

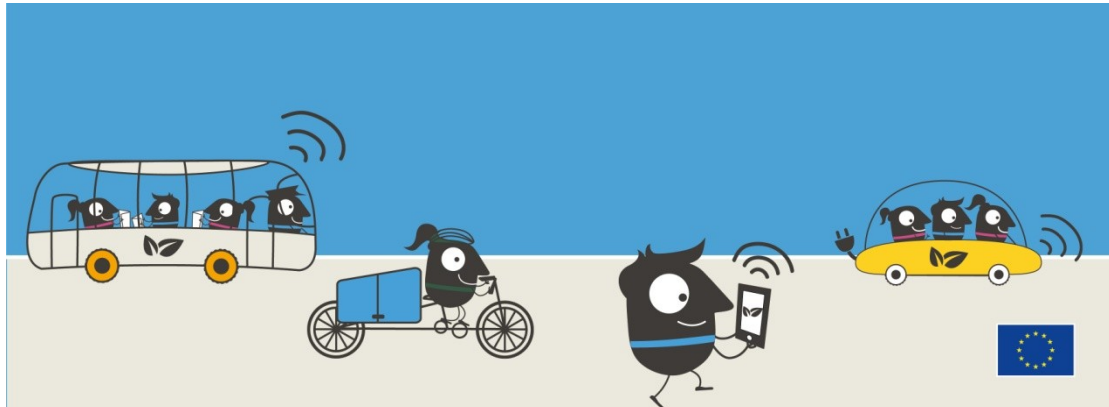


ΔΗΜΟΣ ΚΑΡΔΙΤΣΑΣ

EUROPEAN MOBILITY WEEK 2018

MUNICIPALITY OF KARDITSA

PROGRAM OF ACTIVITIES



EUROPEAN MOBILITY WEEK
16-22 SEPTEMBER

Friday 14/09/2018

20.00 Opening of the exhibition of paintings with the theme "Municipality of Karditsa and bicycle. The approach through the eyes of the artist" of the participants in the competition for the awards of the brothers Valtadoros legacy, at the Municipal Art Gallery of Karditsa (the exhibition will last throughout the European Mobility Week).

Sunday 16/09/2018



Morning

10.00 Bicycle ride from **DOPAK** & the **Municipality of Karditsa**. Starting and finishing point at the central of Freedom square of Karditsa, a ride of 16 kms through the village Kompelos. in the Central Square of Freedom .

- Public signing of the Charter of the European Mobility Week by the **Mayor**, before the launch of the bicycle ride.
- The **Mayor** awards the businesses and professionals that promote the notion of ecological transportation in the city after the finish of the bicycle ride.

- The **Mayor** awards the excellent collaboration with the **Traffic Police Department of Karditsa** and **EKAB (Immediate First Aid agency)** and their supervision of the event.
- Exhibition of the pupils paintings of the **3rd, 13th & 14th Primary Schools**, having as theme the Bicycle, in the starting area of the Cycling

Afternoon

19.00 Friendly basketball game between the **Municipality of Karditsa**, the team of which consists of the Mayor, Deputy Mayors and other Municipal Officials and the basketball team of **IRA of Karditsa (Police Department of Karditsa)**, at the Sports Park.

20.30 Concert with traditional folk music and the music band **"Oktaicho"** at the Lakka Mantziara square.



Monday 17/09/2018

Morning

09.00 Educational Program by the **Institute of Road Safety IOAS "Panos Mylonas"** on Road Safety, for the children of the 2nd grade of Lyceum, at the lecture hall of the 1st Vocational School of Karditsa (EPAL) and at the premises of the Karditsa Fire Department Headquarters.

09.00 Visit at elementary schools of the Municipality of Karditsa and information on safe cycling, by members of the **Cycling Club of Karditsa** and responsible employees of the **Department of Education and Culture of the Municipality**.

