# KREW CAMP 2025

**OBIDOS, PORTUGAL**

**6th - 12th July**



EKPF CAMPUS

EKPF EUROPEAN KIDNEY PATIENTS' FEDERATION

CEAPIR

Uniting for Kidney Health:
Empowering Lives, Enhancing Futures

www.ekpf.eu

# KREW Camp 2025

## Overview



The KREW Camp 2025 brought together 23 teenagers living with kidney disease, aged 12–17, from five European countries. Organized by the European Kidney Patients' Federation (EKPF) in partnership with APIR Portugal, the camp provided a safe and empowering environment for personal growth, outdoor adventure, and intercultural exchange.

## Objectives

- Create an inclusive and supportive space for young kidney patients.
- Encourage international friendship and peer learning.
- Offer new experiences that build confidence and joy in everyday life.

## Highlights of the Week

- **Excursions: Visits to the medieval town of Óbidos, Nazaré's coast, and Lisbon** (including the Hippotrip tour).
- **Outdoor adventure**: Canoeing, zipline, climbing, paintball, high ropes, and daily pool activities.
- **Educational sessions**: Nutrition workshop, creative activities, and intercultural learning.
- **Evening programs**: Themed national nights (Portuguese, Spanish, Dutch), karaoke, games, and a final disco celebration.

# Impact

One of the main highlights of this edition was how easily the teenagers mixed across countries. From the very first day they shared rooms, teams, and evening activities, which helped break the ice quickly and build friendships.

The week also showed how valuable it is for young kidney patients to step outside their routine and share experiences with peers facing similar challenges. The camp encouraged participants to take responsibility for their own condition — managing medication, communicating their needs, and making healthy choices, while gaining greater autonomy and confidence.

# Evaluation

### Group dynamics

Campo Aventura offered excellent facilities. Some flexibility was needed with scheduling and accommodation, but overall feedback was very positive. The planned schedule of activities was carried out successfully. The camp offered a wide range of sports, creative and collaborative activities.

### Logistics

Participants mixed across countries from day one, sharing rooms, teams, and evening activities with ease. This helped break the ice quickly and led to lasting friendships. The national evenings and group challenges further encouraged interaction, creating a positive, open atmosphere.

### 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.



# Acknowledgements

We extend our warm thanks to APIR Portugal, the Campo Aventura team, the national kidney associations, and the dedicated adults who accompanied the groups.

This camp was made possible thanks to the support of our collaborators.

