



ΓΥΜΝΑΣΙΟ Λ.Τ. ΚΕΡΑΣΟΧΩΡΙΟΥ
Gymnasio LT Kerasohoriou



“A SMALL SCHOOL, A BIG COMMITMENT TO THE ENVIRONMENT”

ERASMUS+ “GREEN ME, GREEN FOOTPRINTS”

2023-1-EL01-KA210-SCH-000161691

Erasmus+

Ανοίγει δρόμους, αλλάζει ζωές.



Co-funded by
the European Union

Karpenisi, 28/05/2025

Background



The **Gymnasio with High School Classes (L.T) of Kerasochori** was founded in **1976** and once had up to 400 students. Over the years, Kerasochori, like other nearby villages, has been depopulated, and the number of young families and thus students is steadily decreasing. The school, though small with a total of **29 students**, undertakes, participates in, and implements **Erasmus+, eTwinning**, and other programs and actions. It has launched an **Erasmus+ KA210 program titled “Green me, Green footprints”** for the school years 2023–2025, aimed at environmental protection, waste management, and cultivating students' ecological awareness. We consider the benefits from participating in these programs important not only for our students but also for the wider community. It's an unprecedented and beneficial experience for all, especially given the limited exposure to such stimuli due to the difficult living conditions in the region.

Erasmus+, but not only

The year 2024–2025 was particularly **creative** for the educational community of Gymnasio L.T. Kerasochori. **Activities and programs** were carried out in **various thematic areas**.



Erasmus+, but not only



A European E-Twinning Programme

- **“Green me, green footprints” E - Twinning (2023-2025)**



“Green me, green footprints” E-Twinning (2023–2025), closely linked to the Erasmus+ programme coordinated by Greece (Gymnasio L.T. Kerasochori)



E- Twinning work 2023-24



Virtual Mobility On World Environment Day



Erasmus+, but not only

- Participation in the International Eco-Schools Network



The programme aims to raise awareness, educate, and change student attitudes on environmental issues through participatory decision-making, planning, and implementation. Actions included:





1. Visit to the fir forest of Evrytania in collaboration with the Karpenisi Environmental Education Center



2. Environmental action by the Waste Management Authority of Central Greece at our school



3. Visit of the Metsovion Interdisciplinary Research Center (MIRC) to the Municipality of Agrafa and our school

Erasmus+, but not only

- **Ichthyofauna of Lake Kremasta**



Students chose to study the artificial lake of Kremasta due to their interest in the local natural environment. They researched fish species, adaptations, human impact, and the importance of ichthyofauna protection.



“Green me, Green The partnership footprints”



Gymnasio L.T.
Kerasohoriou -
greece



ANKA EĞİTİM
AKADEMİ - turkey



I.C. CENA -
Cerveteri - Roma -
Italy



Panevėžys Training
Center (PMC) -
Lithuania

The motivation...

The realization of the intensity and scale of modern environmental problems prompted the launch of the programme:

- Severe global environmental degradation
- Use of 5 trillion plastic bags annually
- Disposal of 6 trillion cigarette butts
- 2 billion tons of waste produced
- Over 50% of plastic waste comes from single-use items
- 80% of marine litter comes from land, 70% being single-use bags
- Pollutants remain in the environment for centuries, polluting soil and water, threatening food and health
- Every year, 300 million tons of new plastic are added
- This urgent need for awareness and behavioral change led to the launch of the environmental programme.

The goals of the programme

- **To raise awareness of students of all ages about the climate crisis and global environmental problems by linking theory to practice in both formal and non-formal education**
- **To inform about the concept of the “green footprint” and ways to reduce it in daily life**
- **To cultivate environmental awareness and promote sustainability understanding**
- **To encourage responsible consumption and production habits**
- **To promote recycling and proper waste management**
- **Through international cooperation and cultural exchange, to develop active citizenship, language proficiency, digital literacy, and European identity**

