

IDF webinar on Diabetes Camps – 9 March 2018



Diabetes Camps IDF E Youth Leadership Camp

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9th of March 2018





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:

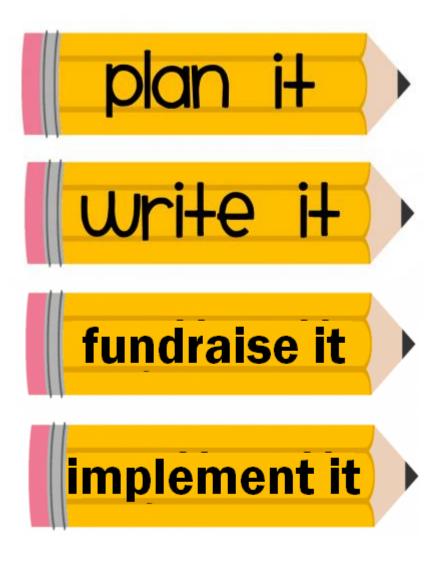
- Valuable ideas for improving lives of people with diabetes
- Finding solutions for different national problems and ways of implementation
- Creating a strong community and a common voice
- Collaboration between regions/countries
- Training skills as: leadership, communication, project management, fundraising,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







Steps to follow in organizing a leadership youth camp



- Objectives, topics, target group, budget, deadlines
- Be careful to details, materials, location, time, volunteers etc.
- Write a detailed project
- Make short presentations for sponsors
- Present it to sponsors IN TIME
- Have in mind any stakeholders that might be interested in supporting a leadership camp
- Have the youth leadership camp
- D 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 applicationsMore regions

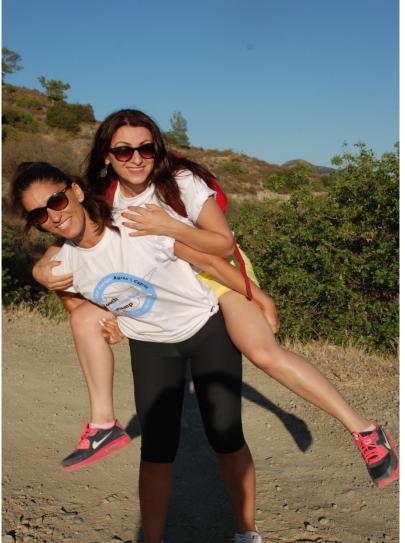




C. STAFF

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









D. EXAMPLES OF TOPICS

- Presentation skills how to introduce yourself
- O 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 gropus
- Team building
- Youth presentations



- O Tabu Forum
- Movie night
- Sharing personal experiences

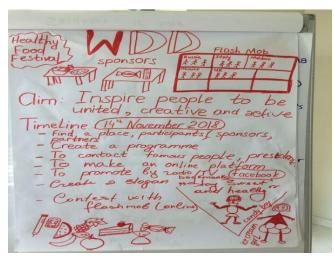






E. WORKSHOPS results – Examples YLC 2017

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



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	Oge 23 Finishing school \$4,4,4 Student - TH diabetes (pens) - TH gestational TH TH diabetes (ins. pump) professional goines turned into TH sports (running) - Wants to change - designer dividy manetions - needs peer tips - paints turned into TH divide the stude - needs peer tips - clothes for pep- divide the stude - her Why prices - Whetes - to per-
	more visible for people to denote funds for (sponsor) (sponsor
	Our platfoon <u>connects</u> people with diables (advocates) with foundations, comparies, doctors and nutritionists. It is a <u>meeting paint</u> for people with chalctes and those who can help them achieve their goals.





F. PHYSICAL ACTIVITIES



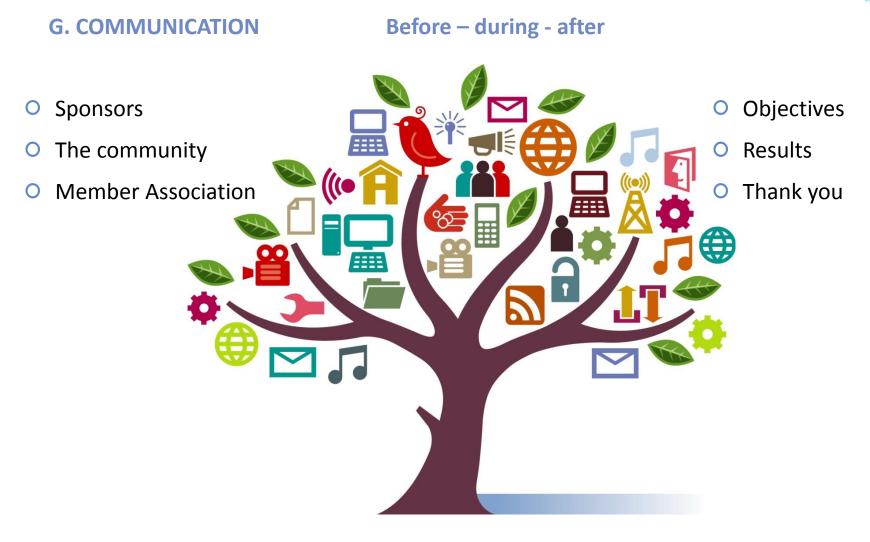












• Keep track of your outcomes – ask feedback from participants and volunteers



YLC 2017







Thoughts from IDFE - YLC 2017 participants





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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





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Thank you