

# Diabetes Camps

## IDF E Youth Leadership Camp

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## About myself 😊



- Type 1 diabetes for 16 years
- Previous YLD – 2013, 2015
- Clinical psychologist, psychotherapist
- Board member IDF Europe – since 2015
- Vice President Romanian Federation of Diabetes Associations
  
- In the organizing committee of YLC 2016-2018
- Organized DiaEuro 2015, 2017

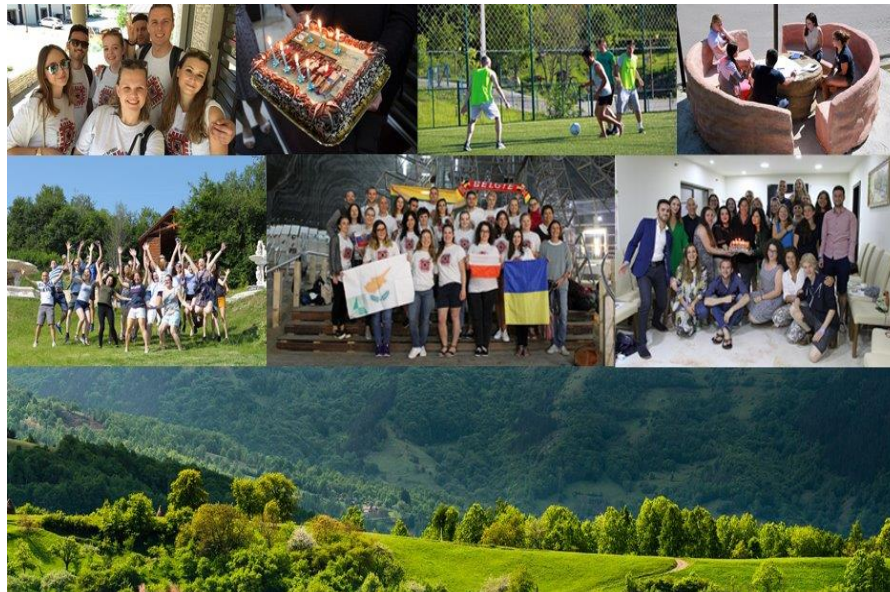
## Why **youth leadership** camps?





## Proper setting/environment for:

- Valuable ideas for improving lives of people with diabetes
- Finding solutions for different national problems and ways of implementation
- Creating a strong community and a common voice
- Collaboration between regions/countries
- Training skills as: leadership, communication, project management, fundraising, team work, advocacy, lobby, interaction with sponsors, etc.



## Steps to follow in organizing a leadership youth camp



plan it

- Objectives, topics, target group, budget, deadlines
- Be careful to details, materials, location, time, volunteers etc.



write it

- Write a detailed project
- Make short presentations for sponsors



fundraise it

- Present it to sponsors – IN TIME
- Have in mind any stakeholders that might be interested in supporting a leadership camp



implement it

- Have the youth leadership camp
- Be aware of the “unpredictable”
- Have fun

## Practical aspects of organizing a youth leadership camp

### A. LOCATION



- Proper space according to the number of participants
- Equipped with everything needed for workshops



