



EFCCA

European Federation of Crohn's
& Ulcerative Colitis Associations

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EFCCA Summer Camp Plan 2024

Final Assignment for EFCCA Youth Academy by
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The organiser



Sāra Zdanovska
Latvia

Sara, a participant of Youth Academy, has gained a lot of experience in organising and leading several events, despite being new to the EFCCA organisation and IBD Association in Latvia. She is currently working as a Product Category Manager in Latvia's First Unicorn startup, Printful, where she has developed extensive expertise in project management and has a fundamental understanding of financing projects. In addition, she is working on her own startup that specialises in women's wellness, which allows her to practice talking to stakeholders, budgeting, and organising the work of her teammates on a daily basis. Sara has volunteered in various organizations in the past, including the Youth Parliament of Latvia and leading the Student Association of Stockholm School of Economics in Riga. In her free time, she has been creating a music festival for youth. Some of the events organised by her have been attended by more than 500 people.

Message from creator of the event:

I think all of us have heard our parents and grandparents say, "These are the best times of your life." While the early 20s is a great time to make mistakes, learn from them, fall in love, and endure that horrible internship, some of us have to go through experiences we never imagined in our wildest dreams (or nightmares).

I was diagnosed with Crohn's disease in 2019 during my first year of studies at university, and my life turned completely around. I remember crying in the hospital when the doctor told me that I cannot drink coffee (which, for a student, was the natural juice of life). Although almost five years have passed, only now am I starting to come to terms with my illness. Throughout my journey, it was often challenging to explain to people what I was going through. For a healthy person, it's difficult to grasp the impact of an illness—it's not just a tummy ache, a moon face from steroids, or a sprint to the restroom every five minutes. The real ache is in the heart, as one must adapt, learn to love oneself, and understand the new limits of the body.

Therefore, I believe that building a community that shares similar challenges is crucial. Creating a Summer Camp for Young People provides an excellent opportunity to be heard, understand that you are not alone in this, and find solace in the company of others facing similar struggles. It is a chance to heal (at least some of the pain) with love, laughter and communication.

I am excited to present to you the EFCCA Summer Camp 2024 proposal with the motto: "Empowering Dreams, Embracing Joy!"

Background of EFCCA Summer Camp



EFCCA Summer Camp is an event created by EUROPEAN FEDERATION OF CROHN'S AND ULCERATIVE COLITIS ASSOCIATIONS. The last time this camp happened was 2011 and it brought together numerous young individuals diagnosed with Inflammatory Bowel Disease (IBD) from various European countries. Through the provision of specially designed activities, EFCCA provided young people with IBD an outlook that extended beyond national borders, offering both European and international perspectives.

The main goal of the event was to:

- give young people with IBD an opportunity to have a break from ordinary life in a friendly, supportive and safe environment
- empower them become more self-confident and prepared for their future – to catch their dreams, and
- offer leisure activities and leadership training

(EFCCA, 2012).

EFCCA SUMMER CAMP OVERVIEW

The main goals of summer camp 2024 would be to:

- 1) Foster a secure environment for individuals with IBD to openly share experiences, connect and build a resilient and supportive community.
- 2) Provide young individuals with the opportunity to draw inspiration and learn from accomplished and well-known figures who also navigate life with IBD.
- 3) Provide recreational pursuits or activities in an international environment.



To accomplish the event's objectives, the plan is to host a week-long gathering, with participants arriving on Monday and departing on Sunday. Each day of the event will revolve around a specific theme, featuring a block of activities scheduled from 9 am to 6 pm, inclusive of mealtimes. This structure allows ample time for participants to connect and rest.

