

## **“RESPONSIBLE FOOD PRODUCTION AND CONSUMPTION FOR A SUSTAINABLE FUTURE”**

### **Study Trips of the Summer Academy and GOODFOOD Conference**

**Tuesday, 18th of June.**

During the Study Trips, we will have the opportunity to elaborate on the theme of the Summer Academy through examples that we can visit in the wider area of Nea Makri. The Study Trip forms a “peak” in the learning process and is a chance for all participants to draw together their previous knowledge and experience, with the ideas and questions that have been raised during the first day of the Summer School.

The study trips, limited to twelve individuals per group, will take place on Tuesday, June 18th. Each group will attend a different trip, providing the opportunity to visit locations associated with the Summer School theme. During these visits, the participants will have the responsibility to be engaged in a participatory process with local stakeholders, in order to analyze examples of good practices in terms of green transition efforts/results.

According to the agenda of the Event, on Wednesday, June 19th, following the study tours, participants are scheduled to report on what they've learned. In particular, participants are required to give a short presentation on the cases visited and lessons learned on the key components of the sustainable food consumption system, how to integrate sustainable practices into food production, distribution and consumption, and what is the role of education in shaping responsible food consumers and producers of the future. The participants of each of the two trips will work together to prepare and present a common report.

All study trip participants will have lunch during the trip, in EF ZEIN Farm and will visit the site of the Battle of Marathon (490 B.C.), one of the most significant battles of antiquity. The Persian army, led by Datis and Artaphernes, landed on the beach of Marathon to punish the Athenians and Eretrians for supporting the Ionian revolt. Despite being outnumbered, the Athenians, under Miltiades' leadership, with 10,000 soldiers and 1,000 Plataeans, defeated the Persian force. The Marathon Tomb, standing 10 meters high and 50 meters in diameter, was created to house the remains of the 192 Athenians who fell in the battle. Another important monument is the Trophy of Victory at Mesosporitissa in Schinias. The archaeological site also features the small church of Panagia Mesosporitissa, blending ancient and Byzantine history. The battle site near the Great Marsh is believed to be the epicenter of the conflict, where most Persians were killed.

**The study trip will conclude at Moraitis Beach in Schinias, where participants can enjoy a swim and relax with a drink at one of the finest beaches in Attica.**

## 1<sup>st</sup> Study trip in Marathonas

Meeting point: **Hotel Nireus, Posidonos and N. Plastira, Nea Makri 190 05**

Participants meet in front of the Hotel, **departure at 8:30 am**

- **Tzevelekos Greenhouse,**

Address: Souliou and Rizariou 9, Marathonas, Attica



Mr Tzevelekos is a commercial farmer with year-round production. We will discuss the importance of local agriculture, the challenges farmers face, like weather fluctuations and pests, and the rewards of providing quality food, the farmer's methods for controlling pests without relying heavily on chemical pesticides, the importance of buying seasonal produce that supports local farmers and reduces the environmental impact of transportation, ways to promote the consumption of "ugly" fruits and vegetables that are perfectly safe and delicious but don't meet cosmetic standards.

- **Ef-ZEIN (living well) Organic Farm**

Address: Lefkes, Afidnes, Attica

More info: <https://bioktima.gr/>



This Organic Farm is the fulfillment of the shared vision of agronomist and organic farmer Spyros Tsangkaratos, who oversees the certified organic production of high-nutritional-value fruits and vegetables and Jenny Dontá who organizes a variety of artistic seminars, alternative therapies, and coaching sessions. We will discuss strategies to minimize food waste on the farm, including proper harvesting techniques, storage methods, and creative use of surplus produce, highlight the importance of consuming seasonal produce to support local farmers, reduce transportation emissions, and enjoy peak flavors; explore collaboration opportunities to educate consumers on sustainable food choices, such as hosting workshops, discuss ways to help consumers reduce food waste through meal planning, proper storage techniques, and creative use of leftovers.

A buffet lunch will be offered to all participants with a contribution of 20 Euros per participant. The recipes of Jenny will be discussed with her!

- **Dafni Dairy products**

Address: Marathonas Avenue 233, Marathonas, Attica

More info: <https://dafni.com.gr/>



The dairy products enterprise "DAFNI" specializes in the production of traditional dairy products. In 1974, Georgios Bakoulas and his wife Anna, inspired by their deep affection for the Greek countryside and Greek traditional products originating from Epirus, began producing dairy products using traditional and ancestral methods and processes. In 2010, Dimitrios Bakoulas, a graduate in Biological Applications and Technologies from the University of Ioannina, took over the enterprise. He remains committed to his parents' philosophy while simultaneously advancing "DAFNI," making it technologically competitive. We will explore the challenges and opportunities faced by this small family business in promoting sustainable quality and maintaining competitiveness during these challenging economic times.

## 2<sup>nd</sup> Study trip in Rafina and Marathonas

Meeting point: **Hotel Nireus, Posidonos and N. Plastira, Nea Makri 190 05**

Participants meet in front of the Hotel, **departure at 8:30 am**

- **Fishing Boat of Captain Stavros Asbestaris,**

Address: Rafina Port, Rafina, Greece



Yannos, the 8-meter fishing boat owned by Stavros Asvestaris, will host our group for a discussion with the president of the Fisherman Association of Rafina. We will talk about their 35 years of fishing expertise and their belief in maintaining a healthy ocean with plentiful fish stocks. We will explore ways to minimize bycatch through improved fishing methods, responsible fishery management, and habitat protection. Additionally, we will discuss the importance of buying seasonal, local fish, reducing food waste, and listening to their perspective on how consumers can make informed choices.

- **Ef-ZEIN (living well) Organic Farm**

Address: Lefkes, Afidnes, Attica

More info: [.https://bioktima.gr/](https://bioktima.gr/)



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A buffet lunch will be offered to all participants with a contribution of 20 Euros per participant. The recipes of Jenny will be discussed with her!

- **Zeginis Winery**

Address: Souliou 62, Marathonas, Attica

More info: <https://www.zeginiswinery.com/>



At Zeginis Winery, your experience intertwines the ancient Greek winemaking tradition with modern techniques, culminating in an exquisite wine result.. In the vineyards of Zeginis Winery, Savatiano is cultivated, a greek indigenous variety of the region of Attica, as well as Chardonnay and Assyrtiko for the production of white wine and the red varieties Agiorgitiko and Merlot. We will discuss how the host's wines pair with local, seasonal foods. Explore opportunities to collaborate with local farmers to promote sustainable food systems, hosting events



or workshops that showcase sustainable food choices alongside wine pairings, ways to minimize food waste at the winery, such as composting food scraps and offering smaller portion options for food pairings, ways to educate consumers about sustainable winemaking practices and how their choices can make a difference.