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DEEP BLUE-GREEN CONFERENCE

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2026

21-27 APRIL

MORE INFO:

deep.bluegreenexercise.eu



GREECE

Anemos Sports and
Cultural Club



MALTA

Medio Tejo



ITALY

Trekkify



MédioTejo
comunidade
intermunicipal

PORTUGAL

Medio Tejo



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ΗΜΕΡΙΔΑ ΤΟΥ ΠΡΟΓΡΑΜΜΑΤΟΣ ΑΣΚΗΣΗ ΥΓΕΙΑ ΕΥΕΞΙΑ



ΠΝΕΥΜΑΤΙΚΟ ΚΕΝΤΡΟ ΧΑΝΙΑ 23/4/2026

ΣΥΝΔΙΟΡΓΑΝΩΣΗ



Περιφέρεια Κρήτης

Region of Crete



GREECE



MALTA



ITALY



MédioTejo

comunidade
intermunicipal

PORTUGAL

ΠΡΟΓΡΑΜΜΑ ΟΜΙΛΙΩΝ

πρωί

10.30 ΠΑΡΟΥΣΙΑΣΗ ΠΡΟΓΡΑΜΜΑΤΟΣ - ΚΑΛΕΣ ΠΡΑΚΤΙΚΕΣ ΑΣΚΗΣΗ ΣΤΗ ΦΥΣΗ & ΕΥΕΞΙΑ
ΛΙΝΑ ΨΟΥΝΗ Ψυχολόγος, Γυμνάστρια, MSc, PhD

11.00 ΒΑΣΙΚΕΣ ΑΡΧΕΣ ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ. ΔΙΑΧΕΙΡΙΣΗ ΑΓΧΟΥΣ ΚΑΙ ΣΤΡΕΣ: ΑΝΤΙΔΟΤΑ ΣΤΟ ΣΤΡΕΣ
ΚΑΙ ΔΗΜΙΟΥΡΓΙΑ ΕΥ ΖΗΝ
ΣΤΕΛΛΑ ΨΟΥΝΗ Ψυχολόγος, Με εξειδίκευση στη συνθετική ψυχοθεραπεία

11.30 ΔΙΑΤΡΟΦΗ, ΨΥΧΙΚΗ ΥΓΕΙΑ ΚΑΙ ΝΕΥΡΟΕΚΦΥΛΙΣΤΙΚΑ ΝΟΣΗΜΑΤΑ
ΤΑΝΙΑ ΣΑΛΕΣΒΟΥΡΑΚΗ Διαιτολόγος Διατροφολόγος

απόγευμα

19.30 ΜΙΚΡΕΣ ΑΛΛΑΓΕΣ ΣΤΗ ΔΙΑΤΡΟΦΗ – ΜΕΓΑΛΗ ΑΛΛΑΓΗ ΣΤΗΝ ΥΓΕΙΑ
ΣΟΦΙΑ ΕΛΕΝΗ ΚΙΛΙΤΖΙΡΑΚΗ Διαιτολόγος-Διατροφολόγος Ms Διεπιστημονική Διαχείριση
Χρόνιων Νοσημάτων Αναπηρίας και Γήρανσης

20.00 Ο ΚΑΘΟΡΙΣΤΙΚΟΣ ΡΟΛΟΣ ΤΗΣ ΕΝΔΥΝΑΜΩΣΗΣ ΣΤΗΝ ΚΑΘΗΜΕΡΙΝΟΤΗΤΑ ΚΑΙ
ΤΗΝ ΑΘΛΗΤΙΚΗ ΑΠΟΔΟΣΗ
ΑΜΑΝΤΑ ΛΕΜΟΝΤΖΟΓΛΟΥ Γυμνάστρια MSc Αποκατάσταση Τραυματισμών

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Με τη χρηματοδότηση της Ευρωπαϊκής Ένωσης. Οι απόψεις και οι γνώμες που διατυπώνονται εκφράζουν αποκλειστικά τις απόψεις των συντακτών και δεν αντιπροσωπεύουν κατ' ανάγκη τις απόψεις της Ευρωπαϊκής Ένωσης ή του Ευρωπαϊκού Εκτελεστικού Οργανισμού Εκπαίδευσης και Πολιτισμού (ΕΑΕΑ). Η Ευρωπαϊκή Ένωση και ο ΕΑΕΑ δεν μπορούν να θεωρηθούν υπεύθυνοι για αυτές.