Activities of the Preparation Programme

1. Educational Programmes (seminars, workshops)

2. Analysis of Educational Needs (discussions and evaluations)

3. Collaborative Sessions and Exchange of Ideas (structured workshops and discussion groups for best practice sharing)

4. Online Familiarization Meetings (eTwinning and Padlet)



5. Research on the School's Environmental Footprint

6. Creation of the School Eco-Code

7. Planning of Educational and Environmental Action Programmes (cross-curricular and environmental initiatives)

1st Mobility Italy

08.04.2024 - 12.04.2024

2 teachers και 5



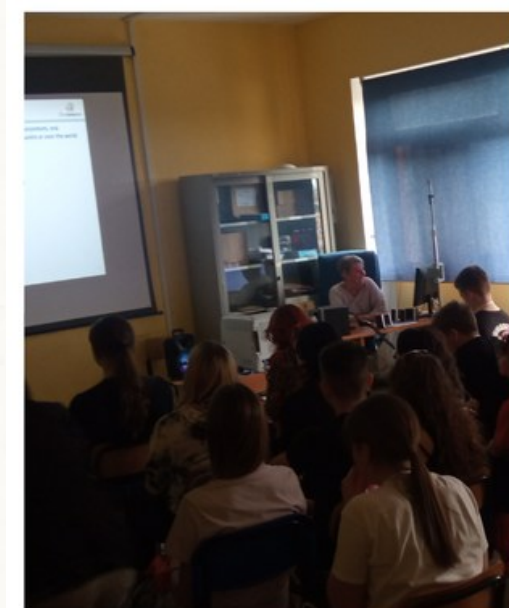
Activities

- Presentations by partner schools and green initiatives
- Guided tour of the school & ice-breaking activities in the gym
- Environmental lecture
- Green Lab: Workshop on sustainable development
- Challenge activity using digital tools
- Work session in the computer lab
- Recording of the program's song
- Cultural visit to the Etruscan Necropolis (UNESCO Monument) with a treasure hunt
- Ecology-themed knowledge game in the city center
- Educational trip to Rome with interactive and group activities
- Visit to the protected area of Torre Flavia
- Video or photo album creation workshop about the area

1st Mobility Italy

08.04.2024 - 12.04.2024

2 teachers και 5
students



1st Mobility Italy

08.04.2024 - 12.04.2024

2 teachers και 5
students

“Grazie, Italia. L’inizio è
stato nel modo
migliore.”

Torre Flavia

2nd Mobilty Greece

27.05.2024 - 31.05.2024

**2 teachers from Italy, Turkey &
1 from Lithuania**



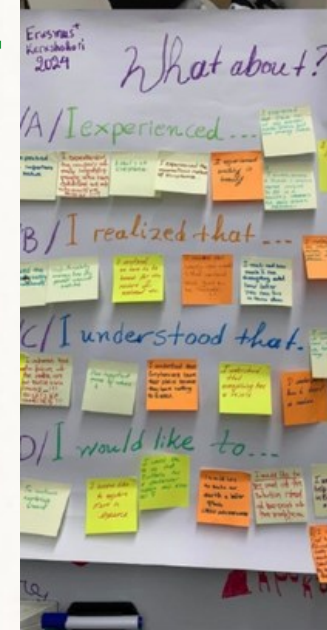
Activities

- Visit to the Cultural & Historical Center of Evrytania and the Mountain Museum
- Presentation of traditional Greek dances by students
- Presentation of a device on "Hydro-Energetic Environmental Engineering" by a mechanical engineer
- Visit to a local olive mill with quality certification
- Hike through the Buzonikos Canyon
- University lecture on: "Climate Change and the Hydroelectric Dam"
- Visit to the Hydroelectric Dam
- Cruise on Lake Kremasta and guided tour over the submerged Byzantine Monastery of Episkopi (600 A.D.)
- Lunch with representatives of the local government (offered by the Municipality of Agrafa)
- Visit to the Holy Monastery of Proussos and the traditional Stremenos butcher shop (award-winning chemical-free products)
- Hike to the Black Gorge (Meyra Spileio)

