of the town and then had a lunch break to taste local Mediterranean cuisine.

We returned to Athens, full of new experiences and unforgettable moments we cherished with our partners, in the afternoon.

Thursday, 07 April 2022 - workshops/presentations

Creating a common language - SEL Education, Presenter Anastasia Karagiorgi

Social and emotional learning (SEL) refers to a wide range of skills, attitudes, and behaviors that can affect student success in school and life. Consider the skills not necessarily measured by tests: critical thinking, emotion management, conflict resolution, decision making, teamwork. SEL is an integral part of our project as it is a process through which the students acquire and apply knowledge, skills and attitudes they need to recognize and manage their emotions, demonstrate caring and concern to others, establish positive relationships, make responsible decisions, handle challenging situations, become active citizens.

In the light of this we distributed to all participants photocopies of the Glossary, the Greek partner had created the previous year, with a list of 83 words relating to service - learning, a brief dictionary with explanations. The direction was to create a crossword with the words the students' groups thought would be more important and present it to the assembly. A huge crossword of a common language related to service - learning would then be created with the scope of development of all five interrelated areas of student competences: self-awareness, self-management, social awareness, relationship skills, responsible decision - making.

“Athenians at Work” at the Acropolis Museum

At 11:00 o'clock all participants of the Erasmus+ program, visited the Museum of Acropolis in the center of Athens and had an exciting experience in a unique arts and culture setting. We were divided into two groups and attended the workshop “ Athenians at work” under the instruction of two Museum guides. The workshop acquainted us on the following topics:

- How did the ancient Athenians spend their days?
- Did they all have to work?
- Did women work?
- Which were the professions that no longer exist, and which have survived up to modern times?

Pottery makers, vase painters, sculptors and painters, metal smiths, tanners. Doctors, bakers, washers can be found in the Museum's Galleries and reveal the people of labor and some of the professions of antiquity. The workshop was combined with an archeological walk in the galleries and valuable information on the Parthenon Exhibits, the history of the temple and explanation of the themes of the Parthenon Frieze.

After the workshop we had a short lunch break at the Acropolis restaurant and then returned to Music School of Ilion to attend the following presentation.

“Because we care”, Presenter Varvara Petridou

Because we care by Varvara Petridou (Environmental Education Coordinator of Secondary Education of the 2nd Directorate of Athens)- Ioanna Ntinou (Environmental Education Coordinator of Secondary Education of the 2nd Directorate of Athens).

At 15.30 Varvara Petridou made a presentation on the programme ‘‘ I care and act’’ organized by Lambrakis Foundation with main target student and civil awareness activation. The programme is related to social issues like migration, animal protection, poverty, protection of the unborn child and single parent family, the environment. The activist actions of Secondary schools that were presented included the Little Boats of Solidarity organized by the Music School of Ilion that inspired 6 schools from Attica region to participate, actions for animals by the 1st High School of Neo Psychiko, environmental action, social kitchen and activities for the unborn child by the High School and Lyceum of Ag. Paraskevi for deaf and hard of hearing students, book gathering in 41 Municipalities of Attica by the 1st Vocational School of Ag. Paraskevi, virtual business programme by the Special Laboratory of Vocational Education and Training-Junior Achievement Greece, World Migrants Day at Welcommon Hostel (a social enterprise), the project Be Safe administered by the Music School of Ilion and the Cooperation Network for the Marine Environment by Lambrakis Foundation.

Friday, 08 April 2022

“I need help” - Amnesty International workshop, Presenter Anastasia Karagiorgi

Amnesty International works with and through its worldwide network to inspire and equip people to get active for human rights. This workshop has the following learning goals:

- To raise empathy and active citizenship
- To understand the causes of human suffering
- To suggest solutions to social problems
- To enhance teamwork
- To make students cultivate critical thinking
- To create strong bond with the community

In the beginning of the workshop a blue cloth was spread on the floor of the library. Empty plastic bottles were given to the students with a sheet of paper. The students were instructed to imagine that they were castaways on a remote island. Then they were asked to think of a problem they were facing and write it down on paper. This paper was put into the bottle and thrown onto the blue cloth on the floor which symbolized the sea.

After all participants had thrown the bottles, a student was selected to stand next to the cloth and start opening each bottle reading the text. Each time the activity ended a long conversation with the students started trying to find possible solutions to each problem conveyed. The process was valuable as remarkable problems were included, the name of the writer was not mentioned, and sensitization was cultivated to all participants.

