

TCA thematic seminar “Erasmus+ promoting physical activity and cooperation in education and training”

06/05/2023 – 09/05/2023

Radisson Blu Daugava Hotel
24 Kuģu Street, Riga, LV-1048, Latvia

Agenda

Day 1 (Saturday, 06.05.2023)	
17:00 – 18:00	<i>Arrival and registration</i>
18:00 – 19:30	Welcome and introduction to the seminar Getting to know each other
19:30	<i>Dinner at Radisson Blu Daugava Hotel</i>
Day 2 (Sunday, 07.05.2023)	
9:00 – 9:30	<i>Morning coffee</i>
9:30 – 11:10	Identifying challenges in promoting physical activity in different sectors Networking activity
11:10 – 12:00	From theory to practice - do's and don'ts when running Māris Resnis, Team building coach Luīze Bebrīša-Fedotova, physical therapist <i>Lūzumpunkts</i>
12:00 – 12:40	<i>Light Lunch</i>
12:40 – 13:45	Warm-up activity (<i>AB dambis</i>)
13:45 – 14:30	Leaving for the Start Line of the 5km distance / Starting the Urban hunting (alternative activity)
14:30 – ...	Running the 5 km distance at the Rimi Riga marathon / Urban hunting (alternative activity)
... – 17:30	<i>Meeting point: Erasmus+ team tent by the river Daugava</i> <i>Afternoon snack and sharing experiences</i>
18:00 – 20:00	Marathon follow-up and joint activity

	<p>Inspiring stories</p> <p>Pēteris Brosovs Physical Activity in Nature</p> <p>Agris Rencis ZZ Championship</p>
20:00	<i>Dinner at Radisson Blu Daugava Hotel</i>
Day 3 (Monday, 08.05.2023)	
9:00 – 10:45	<p><i>Sport and physical activity in Europe – goals, priorities and initiatives</i></p> <p>Sarmīte Rutkovska, Senior Expert State Education Development Agency</p> <p><i>Erasmus+ as a framework to promote physical activity and cooperation</i></p> <p>Irīna Jevgenova, Senior Expert State Education Development Agency</p>
10:45 – 11:00	<i>Coffee break</i>
11:00 – 12:30	<p>Practice examples: presentations of various initiatives and projects to support cooperation in Education and Sport</p> <p><i>International Collaboration in Adapted Physical Activity Intensive Study Programs</i></p> <p>Aija Kļaviņa, Ph.D., Senior Researcher Latvian Academy of Sport Education</p> <p><i>Erasmus+ KA2 project "Plant based nutrition and sports. Is that a key for sustainable future and well-being?"</i></p> <p>Elvis Binders-Čoders, Project Manager Ventspils Vocational Technical School</p> <p><i>Erasmus+ Sport Projects: Experience and best practices</i></p> <p>Ronalds Režais, Project Specialist Aleksandra Švalkovska, Certification and Project Specialist Latvian Sports Federations Council</p> <p><i>Activities by Pauls Stradiņš Medicine History Museum</i></p> <p>Kaspars Vanags, Director Pauls Stradiņš Medicine History Museum</p> <p>Q&A and discussion</p>
12:30 – 13:30	<i>Lunch</i>
13:30 – 15:00	<p>Parallel sessions I</p> <p>Exchange of tools, initiatives and best practices in promoting physical activity in different sectors</p>

15:00 – 15:15	<i>Coffee break</i>
15:15 - 16:30	Parallel sessions II Exchange of tools, initiatives and best practices in promoting physical activity in different sectors Networking activity
16:30 – 17:00	<i>Keynote</i> Raimonds Feldmanis, Head Coach Latvian 3x3 NT <i>Latvian Basketball Association</i> Closing of the seminar
19:00	<i>Farewell dinner at restaurant “Kaļķu vārti”</i> <i>Address: Jauniela 20 (Old Town)</i>
Day 4 (Tuesday, 09.05.2023)	
	Departure of participants

**Event moderators: Rasa Lazdiņa and Lauma Žubule*

*** Please note that during the event videos/photographs will be taken for publicity purposes*

****After the event we will share the presentations and list and contact information of the participants*

*****All participants are expected to participate the seminar program in full.*