

MTÜ UUSTEE

Recovery and Rehabilitation Centre

Living Conditions at MTÜ UUSTEE Recovery and Rehabilitation Centre

MTÜ UUSTEE rehabilitation centre offers comfortable living conditions for every resident.



Isolation from the Outside World

Residents are not permitted to leave the centre during treatment. Access to the premises is restricted to immediate family members only.



Daily Routine

A structured daily schedule helps residents establish healthy sleep and waking patterns, restore a normal appetite, and develop a sense of responsibility and discipline.



Nutritious Meals

Every day, residents receive three balanced, nutritious meals to help them regain their strength and physical wellbeing.



Sport, Meditation and Creative Activities

The centre is fully equipped for healthy leisure — including gym equipment, a sauna, and dedicated rooms for creative activities and meditation.