

AGENDA OF THE TRAINING COURSE **NATURE'S PALETTE; A SENSORY EXPERIENCE**

SUNDAY, 11TH MAY, 2025

Teams arrival to Volos and Accommodation at Park Hotel
Free choice dinner

MONDAY, 12TH MAY, 2025

- 7:00 -8:30** Breakfast at Park Hotel
- 9.15-10:15** Welcome to school – Registration of participants
"Can transfer" from Brno to Greece
- 10:15-11:00** Short presentation of Groups "Present yourself/
Uses of plants and herbs in each country"
- 11:00-11:30** Coffee break
- 11:30- 13:00** **Training Session 1**
Natural cosmetics enhanced and colorized
with essential oils, plants and herbs
- 13:00-14:00** Lunch break
- 14:00-16:00** **Training Session 2**
Natural cosmetics enhanced and colorized
with essential oils, plants and herbs
- 19.30** Dinner - Tsipouradiko "Monosandalos"

TUESDAY, 13TH MAY, 2025

- 7:00 -8:45** Breakfast at Park Hotel
- 8.45-10:00** **Theofilos Museum of Anakasia - Guided tour**
- 10:00-12:30** **Environmental Education Centre of Makrunitsa/Pelion mountain,**
Presentation of local herbs and plants
Short walk to observe, identify and collect herbs and plants
Workshop 1 – plant collection
- 13:00-13:30** Syrtaki dance lesson
- 13:30-14:30** Lunch at Archontiko Restaurant – Portaria village
- 14:30-16:00** **MYRRO - tea, herb and skincare company-Short presentation**
Practical session, organised by Myrro
- 19.30** Free choice dinner

WEDNESDAY, 14TH MAY, 2025

- 7:00 -8:45** Breakfast at Park Hotel
- 9.00-11:00** **School – Workshop 2 packaging/gel printing with plants**
- 11:00-11:30** **APIVITA - Herb and skincare company**
Short online presentation of their company
- 11:30-12:00** Coffee break
Garden opening
- 12:15- 13:30** **UNIVERSITY OF THESSALY**
Distillation of essential oils of local herbs and plants
by Mr Kyriakos Giannoulis, Assistant Professor
- 14:00-15:00** Lunch at “Brothers”
Free time
- 19:00-19:30** **Lykeion Ellinidon Museum - Guided tour**
Traditional dance costumes & fabrics dyed with natural colors
- 19.30** Free choice dinner

THURSDAY, 15TH MAY, 2025

- 7:00 -8:30** Breakfast at Park Hotel
- 8:45** Day trip to Pelion villages and beaches
- 10:00-10:30** **Agion Taksiarhon Churh**, Milies-Pelion village
impressive frescoes and paintings with natural pigments
- 11:30-12:30** **Tsagarada village, Short walk in Pelion paths**
guided by Manos Manou, specialist in medicinal herbs
- 12:45-14:15** **Mylopotamos beach** by the Aegean Sea
surrounded by lush green cliffs
- 14:30- 15:30** Lunch at “Aggelicas”, local tavern
- 17:00** Arrival at Park Hotel
- 20:30** Farewell dinner - “Lola&Luna”, italian restaurant

FRIDAY, 16TH MAY, 2025

- 7:00-8:45** Breakfast at Park Hotel
- 9:00-10:00** **Archeological Museum - Guided Tour**
Plants and Herbs in ancient world
- 10:10-13:00** Park Hotel - **Final presentations**
- 13:00-14:00** Lunch at Park Hotel, buffet
- 14:00-15:30** **Mobility evaluation**
Certificates - Group photos
- 16:00** Depart to Athens / Thessaloniki

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