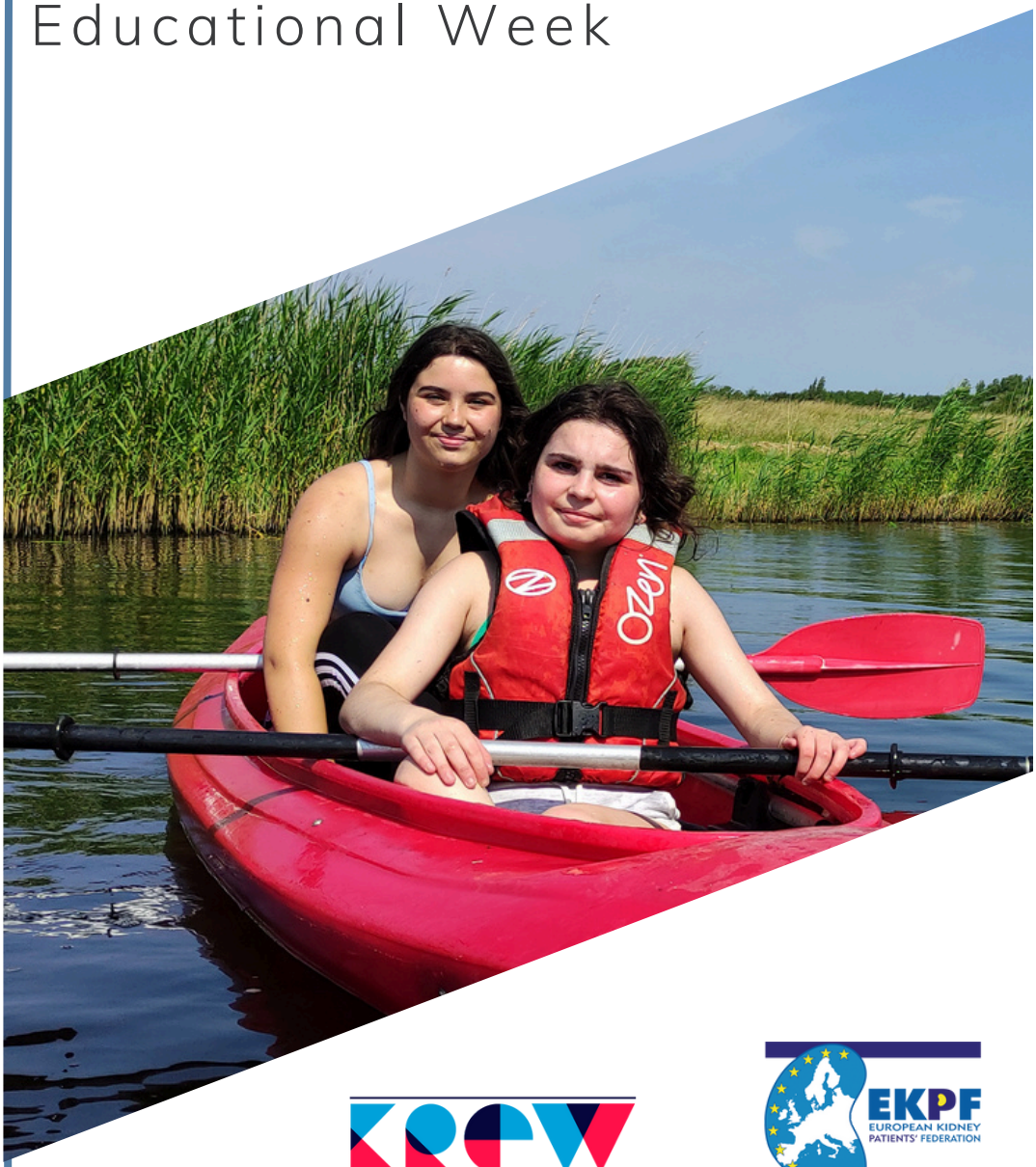
EKPF

KREW CAMP

Kidney Recreation and Educational Week



EKPF CAMPUS

EKPF
EUROPEAN KIDNEY PATIENTS' FEDERATION
CEAPIR
Uniting for Kidney Health:
Empowering Lives, Enhancing Futures

June 2024

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OVERVIEW

- **Dates**: June 21st-28th, Den Helder, Netherlands
- **Participants**: 30 teenagers (12-17) with kidney disease
- **Organizers**: EKPF & NVN (Nierpatiënten Vereniging Nederland)