“Social Problem solving - The Six Thinking Hats approach” by Edward de Bono, Presenter Anastasia Karagiorgi

The six thinking hats technique, developed by Edward de Bono, is a communication and reasoning tool. It is also a way of investigating a social problem from a variety of perspectives, but in a clear, conflict - free way. You use it to see new perspectives by applying lateral thinking. Focus is on enhancing the structure of thinking so that group decision making, and idea evaluation can be dramatically improved.

During the workshop worksheets were given to the students and all stages were explained so that the students could go through the process. The photocopies provided the following information:

BLUE HAT - Process:

When your team wears the blue hat, you focus on controlling your thinking and managing the decision-making process. You have an agenda, ask for summary and reach conclusions.

WHITE HAT - Facts

The white hat represents information gathering. Think about the knowledge and insights that you have collected already – but also the information you are missing. And where you can get it.

RED HAT - Feelings

This hat represents feelings. When you are engaged in this type of thinking you can express your feelings without having to justify them logically.

GREEN HAT - Creativity

When your team wears this hat, you become creative. You can explore a range of ideas and possible solutions.

YELLOW HAT - Optimism

With yellow hat thinking, you look at issues and social problems in the most positive light possible. You think of the benefits and the added value that could come from your ideas.

BLACK HAT - Criticism

This hat is about being cautious and assessing risks. You express critical judgement and explain why you have concerns.

Then the students were asked to think of a social problem, talk about it with the rest of the group on the table and start analyzing all aspects of the problem and possible solutions following all six stages of the De Bono technique.

In this way all aspects of the matter were researched and inquired, and all kinds of solutions or drawbacks could be referred. The students could maximize creative thinking as well as productive and focused collaboration. All angles of the activity could be understood, and all opportunities and benefits could be spotted and defined. Finally potential problems, risks, and issues could be considered and analyzed.

“Caring for you”, Presenters Sofia Michou and 6 students of Ag. Anargiroi 2nd High School

Caring for you by Sophia Michou and 6 students of Ag. Anargiroi 2nd High School, was presented after the implementation of the project **Wrinkles** by the Music School of Ilion in collaboration with the 2nd Open Care Centre for the Elderly of Ag. Anargiroi at the Metropolitan Park of Antonios Tritsis on Friday morning. The active citizen actions organized by the 2nd High School of Ag. Anargiroi include the environment, civilization, supply of goods to vulnerable social groups and informing and raising public awareness. The activities presented were: The Thread of Warmth (organized in collaboration with the Music School of Ilion), Solidarity with the

flood victims of Mandra city, Christmas Bazaar, Love Boxes, Brain Games in collaboration with the Erasmus+ KA201 ‘‘ The Social Service for Students, as a Complex Institutional Innovative Programme’’ of Music School of Ilion and the sensitization on the SDG (1,3,4,10,11).

‘‘**Wrinkles**’’ Presenter Anastasia Karagiorgi

The **Wrinkles** project, presented by the coordinator Anastasia Karagiorgi with special reference to the photo exhibition that is planned to be organized with the help of the Erasmus+ KA201 partners. The exhibition will include photographs of grandparents of all partner countries and short stories of their lives. A small specimen of short stories of the old ladies of the 2nd Open Care Center for the Elderly of Ag. Anargiroi follows:

IOANNA CHANTZI

Feelings... the mirror of our soul that colors the path of our lives. Life is like a rose, each petal a dream, each thorn a truth, each life experience a wrinkle.

MARIA PELEKI

A morning coffee, fishing equipment and we are ready for action! We throw our bati in the water and wait for the fish to go and get it. The beautiful bottom of the sea and our basket filled with fish next up in line is cleaning and cooking them in the bonfire. We had such a great time; a smile brightened our face forming wrinkles. Wrinkles of expression, pleasure, and enjoyment.

THEOPHANIA TSONAKI

An early morning in the field. We lay out the sheets, the olive sheets, on the bottom of the olive trees. We hold wooden sticks in our hands, which we use to knock the olives down. We work all day even when the weather conditions aren't good. Sometimes it can be sunny but sometimes it may be cold and windy. The only thing that prevents us from collecting the olives is rain. Finally, when we have put them in baskets, we transfer them to the olive press, so they are made into oil. The fatigue and drudgery are imprinted on our faces, forming deep wrinkles.

DIMITRA STEFOUDI

Wind, sun, hard work in Thessaly. Before the use of machines, the cotton is collected by working hands. The women have sacks tied around their waists and they collect the white ‘‘gold’’ with both hands to throw it in. The sun and the wind gave wrinkles to the faces. The wrinkles of life.

