

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

08.09.2023 – 11.09.2023

Holiday Inn Hotel

Šeimyniškių g. 1, Vilnius, LT-09312, Lithuania

Preliminary Programme

Day 1 Friday, 08.09.2023	
16:00–17:00	Arrival and registration
17:30–18:00	Welcome to the hotel and walking to the evening venue at the restaurant Grey (Pilies g. 2)
18:00	Opening of the event and dinner
Day 2 Saturday, 09.09.2023	
08:00–09:30	Breakfast
09:30–11:00	Exchange of experiences, methods, contact making
11:30–12:00	“Active” coffee break
12:00–13:30	Inspirational session with keynote speakers (TBC)
13:30–15:00	Lunch
15:00–17:00	Workshops: methods and good practices
17:00–19:00	Free time
19:00–21:00	Dinner
Day 3 Sunday, 10.09.2023	
08:00–09:30	Breakfast
09:30–11:30	Inspiration session (TBC)
11:30–12:30	Light lunch in preparation for the marathon
12:30–13:00	Leaving to the venue for the opening of the marathon
13:00–13:50	Introduction to the running event
13:50–14:10	Leaving to the marathon starting line or the alternative activity
14:10–14:30	Light warm up
14:30	Start of the marathon
	Free time
18:00	Closing session: evaluation and reflection
19:00	Dinner
Day 4 Monday, 11.09.2023	
In the morning	Breakfast at the hotel and leaving home