



GENERAL INFORMATION

Reservations, Drop-Off and Pick-up

Reservations for all activities are highly recommended. Please inform the Reception or phone 7705. Parents are required to sign a release before their Ambassadors participate in an activity. Parents also need to sign their Ambassadors out at the end of each activity or make arrangements in advance to have our AOTE staff drop kids off where parents are located.

Schedule Changes and Cancellations

Activities may be changed if a minimum of four Ambassadors have not pre-registered at least 24 hours in advance. Activities are subject to weather and may change. We reserve the right to cancel activities if there are no participants two hours or less before activity start time or by 20:00 hrs for next morning activities.

Please note that if you wish to change or cancel your activity, you must contact the Reception or AOTE pavilion 24 hours in advance to avoid a 100% cancellation fee.

Meals

Ambassadors will be supplied with water and a snack during activities.

Evening Activities

Evening activities are available from 20:00-22:30 hrs. Please see detailed daily programme.

What To Bring?

Clothes and shoes should be appropriate for the respective activity. Parents should ensure children are well protected from the sun (i.e. sunscreen, hats, etc.) An extra set of swimsuit is recommended for all marine activities. Snorkel gear, wet suits, life jackets, kayaks, water, snack and all activity materials will be provided.

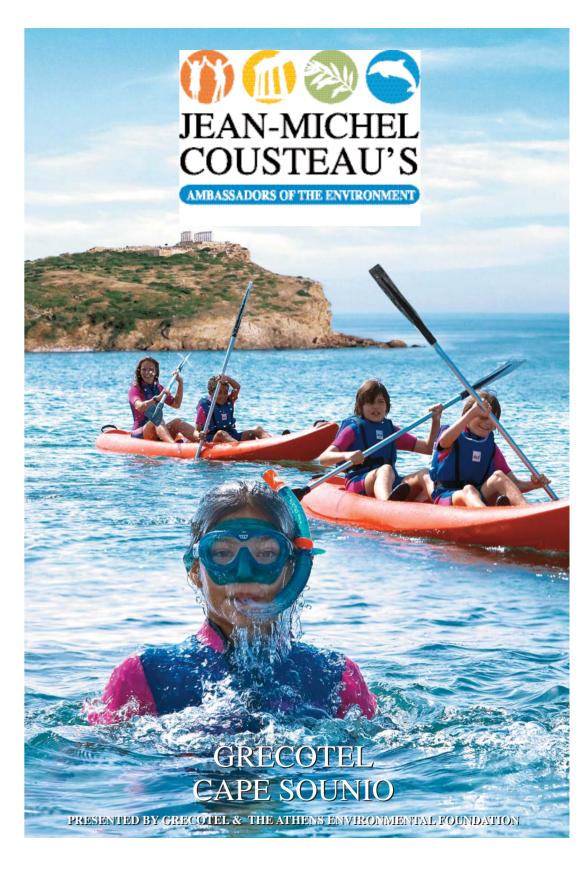
Minimum Age Requirements

"Due to liability reasons, all Ambassadors must be at least four years of age. All four and five year olds must arrive with proof of age (passport) upon registration. Families with children under the age of four are welcome to watch other members of the family during programmes. For more information please call 7705.

CAPE SOUNIO

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Supervision and training for the Ambassadors of the Environment project at the Grecotel Cape Sounio was undertaken by our partner, the Athens Environmental Foundation.



CITY UNDER THE SEA DISCOVERY

A snorkelling exploration of the magical world underwater.

Groups: K & Y All children should be able to swim; those without snorkelling experience will learn how to snorkel and observe the safety rules before we take them on their great adventure.

Cape Sounio and the Aegean Sea are home to many wonders that are invisible to the casual visitor. This snorkelling exploration offers glimpses into this hidden world below the surface and demonstrates our connections to this underwater world. Under the guidance of experienced divers and the supervision of certified life guards, our young guests will learn to sharpen their eyes for the fascinating world under water.

ACTIVITY

DESCRIPTIONS

describes and denotes

the activities that are for

Kids, Youth or both, Kids

"K" programmes are for

4-7 year olds and Youth

"Y" programmes are for

8-12 year olds. Some of

the activities that are

available are:

TO SUIT ALL

SKILL LEVELS

This activity list

UNDERWATER PHOTOGRAPHY SAFARI

Underwater photography with digital cameras.

Group: Y All children should be able to swim & to snorkel.

The underwater world of the Mediterranean provides an ideal platform to explore the world of underwater photography. Learn how to use digital cameras to capture your snorkelling experience and encounters with fish and other marine life. Participants learn the basics of photography, introduce digital concepts and how we can use a camera as a tool to promote preservation and conservation of the animals and algae of the sea. Returning from our underwater adventure, we digitally enhance our favourite shots, download the photos on an accessible website, and burn CDs for you to be able to share your pictures and new found connections to the sea with your friends back home.

TIDE POOL DETECTIVES

Learning about the sea from a single drop.

