

Parallel Activities

Vegan Spot

Location: Machine Shop Courtyard
A space for information, awareness, and discussion about the vegan way of life and animal rights.

Flash Tattoo for a Good Cause by Dildo Tattoo Studio

Location: Machine Shop
Saturday & Sunday 11:00 – 23:00
Proceeds will be allocated for the rescued animals of the shelters: 5 Pincher Family – Ethical Farm and Vegan Farm.

HIV & Hepatitis B & C Test

Location: Outdoor Area – Ref checkpoint Booth
Saturday, 12:30-20:30
Anonymous, fast and free HIV and Hepatitis B and C tests by Ref checkpoint.

First Aid for Pets

Location: Cleaning Tanks Hall
Saturday, 13:00 – 15:00
First aid lessons for companion animals by First Aid Training Athens. A program that provides basic knowledge and skills for handling emergency situations.

Photography Exhibition

Location: Machine Shop [Back Area]
Photography exhibition featuring works by photographers from **WE ANIMALS**.



Hidden Borders - Audiovisual Exhibition

Location: Warehouse Hall
Saturday & Sunday: 11:00 – 23:00
An audiovisual exhibition about the lives of farm animals and the industrial structures that confine them. Presented for the first time in Greece, exclusively at the Vegan Life Festival.

Swap Bazaar (Clothing Exchange)

Location: Outdoor Area – Backyard (opposite the Amphitheater)
We promote the exchange and reuse of clothing for a better future for all. Unclaimed clothes will be collected by Fabric Republic.

Food Collection for People in Need

Location: Outdoor Area – Humanity Greece Booth
We collect food for the Vegan Kitchen and aid packages of Humanity Greece.

First Aid Lessons for All Ages

Location: Cleaning Tanks Hall
Saturday, 15:30 – 21:00
First aid for children aged 4+ and their families by the organization Kids Save Lives.

Chilling Spot

Location: Machine Shop [Back Area]
A sensory decompression and relaxation space.

Voluntary Blood Donation

Location: Cleaning Tanks Hall
Sunday, 15:30-19:30
The National Blood Donation Center will be at the Vegan Life Festival conducting voluntary blood donations.



Vegan Life is the non-profit organization behind the creation of the Vegan Life Festival. Founded in 2016, its mission is to spread the vegan lifestyle in Greece. It organizes various events, campaigns, and initiatives with the shared goal of defending animal rights, familiarizing the public with the concept of veganism, raising awareness around issues of social justice and environmental protection, as well as providing accessible, reliable, and scientifically grounded information about the vegan lifestyle and all related topics, whether directly or indirectly connected to it.

VEGAN LIFE FESTIVAL

The Vegan Life Festival is the largest and longest-running vegan institution in Greece. It is organized with love by a group of vegan individuals who want to share their lifestyle with the wider public, while also creating an event full of flavours, knowledge, and entertainment.

VEGAN LIFE FESTIVAL ATHENS 2025

The Vegan Life Festival Athens 2025 is the ninth Vegan Life Festival to take place in Athens since 2016. With the theme “For Earth’s Sake”, the Vegan Life Festival Athens 2025 invites us to reflect on the impact of our choices on the natural environment and animals. The festival features talks, cooking workshops, children’s activities, artistic performances, and the largest exhibition of vegan products and services in Greece. The Vegan Life Festival Athens 2025 is held under the auspices of the Municipality of Athens.



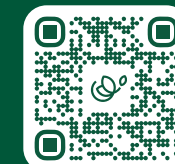
FOR EARTH’S SAKE



Τεχνόπολη Δήμου Αθηναίων/
Technopolis
City of Athens



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Music concerts | Old Retorts

Saturday:

18.30-19.30 Alexandra Vlachou

19.45-20.45 NTISKOPATHEIA

21.00-22.00 Yianna Terzi

Sunday:

19.00-20.00 Dimitris Fragkoulis & Antigoni Zografaki

20.15-20.45 Konstantinos Dimoulas
Simultaneous interpretation in Greek Sign Language

21.00-22.00 Thelxiepeia
Simultaneous interpretation in Greek Sign Language

Ασημένιοι Χορηγοί:



Υποστηρικτές:



Χορηγοί Επικοινωνίας:



Χορηγός Εθελοντών:



Χορηγός Καθαριότητας:



Under the auspices of the



CITY OF
ATHENS

Speeches

 INNOVATHENS

Simultaneous interpretation in Greek Sign Language by Hands Up.

