

Traditional Chinese Medicine SUMMER CAMP *

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	19th July	20th July	21st July	22nd July	23rd July	24th July	25th July	26th July
09:00 - 10:30	Arrival and hotel accommodation	Visit tour Historical center of Lisbon	Welcome ceremony Program briefing and visit to Jean Piaget Institute in Almada	Qigong practice	TCM treatment demonstration	Dietetic prescription in Portugal based on TCM principles	Group cooking of a Portuguese lunch based on TCM principles	Day free
11:00 - 12h30			History and socioprofessional context of TCM in Portugal	Overview of TCM clinical approach in Portugal		TCM diagnostic methods and technics used in Portugal		
14:00 - 16:00			Epidemiological profile of TCM users in Lisbon	Analyse of case studies	Visit tour Viewpoint of Cristo Rei		TCM dietetic protocols based on portuguese foods	
16:30 - 18:00			Free time			Visit tour Almada beach and sunset		

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	27th July	28th July	29th July	30th July	31st July	1st August	2nd August
09:00 - 10:30	Day free or Visit tour Sintra and Cascais	Free time	Taichi practice	Visit tour TCM Clinics	Clinical case study and discusion	Qigong and Taichi practice	Departure
11:00 - 12h30		Portuguese language class	Portuguese language class			Materia medica prescription based on TCM portuguese product brands	
14:00 - 16:00		Chinese materia medica practice in Portugal	Materia medica prescription based on TCM portuguese product brands	Visit tour Belém	Farewell celebration Training certification ceremony		
16:30 - 18:00		Biochemistry and TCM					

●	Cultural and visit tour moments
●	Seminar
●	Theoretical and practical formation
●	Practical activities

* programme may undergo minor changes