



E.Y.G. – EFCCA Youth Group

Rue Vieux Marché aux Grains 48
B1000 Brussels
Belgium

A report of the EYM 2010 in Sommarøy, Norway

We could not have had a better welcome than Jeanette and Ingrid gave us at the airport, waving flags and smiling. Ingrid and Jeanette are the two Norwegian girls who together with the Norwegian national organization (LMF) organized this year's meeting in the northern part of Norway.

We went by bus out to the little island called Sommarøy with about 400 habitants and this island was where we spent our weekend.

When everyone had settled into their rooms, we started with an informal presentation for everyone and welcomed all the new delegates. After that a nice dinner followed and the opportunity to take a bath in the big wood bathtub. Some even took a swim in the cold Atlantic Ocean.



The night came and some of us experienced difficulty sleeping with the midnight sun that is a phenomenon in this northern part of Norway and means that the sun is up all night long and it never becomes dark.



Despite this we all met on Friday morning excited for a new day together. Daniel had planned some icebreaker games for us. After an apple game where we was supposed to send an apple in a circle but with no use of hands and a speed dating game where got to know one another in one minute there was no nervousness left and many laughs had been heard.

We continued with some presentations both from EYG, the IBD Research Foundation and the CYE (Coeliac Youth of Europe).

What was new this year was the cooperation with CYE. Both CYE and the EYG are young people with bowel problems. Even though there are differences between our diseases there is a lot we can learn from each other. It is important not to forget that together we are stronger, especially when it comes to making an impression on the European level.

EYG is part of:



European Federation of Crohn's
and Ulcerative Colitis Associations - EFCCA

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Chayim Bell held a presentation about EYG to give both the new ones and all others some knowledge about EYG and what we do, how we work and also what is planned in the future and which places in the board were is open for election.

Hajnalka Szabo informed us about the IBD Research Foundation and reminded us that even if we just donate 1 Euro this would be a great help to the Foundation and that a lot of research about IBD could be financed.



This was also the first day of workshops and we were divided into two groups all doing two workshops on Friday and the other two on Saturday.

Daniel's workshops were about positive thinking and how with this simple tool you can achieve your goals and feel better. One thing he wanted us to remember was to think about three positive things that have happened during the day before you go to sleep. If you do this there is greater chance of waking up feeling positive the next day.

CYE's workshops concentrated on how we in the national organizations could cooperate and that there is not things to learn on the European level. We therefore wrote letters to our national organization for youths with Coeliac disease.



After the last workshop of the day, most of the participants needed to sweat and feel the fresh air of beautiful Norwegian countryside. Therefore, the organizers of the meeting had planned a hike to the top of Sommarøya! The stunning North Norwegian nature with a clean fresh breeze impressed everybody, and we took off to hike. It didn't take long before many of us had warmed up on the steep mountain. After about 45 minutes of hiking we reached the top and had a fantastic view that few get to see in their lives.

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Following two fantastic days with constant daylight and beautiful adventures came the day with the last two workshops, the traditional sport competition and the gala dinner was held.

Two amazing workshops were held! Hajni and Nicola were hosting one of the workshops, and the participants were asked to help to update the EYG game. Many good new questions were invented and the participants were very imaginative. Overall, the workshops were a great success for the EYM and we are now thinking about creating a game for both children and youngsters.

Ben hosted the second workshop and talked about how to organize an event using three easy steps. The participants were asked to organize an event to raise awareness about IBD. The participants were guided in the best possible way by Ben and at the end of the workshop there were many good ideas with which events EFCCA, EYG or national associations could take up.

The major event of the meeting was once again the sporting event. We were out on a fantastic fishing trip in the Norwegian Atlantic. Participants were divided into two teams, one for each of the organizers, Ingrid and Jeanette. The battle for the Loekie Cup was hard, but was won by Ingrid's fantastic team.

The saddest event of the meeting was the closure and saying goodbye to all the amazing participants after one of the best EYM's ever. But goodbye was said, hugs and kisses were given and we'll all have to keep in touch for a long time – it's a good thing that Facebook exists! The EYG thanks all participants for the fantastic four days in Sommarøya and look forward to seeing everyone again next year!



The EFCCA Youth Group

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