Volunteers will play key roles in organizing this event, including the event coordinators, medical staff, and speakers. The necessary roles and their respective quantities are outlined below:

- Event Coordinators (15): Responsible for photography, adhering to the agenda, coordinating with speakers, organizing transportation, facilitating workshops/lectures, and supervising participants.
- Medical Staff (3-5, contingent on participant health): Responsible for the wellbeing of participants (refer to Appendix 2 for a more comprehensive explanation of medical staff numbers).
- Speakers (5-10): Leading lectures & workshops (as they will not be present for the entire event, currently we assume that they will not significantly impact the budget).

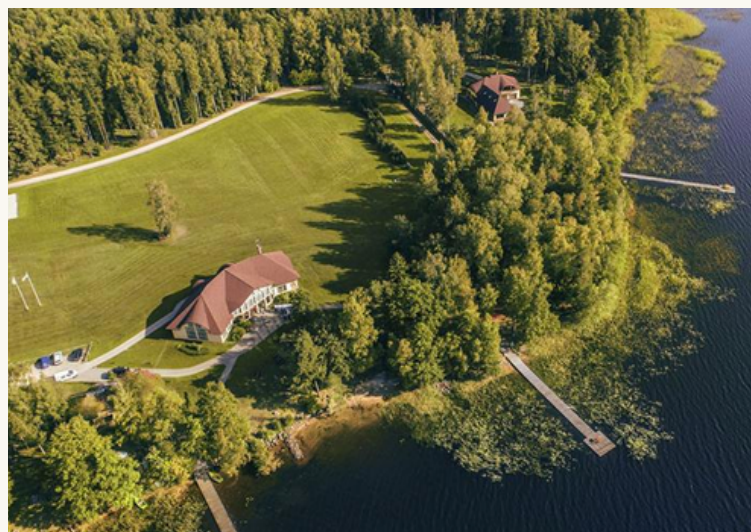
CONCEPT OF SUMMER CAMP 2024

The event would gather around 50 Young People with IBD in the age range of 15-24. The camp would happen for seven days to connect, be inspired and have fun with peers.



LOCATION

Being in natural surroundings has been discovered to aid in addressing mental health issues like anxiety and depression (Mind, 2017), hence the event could happen in Latvia, Recreation and sports complex "Ungurmalas".



In this complex there is an option to rent basketball, volleyball courts, soccer goals and boats. However, the large territory with seminar rooms also gives an opportunity to place enough activities and attractions in it to keep everyone interested and have the opportunity to spend time actively in the fresh air. Also, there is an outdoor terrace with a stage that provides an opportunity to create an amazing closing ceremony.

"Ungurmalas" provides contacts to their caterer as well as there are up to 100 beds, hence being a suitable place for all the participants, lecturers, volunteers & medical staff. The Complex is near Cēsis which is one of the most beautiful cities with rich history in Latvia.

*Worth noting that at this stage we have not contacted the owner of the complex and all the information in this paper is publicly available and used as a base for budgeting and planning.

ACTIVITY AGENDA

DAY 1

Arrival starts at 12pm. Participants would need to check in and get comfortable in their designated rooms (they would be mixed to ensure mingling). The day would start with the opening ceremony, where the main rules and agenda for the next days would be explained. This would be followed by introduction by EFCCA and ice-breaking activities throughout the day. Additionally, there would be some lectures about mental health and training of soft skills. In the evening participants would be able to attend yoga and drink tea afterwards.



DAY 2

After the breakfast participants would be divided in several groups to attend some team-building activities, sharing their experiences and opening up. Afterwards, there would be a storytelling workshop in nature, followed by a bonfire in the evening with presentations of the stories created in the workshop.

If the weather allows it participants would be able to play sports games outside and swim while waiting for the bonfire (with supervision).



DAY 3

During this day participants would go on an excursion to a city nearby, to learn some history, move and participate in a scavenger hunting type of an activity. In the evening participants would have a movie night to relax.



