

## Thematic seminar "Active Bodies = Active Minds. How to Infuse Erasmus+ Projects with Physical Activity"

### MAIN INFO

<b>SALTO E&amp;T link:</b>	<a href="https://salto-et.net/events/show/LT01_0496_THO_2023">https://salto-et.net/events/show/LT01_0496_THO_2023</a>		
<b>Sector:</b>	<b>SE</b> <b>VET</b> <b>HE</b> <b>AE</b>	<b>Priority:</b>	Other
<b>Scope:</b>	Transnational		
<b>Type of presence:</b>	Face-to-Face	<b>Venue country:</b>	Lithuania
<b>Venue city:</b>	Vilnius	<b>Working language:</b>	English
<b>Key Action:</b>	Not applicable	<b>TCA documents:</b>	Agenda_Draft.docx
<b>Postponed:</b>	No	<b>E+ Academy:</b>	No
<b>Start date:</b>	08.09.2023	<b>End date:</b>	11.09.2023
<b>Subtopic:</b>	mobility   networking   evidence based   interactive   raising awareness		

### TCA DESCRIPTION

<b>Themes and goals:</b>	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 mobile. The main goals of this thematic seminar are to: <ul style="list-style-type: none"> <li>• Stimulate new ideas for Erasmus+ international cooperation projects, which would promote physical activity in educational institutions;</li> <li>• Raise awareness of the added value of sport and physical activity in education and training;</li> <li>• Exchange good practices;</li> <li>• Provide cross-sectoral networking opportunities on the topic of physical activity in Erasmus+ projects and educational institutions;</li> <li>• Participate in "Erasmus+ Run" event by joining Vilnius Marathon and raising awareness of Erasmus+ Programme.</li> </ul>
<b>Expected results:</b>	The participants of this thematic seminar will: <ul style="list-style-type: none"> <li>• Establish new contacts for future Erasmus+ projects;</li> <li>• Experience working methods of how to increase the level of physical activity in the learning processes;</li> <li>• Explore good practices;</li> <li>• Build a community through joint experience with former and current Erasmus+ project participants and other stakeholders by participating in a mass grassroots sports event;</li> <li>• Gain a better understanding of the effects and the importance of physical activity as means to increasing the quality of their organisations' everyday life.</li> </ul>
<b>Additional information:</b>	This event is open to all former or current beneficiaries of the Erasmus+ Programme and representatives from all education sectors. We await adult educators, VET teachers and school teachers of various subjects (such as, languages and literature, sciences, art or any other subject), who are interested

in teaching and learning methods we call "learning while moving". This TCA is not about sport, but about the importance of physical activity in the learning process, educational institutions and personal life. It is an opportunity to explore the added value of physical activity in education and how could mobility be integrated in Erasmus+ projects and educational activities. The programme is still under development with exciting presentations and social activities to be announced soon, but the preliminary structure is planned as follows: Friday, 08.09.2023 16:00 – 17:00 Arrival and registration 17:00 – 19:00 Welcome and social programme 19:00 Dinner Saturday, 09.09.2023 09:30 – 16:00 Morning and afternoon sessions 16:00 – 19:00 Free time 19:00 Dinner Sunday, 10.09.2023 09:30 – 14:30 Morning session 14:30 Participating in "Erasmus+ Run" as part of Vilnius Marathon 18:30 Dinner and closing of the event Monday, 11.09.2023 Leaving home

## PARTNERS AND PARTICIPANTS

**Organiser NA:** LT01 - Education Exchanges Support Foundation

**Number of participants:** 130

**Target group:**

**Erasmus+ Programme experience level:**

**Profile of participants:** Current and potential Erasmus+ project beneficiaries from all sectors of education (SE, ADU, VET, HE) interested in promoting physical activity in their Erasmus+ projects and everyday work. Especially welcome are subject teachers who interested in physically active learning and teaching methods, trainers and mentors from all educational sectors, those working with students and pupils of all ages, representatives of educational organisations who are interested in integrating physical activity themes in their Erasmus+ projects and institutions.

**Participants per country:** 50 - Lithuania

**Sending partner(s) - Booked places:** AT01 - 3 | DE02 - 3 | DE03 - 3 | DK01 - 2 | EE01 - 5 | HU01 - 2 | IE01 - 1 | LV01 - 12 | MT01 - 2 | PL01 - 6 | RO01 - 4 | SK01 - 2 | PT01 - 2 | SE01 - 3 | TR01 - 3 | IE02 - 2

**Pending Sending partner application(s) - Booked places:** -

**Accepted Sending partner(s) - Accepted places:** AT01 - 3 | DE02 - 6 | DE03 - 3 | DK01 - 2 | EE01 - 5 | HU01 - 2 | IE01 - 1 | LV01 - 12 | MT01 - 2 | PL01 - 6 | RO01 - 4 | SK01 - 2 | PT01 - 2 | SE01 - 3 | TR01 - 4 | IE02 - 2

**Pending booked places:** 0

Accepted places: 59

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## TCA PARTICIPANT APPLICATION

**Start date of TCA Participant Application:** 31.05.2023

**Application deadline:** 20.07.2023

**Confirmation deadline for Sending NAs:** 20.07.2023

**Confirmation deadline for Organiser NAs:** 21.07.2023

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