12.00-13.00 [in English]
"FOOD AS RESISTANCE"
Armando Cruz
Nature Conservationist

13.00-14.00
"Beyond the scale – The impact of plant-based nutrition and its benefits on metabolic health"
Giannoula Nikolaou
Dietitian-Nutritionist, Plant-based nutrition expert
@giannoula_nikolaou_dietician

14.00-15.00
"Diet for reducing the risk of breast cancer, prostate cancer, and colorectal cancer"
Foteini Konstantinou
BSc, ND, FABNO, Naturopathic Doctor (Canada), Clinical Biologist, Oncology Clinic Collaborator
"MITERA"

15.00-16.15
Book Presentation: "ANIMAL LIBERATION NOW" by OKTANA Editions.
Eirini Molfesi, President of Panhellenic Animal Welfare Federation, **Gerasimos Kakolyris**, Assistant Professor of Contemporary Continental Philosophy, EKPA, **Stavros Karageorgakis**, PhD in Philosophy. Moderator: **Konstantina Lyrou**, Journalist and Activist

17.00-18.00 [in English]
"Investigate to Liberate: Strategies and Storytelling of Journalism for Animals"
Animal Prospekt, Journalist, Undercover Investigator for Unlocked Media and the docufilm "Food For Profit"

18.00-19.00
"The impact of plant-based nutrition on health: are the benefits measurable?"
Christina Papi
Medical Doctor, specializing in Hematology

19.00-20.00
"Our friends, the animals: new subjects of law"
Athanasios Anagnostopoulos, PhD in Criminal Law, lawyer, lecturer in the postgraduate program "Animals: Ethics, Law, Welfare", **Christina Koudouna**, lawyer, LLM in Public International Law, EKPA, postgraduate program "Animals: Ethics, Law, Welfare" EKPA
@athanasiosanagnostopoulos @kapadeltani

20.00-21.00
"The gaze of the animal. Humans, animals and philosophy in the face of their slaughter"
Panagiotis Tsiamouras
PhD in Philosophy, University of Ioannina, author of "Let's break the cages-cells. Texts of anti-speciesism"

Cooking Workshops

 Outdoor Area

(between Gas Holder 3 and Machine Shop)

Simultaneous interpretation in Greek Sign Language by OMKE

12.00-13.00
"Tofu with eggplants stew"
Georgia Angelopoulou, creator of "love is vegan"

13.00-14.00
"Vegan Stir-Fry with Attitude: Comfort street food with soy and refreshing tzatziki"
Kaiti Pikiou
Vegan Chef, Owner of Little Bear
@littlebear_piraeus

14.00-15.00 [in English]
"How to use more beans in your daily diet"
Dr. med. Sophie Engelhardt
medical doctor, specializing in pathology, plant-based health advocate, university hospital Rigshospitalet Copenhagen, Denmark
@doc.sophiengelhardt

16.00-17.00
"Rainbow tofu: did you know you can make tofu from any legume and in every shade?"
Zannis Zouganelis
Vegan chef and personal trainer | @zzannis

17.00-18.00
"These vegan desserts will leave your non-vegan friends speechless"
Anna Miou
Animal rights activist (Athens Animal Save)
@anna_miou

18.00-19.00
"Cauliflower: a misunderstood vegetable in a wonderful savory version"
Christos Nikitopoulos
Plant Based Chef | @veganrevolution.gr

19.00-20.00
"Autumn French Toast with vanilla cream"
Konstantinos Dimoulas and Ariana Andreopoulou
Vegan Food Bloggers | @beetsme_com

Children's Activities

 Outdoor Area

(near the playground)

12.00-15.00
"We make posters in support of Voluntary Blood Donation and thank-you cards for blood donors"
Volunteers of Vegan Life NGO
Ages: 3-103

15.00-16.00
"Our best catch: Children's book narration by Thaleia Metaxa on the theme of sea clean-up"
Greek Eco Project
Ages: 4-10 years

16.00-17.00
"Creative Workshop: Raising children's awareness about animals"
Nini and Lizeta, Hellenic Forum of Migrants
Ages: 4-8 years

17.00-18.00
"Experiential Workshop on Animal Welfare: Little Animal Lovers, Big Dreams!"
Katerina Papapostolou, Principal of Primary School of Nisi, Animal Therapist, Author, Founder of Zo.E.S.
Ages: 4-8 years

18.00-19.00
"With Missy Merida we paint our imaginary animal friends"
Elena Karanikolou, Illustrator and content creator
Ages: 4-8 years

19.00-20.00
"Experiential Workshop: The Journey of the Seed – we create biodiversity seed bombs"
Open Farm
Ages: 5-12 years

Speeches

 INNOVATHENS

Simultaneous interpretation in Greek Sign Language by Hands Up.

