**Prliminaray Program: Summerschool, 8-10th of July in Estonia, in** **Jõgeva**

This summerschool is set up for patients with Cystic Fibrosis and caregivers. It contains psychological lectures, sports activities, various workshops for children and parents.

The last day there will be the generell meeting of the association.

There will be Additionally: Individual peer consulting during the whole weekend.

**Friday 08.07**

|  |  |
| --- | --- |
| 12.00  | Arrival- accommodation |
| 13.00-14.00 | Lunch |
| 14.00- 15.30 | Psychological lecture – DISC model and training, personality types  |
| 14.00-15.30 | Activities for children |
| 15.30- 15.45 | coffee break |
| 15.45- 17.00 | Psychological lecture continues- DISC model and training, personality types |
| 15.45- 17.00 | Special yoga for children with CF |
| 17.00-18.00 | Sports for children with CF |
| 17.00- 18.00 | Yoga for adult CF patients and Caregivers |
| 18.00-19.00 | Dinner |

**Saturday 09.07**

|  |  |
| --- | --- |
| 8.00-9.00  | Breakfast |
| 09.30-11.00  | Psychological lecture- Peaceful parenting for CF Caregivers |
| 09.30 – 11.00 | Fairy tales for children |
| 11.00 -11.15  | Coffee break |
| 11.15- 13.00  | Psychological lecture continues - Peaceful parenting for CF Caregivers |
| 11.15-13.00 | Special yoga for children with CF  |
| 13.00-14.00 | Lunch |
| 14.00-15.30  | Handicrafts workshop for children |
| 14.00-15.30 | Yoga for cyctic fibrosis patients and caregivers |
| 15.00- 15.15  | Coffee break |
| 15.30- 17.00  | Sports: Orientating for families whose children are effected with CF |
| 17.00-18.00  | Handicrafts workshop for adults  |
| 18.00- 19.00 | Dinner |

**Sunday 10.07**

|  |  |
| --- | --- |
| 9.00 | 10.00 Breakfast |
| 10.00-11.00 | Yoga for cyctic fibrosis patients and caregivers |
| 11.00-13.00 | General meeting of association  |
| 13.00  | Lunch |