



7th Youth Leadership Camp

10-16 July 2017

Wonderland Cluj Resort, Cluj-Napoca
Romania

In collaboration with
Federatia Romana de Diabet, Nutritie si Boli Metabolice



	Monday 10 July	Tuesday 11 July	Wednesday 12 July	Thursday 13 July	Friday 14 July	Saturday 15 July	
7h30 – 8h00	A r r i v a l d a y	Morning physical activity – Optional – I. Vlasenko					
8h00 – 8h30		Shower					
8h30 - 9h30		Breakfast					
9h30 - 11h00		Opening – Who is IDF Europe/What we want to do? S. Karadeniz via Skype & Board Member	Workshop – Communication and social media for campaigning – W. Kowalska & C. Petrut	Workshop – How to work with partners? Moderator: Kyle J. Rose – Panel: Corporate partners	Workshop – Advocacy/mobilizing youth for diabetes – João Manuel Valente Nabais & Stella de Sabata (Skype)	Workshop – Project Management (activities around WDD) Stella de Sabata	
11h00 – 11h30		Coffee break					
11h30 - 12h30		Physical activity - Introduction & warm up - Kyle J. Rose	Physical activity (Basket ball) - Kyle J. Rose & Young participant	4 Youth presentations	Physical activity (Swimming) Jelisaveta Fotić – Joao Nabais	Physical activity Volley ball (Joao Nabais & Young participant)	
12h30 - 13h00		Free time					
13h00 - 14h00		Lunch					
14h00 - 15h00		Assoc. Prof. I A. Veresiu, President, Federatia Romana de Diabet, Nutritie si Boli Metabolice & Dr Diana Paun, State Secretary, I. Iosep, 2016 IDF E YLC participant	Youth activities around Europe and beyond C. Petrut	Excursion to Salt Mine in Turda and to Cluj-Napoca city center - Prevention & awareness event including flash mob and blood glucose 	Leadership (questionnaire & role plays) C. Petrut	Health care in Europe – Trends in Diabetes (Map) Joao Nabais – Stella de Sabata	
15h00 – 16h00		10 minutes re-energizing break			10 minutes re-energizing break		
16h00 – 16h30		Presentation skills (role plays) C. Petrut	testing Prescribing physical activity to overcome the feat of diabetes M. Dalea & Kyle J. Rose		End discrimination: how to promote changes? C. Petrut		Inspirational lecture João Manuel Valente Nabais
16h30 – 17h30		Coffee break			Coffee break		
17h30 – 19h00		4 youth presentations	4 youth presentations	4 youth presentations	4 youth presentations		
17h30 – 19h00		Physical activities (Volley ball) Kyle J. Rose & Young participant	Physical activities (Cycling) Kyle J. Rose & Young participant	Physical activities (Walk)	Physical activities (Sport games) João Manuel Valente Nabais		
19h00 – 20h00	IDF E team meeting	Shower & free time					
20h00 – 21h00	Dinner	Dinner					
21h00-22h00	Team building game	Movie night – C. Petrut	4 youth presentations	Living with diabetes & taboo forum C. Petrut & young participants	Closing ceremony and party I. Vlasenko		



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With thanks to



Foundation of European Nurses in Diabetes

Contact

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