2nd Mobility

27.05.2024
Greece

2 teachers from Italy, Turkey &
1 from Lithuania



2nd Mobility

27.05.2024 - 31.05.2024
Greece

2 teachers from Italy, Turkey &
1 from Lithuania

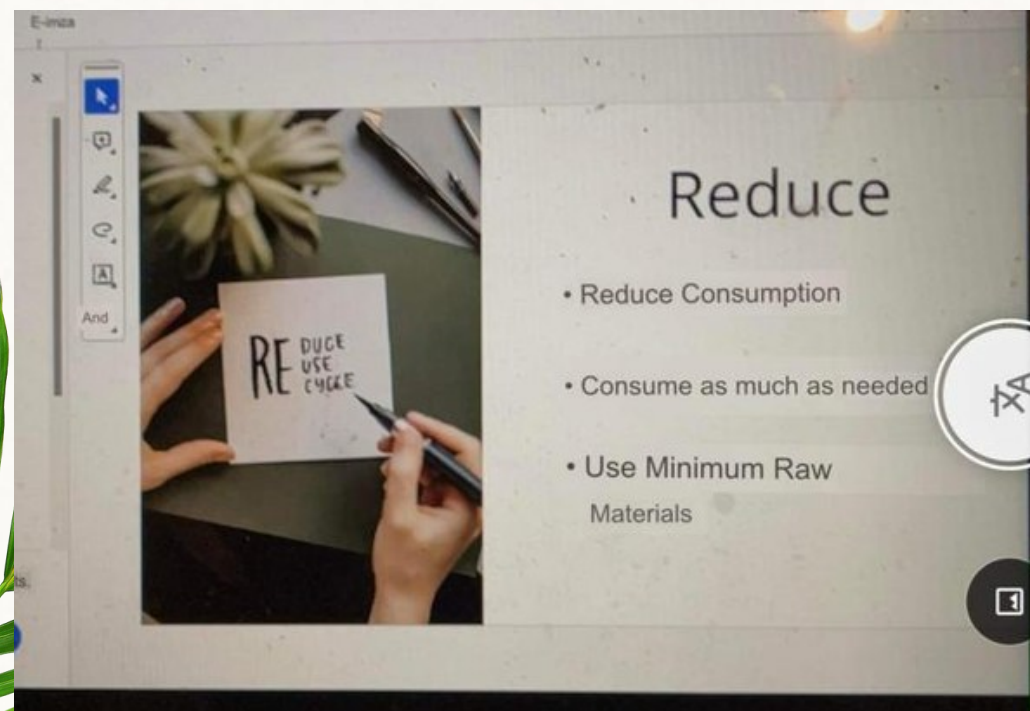


Virtual Mobility

on world environmental day

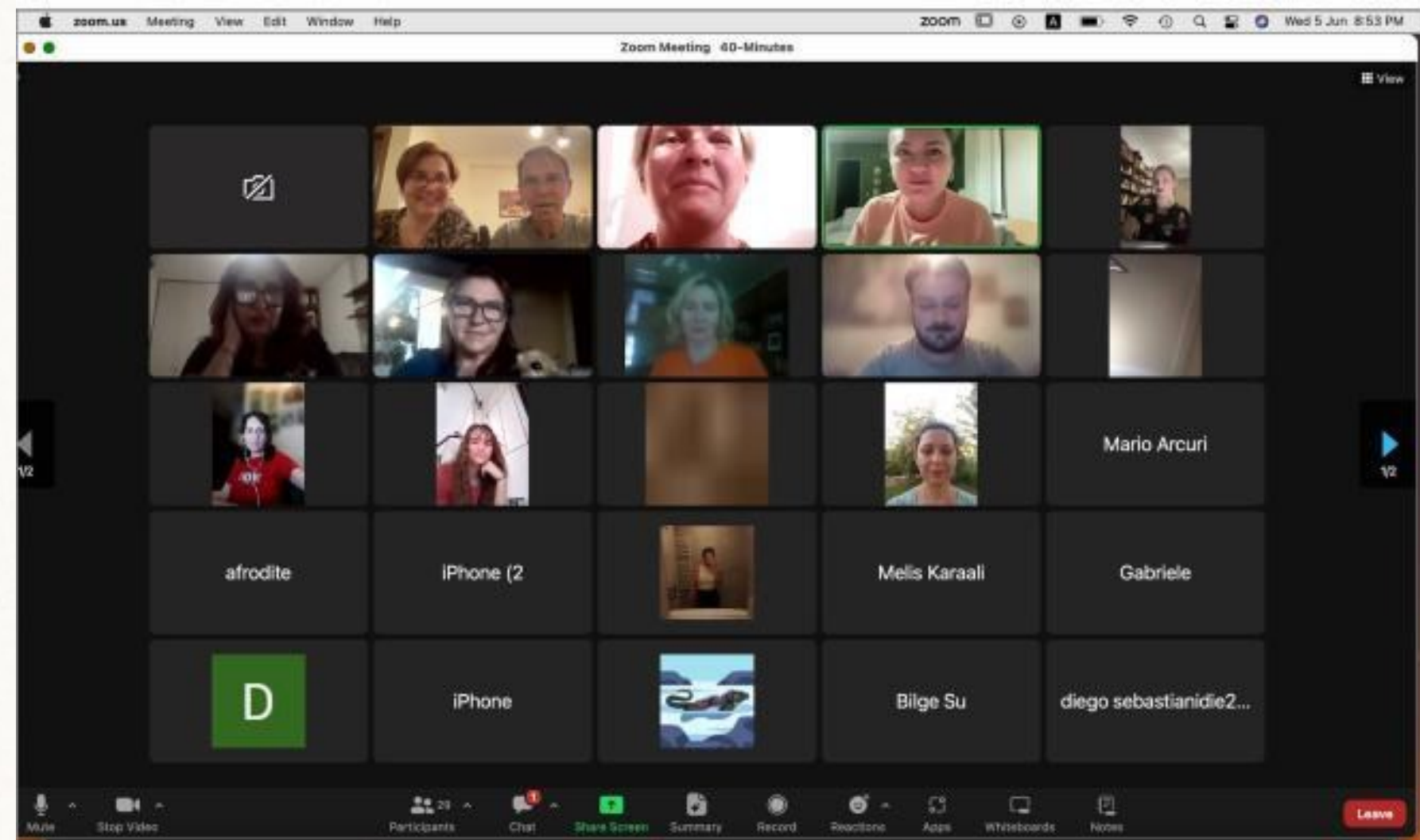
05.06.2024

8 participants from each country (teachers & students)



Activities

- As part of World Environment Day, both teachers and students were informed about current environmental issues. Using Web 2.0 tools, a virtual mobility was carried out, enabling the participation of those who could not travel. This initiative further strengthened environmental awareness among all participants.



3rd Mobility Turkey

06.10.2024 - 11.10.2024

2 teachers and 3
students



Activities

- Orienteering activity
- Beach activity (shell collection, etc.)
- Visit to the Kızılırmak Delta (birdwatching)
- Visit to Batık Minare (submerged minaret)
- Canoeing at Asarkale & short stop at Kapıkaya
- Planting activity
- Visit to the Bandırma Ship
- City tour:
 - Toy Museum
 - Liberation Road
 - Foreign Products Bazaar
 - Atatürk Monument
 - Amazon Village
- Workshop in the Çakırlar Forest
- Visit to the Nature School



3rd Mobility Turkey

06.10.2024 - 11.10.2024

2 teachers και 3
students

“Teşekkürler Türkiye,
birlikte yaşadığımız güzel
anılar için!”



