

## 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_0626_THO_2024">https://salto-et.net/events/show/LT01_0626_THO_2024</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>	
<b>Postponed:</b>	No	<b>E+ Academy:</b>	No
<b>Start date:</b>	06.09.2024	<b>End date:</b>	09.09.2024
<b>Subtopic:</b>	<b>mobility</b> <b>networking</b> <b>evidence based</b> <b>interactive</b> <b>raising awareness</b>		

### TCA DESCRIPTION

<b>Themes and goals:</b>	<p>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 physically active. The main goals of this thematic seminar are to: Stimulate new ideas for Erasmus+ international cooperation projects, which would promote physical activity in educational institutions; Provide cross-sectoral networking opportunities on the topic of physical activity in Erasmus+ projects and educational institutions; Raise awareness of the added value of sports and physical activity in education and training; Exchange good practices; Be physically active and participate in "Erasmus+ Run" event by joining Vilnius Marathon on 8th September 2024, and raising awareness of Erasmus+ Programme.</p>
<b>Expected results:</b>	<p>The participants of this thematic seminar will: Find partners for the future Erasmus+ projects; Experience working methods, tools and approaches on how to increase the level of physical activity in learning processes; Explore good practices; Gain better understanding of the effects and the importance of physical activity as means to increase the wellbeing of target groups, communities of the organization and workers on the daily basis; Build a community through joint experience with former and current Erasmus+ project participants and other stakeholders by participating in a mass grassroots sports event; Explore how promotion of physical activity can be part of organizations sustainability approach.</p>
<b>Additional</b>	<p>This event is open to all former or current beneficiaries of the Erasmus+</p>

**information:**

Programme and representatives from all education sectors. We await adult educators, high school, VET and general school teachers of various subjects, who are interested in teaching and learning methods, called “learning while moving”. This TCA is not about sports, 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 mobility could be integrated in Erasmus+ projects and educational activities. The programme is still being developed with exciting presentations and social activities to be announced soon. Dates of the event: Friday, 06.09.2024 (12:00 – 13:00 arrival and registration, 13:00-14:00 lunch) – Monday, 09.09.2024 morning (leaving home) in Vilnius, Lithuania. The following section provides some reviews of the participants, who participated in the previous event “Active Bodies = Active Minds” in September 2023 in Vilnius, Lithuania: “Inspiring and challenging!”; “Perfectly organised, well-chosen presenters, interesting topics”; “Professional and useful”; “Very open and friendly people”; “Great! The best Erasmus seminar”.

## PARTNERS AND PARTICIPANTS

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

**Number of participants:** 85

**Target group:** School leaders, directors | Teachers | Trainers | Professors | Education professionals | Other support staff | Representatives of non governmental institutions

**Erasmus+ Programme experience level:** Newcomers and Experienced beneficiaries

**Profile of participants:** This event is open to all former or current beneficiaries of the Erasmus+ Programme and representatives from all education sectors. We await adult educators, high school, VET and general school teachers of various subjects, who are interested in teaching and learning methods, called “learning while moving”. This TCA is not about sports, 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 mobility could be integrated in Erasmus+ projects and educational activities.

**Participants per country:** 20 - Lithuania

**Sending partner(s) - Booked places:** AT01 - 2 | DE02 - 2 | DE03 - 3 | DK01 - 2 | EL01 - 4 | ES01 - 4 | FI01 - 3 | IE01 - 2 | LV01 - 15 | MT01 - 3 | NL01 - 3 | PL01 - 4 | RO01 - 4 | SI01 - 4 | SK01 - 2 | PT01 - 2 | SE01 - 4 | TR01 - 3 | RS01 - 2

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

**Accepted Sending partner(s) - Accepted** AT01 - 2 | DE02 - 2 | DE03 - 3 | DK01 - 2 | EL01 - 4 | ES01 - 4 | FI01 - 3 | IE01 - 2 | LV01 - 15 | MT01 - 3 | NL01 - 3 | PL01 - 4 | RO01 - 4 | SI01 - 4

<b>places:</b>	<b>SK01 - 2</b>	<b>PT01 - 2</b>	<b>SE01 - 4</b>	<b>TR01 - 3</b>	<b>RS01 - 2</b>
<b>Pending booked places:</b>	0				
<b>Accepted places:</b>	68				

## TCA PARTICIPANT APPLICATION

<b>Start date of TCA Participant Application:</b>	12.04.2024	<b>Application deadline:</b>	17.06.2024
<b>Confirmation deadline for Sending NAs:</b>	20.06.2024	<b>Confirmation deadline for Organiser NAs:</b>	25.06.2024

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