10.00-11.00 Traffic and driving education lessons for students of Elementary Schools of Karditsa, by the **Traffic Police Department of Karditsa**

Afternoon

18.00 Traditional games by the 3rd age people of **KAPI (Protection Center of the Elderly) Karditsas** & children of the town by **KDAP (Center of Creative Child Activity)** of our city, at the Gioldasi (Lappa) Square

18.30-20.00 Games and exercises with the children of the **Social Welfare Center of the District of Thessaly – Department of Rehabilitation of Special Needs Children of Karditsa** with the help of the dance teacher **Xenia Papathanasiou** at the Pafsilipo grove

20.00 With the bicycle at Gioldasi (Lappa) Square, for a night full of traditional folk dancing by the **Folk Dancing Groups** of our city **"EN CHORO"**, **"Thessalian Chorostasi"**, **"KARAGKOUNA"**, **"Mary Ioannidou"** and **"HORIAMVO"**.



Tuesday 18/09/2018



Morning

09.00 Training program by the **Institute of Road Safety IOAS "Panos Mylonas"** on Road Safety for the children of the 2nd grade of Lyceum, at the lecture hall of the 1st Vocational School of Karditsa (EPAL) and at the premises of the Karditsa Fire Department Headquarters.

09.00-13.00 Educational program "I am Cycling Safely" staged by the **Institute of Road Safety IOAS "Panos Mylonas"** intended for children of the 6th grade of elementary city schools.

09.00 Visits of Elementary Schools in the Traffic Park of the Municipality and Traffic Education course by the competent official of the **Department of Education - Culture of the Municipality**.

09.00 Tree planting by pupils of the 3rd grade of High School in public places in collaboration with the Municipality's Clean, Recycling & Green Department.

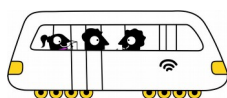
10.00-11.00 Traffic and driving education lessons for students of Elementary Schools of Karditsa, by the **Traffic Police Department of Karditsa**.

10.00 Event at OSE, Karditsa train Station, by the **Association of Friends of Railroad Karditsas & officials of OSE (Greek Railways)**, for children of the first grades of Primary Schools, with information on the history of Railways in Greece & the benefits of using the train as a means of transportation on man and the Environment.

Afternoon

18.00-20.00 Gymnastics for all in the Sports Park by the gymnasiums **Ef Zein, My Gym, Befit Training & Follow Me**.

19.30 Musical afternoon with tunes from the choirs of **KAPI (Center for Protection of Elderly People)** of the Municipality of Karditsa, **FOK (Athletics Enthusiasts Club of Karditsa)**, and the famous soloist **Pinelopi Kontokosta** under the supervision of Giouli Agioti and the competent official of the **Municipal Music School**, with the cooperation of the **Archaeological Agency of Karditsa**. The event will take place at the courtyard of the Archaeological Museum of Karditsa.



Wednesday 19/09/2018

Morning

09.00 Training program by the **Institute of Road Safety IOAS "Panos Mylonas"** on Road Safety for the children of the 2nd grade of Lyceum, at the lecture hall of the 1st Vocational School of Karditsa (EPAL) and at the premises of the Karditsa Fire Department Headquarters.

09.00-13.00 Educational program "I am Cycling Safely" staged by the **Institute of Road Safety IOAS "Panos Mylonas"** intended for children of the 6th grade of primarily city schools.



10.30-12.30 Therapeutic Horse Riding for the Children of **Theodoridis Center Horizons** at the "**FILONEIKOS**" **Equestrian Center**, under the supervision of children's physiotherapist **Thomas Koukou**, Bobath SI.

10.00-11.00 Traffic and driving education lessons for students of High Schools of Karditsa, by the **Traffic Police Department of Karditsa**.

Afternoon

18.00-20.00 Contemplating about peoples' compliance with the Traffic Code (K.O.K.) and conclusions drawing, conducted by the children of **KDAP (Center of Creative Child Activity) "EXELIXIS kids"**.

19.00 Speech by Mr **Vasileios Gerodimos**, professor of training, of the **Department of Physical Education and Sport of the University of Thessaly**, "Urban Activities for the Promotion of Physical Activity aiming on Health" at the Pafsilipo park.

- Car Vs Bicycle – Presentation of timing results and conclusions if both were to start at the same time from Central Freedom Square and reach the intercity bus and the train station (O.S.E.) respectively.

