



## CARIBOU AZORES

### FAMILY GATHERINGS – ENJOYING TIME TOGETHER DESPITE (TERMINAL) ILLNESS?

Objective: You have a desire to spend time with your loved ones in stimulating, yet informal surroundings. Despite the (terminal) illness of a family member, you have the opportunity for a transformative experience through small(er) group outings, in line with personal preferences, and to address topics of common concern. These conversations may include positive as well as challenging family issues such as deliberately experiencing the (remaining) time together with family members in a thoughtful way, considering the transition to the other dimension, with the goal of finding joy and maintaining enriching relationships in the future.

It is important to clearly define your concrete ideas so that a custom tailored weekly agenda can be discussed and agreed upon well in advance.

#### **Potential Time Outline – as example**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00
	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15
	Staggered departures for daily excursions in several groups <sup>2)</sup>	Staggered departures for daily excursions in several groups <sup>2)</sup>	Staggered departures for daily excursions in several groups <sup>2)</sup>	Staggered departures for daily excursions in several groups <sup>2)</sup>	Staggered departures for daily excursions in several groups <sup>2)</sup>	Staggered departures for daily excursions in several groups <sup>2)</sup>	Check-out by 12:00 noon
As of 15:00 Check-in <sup>1)</sup>	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	
16:30 Welcome in garden	As of 17:00 – Impulse: Themed exchange <sup>3)</sup>	As of 17:00 – Impulse: Themed exchange <sup>3)</sup>	As of 17:00 – Impulse: Themed exchange <sup>3)</sup>	As of 17:00 – Impulse: Themed exchange <sup>3)</sup>	As of 17:00 – Impulse: Themed exchange <sup>3)</sup>	As of 17:00 – Impulse: Themed exchange <sup>3)</sup>	
19:00 Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Icebreaking nightcap	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	

<sup>1)</sup> arrive at the guest house with your body, heart and soul and relax; e.g. refreshing swim in the pool

<sup>2)</sup> lunch will depend on the daily activity, some as picnic and other as lunch at restaurant

<sup>3)</sup> Impulses/themes: prioritized in line with the needs of the entire family – when appropriate, adequate experts can be included

*Note:*

depending on the daily weather forecast  
activities will be scheduled accordingly

**Creative explorers!**

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