



**HELLENIC REPUBLIC
MINISTRY OF EDUCATION RELIGIOUS
AFFAIRS AND SPORTS**



Nr. 13/10-02-2026

**REGIONAL DIRECTORATE FOR
PRIMARY AND SECONDARY EDUCATION
OF STEREA ELLADA
DIRECTORATE OF PRIMARY EDUCATION
OF EVRYTANIA**

3rd PRIMARY SCHOOL OF KARPENISSI

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Genoveva Ivanova Tsvetkova-
Headmaster

Job Shadowing Program:

“GREEN HEROES FOR A BETTER FUTURE”

Location: Karpenisi and Lamia, Greece

Duration: 5 working days

Day 1: Introduction to sustainable lifestyle and educational environment

09:00 - 10:00: Official opening. Meeting with the team and the director of the host school. Presentation of the concept of the Karpenisi school for sustainable development.

10:15 - 12:00: Lecture and discussion: “Green skills in modern education” with Denis Paroutsas (expert on education in Evrytania). Analysis of the needs for ecological culture in schools.

12:15 - 13:00: Lunch.

13:15 - 15:00: Practical seminar: Simulation of sustainable practices and resource management in school.

15:00 - 15:30: Coffee break.

15:30 - 17:30: Ecological monitoring: Visit to a local natural landmark. Observation of methods for the conservation of local flora and fauna and how they are used as an “outdoor educational resource”.

Day 2: Exchange of good practices – Visit to three schools

09:00 - 11:30: Visit to 1st Primary School of Karpenissi:

Activity: Teaching art outside the classroom. Greek colleagues will show ways to create art with natural materials, outside the classroom..

Activity: Teaching Physics outside the classroom: Greek colleagues will show how to teach Science and STEM outside the classroom.

12:00 - 14:00: Visit to 4th Primary School of Karpenissi:

Activity: "Green Zones": Practical participation in planting local herbs in the school garden. Discussion on how to organize a watering program in which the children themselves take responsibility.

Activity: Designing an eTwinning project: Greek colleagues will present their active eTwinning project concerning intercultural education and environmental issues

14:00- 16:00: Lunch.

16:00 - 18:00: Cultural and educational walk through the historical sites of Karpenisi, related to the sustainable development of the region.

Day 3: Recycling, Composting and Healthy Lifestyle

09:00 - 11:30: Visit to 3rd Primary School of Karpenissi:

Activity: Simulation of sustainable practices workshop: Group work on simulation of sustainable practices (e.g. resource management). Discussion of green practices in the school. Observation of sustainable living practices. (Ecological theater performance). Inclusion of elements of local nature and culture. Awareness of the benefits of ecological culture. Development of green skills in students. Discussion of observations.

Activity: Healthy eating workshop: Students will prepare a demonstration of preparing healthy snacks with local and seasonal products. Discussion of the benefits of healthy eating and how it affects the environment. Discussion of the importance of local foods and how to reduce food waste. Simulation: Strategies for sustainable development. Participants will develop strategies for sustainable development of the school. Ideas for implementing green practices in the school.

12:00 - 14:00: Visit to the Special Kindergarten of Karpenissi:

Activity: Observation of a technology lesson (Waste separation): The KINEPS program in the special school. Observation of the method by which Greek colleagues teach students with special needs to identify types of plastic (codes 1-7) and their correct classification in the classroom with the help of a special application.

Activity: Teaching environmental education to children with special needs: Description of the method of organizing and monitoring an educational visit of toddlers with special needs to the natural environment.

14:00- 16:00: Lunch.

16:00: Relocation to Lamia

Day 4: Ecological Culture, Innovation and Simulations

09:00 – 11:00: Visit to Regional Directorate For Primary And Secondary Education Of Sterea Ellada

11:00 – 15:00: Visit to Environmental Education And Sustainability Center of Styliada:

Activity: Seminar on the operation of the Service "Operation and Organization of Environmental Education and Sustainability Centers". The Center managers will present their actions and the organization in terms of the administrative framework and cooperation with schools. .

Activity: Monitoring of an environmental program in the field: GEOMYTHOLOGICAL - GEOENVIRONMENTAL PATHS. Implementation in the outdoor area of Agios Vlasios Styliada and in the archaeological museum of Lamia.

15:00 - 16:00: Lunch.

16:00 - 18:00 Visit to medieval castle of Lamia

Day 5: Evaluation, Sustainability and Certification

09:00 - 11:00: Working session: Preparation of presentations by the participants (Job Shadowing team) on the learnings during the week.

11:15 - 12:30: Presentations and feedback: Sharing the results with the Greek hosts. Discussion of future joint projects (e.g. eTwinning).

12:30 - 13:30: Closing lunch.

13:30 - 15:00: Finalization: Filling in the Europass Mobility and receiving certificates of participation. Procedure for collecting opinions and recommendations for improving mobility.

The headmaster



Dimitrios Antoniou