4th Mobility Lithuania

07.04.2025 - 11.04.2025

2 teachers and 2
students



Activities

- Visit to the workshops of the Panevėžys Educational Center
- Outdoor activities near Lake Ekranas (team games, walking and step-counting)
- Short guided tour of the city center
- Educational trip to Krekenava:
 - Visit to the Visitor Center
 - Presentation on Lithuanian forests
- Hike along the Girinis trail
- Visit to the Pašiliai Bison Park
- Photo exhibition and evaluation of learning activities
- Park activities with games and challenges
- Educational trip to Vilnius with guided sightseeing tour
 - Visit to the Museum of Energy and Technology (Tesla show, transformer hall)
- Mobility evaluation and certificate award ceremony
- Green City Tour

4th Mobility Lithuania

07.04.2025 - 11.04.2025

2 teachers και 2
students

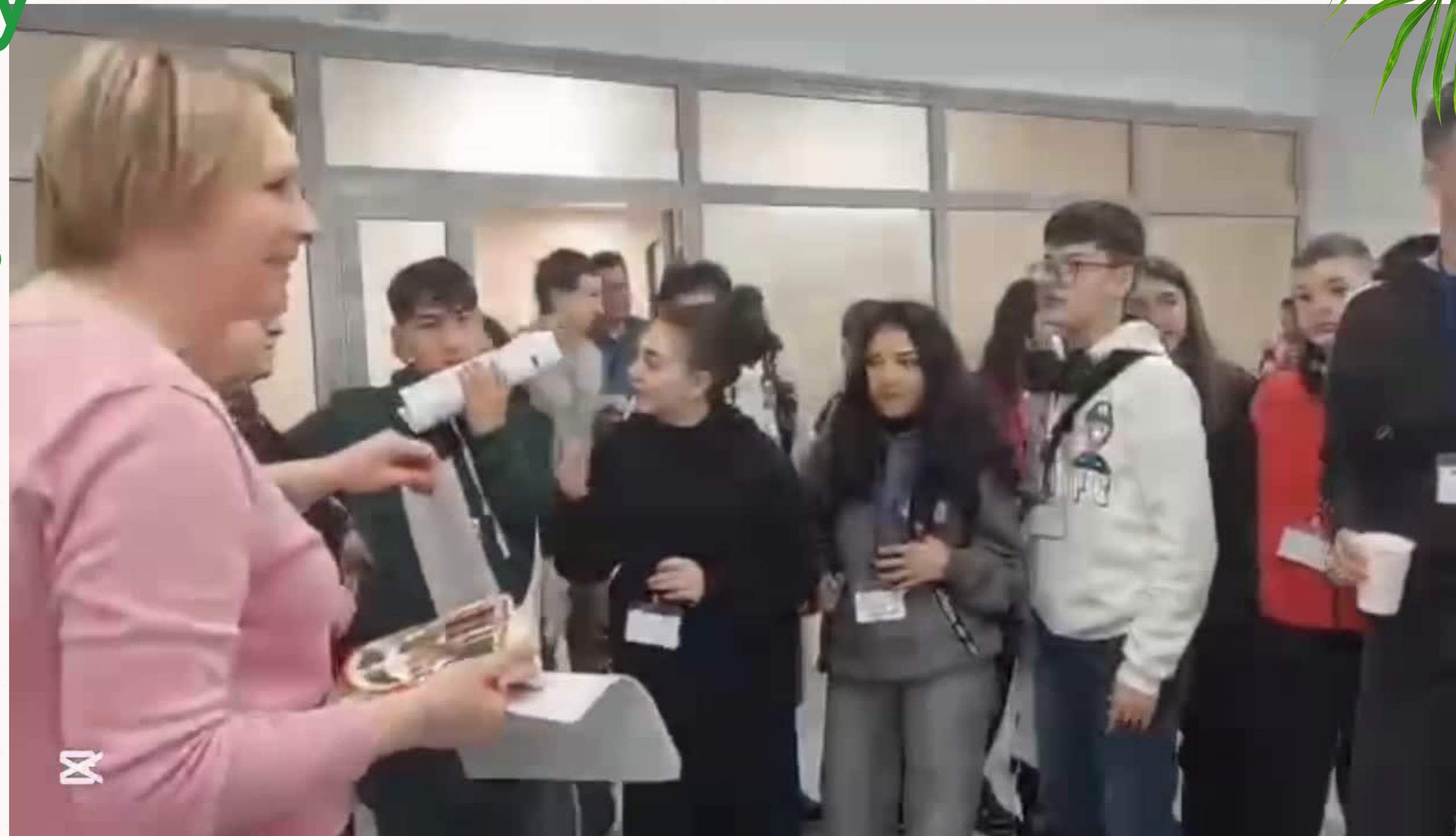


4th Mobility Lithuania

07.04.2025 - 11.04.2025

2 teachers and 2
students

Ačiū, Lietuva, už žaliuosius
žingsnius, kuriuos žengėme
kartu.