- Inside and outside facilities for sport and other group activities



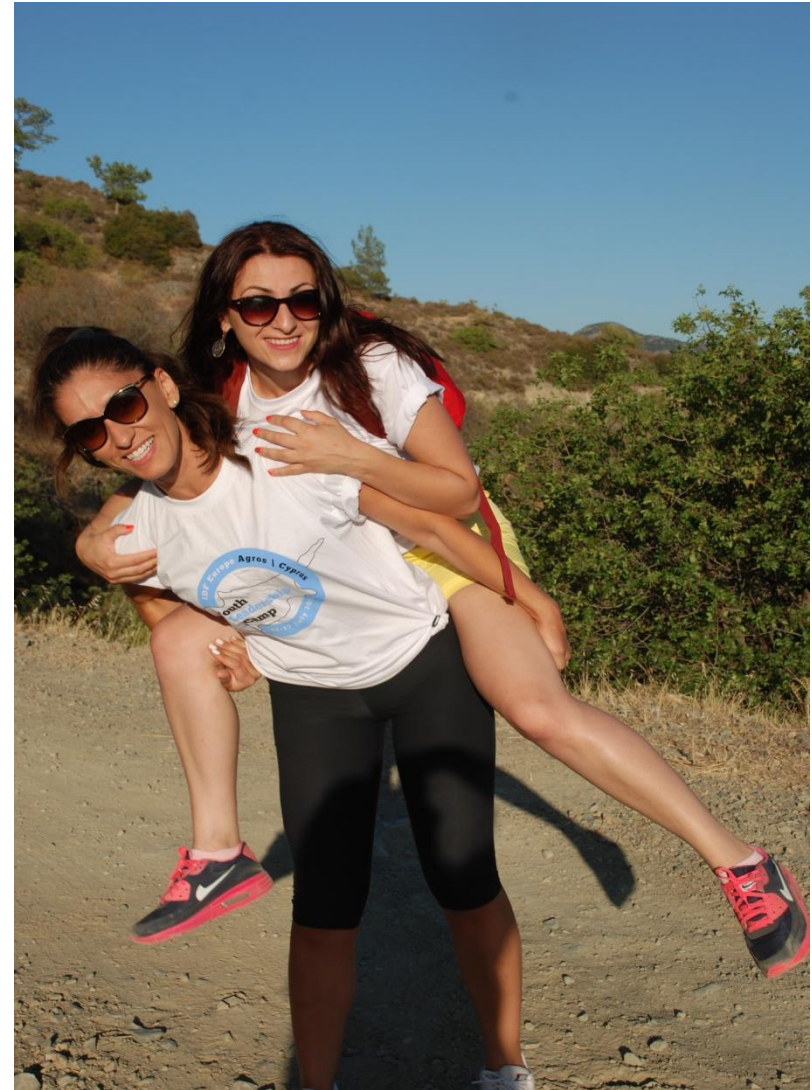
## B. PARTICIPANTS



- Same range of age
  - Same passion
  - Different interests
  - Different profession
  - Different background
- 
- Call for applications
  - More regions

## C. STAFF

- Medical care MD/nurse
- Trainers/speakers – according to the topics
- volunteers





## D. EXAMPLES OF TOPICS

- Presentation skills – how to introduce yourself
- Communication skills
- Leadership
- How to work with partners – sponsors
- Mobilizing youth to engage in projects
- Project management
- Fundraising
- Advocacy strategies
- Using social media and online platforms
- Inspirational lectures



## E. WORKSHOPS

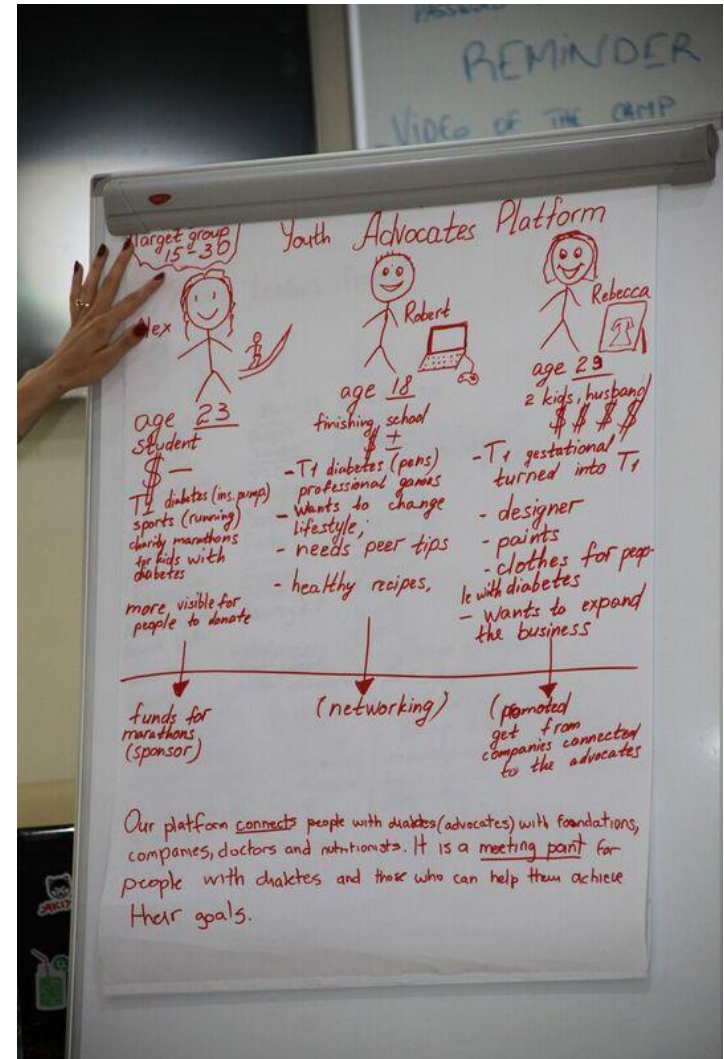
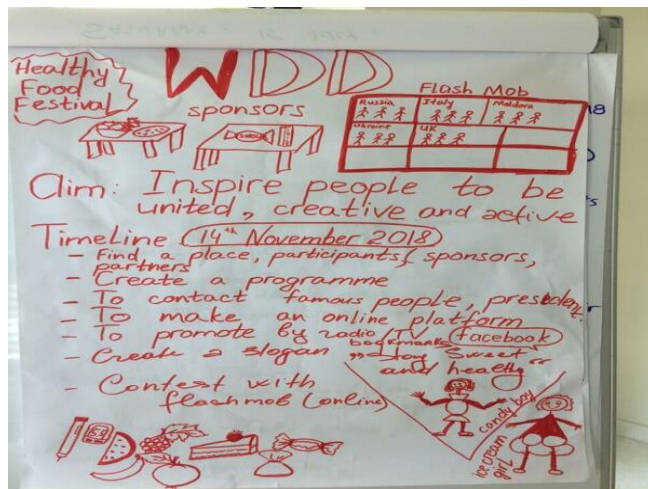
- Related to the topics – work in groups
- Team building
- Youth presentations
- Tabu Forum
- Movie night
- Sharing personal experiences





