



Lions Clubs International
MD 107 Finland

Type 1 Diabetes Lions Youth Camp 2019 in Finland

Time: 15.7.-21.7.2019



Place: Lohja,
Kisakallio "Kisis",
Sports Institute



www.kisakallio.fi/en

Total number of Campers: **20**
Age: **17-19**

Camp activities:

Make yourself at home at Kisakallio Sports Institute training center in middle of a typical Finnish landscape. You don't have to be athletic to apply this camp, but you get to try different kind of sports you probably don't have tried before. You get to enjoy sports, games and other activities at high quality training facilities of the sports institute, which educates athletics all over the world. And of course after sports you relax in Finnish sauna by the lake. Experience the rich Finnish nature with full of green and silence.

You'll also get to visit towns of Helsinki, our capital and Lohja.

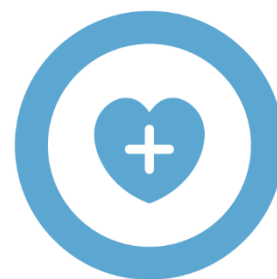
There will be also Lions-activities with local kinder garden and country presentations and Lions Day. Meet a diabetes assist dog also during camp! This all and more you get to experience together with campers all over the Europe. Together we make memories for the rest of our lives!

Arranged together with ”Pääkaupunkiseudun Diabetesyhdistys”

One of our camp goals will be to promote diabetes self-management and health education including: self-care, peer learning, medication administration, nutrition, moderate physical activity, positive life-style and behavior changes, and wellness.

- Teenagers need
 - Independence
 - Feeling of being normal
 - Peer support

Diabetes



Help is near when needed!

We will have Master of Health Sciences, who knows also diabetes treatment, available during the whole camp. So if there is special needs to react, help is near.

Come and see Finland from different angles: Forest and cities, activity and relax, and all in between.



Please send your applications:

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