Activities in the host countries at a

 **Transnational visits to the partner schools (Italy, Turkey, Lithuania)**, where students and teachers exchanged experiences, knowledge, and best practices.

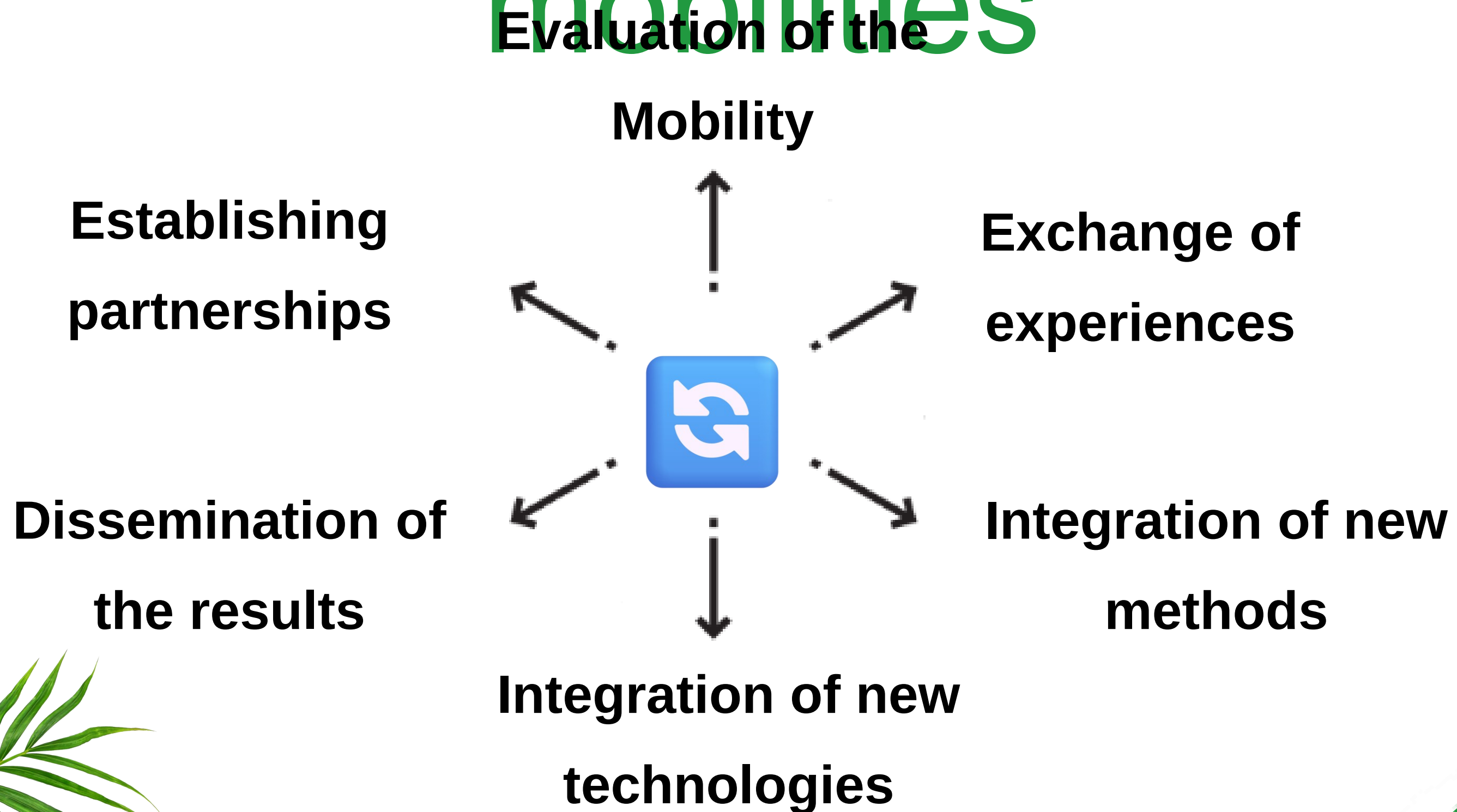
 **Environmental education workshops** with topics such as: planting activities, Green Lab, nature park walks, and lectures on climate change.

 **Educational trips, presentations, and the creation of digital products**, posters, and ecological proposals for local implementation.