Key Highlights oh the KREW CAMP:

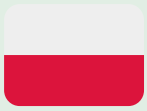
- Supportive environment
- Cultural exchange
- Recreational activities
- Kidney disease education

PARTICIPANTS

Teenagers from six European countries attended the camp, with the following breakdown:



Netherlands: 5 participating teenagers, 1 nurse and 3 association representatives



Poland: 5 participating teenagers, 1 nurse and 1 nephrologist



Spain: 5 participating teenagers, 1 nurse and 1 association representative



Greece: 5 participating teenagers, 1 nurse and 1 association representative



Finland: 5 participating teenagers, 1 nurse and 1 association representative

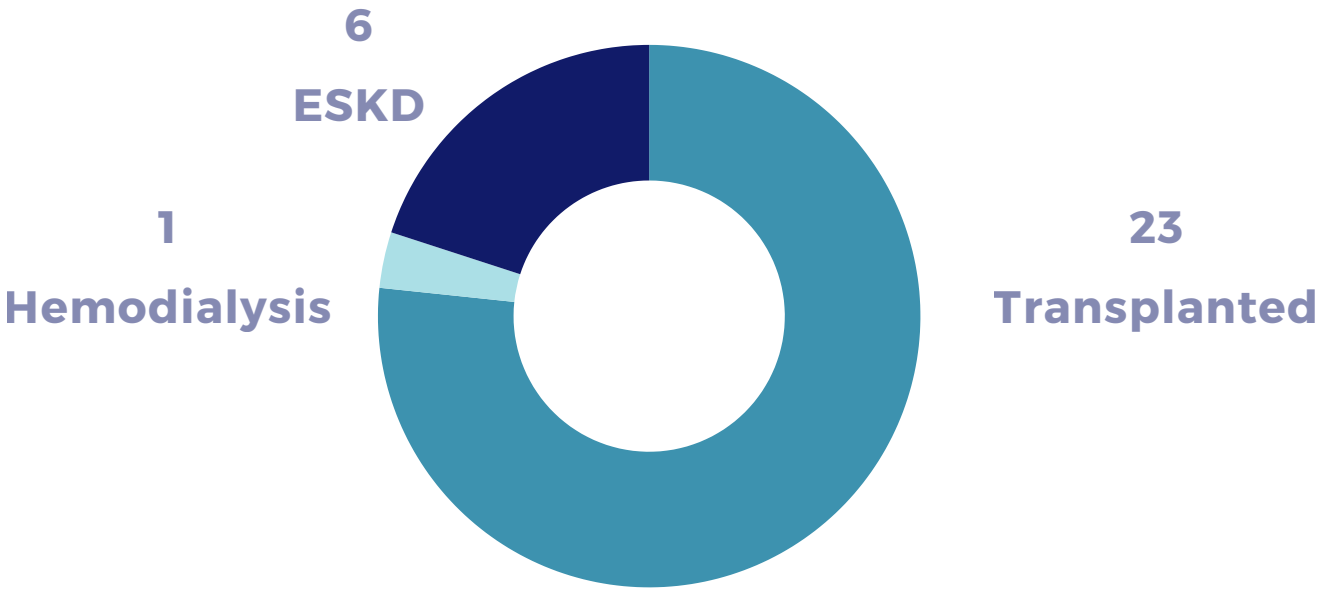


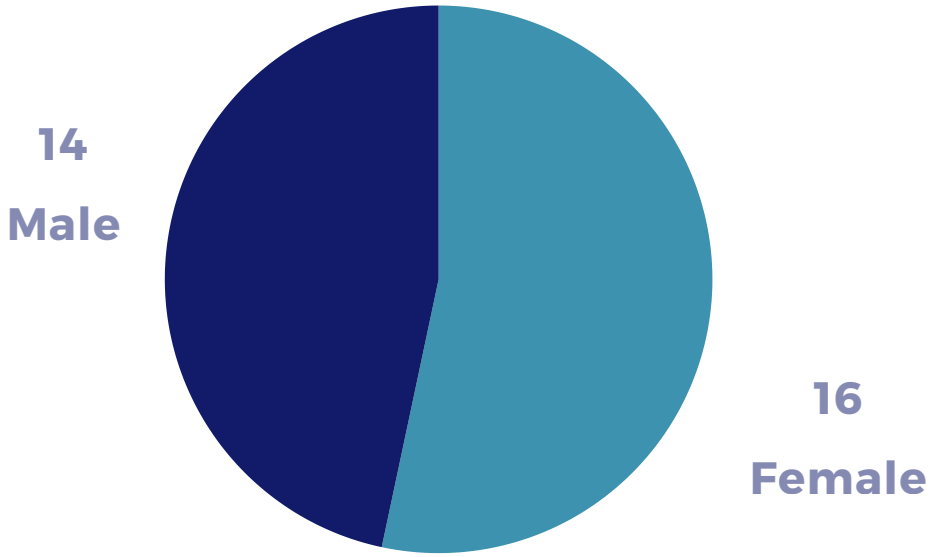
Portugal: 5 participating teenagers, 1 nurse and 1 association representative

