

**“Erasmus+” TCA thematic seminar “Active Bodies = Active Minds. How to
Infuse Erasmus+ Projects with Physical Activity”
6th-9th September, 2024**

**“Hilton Garden Inn Vilnius City Centre” Gedimino ave. 44B, Vilnius, 01110,
Lithuania**

Preliminary programme

Day 1, Friday, 6th September, 2024

12:00–13:30	Registration at the hotel
13:30–14:30	Lunch
15:00–16:00	Introduction session
16:00–16:45	Keynote speech
16:45–17:15	Coffee break
17:15–18:00	Physical activity element
19:00–20:30	Dinner at the hotel

Day 2, Saturday, 7th September, 2024

08:00 - 10:00	Breakfast
10:00 - 11:30	Introduction to the Day 2 and interactive contact making
11:30 – 12:00	Coffee break
12:00 – 13:30	Sessions and workshops on Erasmus+ program, project management, project development and good project examples



13:30 – 15:00	Lunch
15:00 – 17:00	Session for inspiration and learning (keynote speech, thematic workshops: methods and good practices)
17:00 - 21:00	Free time
19:00 - 22:00	Dinner (food vouchers will be provided by the organisers)

Day 3, Sunday, 8th September, 2024

08:00–10:00	Breakfast
10:00–11:15	Inspiration session
11:15-11:45	Preparation for the marathon
11:45–12:30	Light lunch
12:30–13:00	Leaving to the venue for the opening of the marathon
13:00–13:45	Introduction to the running event and warm up activities
13:45–14:00	Leaving to the marathon starting line
14:10–14:30	Light warm up
14:30	Start of the marathon
	Free time
19:00-22.00	Closing session: evaluation, reflection and dinner

Day 4, Monday, 9th September, 2024

In the morning	Breakfast at the hotel and leaving home
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