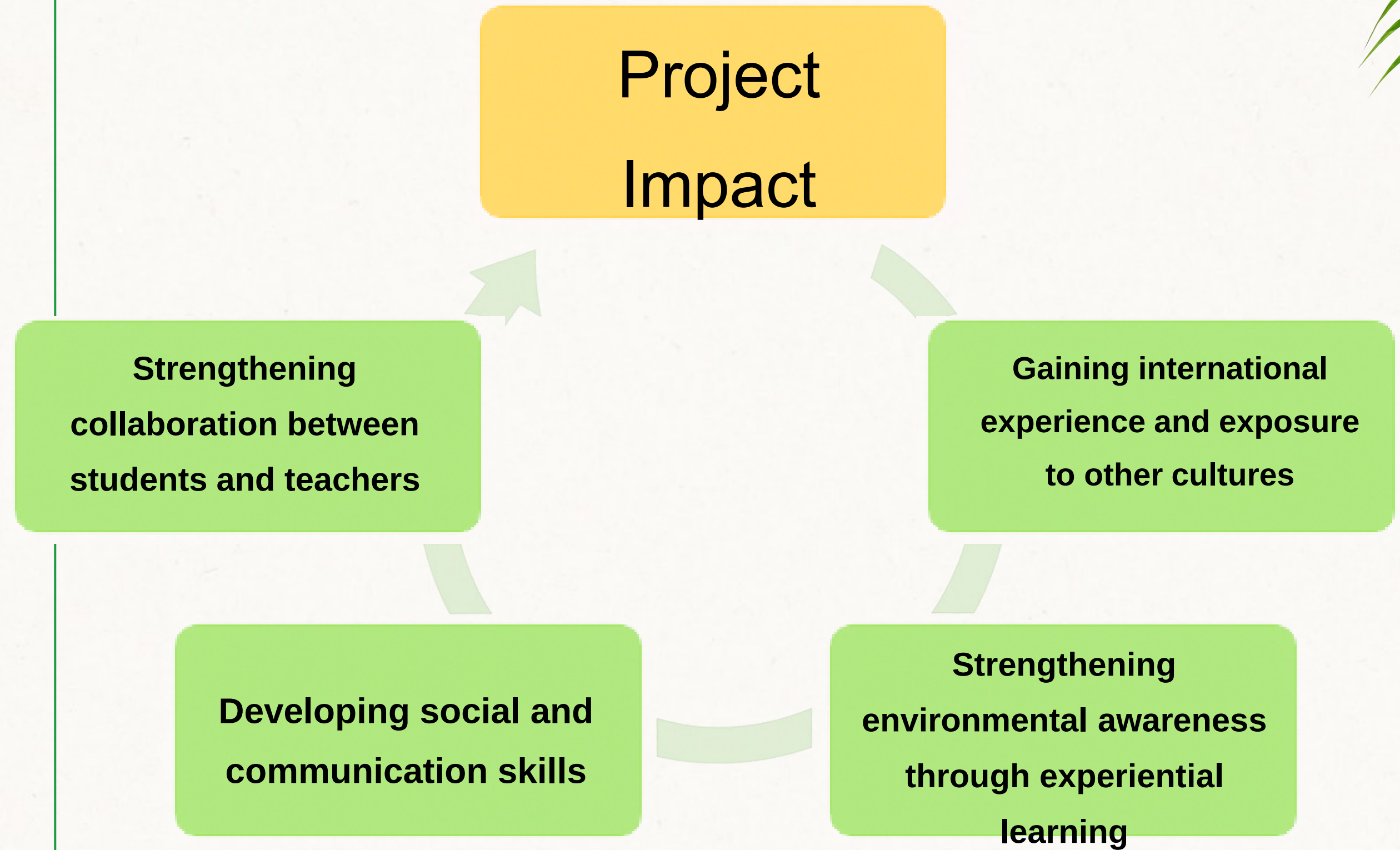
 **Cultural visits & local guided tours** (to cities, museums, historical sites, local businesses, and cultural landmarks)

 **Interactive games & group activities** (ice-breakers, orienteering, outdoor activities, and treasure hunts)

Activities after mobilities



Benefits for the school & the students





Our stud



Dissemination of the results



- 1. Creation of a digital platform (website, eTwinning)
- 2. Publications in local media
- 3. Use of social media and other digital tools
- 4. Collaboration with local bodies for broader dissemination
- 5. Exchange of good practices
- 6. Student presentations at school events
- 7. Legacy for continuous application of the plan
- 8. Assessment rubrics
- 9. Creation of posters, videos, and articles for the school's website
- 10. Creation of an Erasmus Corner



Dissemination of the results



Κυριακή 18 Μαΐου 2025

ΕΥΡΥΤΑΝΙΑ | ΚΑΡΠΕΝΗΣΙ | ΑΓΡΑΦΑ | ΑΘΛΗΤΙΚΕΣ ΕΙΔΗΣΕΙΣ | ΕΠΙΚΑΙΡΟΤΗΤΑ

Στο Erasmus+ "Green me, Green footprints", το Γυμνάσιο-Λ.Τ. Κερασχωρίου - 3η θέση στον διαγωνισμό για το λογότυπο του προγράμματος

Στο Ευρωπαϊκό Πρόγραμμα Erasmus+ Με Τίτλο "Green Me, Green Footprints" Συμμετέχει Το Γυμνάσιο-Λυκειακές Τάξεις Κερασχωρίου, Που Έλαβε Μέρος Και Στον Διαγωνισμό Για Το Λογότυπο Της Δράσης



Κυριακή 18 Μαΐου 2025

ΕΥΡΥΤΑΝΙΑ | ΚΑΡΠΕΝΗΣΙ | ΑΓΡΑΦΑ | ΑΘΛΗΤΙΚΕΣ ΕΙΔΗΣΕΙΣ | ΕΠΙΚΑΙΡΟΤΗΤΑ

Γνώρισαν την αγραφιώτικη φιλοξενία. Στο Κερασχώρι εκπαιδευτικοί από τη Λιθουανία, την Τουρκία και την Ιταλία, για το Erasmus+ (ΦΩΤΟ)