PARTICIPANTS

30 Participants

6 Countries







Day to day life

Friday 21st - Recepcion

On the first day, each group traveled from their respective countries. We had some time to get to know each other. The room assignments had been made in advance, with only a few adjustments needed. Each participant was welcomed with their orange hoodie and given the keys to their own bike.

Saturday 22nd - Graffiti

We started the day with icebreaker games to get to know each other. Since the week will involve a lot of cycling, we went out for a quick practice ride. We also had a graffiti workshop where each participant had the chance to create their own artwork. The day ended with a Portuguese-themed evening, complete with a delicious Portuguese stew!



Sunday 23rd - Golf and bike

The morning began with a bike trip to the sea, which was quite a challenge since not everyone is used to cycling in their country! After lunch, we played a round of glow-in-the-dark mini-golf—such a unique experience! We ended the evening with Finnish fish for dinner, followed by trivia about Finnish culture, and even made bracelets!

Monday 24th - Zaanse Schans and Amsterdam

We went on an excursion to Zaanse Schans, where we saw traditional Dutch windmills, houses, and barns, and had the chance to buy some souvenirs. Afterward, we took a bus to Amsterdam and enjoyed a boat tour of the city's canals. It was a hot day! We wrapped up the warm day with a Spanish-themed evening featuring paella and flamenco.







Tuesday 25th - Marine Museum

We visited the Marine Museum in Den Helder and had the chance to go inside a submarine! It was incredible to see how everything works from the inside. We had lunch aboard a ship and then headed to the pool, as it had been a really hot week! The evening featured a Polish theme, and we even received a souvenir magnet.

Wednesday 26th - Den Helder

Today, we strolled around Den Helder and took some typical photos. We also cycled again, and everyone is getting more accustomed to it. We repeated one of our favorite activities: the pool and its slides! In the evening, we enjoyed moussaka for dinner and learned a few Greek words and some traditional dances.



Thrusday 27th - Canoeing and disco

Today, it was canoeing day. We biked to the location and enjoyed traditional landscapes from our canoes, complete with a picnic onboard. In the afternoon, we packed up and tidied up a bit. But the best part came later: the disco! We played some traditional Dutch games and danced late into the night.

EVALUATION



Groups

We decided to bring the same number of teenagers from each country, which turned out to be a great decision. This approach ensured a well-balanced distribution among the groups and provided numerous opportunities for mixing and collaboration.

Staff

The participation of nurses was crucial, as their expertise was invaluable for addressing medical issues that arose. With a sufficient number of accompanying adults, we were able to divide the group if any of the children needed to remain at the campsite. It was also very helpful to have a nephrologist in the group. All adults participated a lot.



Campsite

The campsite was located in Den Helder, in the northern part of the Netherlands. It had enough rooms to accommodate all participants, with some rooms having bunk beds for up to six people, while others housed three. The dining hall was spacious and opened up to a large garden, which featured outdoor tables and a volleyball net. Participants could enjoy various indoor and outdoor communal spaces. Upon arrival, each participant was provided with a bicycle, adding to the overall experience.

Menu

The catering was managed by two volunteers, and all meals were prepared according to the dietary needs of kidney patients. The food was served directly from the kitchen, and participants picked up their meals. While lunch primarily consisted of sandwiches, each dinner followed a different country theme, allowing us to enjoy dishes like paella, moussaka, and a traditional Portuguese stew, among others.

ACKNOWLEDGEMENTS

We would like to extend our sincere thanks to all the federations that contributed to making this camp a success. Special appreciation goes to the adults who accompanied the groups of teenagers; their support was essential, and we recognize the challenges they faced. We also want to express our gratitude to NVN for their preparation and their readiness to handle any unforeseen issues that arose during the camp.

Additionally, we are grateful to all the collaborators who played a vital role in bringing this camp to life.

PREMIUM

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