

Agenda - Summer Academy of the Faculty of Psychology

The F'Oda Summit 2025 – Edition III: Schedule & Overview

Theme: Women's Mental Health

Campaign Framework: Safe Spaces / Blooming

Dates: July 9–12, 2025

Location: Hotel Parlament, Prishtinë & UBT Lipjan

Participants: Girls in grades 9–12 from across Kosova

DAY ONE – Wednesday, July 9

Theme: *Breaking the Silence: Naming the Wound*

Morning – Hotel Parlament

- 09:00 | Student arrival, registration, room check-in
- 10:00 | Breakfast & Community Introductions
- 11:15 | Transport to UBT Lipjan

Midday – UBT Lipjan

- 12:00 | Opening Ceremony
 - Summit vision + grounding circle led by F'Oda team
- 12:30–14:30 | Thematic Workshops:
 - *Storytelling as Resistance*
 - *Deconstructing Shame: From Stigma to Solidarity (PANEL)*
 - *The Weight We Carry: Understanding Mental Health in Kosovo*

Afternoon – UBT to Hotel

- 14:30 | Lunch
- 16:00 | Transport back to Hotel Parlament

Evening – Mixer

- 19:00 | Dinner & Welcome Mixer
 - Icebreakers, affirmations, music

DAY TWO – Thursday, July 10

Theme: *Reclaiming the Body: Community, Creativity, and Care*

Morning – Hotel to UBT

- 07:00–09:00 | Breakfast
- 09:30 | Morning round-up
- 10:00 | Transport to UBT Lipjan

Late Morning – UBT Lipjan

- 10:30–13:00 | Core Workshops:
 - *The Body They Taught Us to Hide: Understanding Our Sexuality* with Prof. Ejona Icka
 - *Bodies, Burdens, and Futures: Reclaiming Reproductive Autonomy* with AMC Health
 - *Somatic Practices for Stress & Trauma Release*
 - *Radical Rest: The Politics of Burnout*

Afternoon

- 13:00 | Lunch
- 14:00 | *Youth-Led Dialogue on Mental Health* - Facilitated by UBT Psychology Students
- 16:00 | Return to Hotel Parlament

Evening – Creative Showcase

- 18:00 | Dinner
- 19:30 | Art Show: “What Safety Feels Like”
 - Participant-led exhibit of original works

DAY THREE – Friday, July 11

Theme: *Building the Sanctuary: From Safe Space to Political Action*

Morning – Hotel to UBT

- 07:00–09:00 | Breakfast
- 09:30 | Final group circle
- 10:00 | Transport to UBT Lipjan

Midday – UBT Lipjan

- 10:30–12:30 | Activism Workshops:
 - *What Does a Feminist Mental Health System Look Like?*
 - *From Soil to Sanctuary: Honoring the Women Who Grew Us*

Afternoon – Creation & Reflection

- 12:30 | Lunch
- 13:30–15:00 | *The F’Oda & Zine Creation*
 - Guided writing, collage, poetry, or drawing
 - Prompted by: “What are we carrying forward?”
 - Collective creation of the Zine
- 15:00 | Return to Hotel Parlament

Evening – Final Celebration

- 17:00 | Break / Preparation
- 19:00–22:00 | F’Oda Fest: Blooming in Full Color
 - Live Zine Presentation

DAY FOUR – Saturday, July 12

Morning – Check-out & Farewells

- 08:00–12:00 | Breakfast, goodbyes, & group photos
- Staggered transport to Prishtina Bus Station and city points