

Wednesday and Thursday, 22-23 January - Pre-conference event

"11 for Health" training course (separate programme, registration and payment)

Faroese language: Wednesday 9:00 – 16:30, Thursday 9:00 – 13:30

English language: Wednesday 13:00 – 20:30, Thursday 9:00 – 13:30

Sign up by email to fhr@folkaheilsa.fo

Friday, 24 January - Pre-conference event

"Football Fitness" course - free of charge

Friday 16:30-21:00

Download [programme](#)

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16.30-17.00 pm	Introduction and sandwiches
17.00-17.30 pm:	Football Fitness is healthy, fun and social. 15 years of research.
17.30-18.00 pm:	How to organize a Football Fitness training session.
18.00-19.30 pm:	Practical Football Fitness training sessions. The course participants are also players.
19.30-19.45 pm:	How to modify drills and pair-exercises to the participant group.
19.45-20.15 pm:	Group work to prepare a Football Fitness training session
20.15-21.00 pm:	Practical Football Fitness training session. Led by the course participants.