Another activity that was implemented on Friday morning in collaboration with the 2nd Open Care Center and the 2nd High School of Ag. Anargiroi was the Brain Games that were created by the students. The games included crossword puzzles, multi-tasking games, on-line games, hand made games, visual recognition tasks, memory games practicing through the sense of smell, old photos to remind them of the past.

Loneliness and social isolation are the two more severe epidemics in the world. On creating brain games for the elderly students become creative, energetic individuals with excellent verbal communication skills and confidence. These social and educational activities promote longevity and the elderly become less absorbed in the normal stress of daily life. During the interaction with the old ladies of the 2nd Open Care for the Elderly of Ag. Anargiroi we realized that apart from playing the games they had a great need of communicating with the youth and were inspired during the game activity to express personal information of their life, their family and experiences.

‘‘**Ancient secrets and aromas**’’ Presenter Marianna Chrysou

On Friday morning a parallel activity to the Brain Games took place. We planted 40 roots of four different kinds of herbs (lavender, mint, thyme, sage) at the central yard of Othoniki Avli at the Metropolitan Park of Antonis Tritsis in collaboration with The Management Entity of the Park, the agronomist Marianna Chrysou and agricultural farming supplies Boukouvalas shop. The students participated enthusiastically and were attentive to

the stories behind the use of herbs in Ancient Greece as fennel that was used to celebrate the victory of the battle of Marathon or Lavender, mint and thyme that were used in the practice of strewing herbs to mask undesirable odors. Also, herbs are related to goddesses like Aphrodite who is associated to rose and myrtle, Demeter, Pluto and Persephone who are related to the different seasons, Prometheus and fennel, Dionysus and myrtle, Narcissus and Amaryllidaceae.

// APRIL 7-8 2022. A View of Events through the thoughts of an Artist.

April 7th and the main event of the day was [the visit to the Acropolis Museum](#) in the center of Athens, under the imposing shadow of the Acropolis itself.

A marvel of modern architecture, ingeniously constructed by the Master Builder Bernard Tschumi, it provided the perfect backdrop and sheltering cell for students and teachers to come in terms with the Athenian Civilization that once was, poke a quasi-curious philosophical glance to the existential mysteries of human awareness or even catch a tiny bit yet somehow daring stare of their own mortality at hand.

Philosophical rumblings aside, the single most important thing for someone to notice and indeed wholeheartedly embrace was the constant, heartfelt, almost poetic and beautiful in its fragility intermingling of all students with each other.

And indeed, through all the days of the Athens mobility, the most meaningful moments in their utter simplicity, willingness to communicate, openness to acknowledge, playfulness to explore, innocence to touch and nobleness to promote what is sound and able were the moments the students shared with each other.

No less, no more - but Less is More.

One beautiful moment: [Dinner in Athens, all partners together.](#)

From the Peripatetic School of Aristotelian thought to the Stoicism of Zeno, Diogenes, Epictetus and Marcus Aurelius, man wanders within nature to think of things, heal and project his findings to the world.

So, it is a rare case of luck and privilege that a serene and living park lies adjacent to our school. And it was an opportunity to surround our guests with it by hosting activities and connecting destinations through strolling within it.

Dinner in Athens was organized in that context, as an end destination to a nice walk that provided the means to find ourselves again with our partners, make time and inner space to promote fruitful discussions of epic proportions or just plain fun, for the fun of it.

And it has been a joy altogether.

April 8th and what a fitting highlight to end the Athens mobility sessions: [Planting & Memory Games with the Elderly](#).

Providing space for growth. Connecting the dots. The Past with the Present. The Old with the Young. What has been lived with what is about to becoming.

We are only human after all.

And one has to be generous. Or else everything is just ego.

An extraordinary sight to behold. A warming experience to be cherished. Watching beautiful **γιαγιάδες (grandmothers)** sharing words of experience with our students. And so it is

that Life transcends Time.

And our loving students from Hungary, Italy, Spain & Greece were there to bear witness.

Of course, there were other Presentations, Workshops and all the Erasmus usual stuff. But I am not here to talk about the ordinary.

The Legacy of Athens was the time our students spent together. The times we spent together.

And the times we forgot ourselves to find ourselves.

If any.

// Sidenotes.

A huge shoutout to the highly talented colleagues who made Athens Mobility possible. Your work is inspiring and an absolute privilege for our students.

Mrs. Karagiorgi Anastasia, an inspired and motivated individual, provided the strong leadership, the organizational skills, the experience, the dedication and the discipline to pull off the whole project with flying colours.

At the end of the day, Art will save the World.

Or maybe not.