



**International  
Diabetes Federation  
Europe**

# **Youth Leadership Camp 2013**

**Tirrenia, Italy  
22-28 July**



## ***Programme***

# Programme

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

<b>Time</b>	<b>Tuesday 23 July</b>				<b>Speaker</b>
<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?				
<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.				
<b>14h00 – 15h30</b>	Activity - Baseball				
<b>15h30</b>	<i>Coffee Break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h00</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity - Walk				
<b>20h00 – 21h00</b>	Youth Presentations and Wrap up of the day				

<b>Time</b>	<b>Wednesday 24 July</b>				<b>Speaker</b>
<b>08h30</b>	<i>Breakfast</i>	<b>10h30</b>	<i>Coffee Break</i>	<b>13h00</b>	<i>Lunch</i>
<b>09h30–10h30</b>	Workshop – Informative session, Q&As. Relationships with Industry, codes of conduct and conflicts of interest.				
<b>11h00–12h30</b>	What is advocacy? How to advocate in a European and national context? Evidence based advocacy and the Policy Puzzle.				
<b>14h00–15h30</b>	Activity – Archery and table tennis				
<b>15h30</b>	<i>Coffee Break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h00</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity - Tennis				
<b>20h00 – 21h00</b>	Youth Presentations and Wrap up of the day				

# Programme

Time	Thursday 25 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 – The importance of Communications. Raising awareness on World Diabetes Day.				
<b>11h00 – 12h30</b>	Workshop – Setting the policy agenda and fostering political engagement with the access to medicines and medical devices publication				
<b>14h00 – 15h30</b>	Activity - Excursion				
<b>15h30</b>	<i>Coffee Break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h00</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity – Excursion				
<b>20h00 – 21h00</b>	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				
<b>11h00 – 12h30</b>	Workshop – Diabetes associations and IDF Europe and the MA staff exchange programme				
<b>14h00 – 15h30</b>	Activity – Softball / Athletics				
<b>15h30</b>	<i>Coffee Break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h00</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity – Sauna and Jacuzzi				
<b>20h00 – 21h00</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				
<b>11h00 – 12h30</b>	Workshop – What can IDF Europe do for you? Meaningful involvement for you.				
<b>14h00 – 15h30</b>	Activity - Handball				
<b>15h30</b>	<i>Coffee Break</i>	<b>17h30</b>	<i>Free time</i>	<b>19h00</b>	<i>Dinner</i>
<b>16h00 – 17h30</b>	Activity - Walk				
<b>20h00 – 21h00</b>	Youth Presentations and Wrap up of the day				

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

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## **Contact List**

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