

“Erasmus+” TCA thematic seminar

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

September 11–14, 2026

“XXX” hotel, XXX g. XX, Vilnius

Day 1 / Friday, 2026 09 11	
12:00–13:30	Digital registration to the event (each day of the seminar)
13:30–15:00	Lunch
15:00–16:15	Official welcome and opening <ul style="list-style-type: none">• Welcome speech• Introduction session
16:15–16:30	Coffee break
16:30–18:15	Session: Theoretical part Practical part
18:15–18:30	Daily reflection
19:00–20:30	Dinner in the hotel restaurant
Day 2 / Saturday, 2026 09 12	
08:00–10:00	Breakfast
9:30–10:00	Digital registration to the event (each day of the seminar)
10:00–11:30	Interactive contact making/networking
	Before the break: Group photo in the hotel lobby
11:30–12:00	International coffee break.
12:00–13:30 Round 1: 11:50–12:35 Round 2: 12:45–13:30	Parallel sessions and workshops:
13:30–15:00	Lunch
15:00–16:00	Session
16:00–16:30	International coffee break.
16:30–18:10 Round 1: 16:30–17:15	Inspirational practices:

Round 2: 17:25–18:10	
18:10–19:00	Free time
19:00–20:30	Self Guided Tour
20:30–22:00	SELF-ORGANISED dinner
Day 3 / Sunday, 2026 09 13	
08:00–10:00	Breakfast
9:30–10:00	Digital registration to the event (each day of the seminar)
10:00–11:00	Session
11:00–11:30	Closing session
11:30	Change of clothes/prep for the run
12:00–12:30	Light lunch in prep for the marathon
12:30–13:00	Walking to National Agency to prepare for the run
13:00–13:45	Program as an introduction to the running event
13:45–14:00	Leaving for the start point next to Cathedral Square
14:10–14:30	Light warm-up
14:30	START of the run
15:00–16:30	Recovery station in the hotel (snacks and reflection).
19:00	DINNER (place TBC)
Day 4 / Monday, 2026 09 14	
	Breakfast and departure