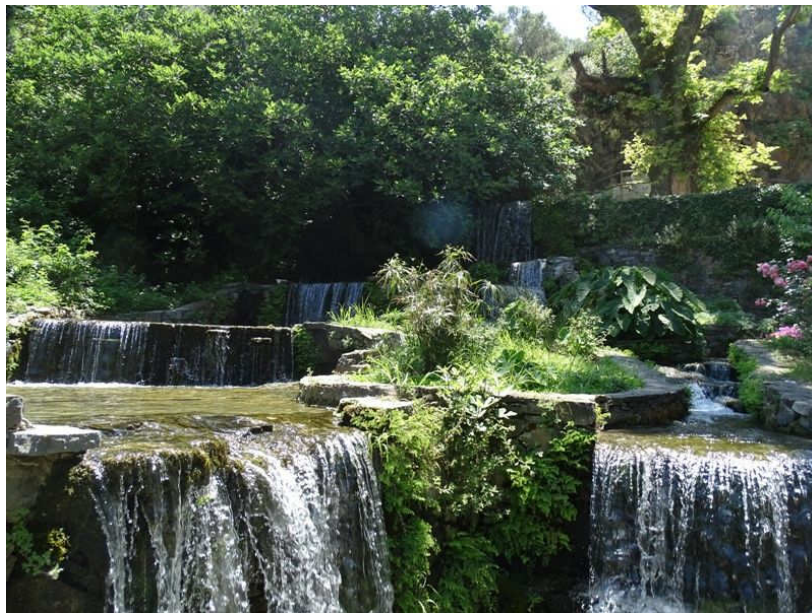


Discovering Crete, the cradle of the European civilization

BIOCrete, environmental bureau

Agios Basilios, Crete, Greece



What will we do?

Sharing experience - Improving life quality

Where we meet?

Courses take place at the central south coast of Crete in Greece..

BIOCrete, environmental bureau manages the courses. It is located close to Agia Galini.

The meals will be served in Agia Galini where hotels will host the participants too.

Hikes of light grade and up to 3,5 km on white road and cross roads in the area are part the program.

What values we gain?

- Tangible impression of the outcome of historic development
- Strategies to improve land use values in cultural landscapes.
- Experiences of information exchange with wild life
- How to prepare your own healing bred at home

What we will eat?

- We will cater our guests with regional traditional health food,
- as far as possible prepared from certified organic produce.
- Fresh fish is supplied by local fisherman
- Fresh spices are supplied by **BIOCrete** to ease information flow between the actors, wo(man) and the environment.
- All food is prepared to enjoy best the common meals

Where is the problem?

The walking excursion are light grade and not suitable for disabled people as far as they cannot walk light grade hikes. The same counts for the access to the **BIOCrete** centre which is situated on a steep hillside.

Costs

Price per person **755 Euro** from 4 to 8 participants, exclusive arrival in Crete.

Accommodation in a traditional family hotel, double rooms with balcony, bathroom, fridge, internet and a unique view over Agia Galini, the port and the Libyan Sea.

Half board, breakfast and lunch or dinner.

Transfer from and to the airport, excursions, seminars, seminar documents and a welcome drink upon arrival are included as well.

Program

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DAY	WHAT	THEME	DESCRIPTION
1	Agia Galini MORNING PROGRAM	Welcome or free	Individual welcome of participant
	AFTERNOON PROGRAM	Welcome or free	Individual welcome of participant
	EVENING PROGRAM	Welcome dinner	Dinner with local products following the historic Mediterranean diet in a traditional Cretan tavern with local participants. The essence of the Cretan life: The pareia, unique Cretan hospitality.
	<i>Accommodation</i>	Family hotel or free choice	Accommodation in a family hostel managed by a Cretan young family overlooking the port of Ag. Galini. Shared double rooms with bath, AC and Wifi
	<i>Transport between stages</i>	By walk 15 min	Guided walk through the village of Agia Galini, introduction in its ancient history and observation of its outcome
2	Agios Nikolaos, BIOCrete MORNING PROGRAM	Walk to the Centre of Mediterranean culture BIOCrete	2 h walk from Ag. Galini to BIOCrete with examples of the transformation of rural land use systems throughout the millenniums. Lunch with BIOCrete organic products
	AFTERNOON PROGRAM	Culture Mediterranean health food	Cooking with an Italian Chef traditional Mediterranean flat bread in the pan for home use, Preparation of healing teas from BIOCrete aromatic plants with ancient receipts . Or free

	EVENING PROGRAM	Culture or free	The life of the Cretans. With Cretans and Cretan music in a traditional kaffeineion
	<i>Accommodation</i>	Family hotel or free choice	
	<i>Transport between stages</i>		0900 – 1600 2h guided walk. 2h Stay, Lunch 2 1/2 hours stay ½ h Minibus from BIOCrete to Agia Galini
3	Ancient site of Festos MORNING PROGRAM	Culture	½ h Minibus. Guided tour to the cradle of the European civilization, the palace of Festos. 5000 years of culture building ½ h to Cretan lunch at Komos, the beach where Europa emerged
	AFTERNOON PROGRAM	Culture or free	½ h to the ethnological museum of Vori, the rural population throughout the centuries or free or beach 1 h Minibus to Ag. Galini
	EVENING PROGRAM	Free	Free
	<i>Accommodation</i>	Family hotel or free choice	
	<i>Transport between stages</i>		0900 – 1600 1/2h Bus 1 ½ h stay 1/2h Minibus 2h stay ½ Minibus 1h stay 1h Minibus
4	Water and civilisation MORNING PROGRAM	Environment/Culture	Guided minibus tour to the palm forest at river Preveli and to the wells of Agiropoli with snack
	AFTERNOON PROGRAM	Environment	The artesian lake of Kourna
	EVENING PROGRAM	Culture or free	Rural life with locals in the mountain village Melambes
	<i>Accommodation</i>	Family hotel or free choice	

	<i>Transport between stages</i>		0900 1600 1h bus 1 h stay 1h Bus 1 ½ h stay ½ h Bus ½ stay 1 1/2h bus 1900 – 2200 ½ h Bus 2 h stay ½ h bus
5	BIOCrete wild life centre MORNING PROGRAM	Environment	Walk to the BIOCrete wild life center, tangible examples of failed water management and landscape degradation. Tangible examples of opportunities to increase biodiversity and biomass with integrated water management. Lunch with BIOCrete products in the wetlands.
	AFTERNOON PROGRAM	Environment or free	Active biotope maintenance with BIOCrete community members or free or beach
	EVENING PROGRAM	Culture	Closing dinner with Cretan homemade specialties
	<i>Accommodation</i>	Family hotel or free choice	
	<i>Transport between stages</i>		0900 - 1530 2 h walk, 2 + 2 h stay ½ h bus 2000 – open end 5 min walk