

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

MAIN INFO

SALTO E&T link:	https://salto-et.net/events/show/LT01_0904_TSS_2026		
Sector:	SE VET HE AE	Priority:	Other
Scope:	Transnational		
Type of presence:	Blended	Venue country:	Lithuania
Venue city:	Vilnius	Working language:	English
Key Action:	Not applicable	TCA documents:	
Postponed:	No	E+ Academy:	No
Start date:	11.09.2026	End date:	13.09.2026
Subtopic:	mobility networking interactive raising awareness		

TCA DESCRIPTION

Themes and goals:	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;Raise awareness of the added value of sports and physical activity in education and training;Exchange good practices;Provide cross-sectoral networking opportunities on the topic of physical activity in Erasmus+ projects and educational institutions;Participate in “Erasmus+ Run” (September 13, 2026) event by joining Vilnius Marathon (“Erasmus+ Run” distance: 5 km), 2026, and raising awareness of Erasmus+ Programme.
Expected results:	The participants of this thematic seminar will:Gain better understanding of the effects and the importance of physical activity as means to increase the everyday life quality of their organisations;Experience working methods on how to increase the level of physical activity in learning processes;Explore good practices;Establish new contacts for the future Erasmus+ projects;Build a community through joint experience with former and current Erasmus+ project participants and other stakeholders by participating in a mass grassroot sports event.
Additional information:	The seminar consists of two compulsory parts:First meeting online: TBC Face-to-Face seminar in Vilnius: Sept. 11-14, 2026Sept. 11, 2026 (Friday afternoon) Arrival and registration, half day programmeSept. 12, 2026 (Saturday) Full day programmeSept. 13, 2026 (Sunday) Morning session, marathonSept. 14, 2026 (Monday) Departure for participants The following section provides some reviews of the participants, who participated in the previous event “Active Bodies = Active Minds” in September 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: 60

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: 15 - Lithuania

Sending partner(s) - Booked places: -

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

Accepted Sending partner(s) - Accepted places: -

Pending booked places: 0

Accepted places: 0

TCA PARTICIPANT APPLICATION

Start date of TCA Participant Application: 22.05.2026 **Application deadline:** 15.06.2026

Confirmation deadline for Sending NAs: 22.06.2026 **Confirmation deadline for Organiser NAs:** 26.06.2026

i SALTO cannot be held responsible for information uploaded by the Organiser National Agencies regarding training and cooperation activities (TCAs). Please inform SALTO, whenever you should come upon incorrect data. Always contact the Organiser/Co-organisers of the TCAs themselves for

the latest information.