17.00-20.00 Afternoon theoretical and practical Training Program on road safety, by the **Institute of Road Safety IOAS "Panos Mylonas"** for children of the 2nd grade of Lyceum, of Evening Lyceums & Schools and any person that is interested, at the lecture hall of the 1st Vocational School of Karditsa (EPAL) and at the premises of the Karditsa Fire Department Headquarters.

18.00-20.00 "Mobility... Same for everybody?" – Stroll at the city by kids of 9 to 12 years old, members of **KDAP (Center of Creative Activity) "Kid's Hangout"**. Passage-ways for people with disabilities at the streets and sidewalks of the city will be observed and listed. The kids then will apprehend the situation and draw their conclusions.

Thursday 20/09/2018



Morning

09.00 Training program by the **Institute of Road Safety IOAS "Panos Mylonas"** on Road Safety, for the children of the 2nd grade of Lyceum, at the lecture hall of the 1st Vocational School of Karditsa (EPAL) and at the premises of the Karditsa Fire Department Headquarters

09.00-13.00 Educational program "I am Cycling Safely" staged by the **Institute of Road Safety IOAS "Panos Mylonas"** intended for children of the 6th grade of primarily city schools

09.00 School collaboration for the environment of the **Elementary School of Karditsa for children with special needs**, with the **6th Elementary School**, at Agia Paraskevi park, with motion and dance from the dance professor Xenia Papathanasiou and next construction of birds' bins

09:00-10.30 Educational event addressed to high school kids of the Municipality at the Hall of Municipal Cinema-Theatre with subject and motto "I have a balanced diet, move often, and grow well". Main speakers are Mrs. **Siamata-Kotrotsiou Fotini** (dietitian, nutritionist), Mrs. **Ferentinou Irimi** (pediatrician) and Mr. **Hasialis**



Athanasios (professor of physical education, candidate Doctor of the University of Thessaly)

10.00-11.00 Traffic and driving education lessons for students of High Schools of Karditsa, by the **Traffic Police Department of Karditsa**.

10.00-12.00 Collaboration of **Children's Libraries of Municipality of Karditsa**, with the **Theodoridio Center Horizons** & with **Primary School** of the city, on the theme of traditional & improvised indoor & outdoor games, Bicycle and next motion and dancing from the dance professor **Xenia Papathanasiou** at Refreshment of Pafsilipo park.

10.00-13.00 Thematic tours at the **Archaeological Museum of Karditsa** staged by the curators with main subject the study of transportation and transportation means during the antiquity, in the light of excavation findings, addressed at children of the 2nd grade of high school, as well as adults.

Afternoon

18.00-20.00 «CHOROCHROMA» for children, teenagers and adults with disabilities and not, in the Shopping Center.

20.00-21.00 Dancing performance by the group **Driades En Plo** and the nursery of **Maria Karapanagiotis Dance School** at the Shopping Center.

21.00-22.00 Live music concert with the music group **G.O.P.** at the mall.

Friday 21/09/2018



Morning

09.00-13.00 Educational program "I am Cycling Safely" staged by the **Institute of Road Safety IOAS "Panos Mylonas"** intended for children of the 6th grade of primarily city schools

10.00 Vehicle extrication Demonstration after a car accident by **The Fire Department of Karditsa**, in collaboration with **EKAB (Immediate First Aid agency)** under the supervision of the **Traffic Police Department of Karditsa**, intended for children of the third grade of Lyceum, performed at Plastiras square.

10.00-11.00 Traffic and driving education lessons for students of High Schools of Karditsa, by the **Traffic Police Department of Karditsa**.

10.00-11.00 Folk dance lessons for the children of "**Theodoridio Center Horizons**" staged by dance teachers of the **Folk Dancing Group "Karagouna"** at their premises, under the supervision of ergotherapist **Georgia Pappa**.

Orientation regarding the traditional, local "Karagouna" outfit by Mrs **Mairy Theologi**, chairman of the **Folk Dancing Group "Karagouna"**

11.00 Citizens orientation in matters of anti-seismic protection by "**Karditsa Earthquake Project**" – **Schools at Action of 1ST EPAL (Technical School)** of Karditsa, at the central Freedom square.

