

# BEHAVIOUR CHANGE INNOVATIONS FOR PEOPLE WITH CHRONIC DISEASES

BLENDED INTENSIVE PROGRAMME (BIP)



5  
ECTS



**PRE-REGISTRATION  
ONLINE FORM**

Pre-registration deadline  
**1<sup>st</sup> December 2023**



DATE	DAY	WHAT	WHERE
14 <sup>th</sup> November 2023	Tuesday (14:30-15:30 CET)	Information session	Online
27 <sup>th</sup> February - 2 <sup>nd</sup> April 2024	Every Tuesday	BIP online sessions	Online
8 - 12 <sup>th</sup> April 2024	Monday - Friday	BIP intensive week	Kaunas, Lithuania

Do you want to work in an international group on planning an individual intervention for someone with a chronic disease?

Guest speakers from 7 European countries from PAL network

Topics related to changing behaviour and lifestyle factors, such as physical activity, stress reduction and nutrition, and online group work: a case study

**HOST:**  
Lithuanian Sports University

**PARTNERS:**  
Masaryk University  
InHolland University of Applied Sciences  
Hanze University of Applied Sciences  
Western Norway University of Applied Sciences  
The Polytechnic Institute of Santarém  
University of Malaga

