

**Seminar for teachers:  
Total defence: the golden mean between defence and the welfare state**

Monday 1 December 2025  
15:00-17:00

ELIAMEP  
Vasilissis Soifias 49, Athens

**Agenda:**

**15:00 – 15:10 Opening remarks**

Elena Lazarou, Director General, ELIAMEP

**15:10 – 15:35 The components of a successful total defence and the next EU budget**

Spyros Blavoukos, Head, EU Institutions & Policies Programme; Head of the 'Ariane Condellis' European Programme; Senior Research Fellow, ELIAMEP; Professor, Athens University of Economics & Business

**15:35 - 16:00 The Importance of the Welfare State Today**

Manos Matsaganis, Head of the Greek and European Economy Programme; A. G. Leventis Foundation Senior Research Fellow; Professor, Polytechnic University of Milan

**16:00 – 16:15 Best practices of total defence from international experience**

Panos Politis Lamprou, Research Fellow, EU Institutions and Policies, ELIAMEP

**16:15 – 17:00 Q&A and discussion**