

Newsletter about the SHARE meeting in Greece, Arfara.

From Sunday 26-3-2017 until Friday 31-3-2017 the team of Erasmus SHARE from England, Germany, Lithuania, Norway and Poland visited Greece, the school of Arfara, near Kalamata, in the Peloponnese. The high school of Arfara had the happiness of hosting the second meeting of the Erasmus + program in Greece. The program concerns sports health and relaxation in education.

The teams, when they arrived in Athens, visited archaeological sites such as the Acropolis and the Panathenaic Stadium. They were excited by the visits, and they all arrived at Kalamata at night.



On **Monday 27/3** everything was ready to welcome them, with songs, dancing and Greek food. Each group presented their school. Work began with the processing of the surveys. At lunchtime lunch at school included classic Greek skewers and salad.

On **Tuesday 28/3** the groups worked on analysing the results of the survey. Mini-olympics were organized by our students where all students took part. The meal at school included traditional Mediterranean food that had been prepared by our students in their homes. Then a visit to a traditional oil factory where the whole process of olive oil production was described. In the afternoon a visit was made to the archaeological museum of Kalamata, where students followed a trail around the exhibits from the rich history of Messinia, investigating sport, diet and relaxation at that time.



On **Wednesday 29/3**, an excursion to ancient Olympia was done, where the audio- guide made by the Greek team for the tour of the stadium and the palaestra was used. In the evening take part meeting of the students and teachers for dinner in a traditional Greek restaurant where a UK student of cooking visited the kitchen and shared what he saw with the rest of the group..

The program included a city tour and a small attendance of traditional Greek dances, a way to relax for Greek people.



Also, there was a visit to the traditional costume museum in Kalamata.

On **Thursday 30/3**, there was a visit to ancient Messini, where they watched a show of ancient tragedy that took place in the palaces of the student theater festival. Again this was how Greek people used to relax.



They then traveled to the archaeological site, which includes the ancient stadium and gymnasium. Here they observed children playing a game recreating the old sports.

In the evening, the farewell party at Arfara was very successful and certainly relaxing!



On **Friday 31/3** the groups made the evaluation and etwinning and developed a Fair Play code. They also interviewed each other about the benefits of the Mediterranean diet.



The time of separation was very difficult for everyone. We gave 5 wonderful days together. We hope to rejoin and re-share beautiful experiences.