Στο Πλαίσιο Συμμετοχής Του Στο Ευρωπαϊκό Πρόγραμμα Erasmus+ "Green Me, Green Footprints", Το Γυμνάσιο-Λυκειακές Τάξεις Κερασχωρίου Υποδέχθηκε Καθηγητές Ξένων Χωρών Στα Τέλη Μαΐου



Κυριακή 18 Μαΐου 2025

ΕΥΡΥΤΑΝΙΑ | ΚΑΡΠΕΝΗΣΙ | ΑΓΡΑΦΑ | ΑΘΛΗΤΙΚΕΣ ΕΙΔΗΣΕΙΣ | ΕΠΙΚΑΙΡΟΤΗΤΑ

Εμπειρίες ζωής στην Ιταλία για μαθητές & εκπαιδευτικούς του Γυμνασίου-Λ.Τ. Κερασχωρίου - Συμμετοχή σε πρόγραμμα Erasmus+

Στο Cerveteri Της Ιταλίας Βρέθηκε Αντιπροσωπεία Μαθητών/Τριών Από Το Κερασχώρι Του Δήμου Αγράφων, Στο Πλαίσιο Συμμετοχής Στο Ευρωπαϊκό Πρόγραμμα Erasmus+ "Green Me, Green Footprints" Με Θέμα Το Περιβάλλον, Την Κλιματική Κρίση Και Την Αειφορία



Dissemination of the results

Active links from the dissemination of the program on the Press and on the Internet



[Italy LTT Kerasohori Facebook page](#)



[Greece LTT Kerasohori Webpage](#)



[Turkey LTT](#)

[Evrytanika.gr](#)



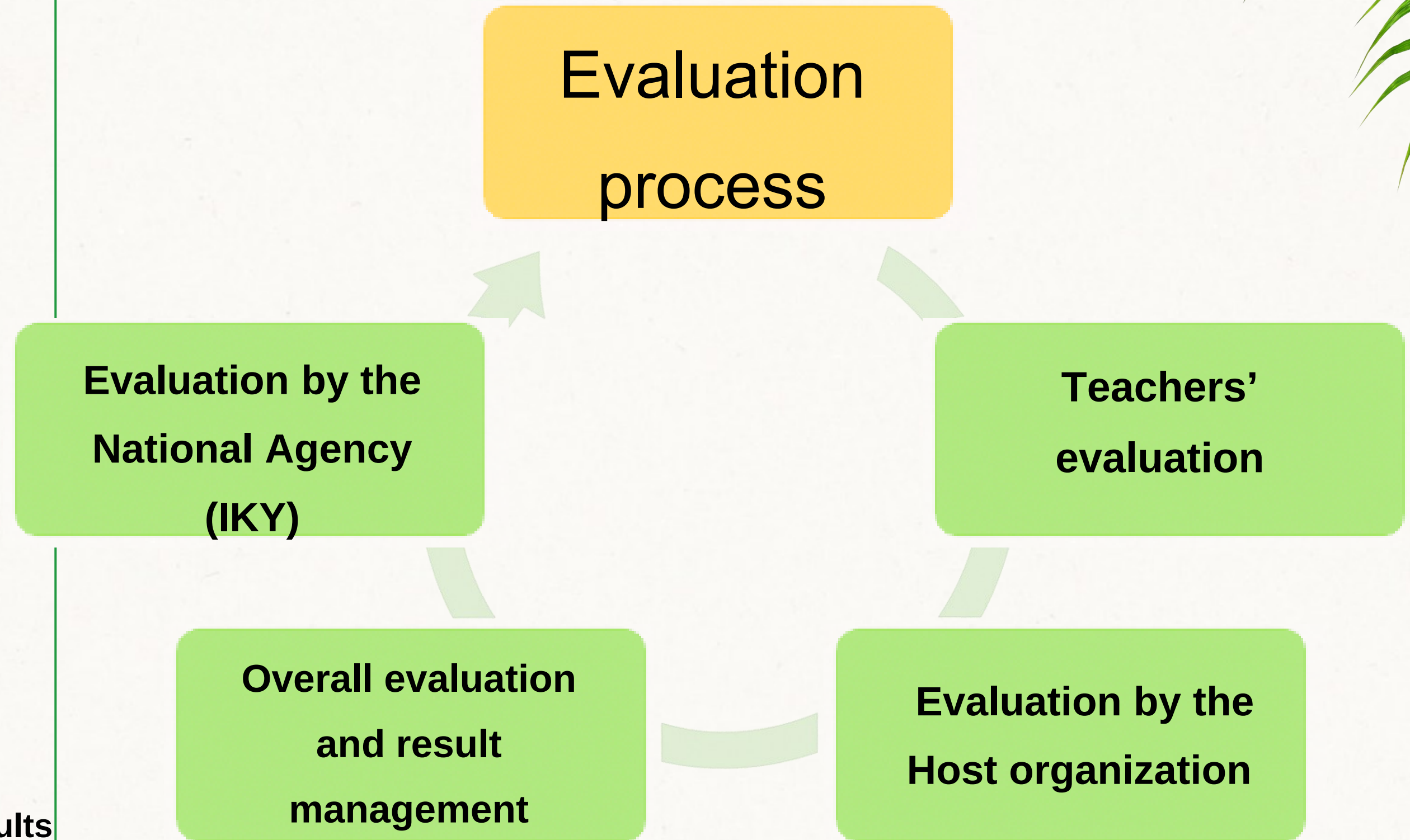
[Lithuania LTT Erasmus+ "Green me, Green Footprints" Facebook page](#)



