KREW CAMP 2025

EKPF CAMPUS

Kidney Recreation and Education Week





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

6-12 JULY, PORTUGAL

KREW CAMP

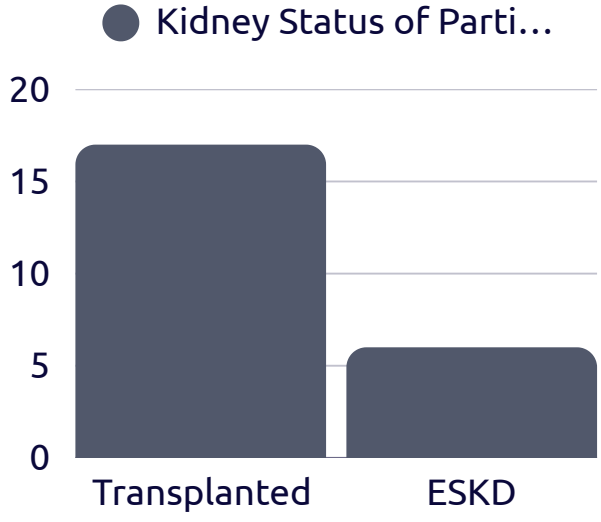
Óbidos, Portugal · 6–12 July 2025

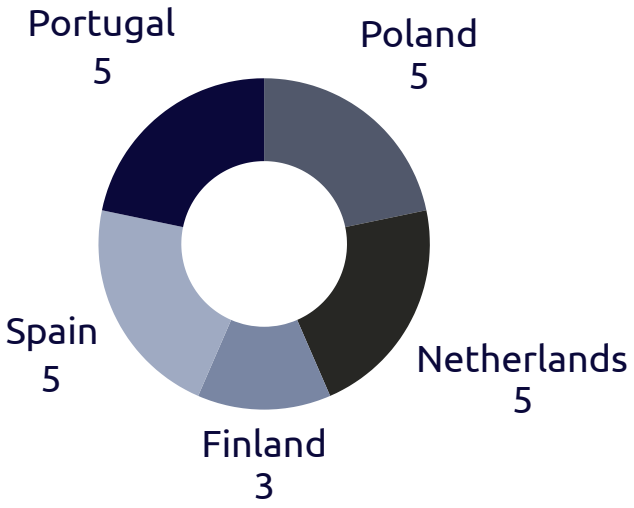


From **July 6th to 12th**, we held a new edition of the KREW Camp, this time in Campo Aventura (Óbidos, Portugal)—a natural and dynamic setting perfect for a week of outdoor challenges, personal growth, and intercultural bonding.

The camp welcomed **23 teenagers** living with kidney disease, aged between 12 and 17, from five different European countries, each group accompanied by a nurse and a representative from their national kidney patient association.

Organized by EKPF in partnership with APIR Portugal, this edition maintained the spirit and goals of previous years: building a safe, inclusive and empowering space where young people can learn from each other, connect, and simply enjoy being teenagers.





Daily activities



Welcome, Games & Birthday Disco

Arrival day! After meeting at the airport, we took a bus to Campo Aventura. We settled in, played some icebreaker games, and after dinner, we celebrated a birthday with cake and a surprise disco night!

Adventure & Karaoke Night

We kicked off the camp with outdoor team-building activities. After lunch, participants enjoyed canoeing, beach volleyball and the Old Mine adventure. The afternoon ended at the Swimming pool. After dinner— Portuguese night and karaoke!





Medieval Villages & Laser Tag

Excursion day! Morning visit to the beautiful medieval village of Óbidos with a peddy paper activity. In the afternoon, we visited Nazaré, including the Forte and Sítio view. Evening activity: Laser Tag and Spanish night!



Day 4

Zipline, Workshop & Campfire

Full day of activities at the camp: high ropes, zipline and swimming pool. In the afternoon, participants joined a nutrition workshop. We ended the day cooking our own dinner and roasting marshmallows by the campfire.



Day 5

Lisbon Tour & Dutch Night

Excursion to Lisbon with a guided visit to the Monument to the Discoveries and a ride on the Hippotrip (amphibious bus/boat). Evening: Dutch Night with games and laser tag!



