

**Draft Agenda TCA “Erasmus Days”**  
**Online, Greece, 14-16/10/2025**

**1<sup>st</sup> Topic:**

<b>Trainers</b> Eleni Stamouli & Konstantinos Spatiotis	<b>Topic</b> Self-directed Learning
<b>Workshop 1</b> Youth Workers’ Competence Model	<b>Workshop 2</b> Life Skills for the 21st century
<b>Target Group</b> Youth Workers	<b>Target Group</b> Young people between 15 and 30
<b>Day/Time</b> Tuesday 14th of October 2025 09.30 - 11.00 CET	<b>Day/Time</b> Tuesday 14th of October 2025 12.00 - 13.30 CET

**2<sup>nd</sup> Topic:**

<b>Trainers</b> Maria Zygomani & Konstantinos Stergiou	<b>Topic</b> Active citizenship civic engagement
<b>Workshop 1</b> Active citizenship and civic engagement through Erasmus+	<b>Workshop 2</b> Active Citizen - European Citizen through Erasmus+
<b>Target Group</b> Youth workers, and young people between 15 and 30	<b>Target Group</b> Youth workers, and young people between 15 and 30
<b>Day/Time</b> Wednesday 15th of October 2025 09.30 - 11.00 CET	<b>Day/Time</b> Wednesday 15th of October 2025 12.00 - 13.30 CET

**3<sup>rd</sup> Topic:**

<b>Trainers</b>	<b>Topic</b>
Agoritsa Mandraki & Ilias Giannopoulos	Mental Health of Youth Workers and Young People through Erasmus+ Projects
<b>Workshop 1</b>	<b>Workshop 2</b>
Trainer Life and How to Hack it!	Promoting Youth Mental Wellbeing through Inclusive Mobility Projects.
<b>Target Group</b>	<b>Target Group</b>
Youth Workers & Trainers	Young people & Youth Workers
<b>Day/Time</b>	<b>Day/Time</b>
Thursday 16th of October 2025 09.30 - 11.00 CET	Thursday 16th of October 2025 12.00 - 13.30 CET