





**International  
Diabetes Federation  
Europe**

# **Youth Leadership Camp 2013**

**Tirrenia, Italy  
22-28 July**



## ***Programme***

# Programme

Arrival Day	Monday 22 July
<b>13h00</b>	<b>Lunch</b>
<b>19h30</b>	<b>Dinner</b>
<b>Tour of Tirrenia facilities</b>	

Time	Tuesday 23 July				Speaker
<b>08h30</b>	<i>Breakfast</i>	<b>10h30</b>	<i>Coffee break</i>	<b>13h00</b>	<i>Lunch</i>
<b>09h30 – 10h30</b>	Workshop – Introduction from IDF Europe, who is IDF Europe and what do we do. How can you be involved?				João Nabais
<b>11h00 – 12h30</b>	Workshop – Practical tips: Managing your insulin and food intake when doing sports. Going on to clinical diabetes, research and development. / Setting the tone for this week.				Markku Saraheimo, Kyle Rose, Moira Grixti and Marina Dingle
<b>14h00 – 15h30</b>	Activity – Volleyball (Indoors)				
<b>15h30</b>	<i>Coffee break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h30</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity – Walk and Beach				
<b>20h30 – 21h30</b>	Youth Presentations and Wrap up of the day				

Time	Wednesday 24 July				Speaker
<b>08h30</b>	<i>Breakfast</i>	<b>10h30</b>	<i>Coffee break</i>	<b>13h00</b>	<i>Lunch</i>
<b>09h30–10h30</b>	Workshop – Diabetes associations, IDF Europe and the MA staff exchange programme. Consolidating an association and the importance of networking				Irene Salgado
<b>11h00–12h30</b>	Activity –Table tennis and Pool billiards (Indoors)				
<b>14h00–15h30</b>	Overview of the EU and CoE. What is advocacy? How to advocate in a European and national context? The importance of evidence based advocacy and the Policy Puzzle.				Sophie Peresson
<b>15h30</b>	<i>Coffee break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h30</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity – Tennis (Outdoors)				
<b>20h30 – 21h30</b>	Youth Presentations and Wrap up of the day				

# Programme

Time	Thursday 25 July				Speaker
08h30	Breakfast	10h30	Coffee break	13h00	Lunch
09h30 – 10h30	Workshop – The importance of Communications. Raising awareness on World Diabetes Day and the diabetes movement.				Gael Bassetto
11h00 – 12h30	Workshop – Living with diabetes - dreams, expectations and discrimination. Setting the policy agenda and fostering political engagement on the rights of people living with diabetes with the access to medicines and medical devices publication				João Nabais and Sophie Peresson
15h00 – 19h00	Activity – Excursion Pisa and San Rosore Nature Reserve				
17h00	Picnic/snack		20h00	Dinner	
21h00 – 22h00	Youth Presentations and Wrap up of the day				

Time	Friday 26 July				Speaker
<b>08h30</b>	<i>Breakfast</i>	<b>10h30</b>	<i>Coffee break</i>	<b>13h00</b>	<i>Lunch</i>
<b>09h30 – 10h30</b>	Workshop – Kyle Rose, an Inspirational Athlete and the importance of physical activity - The Grand Tour				Kyle Rose
<b>11h00 – 12h30</b>	Activity – Basketball (Indoors)				
<b>14h00 – 15h30</b>	Workshop – Informative session, Q&As. Relationships with Industry, codes of conduct and conflicts of interest. How to make and pitch a project proposal.				Sehnaz Karadeniz and Sylvia Lion, AFD
<b>15h30</b>	<i>Coffee break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h30</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity – Athletics (Outdoors) and Beach				
<b>20h30 – 21h30</b>	Youth Presentations and Wrap up of the day				

# Programme

Time	Saturday 27 July				Speaker
<b>08h30</b>	<i>Breakfast</i>	<b>10h30</b>	<i>Coffee break</i>	<b>13h00</b>	<i>Lunch</i>
<b>09h30 – 10h30</b>	Workshop – Working together, together we are stronger, the experience of inspirational youth advocates in diabetes				Tijana Milanovic and Davide Pilleri
<b>11h00 – 12h30</b>	Activity – Football				
<b>14h00 – 14h30</b>	Associazione Nazionale Italiana Atleti Diabetici (ANIAD) and its activities				Gerardo Corigliano ANIAD
<b>14h30-15h30</b>	Workshop – What can IDF Europe do for you? How can you be meaningfully involved?				Michael Sørensen
<b>15h30</b>	<i>Coffee break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h30</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity - Walk				
<b>20h30 – 21h30</b>	Youth Presentations				
<b>21h30 - 22h00</b>	Closing Session				

Departure Day	Sunday 28 July
<b>08H00</b>	<i>Breakfast</i>
<b>13h00</b>	<i>Lunch</i>

*Lilly*



**Support in Kind from Roche and Menarini Diagnostics**

## Contact List

- ✓ IDF Europe Brussels Office **003225371889**
- ✓ Katie mobile **0032497442739**
- ✓ Tirrenia CONI Center **003905039459**

C.P.O. Tirrenia, Vione dei Vannini s.n.c. - 56018 Tirrenia (PI), Italy