## E. WORKSHOPS results – Examples YLC 2017

- WDD activities
- Euro Move Challenge
- Webinars: Rights of people with diabetes, Diabetes burnout and depression
- Yourah – online platform
- Diatravellers
- Other great project ideas



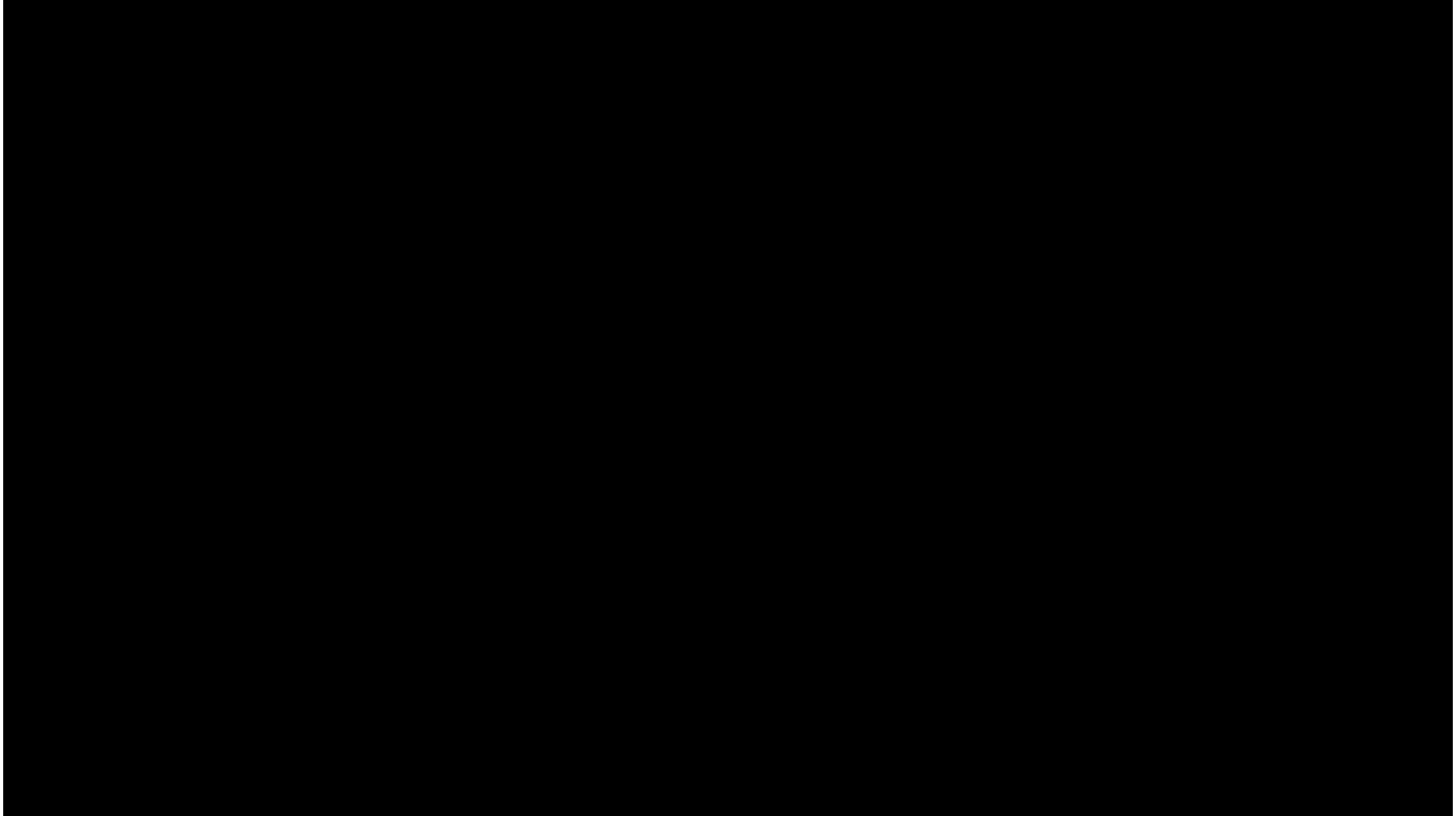


## F. PHYSICAL ACTIVITIES





## YLC 2017





## Thoughts from IDFE - YLC 2017 participants







## My thoughts 😊

*Diabetes has chosen us without asking but we've chosen to make something good out of it! So within all your projects, activities and hard work for improving the lives of people with diabetes remember to HAVE FUN, enjoy every single moment and don't forget that any struggle and hard time is a proper opportunity to train or form a new set of abilities that might help you at some point in your life*





# Q&A

*Thank  
you*

