

# Vartholomaios Papadokonstantakis

I'm 29 and I'm from the island of Crete, Greece. I've been living with diabetes since 2001. I studied Sociology and I have a master's in Health Promotion in consulting people with diabetes about exercise. I've been a camp team leader for children with T1D, I am a fitness enthusiast, a traveler, and a musician. I have participated in the IDF YLC Romania 2017. My motive as a member of YOURAH is the energy and enthusiasm of actions and initiatives from people with the same vision. A greater future and ideas that help people with T1D is possible when we combine our ideas and knowledge.

