





International  
Diabetes Federation  
Europe

# Youth Leadership Camp 2013

## Tirrenia, Italy

### 22-28 July



# ***Programme***

# Programme

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

Time	Tuesday 23 July	Speaker
08h30	<i>Breakfast</i> 10h30 <i>Coffee break</i> 13h00	<i>Lunch</i>
09h30 – 10h30	Workshop – Introduction from IDF Europe, who is IDF Europe and what do we do. How can you be involved?	João Nabais
11h00 – 12h30	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
14h00 – 15h30	Activity – Volleyball (Indoors)	
15h30	<i>Coffee break</i> 17h30 <i>Free time</i> 19h30	<i>Dinner</i>
16h00 – 17h30	Activity – Walk and Beach	
20h30 – 21h30	Youth Presentations and Wrap up of the day	

Time	Wednesday 24 July	Speaker
08h30	<i>Breakfast</i> 10h30 <i>Coffee break</i> 13h00	<i>Lunch</i>
09h30–10h30	Workshop – Diabetes associations, IDF Europe and the MA staff exchange programme. Consolidating an association and the importance of networking	Irene Salgado
11h00–12h30	Activity –Table tennis and Pool billiards (Indoors)	
14h00–15h30	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
15h30	<i>Coffee break</i> 17h30 <i>Free time</i> 19h30	<i>Dinner</i>
16h00 – 17h30	Activity – Tennis (Outdoors)	
20h30 – 21h30	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
08h30	Breakfast	10h30	Coffee break	13h00	Lunch
09h30 – 10h30	Workshop – Kyle Rose, an Inspirational Athlete and the importance of physical activity - The Grand Tour				Kyle Rose
11h00 – 12h30	Activity – Basketball (Indoors)				
14h00 – 15h30	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
15h30	Coffee break	17h30	Free time	19h30	Dinner
16h00 – 17h30	Activity – Athletics (Outdoors) and Beach				
20h30 – 21h30	Youth Presentations and Wrap up of the day				

# Programme

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

Departure Day	Sunday 28 July
08h00	Breakfast
13h00	Lunch

*Lilly*



**FEND**  
Foundation of European Nurses in Diabetes

 **Medtronic**

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

## Contact List

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