

Program summer camp 25th/26th March 2016, Bakotu Hotel, Kotu

Members: Isatou Jallow, Ya Sierra Njie, Lamin Dibba, Amadou Barry, Lamin Badjie, Sirra Jallow, Ramatoulie Jallow, AmieColley, Abdulrahman Jatta, Musa Sanneh, Adama Lowe, Aminata Jammeh, Amie Jobe, Ida Cham, Medina Jarjue, Sheriff Sanyang, Muhammed Willan

**Arrival of the group 25 th** **latest at: 10.00 am**

Sharing rooms from: 10.00 to 10.30 am

Let's start 10.30 am

1. Settings in the blood sugar meters
2. What is my blood sugar value
3. My HbA1c in July 2015, November 2015, March 2016
4. Table rule with values
5. Longtime insulin dose
6. About insulins
7. Break 00.30 pm

Statement Dr. Gaye 01.00 pm

Lunch in the house from Gifty 02.00 pm

1. Repeating topics 03.30 pm
2. HbA1c – long term sugar practice with Novo material 04.00 pm
3. “Musa”, “Amie”, practice with Novo material self made stories, presentation 05.00 pm
4. Skin modell (in the rooms)
5. What is important from today? 06.00 pm

Dinner and relaxing 07.30 pm

26<sup>th</sup> March breakfast together 08.30 am

Repeating insulins 10.00 am

Break about 11.30 am

Insulin and food

Lunch 01.30 pm

Motivation and empowerment 03.00 pm

Reading out meters, discussion of the results 03.30 pm

How you can work together?? 05.00 pm

Good bye about 06.00 pm