

# A Week in Villach - Calendar of Activities

## *Erasmus+: Together for Sustainability*

### **MONDAY** (Vassilki/Mary)

🏠 Monday was day one of our trip. We all walked to the hosting school (BG/BRG St. Martin) and visited the facilities, the classrooms, the library, etc. We met all the hosting students for the first time and had the opportunity to get to know them better through ice breaking activities (speed dating, throwing an imaginary ball, etc.), during which we talked about our lifestyles, cultures, hobbies and cities.

Later on we went to their classroom (7B) and made the presentations about the sustainable goals and our hometowns. We had the opportunity to get to know the participant cities (Kalamata, Villach) and we had a science class on sustainability using World Cafe to brainstorm ideas.

We soon after left the school and walked to the centre of Villach, where we were divided in groups of 4 and went treasure hunting exploring the area. We got to know a lot about Villach's history and monuments through this fun activity and it was a great chance for us to bond.



### **TUESDAY** (Effie/Emmy)

🍞 On Tuesday, we took the train at 8:30 am and arrived at the traditional mill and bakery “Wiegele”, on the outskirts of Villach. The owner showed us around and gave us some facts and information about the history of the place. Then, we walked inside the bakery, where we met his elderly mother who welcomed us warmly. There, we wore aprons, washed our hands and were shown how to knead dough to make bread. We had a lot of fun and made our very own bread rolls in different shapes, some very creative!



When we had finished, it was lunch time in the Wiegele sitting room. They served us traditional pumpkin soup with crouton and Mrs Wiegele explained the connection of the place and her family with the famous painter Wiegele. She also told us that many artists still visit the place and there is a museum on the upper floor, which unfortunately was closed for the winter.

When lunch time was over, we went to the flour mill. There, the owner showed us how it works and how different kinds of flours are made. He explained that they prefer to maintain the mill and use flour from non-GM crops so that their products are more healthy. He also encouraged us to support small traditional rural businesses. When the visit to the mill was over, we went back again to the bakery and they gave us the bread that we had made on our own. Finally, we left and went to the train station to get back to Villach.

### WEDNESDAY (Marilena/Georgia)



🎓 At 9:00 am we arrived in Kärnten University, the local university of Applied Sciences, where the Studies Manager presented us the program and the courses that the university offers. Two of her colleagues ran the next session, in which they suggested we write our names on pieces of paper and stick them on our shirts so that we can remember everyone's names. Then, we played a bingo game on Sustainable Development Goals (SDG) and how we apply them in everyday life. After that, they presented the SDGs to us and we were divided in groups and asked to pitch an idea about a campaign we

would run to promote an SDG. We presented the idea to all and then we each chose one SDG we consider very important and formed groups. We worked in these groups to say why we consider the particular SDG important and what needs to be done to promote it. After that, we went to lunch, which was offered to us by the university at their cafeteria.

In the afternoon, a professor of the university talked to us about the relationship between the SDGs and marketing. We had a brainstorming using mentimeter. Then, he informed us about Greenwashing, which is the act of making false or misleading statements about the environmental benefits of a product or practice. Then, he showed us how they make their advertisements (captions and photos) using AI, which is way faster than doing it by ourselves.

Finally, we went to the filming studio of the university and they showed us how they promote their university by making TikToks and YouTube videos. We also had the opportunity to write a script and film it, making videos to promote the SDGs of our choice.

### THURSDAY (Maria F.)

🚍 We took the local bus, which passes through the borders of Italy, and arrived at Hohenthurn at 09.50. We were welcomed by Katherina's mum, a municipality employee, who offered us refreshments.

Then, we walked to the Textilfabrik Seida, where we met an employee, who explained the process of making fabric. We had a tour around the factory, we had the opportunity to see, the machines and how hard the employees work to achieve a quality outcome. They also showed us the yarn and informed us that they buy it from Europe, so as to ensure the best quality and avoid chemically treated materials. Certainly, the materials from Europe are more expensive and the price is becoming higher and higher due to climate



change. But they feel it's still worth it to keep the quality high.

After the factory, we walked to a traditional farm, whose owners are Kathy and her family. There, we were met by the mayor of the village, who welcomed us. We saw many kinds of farm animals, we explored the countryside and played with snow. Then, Kathy's family generously offered us lunch, which included a special meat soup that is only made once a year for a festival, a huge variety of meat products of their own produce, some cheese and bread. After the meal, we played board games and we also made a small snowman. Finally, we took the bus and returned back to Villach.

### **FRIDAY (Nikos/George)**

🧀 On Friday, we visited the Kärntnermilch dairy company. It is a cooperative, comprising local farmers and businesspeople, which produces milk and cheese. Mr. Johannes Linder



talked about the history and the evolution of the company and we watched a video about the journey of the milk from the cows and farms to factories and to supermarkets and the tests that they are put through in order to assess their quality. Mr. Johannes told us about the farms of the company in the countryside and the sustainability policies that the company follows, like the use of ecoplastic

packaging (90% plant based) and the effort to help the environment in various ways. We learnt that the company was founded in 1928 and started with few farms. Today the company has 2.300 workers, their tracks drive 2.500km around Carinthia to collect milk from all the farmers, they produce 450 different products and 38 different types of cheeses. 25% of their production is exported to 18 different countries like Germany, Italy, Spain, Portugal and Greece. Every milk bottle contains 87% water and a lot of vitamins like A and D. Also, there are different categories of milk (C is the best one). For every type of cheese different types of milk are used. We also learned about the different brands related to the company. After that, we dressed in special coats and hair-covering caps due to hygiene regulations, and we went on a guided tour around the company to explore it and see up close the production line. When we finished, the teachers told us to form groups of 2 (1 Greek and 1 Austrian) students and each group had to go to a specific building around the city and take a video with some information about it. When we finished this activity, we all had something to eat and met together at the train station to take the train back to Villach.

### **SATURDAY (Panagiota/Maritina)**

🏰 On Saturday, we took the train to Salzburg at nine in the morning and after two and a half hours we arrived at this beautiful town. We got off the train, walked around for a little bit in the Mirabell Palace, and then we had one and a half hour break for lunch and a walk around. After that, we went to the castle of the city, the famous Hohensalzburg. We climbed its steep

roads, explored it for about two hours and then, took the Festungsbahn, the funicular little train to go downhill. Back into the heart of the old city of Saltburg, we were left to roam a little more and buy souvenirs until five o'clock. When the time arrived, we met each other at the Makartsteg bridge and then went back to the train station to head back to Villach.



**SUNDAY**

 Return Day