Afternoon



18:30 Opening of the painting exhibition “My Bicycle – My Best” at the Paparantzas Musical Grove. The paintings are the creations of kids, members of the **Municipal Center of Creative Occupation of Karditsomagoula district**.

Saturday 22/09/2018



Morning

10.30 Bicycle proving grounds for children of the town, from 10 to 15 years, at the central Freedom square, staged by **KDAP 1 (Centers of Creative Occupation)** and **The Department of Culture/Education of the municipality of Karditsa**

11.00-14.00 Cultural cycling course at various industrial monuments of Karditsa, staged by the **City Museum of Karditsa** in cooperation with **V.I.D.A. (Industrial Monuments Promotion Team)** (Industrial Bulletin Census, <https://vida-omada.blogspot.com/>). Starting and finishing point at the train Station.

10.00-13.00 Closing of Ypsilantis Str. at the point of M. Alexandrou up to the junction with Koumoundourou Str.

10.00 Several activities under the supervision and music scores of **Dj Lamprou Mpekiari**.

- Singing performed by the members of the **Philharmonic Orchestra of Karditsa** under the supervision of **Aggelos Palapelas**, music teacher of the **Music School of Karditsa**

- Tae Kwon Do demonstration by the Tae Kwon Do **Olympia Athletic Association of Karditsa**

- Rhythmic gymnastics for children by **“Benefit Training” & “Follow Me” gyms**

- “Dance for Everybody” by the Dancing clubs and schools: **“En Horo”** (On the Dance), **“Karagouna”**, **“Mary Ioannidou”** & **“Cleopatra's Dance School”**

- Exercise activities in game-form for younger and elder children, staged by the scientific team of the **Department of Physical Education and Sport of the University of Thessaly (TEFFA)**

- “Ping Pong for All - Knowing the Game”, by the **Ping Pong Athletic Association of Karditsa**.

- “Basketball for All”, by the **Athletic Association of Karditsa**, amidst athletes of the Association, in collaboration with the **A.M.E.A.(people with disabilities) Municipal Association of Karditsa**.

- “Traditional Road Games for minors and adults”, by the **“Children’s Libraries”** and **KDAP (Centers of Creative Occupation)**.

At the same time there will be several informative stands for the citizens:

- **TEFFA – University of Thessaly**, presenting issues of physical exercise, diet and health.

- **Parents with Children with Neoplastic disease Association “FLAME”**.

- 2 Animal Welfare Associations:

- **Animal Rescue of Karditsa “Filokardi”**

- **Animal Welfare and Cultural Association “I Rescue”**



Aiming at sensitizing and informing citizens of how to deal with pets and stray animals

- **“Karditsa Earthquake Project” – Schools at Action of 1ST EPAL (Vocational Senior High School) of Karditsa**, dealing with issues of anti-seismic protection.
- The **Mountain climbing Association of Karditsa** promoting the idea of love and respect towards nature as well as the protection of our natural habitat and cultural heritage.
- **Blood Donor Volunteer Association of Karditsa**, aiming at sensitizing and informing citizens Prefecture of Karditsa, on issues of voluntary blood donation and bone marrow donation
- Presentation of the new electrical car **Nissan Leaf** by the local car dealership **“Nissan Boukis S.A.”**.
- Painting exhibition of **3rd 13th and 14th elementary schools** with the bicycle as a subject.
- During the activities, the **Association of Bakers and Confectioners** will offer to the participants and attendants free cookies.

Afternoon

17.30 Program “Kids Athletics” at Plastiras square in collaboration with **EAS, SEGAS & The Athletic Cultural Association “Perseas”**.

18.00 Tour of retro bicycles in historical parts of the city in collaboration with the competent official of the **Department of Education - Culture of the Municipality**. The starting point is at Plastiras’ square and the finish is at the Pafsilipo grove. The ride crosses the town market square (Dimotiki Agora), the Archaeological Museum, the OSE Train Station and the water tower.

