



Skills Workshops



Skills Workshops at XPLORE

XPLORE's "Skills Workshops" educational program combines knowledge and entertainment!

Inspired by the Global Sustainable Development Indicators (Environment, Well-Being, Safety, Civil Society, Modern Technology and Entrepreneurship) and making use of the interactive games and exhibits present at the **XPLORE** facilities, the **"Skills Workshops"** were created to cover four distinct, fascinating thematic categories:

1. **Live Better – Well-Being**
2. **Take Care of the Environment**
3. **Create & Innovate – Creative Thinking and Initiative**
4. **Care & Take Action – Social Awareness and Responsibility**

1. Live Better – Well-Being



Discover the mesmerizing world of science at **XPLORE Science!** How does our body work? Why do we sneeze? How does sound travel?

The interactive exhibits in the **Human Body** thematic section offer students the opportunity to learn many interesting trivia about our bodies, like how the human skeleton functions or how important a healthy diet and physical exercise are for our well-being.

At the same time, in the unique section of **Sound**, and through the various activities it offers, students discover the significance of music for our mental and emotional health in the most expressive and imaginative way. Meanwhile, the activities in the section of **Water** aim to highlight its power and importance for our health and everyday lives.

1. Live Better – Well-Being

An unforgettable experience awaits students at the **XPLORE Adventure** zone!

By exploring the **Enchanted Garden** with the help of the wizard Tiny Tiny, children become familiar with agricultural products and the processes of cultivating, growing and harvesting. They also get the very first taste of independence by cooking on their own and learn more about the benefits of adding fruits and vegetables to their diet.

At the same time, **XPLORE**'s one of a kind **Dance Studio**, a room with spectacular lights and music, invites children to dance to their heart's content, improving their physical condition!



The aim of the activities in the thematic workshops category “Live Better – Well-Being” is for students to develop critical thinking and empathy, discover new skills and work as a team.

2. Take Care of the Environment



Did you know that more than half of the oxygen in the atmosphere, i.e. one in two breaths we take, comes from the sea?

Immerse yourself in the magical world of **XPLORE Oceans**, the first aquarium in Athens! Students are transported from deep, frozen waters to breathtaking coral reefs, discovering more than 140 marine species from all over the world in the process.

In this zone, children will become aware of the threats to our precious aquatic world and learn all about the actions they may take to protect it.

They will also become familiar with concepts such as overfishing, sea pollution and overheating, and discover the importance of protecting coral reefs: the source of life for more than 25% of all tropical marine species.

2. Take Care of the Environment

In the thrilling **XPLORE Adventure** zone, students will travel millions of years back in time, take part in speed races and build impressive structures!

The **Dinosaur Theme Park** teaches children about life on our planet during the Mesozoic Era, when dinosaurs walked the earth. There, they will also explore all the different kinds of dinosaurs and find out which animal species are endangered today, as well as how they can protect them.

In the **Construction Area** students will have the opportunity to build their own castle and learn about new, sustainable and recyclable materials! What materials will they use while constructing their dream home? What shape will their virtual city take?

Moving onto the exciting **Race Track** and **Pit Stop** areas, the children will drive their first electric car and learn that electromobility is the future of transport!

Finally, the **Enchanted Garden** gives us the opportunity to instill an appreciation for the value of nature in children and share the benefits of tree-planting with them.



2. Take Care of the Environment



Water, Air, Electricity and Light

XPLORE Science's zone allow children to put what they've learned in their Physics class into practice and discover the importance of natural energy sources, and sustainability as a whole, for the environment.

At the same time, they learn how seriously climate change affects our planet and how important recycling and environmental protection are both on an individual and social level.

Through their participation in the "Take Care of the Environment" workshops, students will become aware of environmental and ecological issues by understanding the world through experimentation.

3. Create & Innovate – Creative Thinking and Initiative

In the **XPLORE Adventure** zone, through interactive presentations and roleplaying games, our young friends will have the opportunity to try out various professions, such as journalist, car mechanic, construction engineer, construction worker, paleontologist, sound engineer and dancer. They will even have the opportunity to act as a newscaster and weather presenter, under their classmates' direction. That way, they might get a glimpse into their own future.



3. Create & Innovate – Creative Thinking and Initiative



An exciting journey of discovery awaits you at the **XPLORE Science** zone!

Exploring seven sections, students become familiar with science and its benefits in our daily lives. They also become familiar with the innovative educational method STEM, which relates to the fields of Science, Technology, Engineering and Mathematics.

Finally, our little scientists will learn more about being a doctor, a sound engineer, a musician, a physicist, a chemist, a pilot, an engineer, an electrician and an architect.

The “Create & Innovate” workshops promote the students’ creative thinking and organizational skills as they explore their professional potential.

4. Care & Take Action – Social Awareness and Responsibility

At **XPLORE Science**, a fascinating world designed for everyone, no matter how different they are, unfolds before the students' eyes!

Through the **Human Body** thematic section, children become familiar with the concept of inclusion. They understand that people can be unique yet similar at the same time, and their respect for diversity is fostered through their involvement in collaborative and cooperative activities.

Furthermore, the interactive exhibits of the **Sound** thematic section – more specifically, the musical instruments (piano, drums, laser harp) – help students to understand the beneficial role of music in the development of critical thinking and social sensitivity, cooperation and democracy.



4. Care & Take Action – Social Awareness and Responsibility



XPLORE Adventure focuses on learning through interactive gameplay! The riveting **Race Track** and **Pit Stop** areas allow students to understand the rules of road safety and the traffic code.

There, children will be able to nurture their sense of social responsibility and learn to work and coexist harmoniously within a social group, an important skill for their development and inclusion into society.

The thematic workshops category “Care & Take Action” helps students foster respect for their peers and internalize the concept of diversity, through coexistence and cooperation.

Thank you!

For further information and reservations, please contact us via:



the [interest form](#)



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and Imagination, for all!**