DEEP BLUE-GREEN CONFERENCE ONLINE

24 APRIL 2026

9.00 THE PROJECT DEEP BLUE EXERCISE - GOOD PRACTICES FROM GREECE
LINA PSOUNI Psychologist, Sports & Exercise MSc, Sports Psychologist PhD

9.30 NATURE AS WARM-UP: PREPARING BODY & MIND FOR MOVEMENT
KLEIO APOSTOLAKI Psychologist, Ecopsychologist, official representative of
International Ecopsychology Society in Greece

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DEEP BLUE-GREEN CONFERENCE

ITALY

21-25

APRIL 2026



**MATTEO DELLA
BORDELLA**

Alpinist, climber, explorer,
author of "La vetta della vita"
and "La via meno battuta."

21/04/2026 AT 21.00
ONLINE



WALTER NILO CIUCCI

Mountain bike instructor and
guide, with deep knowledge of
Italy's great historic routes.

25/04/2026 AT 11.30
IN PERSON/ONLINE



MARCELLO SANTUCCI - FODAF
UMBRIA
ARIANNA TIRALTI - DSA3
RICCARDO AQUILINI - MAJOR OF
MONTECASTRILLI

26/04/2026 AT 14.00
IN PERSON/ONLINE



FOR FURTHER INFO:

www.trekkify.it

PROGRAMME



ONLINE 21/4/2026

EXPLORING THE LIMIT – LESSONS FROM THE MOUNTAIN FOR HUMANITY AND SOCIETY

PROGRAMME

Online conference: the live stream will be available on the DEEP BLUE-GREEN project's YouTube page.

21.00 THE EUROPEAN PROJECT "DEEP BLUE-GREEN"

Irene Morici, ASD TREKKIFY APS Project Manager

21.15 MATTEO DELLA BORDELLA

Italian mountaineer known for a light, ethical style and for climbs in extreme environments.

22.00 Q&A

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PROGRAMMA



**PALAZZO
DEL POPOLO 25/4/2026
(TODI)**

WELLNESS IN MOTION: CYCLING THROUGH LANDSCAPES AND ANCIENT WISDOM

PROGRAMME

In-person and online conference: the recording of the event will be available on the project's [YouTube channel](#).

11.30 THE EUROPEAN PROJECT "DEEP BLUE-GREEN"
Eleonora Cesaretti, President ASD TREKKIFY APS

11.45 WALTER NILO CIUCCI
Cyclist, expert in landscapes, cultures, and enogastronomy.

12.00 Q&A

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PROGRAMMA



**AGRICOLLINA
(MONTECASTRILLI)**

26/4/2026

AGRICULTURAL BIODIVERSITY AND RURAL DEVELOPMENT: THE ROLE OF ECOSYSTEM SERVICES IN PUBLIC HEALTH

PROGRAMME

In-person and online conference: the recording of the event will be available on the project's [YouTube channel](#).

