

$$(\psi \cdot n, v)_{\partial\Omega} - (\psi, \nabla v)_{\Omega} = (f, v)_{\Omega}$$
$$(\psi, q)_{\Omega} + (\phi, q \cdot n)_{\partial\Omega} - (\phi, \nabla \cdot q)_{\Omega} = 0$$

$$(\widehat{\psi}_n,v)_{\partial K}-(\psi,\nabla v)_K=(f,v)_K$$
 
$$(\psi,q)_K+(\widehat{\phi},q_n)_{\partial K}-(\phi,\nabla\cdot q)_K=0$$
 
$$"b(u,v)=l(v)"$$