Day 6

Climbing, Water Fun & Final Disco

Adventure day again! In the morning: slide and climbing. In the afternoon: paintball, water activities, and more pin-making time. We wrapped up with a pizza dinner and a final disco night to celebrate the end of the camp.

Group Dynamics

Although this year one group brought only 3 participants (Finland), all others arrived with 5, allowing for balanced participation overall.

One of the highlights of this edition was how well the teenagers interacted and mixed across countries—from the very first day, they shared rooms, teams, and evening activities with natural ease, and many friendships formed quickly.

The national evening themes and daily activities helped strengthen these connections and created a positive, open group atmosphere.

Camp and Logistics

Campo Aventura proved to be a great venue in terms of location, variety of activities, and outdoor space. The campsite itself offered plenty of things to do—from rope circuits and climbing walls to water spaces and creative areas—which added a lot of value to the overall experience.

That said, as many of these activities depended on internal scheduling, we had to be flexible with timings, as exact start and end times could vary slightly throughout the day.

Accommodation was generally adequate, although in one of the cabins a high number of girls required us to adapt the use of additional bathroom facilities to ensure comfort and hygiene. The camp team was helpful in finding solutions when needed.







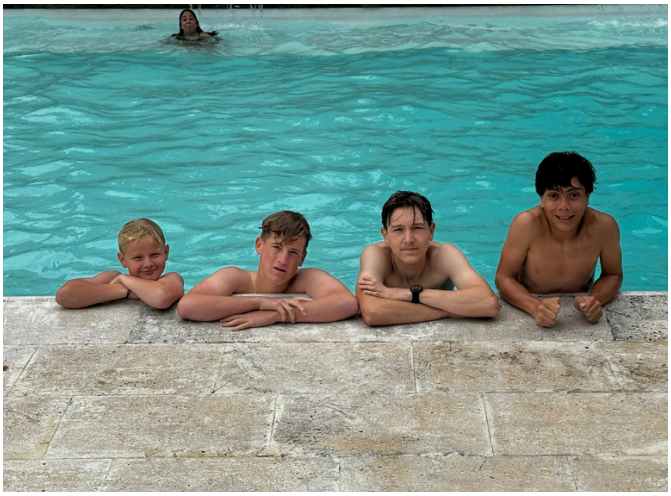




Activities

The planned schedule was carried out successfully, although some flexibility was needed due to occasional timing variations on-site. The camp offered a wide range of sports, creative and collaborative activities that kept participants engaged and active throughout the week.

Among the most popular activities were the laser tag and paintball games, the zipline and high ropes, and the daily time spent at the pool area, which quickly became a favorite space for relaxation and fun. Evening programs like the disco night and team games also played a key role in creating a strong group dynamic and shared memories.



Challenges

One of the main challenges this year involved the early departure of the Finnish participants. Despite our best efforts to address their concerns, we were unfortunately unable to align expectations regarding accommodation conditions, meals, and the activity structure.

After several conversations, and with support from both the local team and EKPF, the group decided to leave the camp on Wednesday, halfway through the programme. Their return flights were rescheduled to ensure a safe and smooth journey home, and all necessary arrangements were made with their well-being in mind.

This situation was difficult for everyone involved and reminded us of the importance of clear and honest pre-camp communication, as well as the need to remain flexible and responsive when working with different cultural expectations. We see this as a valuable learning opportunity to further improve coordination and reinforce our commitment to building an inclusive, respectful environment for all.



Thank you!

We want to express our sincere thanks to all the associations who made this camp possible, and to all those who year after year choose to embark on this adventure by accompanying young participants and placing their trust in the KREW Camp project.

A very special thanks goes to APIR Portugal for their incredible collaboration and hands-on support throughout the week, as well as to the entire Campo Aventura team for their openness, flexibility, and willingness to respond to every request and adjustment with kindness and professionalism.

We are also deeply grateful to the adults who accompanied the national groups. Your dedication, patience, and energy are at the heart of what makes this experience so valuable and meaningful for the teenagers.

Finally, we want to thank the companies and collaborators who help make this camp a reality year after year. Your continued support allows us to offer a safe, enriching, and unforgettable experience for young kidney patients across Europe.









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