Groups: K & Y

Scientists, like detectives, look for clues and evidence to help them understand the processes and connections of life. As tide pool detectives, we investigate and look for clues to understand life and the animal and algae connections in tide pools. Youngsters participating in this programme get the opportunity to further detect the abundance of life that is in a drop of water. We will be strolling on the hotel's beautiful coastline, inspecting the tide pools and collecting creature samples. These samples will then be examined in our video microscope lab, to show and reveal the hidden microcosm of the

BEACH BOOGIE

Learning about life on the beach.

Group: K

Join us for discovery and excitement on and in the waters of Cape Sounio. We play team games, explore the shoreline and use our underwater viewers to inspect marine life. If you're feeling extra adventurous, you'll even have the chance to try out snorkelling, or catch a wave on a boogie board!

KAYAK & SNORKELLING EXPLORATION

Life on this ocean planet comes in a wild array of shapes and sizes.

Group: Y This activity will be supervised by experienced instructors and accompanied by a lifeboat. All children should be able to swim & to

Different species live in different places and behave in wildly different ways. But despite their diversity, plants and animals need a lot of the same things to survive: energy, a clean environment with no waste, biodiversity, and to work together in a

connected community. Our young guests will learn kayaking and snorkelling techniques before we set out along the coastline to explore the sea's plant and animal communities and their connections.



SOLAR FUN: SCIENCE, ART, AND **COOKING**

Solar energy is important but must be used in a sustainable wav.

Groups: K & Y

The sun is the closest star to Earth and is the centre of our solar system. A giant, spinning ball of hot gas, its light heats our world and makes all life possible. Through a series of hands-on experiments, we learn how to use the sun to our advantage as we create our own solar powered machines (of course, using recycled material), make our own paper by using solar energy and explore the power of the sun in many other experiments. And finally, enjoy tasty treats that have been cooked in our solar

FROM IUNK TO FUNK

Learning about the three Rs-reduce, reuse and recycle.

Groups: K & Y

Hike along the hills of Attica, along olive groves, in our organic garden, and along the seashore to learn about the Greek history, myths, and connections to the natural world. Along our hike we discuss how in ancient Greece a respect and protection for nature's plants and animals minimized their eco footprint (impact) on the environment by naturally living by the three R's. By looking at our own ways of living today, and ways that the hotel has improved its eco-footprint,

we learn how we can live more sustainably and have lighter eco-footprints on the planet, while at the same time making art from materials we originally thought were junk!



TEAM CHALLENGE

Scale a six-meter climbing wall: can you do it?

Groups: K & Y

One instructor supervises two climbers. All necessary safety measures will be provided.

Learn climbing techniques and maybe even discover a newfound talent or fine tune your abilities to negotiate the variety of holds. Through a series of group initiatives and fun but challenging games, we develop communication skills and the ability to work together as a team, as well as leadership skills.

THE GRECOTEL CHALLENGE CUP A nature challenge.

Groups: K & Y

All participating Ambassadors of the Environment are invited to participate in the Grecotel Challenge Cup each week after having participated in previous Ambassadors of the Environment, Grecotel activities. Through a nature treasure hunt kids and youngsters will use their knowledge of the ecosystems and animals that they learned about to answer and find clues that will lead them to the treasure. Ambassadors gain the treasure of environmental knowledge and leadership as well as a newfound responsibility to protect the environment.



SMELL, TASTE, & NO WASTE

An unforgettable tour in an ecological garden to see how nature works in coastal babitats

Throughout history each and every culture has used the local plants for their survival.

We roll up our sleeves and watch life itself sprout up from the earth in our organic garden. We learn eco-friendly methods to grow organic food and keep our environment healthy, too, while also learning and practicing composting as a way to be more like nature and have no waste.







SEA AT NIGHT SNORKEL

Learning about nocturnal sea creatures.

Group: Y Previous snorkelling experience required.

Nightlife in the sea is as strange and different as it is in a human city. Many sea residents are nocturnal, never seen by snorkelers during the day. Many fish that are active during the day put on their pyjamas (change colour) and go to sleep, while other organisms at night emerge under the cover of darkness, turn on their night-lights and bioluminescence in the darkness. With flashlights and trained Naturalists we take the intrepid and curious on a snorkelling adventure of a lifetime to discover the fascinating world of the sea at night.

GREEK STARRY NIGHTS

Using the stars to navigate.

Groups: K & Y

Discovering the constellations in the night sky instantly connects us with the history of our species, through the myths and legends that have been constructed around them. We learn how ancient navigators used the stars to make their way across uncharted seas to discover new lands and return home safely. A closer look at these glowing balls of gas help us understand what a star actually is, and provide a picture perfect story of all the Greek stars/heroes that are visible to all and thus known worldwide.

MOVIE NIGHTS

Jean-Michel Cousteau's underwater explorations.

Groups: open to all children & teenagers who are resident in the hotel. No charge

Watch Jean-Michel Cousteau and his dive team, swim with sharks, or pretend you are a fish during movie nights at the AOTE pavilion. Without a SCUBA tank, you can learn about the diverse animals and plants under the sea.



AMBASSADOR OF THE **ENVIRONMENT**





