

FOREST ADVENTURE

Story

The city of Ioannina is in the heart of the wildest region of Greece. Surrounded by mountains and forests, Ioannina used to be largely isolated and particularly a traditional place and, still now, the “silent city center neighborhood” offers a window to the local lifestyle of people which is deeply connected with traditions, significant cultural values, appreciation of the nature, and a calm community spirit.

During this adventure, participants will discover the local history, art, people and the nature. Finally, they will explore the peaceful border of the city, the forest of Ioannina, learn what the forest means to local people, as well as meet local stakeholders at a honey store and a traditional pie shop.



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Discovery

Short description: 2-3 hour journey, ideal for 4-8 participants who are newcomers in Ioannina. The journey will include a light hike and it is best to start at 9am or 5pm in dry season. The group should carry some water, a piece of yarn and scissors with them.

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! The Start. The Three Mountains: Interact with local people to find out which is the best place to enjoy the view of the mountains surrounding the city, three names of the visible mountains and where nearby is the oldest mpougatsa (traditional cheese or sweet cream pie) shop. Greet the old lady who cooks the pies and, if you like, buy a pie for yourself to be well prepared for the journey to the forest!



The Wild Game: Interact with locals to find out about the Bull and what Apeirota means! Tip: it's connected to the local team.



The Poet's Grove: This little park is called the Poet's Grove in English but try to find out from locals how is it called in Greek. The Greek poet ILIAS FOUKIS was born in this area in 1969. His published volume of poetry THE TESTAMENT OF A LESSER GOD, which has been translated into ten languages, has won literary awards all around the world. Read an extract of his "Testament of a Lesser God, young Greek Solitary" and try to recreate this piece. Take a photo or a video!

"This God of Love
has come highly touted by Olympus...

A good deal more than your usual Idols
and different from them
usurper of all longings
and with many possibilities for immortality.

And all the departing travelers
will testify that no matter where they went
they saw none of this incredible love anywhere
which in itself would be enough to convince
the easily deceived world
that the Summit had been worth the effort.

Few people love each other in this World."



The Platanus Tree: Interact with local people to find out the traditional significance of Platanus trees that are planted in the center of neighborhoods.

The Natural Energy: Interact with local people to find out how often and for how long they typically sit down for a coffee, and what natural energy resources are commonly being used in this neighborhood.





The Pindou Mountain Women: Find the Pindou Women's Street and interact with local people to find out who are the Women of Pindou mountains, what significance they play in local history.

! The Honeybees: Learn about the tradition of honey making and find out what other products produced in/nearby forests of Epirus region support the local economy. What herbs do people collect at the nearby forest?



! The End. The Forest: Interact with locals and find out what they love about the Forest of Ioannina, what does it mean to them. Gather some natural materials and create a piece of art with it! You can use the yarn you had carried with you and do not damage the nature while doing this task – please be gentle and appreciate it. Take a group photo with the piece of art you have created and feel the connection between nature and Ioannina, between nature and you.





EPIRUS
KENTPO NEQN



Erasmus+

FOREST ADVENTURE DIGITAL DISCOVERY

https://www.google.com/maps/d/u/0/edit?mid=13YLCiD2ffeIKM_CNHtK0ZndiFuqUVJ4T&usp=sharing

MORE INFORMATION ABOUT THE BORDERS IN THE MIND PROJECT

<http://www.bordersinthemind.eu>

“Borders in the Mind” project: approved by the European Commission under the programme “Erasmus+ – KA2 – Strategic Partnership for Adult Education”
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