Evaluation

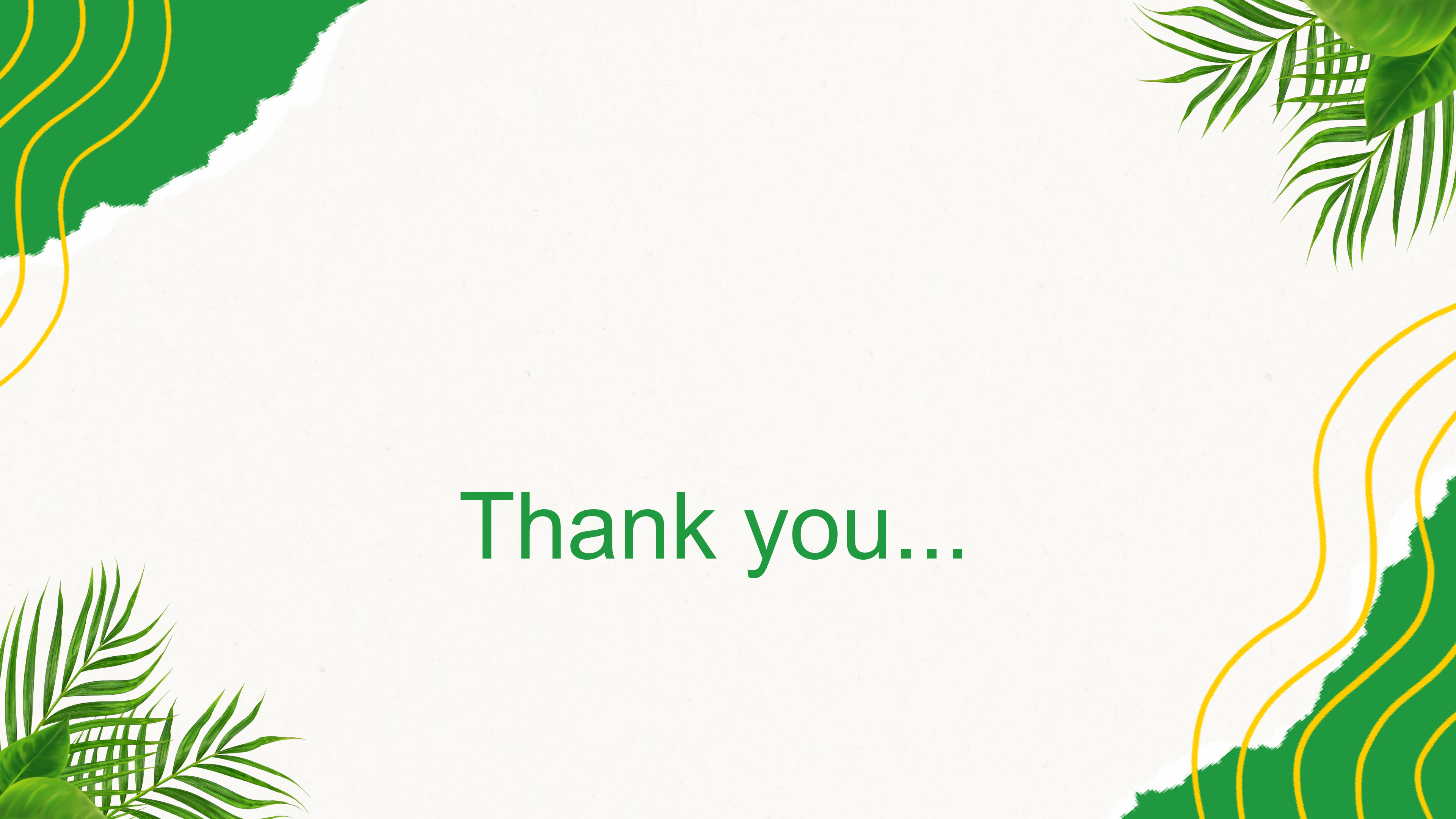
Includes:

- rubrics
- interviews
- questionnaires / surveys
- group discussions / forums
- observations,
- participant feedback
- analysis of lesson / activity results



Conclusion

The participation of Gymnasio L.T. Kerasochori in the Erasmus+ program "Green Me, Green Footprints" was a valuable educational experience that enhanced the school's extroversion, environmental identity, and the European awareness of students and educators. The cultivation of a green culture through cooperation and experiential learning is a legacy for the school community's future.



Thank you...