12.00-13.00 [in English]
"Plant-based nutrition from a pathologist's point of view: how plants can help you not to die"
Dr. Sophie Engelhardt
Medical doctor, specializing in pathology, plant-based health advocate, University Hospital Rigshospitalet Copenhagen, Denmark
@doc.sophiengelhardt

13.00-14.00
"Changing Preferences: Analysis of Greek consumers' attitudes toward plant-based nutrition based on the 2024 HellasVeg study"
Maria Chamilaki
Agronomist & Food Scientist, MSc Scientific Director of the Hellenic Vegetarian Association

14.00-15.00
"Vegan nutrition during pregnancy, breastfeeding, infancy and toddlerhood. Is it possible?"
Sofia Kanellou
Dietitian – Nutritionist, MSc in Plant-Based Nutrition, MSc in Pediatric Nutrition, SOS Approach Feeding Therapist
@ergastirisiniditidiatrofis

15.00-16.15
ROUND TABLE
"Vegan Entrepreneurship: Three entrepreneurs in the food industry discuss the challenges and prospects in their field"
Alexandros Alexandratos, Owner of "Vegan Beat", **Kaiti Pikiou**, Owner of "Little Bear", **Avgi Iatrou**, Co-owner of "AVIT". Moderator: **Tina Chalofti**, Business Consultant, Managing Director of Excellence & Lean Management Consultants and Active Safety

17.00-18.00
"Gut health and plant-based foods go together!"
Klelia Karagiannaki
Dietitian-Nutritionist MSc
@grains.anatomy

18.00-19.15
Book Presentation: "STORIES WITHOUT A VOICE", published by OKTANA
Effie Achtsioglou, Member of Parliament, New Left
@effie.achtsioglou, **Panagiotis Tsiamouras**, PhD in Philosophy, University of Ioannina, **Petros Katsakos**, Journalist, Director of Rosa.gr
@istories_xoris_foni. Moderator: **Elli Stourna**, Co-Founder of Vegan Life NGO, Graduate in History and Philosophy of Science
@elli.stourna

19.15-20.15
"Protection of animals during natural disasters: the experiences of Dogs' Voice and Vegan Farm"
Elena Dede, Founder of Dogs' Voice
Nikoletta Bitouni (Nicole Zaha), Founding Member of Vegan Farm

20.15-21.15
"Rethinking Pet Food: Ethics, Environment, and Innovation"
Federica Bortolazzi, Federica Bortolazzi, Doctor of Veterinary Medicine, ECVCN Resident

Cooking Workshops

 Outdoor Area

(between Gas Holder 3 and Machine Shop)

Simultaneous interpretation in Greek Sign Language by OMKE

12.00-13.00
"Traditional Palestinian vegan Maqlubi recipe"
Palestinian Community of Greece

13.00-14.00
"Vegan Gains on a Budget: Chili sin carne"
Stefy, Vegan Recipe Creator
@stef.veganfit

14.00-15.00
"Cook it Up for Good"
Team of Humanity Greece
@humanitygreece

16.00-17.00
"Sweet breakfast and snacks for kids and grown-ups"
Anna Chalikia
Cook and Digital Creator
@anna_chalikia

17.00-18.00
"The role of vegan nutrition in cancer prevention: Nutritious Plate Model Paradigm"
Angela Spanou, Pathologist, MD, MSc, Clinical Dietitian
@puremomentum

18.00-19.00
"Seitan Masterclass: everything you need to know about seitan through 2 delicious recipes"
Konstantinos Dimoulas
Vegan Food Blogger
@beetsme_com

19.00-20.00
"It's home-made pasta, b*tch"
Chef Jimmy Neutron
Vegan Chef
@chefjimmyneutron

Children's Activities

 Outdoor Area

(near the playground)

12.00-13.00
"We make posters in support of Voluntary Blood Donation and thank-you cards for blood donors"
Εθελόντριες της Vegan Life NGO
Ages: 3-103

13.00-14.00
"Theatrical play"
Nikolas Chalkiadakis, Actor.
Ages: 4-10 years

14.00-15.00
"Not Only Blue: we learn about diversity and create colourful cities"
Nikoleta Markoulidaki, Kindergarten Teacher, Member of Vegan Life NGO
Ages: 4-8 years

15.00-16.00
"Prevention of Childhood Accidents"
Anna Gkika, Association for the Prevention of Childhood Trauma.
Ages: 4-8 years

16.00-17.00
"Stories with twists and surprises: Interactive readings of contemporary children's books"
Interdisciplinary Association "Reading to Grow"
Ages: 4-8 years

17.00-18.00
"Little creators, big ideas: Volunteering through the eyes of children"
Team of Humanity Greece
Ηλικίες: 5-12 ετών

18.00-19.00
"Connection with the body, joy and harmony through the game of yoga"
Amalia Tzannetaki, Yoga Instructor
Ages: 3-103

19.00-20.00
"Eco Workshop: We transform a piece of plastic waste into a comb, spinning top, and a little pot for our plant"
Greek Eco Project
Ages: 3-103