DAY 4

This day would be dedicated to learning and getting inspired. Campers would have to attend lectures & story times of well-known, accomplished people with IBD. Maybe ambitious (*side note from the organiser: but hey - let's dream big, a lot of times in my experience it works out!*), but the plan would be to reach out to world-renowned people like Pete Davidson and MrBeast. Additionally, through internal EFCCA contacts we could invite people who own businesses, working as professional athletes, etc. After the lecture we could create a reflection about the main takeaways.

In the evening, participants would be invited to a technology-free evening to mingle and play board games.

DAY 5

The day would start with a few lectures about ownership, leadership and project management. However, this day would mostly be dedicated to creating a project in groups. Participants would have to choose an area of a project: art, sports, cooking, education, etc. This day would be longer, as participants would have to deliver a project with the help of the mentors, and in the evening present it to everyone.



DAY 6

On the final (full) day participants would have to organise the closing ceremony. They would have to divide tasks, hence planning the programme for the event, which includes decorations, snacks, music playlist, activities, theme, etc. This way they would train their leadership skills & put into action what they have learned. In the evening, there would be a closing party.

DAY 7

After breakfast, participants will engage in a reflection round. Following this, they will pack, and a designated time will be provided for everyone to bid their farewells.

LOGISTICS



Arriving/Leaving for Participants

All the participants would be given a location & time of where the buses leave. A potential starting point would be the Riga city centre as the Airport is nearby & participants can have an option to arrive earlier to Latvia & enjoy the city. The same bus would take participants back to the same place when the event would end. Excursions would also be arranged by bus (potentially a cheaper local bus company).



Volunteers

Most of the Volunteers could drive with their own cars/ rented cars, hence being able to pick up the needed snacks & beverages, as well as tools for activities. Additionally, these people would be able to drive to the city nearby in case of an emergency, as well as drive to pick up speakers.

Budget Plan & Funding

Proxy of the required budget for the event (see appendix for detailed expense forecasting).

Description	Value
Venue Rental	EUR 9 660
Catering	EUR 6 000
Rented restrooms	EUR 700
Presents for speakers	EUR 200
Bus/rented cars	EUR 2 000
Other Expenses (for activities, etc.)	EUR 700
Total	EUR 19 260

REFERENCES

EFCCA. (2012). Catch Your Dream Summer Camp. Retrieved November 28, 2023, from <https://efcca.org/projects/catch-your-dream-summer-camp>

Mind. (2021). How Nature Benefits Mental Health. Retrieved November 28, 2023, from <https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

APPENDICES

Appendix 1

Assumptions behind the budgeting:

1) Venue: 23 EUR per person for one night is the shown price on the website of this complex. Let's assume 70 people & the most expensive scenario: $23 \times 70 \times 6 (\text{nights}) = 9660$ EUR. This could be a realistic price based on consultations with organisers who are creating events for neurodivergent children. Additionally, usually there is a discount, if several nights are booked, hence, let's assume 9660 EUR.

2) Catering: after consulting the previously mentioned camp organisers, 10 EUR per day for one person is a fair assumption. Hence, we get 4.9K EUR. As we can expect snacks & dietary requirements, let's round this up to 6k.

3) Taking into account the size of the venue, there should be no issues with restrooms. But assuming that we need to rent 5 restrooms, we would have to pay around 700 EUR (taken as an estimate from my personal experience of organising a festival).

4) Presents for speakers: includes notebooks & some sweets as a thank you gift. However, I am not accounting for the expenses of getting the speakers, as, at this point, we do not know who would participate.

5) Bus/rented cars: Calculations based on the available information online from bus renting services.

6) Other Expenses (for activities, etc.): tools for activities & workshops, gifts, etc.

APPENDICES

Appendix 2

Assumptions behind the needed volunteers:

Inquiring about the experience of organizers who create events for neurodivergent children, I would consider the volunteer numbers I have proposed for the camp (focusing on teenagers and adults) to be reasonable. Assuming 3-5 medical staff volunteers also seems fair for this age group. However, adjustments can be made based on participants' health progress and medication information gathered through a pre-event form.