14.30 THE EUROPEAN PROJECT "DEEP BLUE-GREEN"

Francesco Cenci, Member of ASD TREKKIFY APS

14.45 AGRICULTURAL BIODIVERSITY AND RURAL DEVELOPMENT: ESSENTIAL FOR A HEALTHY LIFESTYLE AND OUTDOOR ACTIVITIES

Marcello Santucci - FODAF Umbria

Arianna Tiralti - DSA3

Riccardo Aquilini - Major of Montecastrilli

16.00 Q&A

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DEEP BLUE-GREEN CONFERENCE

PORTUGAL

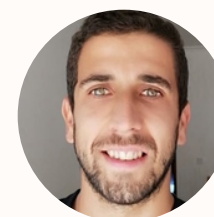
27
ABRIL 2026



VERA BÁRTOLO
Cardiopneumologista e
Instrutora de Pilates



FRANCISCA PERNA
Nutricionista e Atleta
Federada



ANTÓNIO MARQUES
Técnico Superior de
Educação Especial e
Reabilitação Psicomotora



VÍTOR SANTOS
Técnico de Percursos
Pedestres e BTT

PARA MAIS INFORMAÇÕES

mediotejo.pt

PROGRAMA



ONLINE 27/4/2026

A gravação da transmissão será disponibilizada posteriormente no canal de YouTube do projeto Deep Blue Green.

PROGRAMA

14.30 HORIZONTES ATIVOS: INCLUSÃO, SAÚDE E BEM-ESTAR

Vera Bártolo, Cardiopneumologista e Instrutora de Pilates

14.50 A SAÚDE QUE SE CONSTRÓI: O IMPACTO DA NUTRIÇÃO NO DESPORTO E BEM-ESTAR

Francisca Perna, Nutricionista e Atleta Federada

15.10 PROMOÇÃO DA ATIVIDADE FÍSICA INCLUSIVA ATRAVÉS DO DESPORTO ADAPTADO

António Marques, Técnico Superior de Educação Especial e Reabilitação Psicomotora

15.40 PROMOÇÃO DA SAÚDE ATRAVÉS DA ATIVIDADE FÍSICA

Vítor Santos, Técnico de Percursos Pedestres e BTT

16.00 ENCERRAMENTO | PERGUNTAS E RESPOSTAS

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DEEP BLUE-GREEN CONFERENCE

MALTA

20-25

APRIL 2026



JOYCE MUSCAT
Complimentary Therapist



EMAN AGIUS
Systemic Family Therapist &
ANT Founding Member

CLAIRE FREND
Gestalt Psychotherapist &
ANT Founding Member
DARIO DEBONO
Gestalt Psychotherapist,
Youth & Community Worker
& ANT Founding Member



DANIELLA ZAMMIT
Holistic Therapist

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PROGRAMME



ONLINE 20/4/2026



MALTESE HERBS AND THEIR SAFE USE

PROGRAMME

Online conference: the live stream will be available on the DEEP BLUE-GREEN project's YouTube page.

10.00 THE "DEEP BLUE-GREEN" EUROPEAN PROJECT

Bjorn Bonello, Executive Secretary, Regjun Tramuntana

10.05 JOYCE MUSCAT

Complimentary Therapist

10.30 COMMENTS + FEEDBACK

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PROGRAMME



**SALINA NATURE
PARK (KENNEDY
GROVE)**

20/4/2026

ADVENTURE & NATURE THERAPY - WORKING WITH NATURE FOR INDIVIDUAL AND COMMUNITY WELLBEING

PROGRAMME

Online conference: the live stream will be available on the DEEP BLUE-GREEN project's YouTube page.

12.00 THE "DEEP BLUE-GREEN" EUROPEAN PROJECT

Bjorn Bonello, Executive Secretary, Regjun Tramuntana

12.05 EMAN AGIUS

Systemic Family Therapist & ANT Founding Member

12.20 CLAIRE FRENDON

Gestalt Psychotherapist & ANT Founding Member

12.30 COMMENTS + FEEDBACK

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PROGRAMME



ONLINE 27/4/2026

NOURISHING YOUR MIND, BODY, AND SOUL: EMBRACING SELF LOVE & MINDFULNESS WORKSHOP

PROGRAMME

Online conference: the live stream will be available on the DEEP BLUE-GREEN project's YouTube page.

10.00 THE "DEEP BLUE-GREEN" EUROPEAN PROJECT

Bjorn Bonello, Executive Secretary, Regjun Tramuntana

10.05 DANIELLA ZAMMIT

Holistic Therapist

10.30 COMMENTS + FEEDBACK

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