19.30 Noon cycling in the city staged by the **Mountain climbing Association of Karditsa** in collaboration with the **Cycling Association of Karditsa** and **Municipality of Karditsa**, starting at Courts square.

19:00-21:00 Closure of the Mirmidonon Street, from the level of Ipsilantou Street up to the level of Tertipi Street and volleyball and tennis games for all, by the **Karditsa Volleyball Association (S.P.A.K.)** and the **Tennis Sport Association “Phaethon”**, under the supervision of the **Civil Protection Programs Application Department of the municipality of Karditsa**, at the Plastira Square.

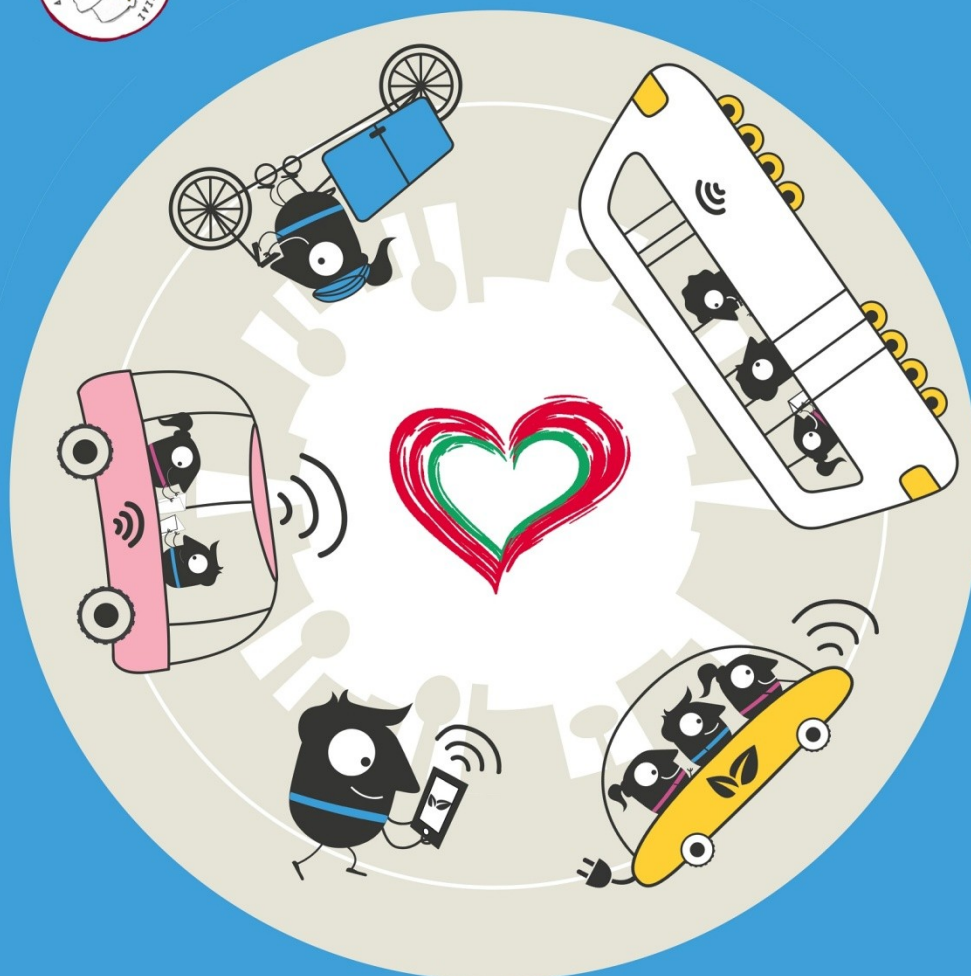
Translated by : Thalia Tzellou, Apostolos Karastratis, Zoi Sfairopoulou



ΕΥΡΩΠΑΪΚΗ ΕΒΔΟΜΑ ΔΑΚΙΝΗΤΙΚΟΤΗΤΑΣ
16-22 ΣΕΠΤΕΜΒΡΙΟΥ 2018



ΔΗΜΟΣ ΚΑΡΔΙΤΣΑΣ



Συνδυάζω - Μετακινούμαι!

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