

Erasmus+ Seminar „Active Bodies = Active Minds. How to Infuse Erasmus+ Projects with Physical Activity”

Sept. 12-15, 2025 Vilnius, Lithuania

Short description:

It is well known that physical activity boosts brain health and is inseparable from cognitive development and mental health. “Active Bodies = Active Minds” stems from this holistic approach and focuses on integrating physical activity methods into Erasmus+ projects, institutions and personal life, and at the same time exploring the ways of how to make Erasmus+ projects more active and mobile.



TBC

Online



Sept. 12-15, 2025

Vilnius, Lithuania



EUROPEAN UNION



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Draft programme

DAY 1

Sept. 12, 2025

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



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DAY 2

Sept. 13, 2025

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)



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Day 3
Sept. 14, 2025

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 at the hotel
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
Till 19:00	Free time
19:00-22:00	Closing session: evaluation, reflection and dinner

Day 4
Sept. 15, 2025

08:00-10:00	Breakfast, departure
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