



'Switzerland in the Heart of Europe – Training Day'

Location: Bern, Switzerland

Language: English

1. Description

The one-day workshop 'Switzerland in the Heart of Europe – Training Day' is aimed at young progressive political actors from across the EU, EFTA and Switzerland. The goal is to provide knowledge about the institutions of the EU, current political developments in the EU, potential EU enlargements, and the relationship between the EU and Switzerland. The day is designed to be interactive, combining expert inputs with group work, discussions, and personal exchanges. The workshop also promotes transnational networking and creates space for a progressive perspective on Europe, the EU more specifically and the partnership the EU has and desires to forge in the future —essential for young Swiss politicians, civil society actors, academics and trade unionists - given the frequent Euroscepticism that they are faced with.

2. Evening Before – 3 October 2025

All international participants arrive the day before the event. That evening, we invite all participants to a fireside chat (Kamingespräch) with an experienced figure from European politics. Personal experiences and perspectives on Switzerland's role in Europe will be shared in a relaxed atmosphere. The following joint dinner will be an opportunity for informal exchange and networking.

Time	Program Item	Format / Guests
18:30–20:00	Fireside chat: "Switzerland in Europe – personal insights"	Bruno Toback (MEP), Eric Nussbaumer (MP) and Nadine Aebischer (City Counsellor, Bern)
20:00–21:30	Joint dinner	Restaurant in Bern

3. Training Day- 4 October 2025

08:45–09:00	Arrival & Welcome Coffee
09.00 – 09:15	Official Welcome



09:30 – 10:00	Keynote speech: Where does Europe stand from a progressive perspective? Bruno Tobback, MEP from the European Parliament DEEA delegation
10:00–10:15	Break
10:15–12:15	Panel: EU Institutions & Decision-Making Processes – an Overview The Future of the EU – What Could Enlargement Look Like? Jorgen Sill, S&D Group, political advisor Julian Plottka (Institut für Europäische Politik IEP, Berlin) Lea Kaspar (University of Basel) Giannis Mavris (Journalist, Swissinfo, panelhost)
12:15–13:15	Lunch Break and Photos
13:15–14:30	Workshop: The Future of EU-Switzerland Relations: How can we work together to uphold democracy and the continent and globally? (Working Groups)
14:30–14:45	Closing Round & Takeaways

- Travel and accommodation will be arranged for international guests. Travel and accommodation can be arranged for guests from Switzerland upon request.