



**GREECE**

**ERASMUS+**

14/10/2018 to 20/10/2018

**EAT – COMPETE - GET FIT!**



DATE	PROGRAMME
<p style="text-align: center;"><b>SUNDAY</b> <b>14/10/2018</b></p>	<p><b>ARRIVAL DATE</b></p> <p><b>20:00</b> Dinner</p>
<p style="text-align: center;"><b>MONDAY</b> <b>15/10/2018</b></p>	<p><b>08:15</b> Departure from the hotel</p> <p><b>08:30</b> Arrival at school – Welcome</p> <p><b>08:40</b> Nutrition game</p> <p><b>09:00</b> Presentation from a Dietician-Beautician Expert</p> <p><b>09:45</b> Break</p> <p><b>10:00</b> Presentation from a Psychologist Expert</p> <p><b>10:45</b> Break</p> <p><b>11:00</b> Presentation from a fitness instructor Expert</p> <p><b>11:45</b> Break</p> <p><b>12:00</b> Lunch at school</p> <p><b>14:00</b> Presentations</p> <p><b>17:00</b> Free time</p> <p><b>21:00</b> Dinner</p>

<p style="text-align: center;"><b>TUESDAY</b> <b>16/10/2018</b></p>	<p><b>09:00</b> Departure from the hotel</p> <p><b>09:15</b> Visit the Prefect of East Macedonia and Thrace</p> <p><b>10:00</b> Visit the Mayoress</p> <p><b>10:45</b> Visit Tobacco Museum</p> <p><b>11:30</b> Trekking in the Old Town of Kavala</p> <p><b>12:00</b> Visit the Castle in Old Town of Kavala</p> <p><b>12:30</b> Visit Mehmet's Ali House</p> <p><b>13: 00</b> Coffee time</p> <p><b>14:30</b> Lunch</p> <p><b>16:30</b> Free Time</p> <p><b>20:30</b> Dinner</p> <p><b>22:30</b> Living the night life of Kavala</p>
<p style="text-align: center;"><b>WEDNESDAY</b> <b>17/10/2018</b></p>	<p><b>09:00</b> Departure from the hotel</p> <p><b>09:15</b> Arrival at school for activities in the Hairdressers and Beauticians Laboratories.</p> <p><b>14:30</b> Lunch</p> <p><b>16:30</b> Free time</p> <p><b>20:30</b> Dinner</p> <p><b>22:30</b> Living the night life of Kavala</p>

<p style="text-align: center;"><b>THURSDAY</b> <b>18/10/2018</b></p>	<p><b>09:00</b> Departure from the hotel</p> <p><b>09:45</b> Visit the Archaeological site of Philippi</p> <p><b>11:30</b> Visit the Monastery of Panagia Eikosifinitisa</p> <p><b>12:15</b> Coffee break</p> <p><b>13:10</b> Visit the Cave of Alistraty</p> <p><b>15:15</b> Lunch in Drama</p> <p><b>18:00</b> Free time to Kavala</p> <p><b>21:30</b> Dinner</p> <p><b>23:30</b> Living the night life of Kavala</p>
<p style="text-align: center;"><b>FRIDAY</b> <b>19/10/2018</b></p>	<p><b>09:45</b> Departure from the hotel</p> <p><b>11:00</b> Visit the House of Shadow in Xanthi</p> <p><b>12:00</b> Hiking in the Old Town of Xanthi</p> <p><b>13:00</b> Coffee time</p> <p><b>14:30</b> Lunch</p> <p><b>17:30</b> Free time at Kavala</p> <p><b>20:30</b> Dinner</p>
<p style="text-align: center;"><b>SATERDAY</b> <b>20/10/2018</b></p>	<p><b>DEPARTURE DAY</b></p>