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## **Social dimensions of EAMDA Youth camp 2010**

Tomislav Goll,  
MDA of Croatia

40th AGA EAMDA, Milano 16.-19.9.2010



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**EAMDA International Youth Camp 2010 Final Report**  
Croatian Union of Associations of Muscular Dystrophy - SDDH  
in cooperation with the European Alliance of Neuromuscular  
Disorders Associations – EAMDA, host EAMDA youth camp in  
Croatia from 10th to 17th of July 2010 in Medulin  
on Croatian coast.

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Our world is full of different nations, cultures and beautiful places. That is why the dialogue is very important in social life of young people, specialty young people with disability. Croatian National NMD Association SDDH is very active member of the EAMDA last years. The youth in Europe is its future, young people are always more active, more mentally mobile part of the society, that's why the inclusion of young people with disabilities into the solving the problems of intercultural and interethnic nature is very important.

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The youth with disabilities is the part of the society that inclined to collective interaction, it's crucial to give the possibility for those young people to gather and feel each other, their differences and their similarities, get to know each other and their cultures, exchange the experience and the information, have eye contact and understand that they are all equal just have differences in cultural and language spheres, but the essence is the same.

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EAMDA International Youth Camp 2010. take place from 10th to 17th of July 2010 in Medulin, Croatia. This International Youth Camp was held for the first time in Croatia. The Camp brings together participants and representatives from Cyprus, Slovakia, Slovenia, Serbia and Croatia, a total of 34 people.

### **Aims and objectives of the camp**

**The main goal** of the camp was to create the communicative common space that unites the best practices and innovations in the field of young people with neuromuscular diseases from different countries.

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The Camp has the following **objectives**:

- \*to promote dialogue and cooperation among young people across linguistic and national dividing lines to secure social cohesion and interaction among participants;
- \*to explore the principles, experiences and resources from different countries in the area of NMD and youth participation in finding solutions for better life of people with NMD;
- \*to create a space for open dialogue and for sharing experiences, as well as to promote mutual understanding and respect between the participants;
- \*to try to increase understanding and find tools to promote better cooperation;
- \*to explore possibilities and challenges for cooperation and to try to encourage networking among young people with NMD in Europe and beyond;
- \*to draw attention of the media to the issues of people with NMD;
- \*to develop youth projects and Campaign under the brand name EAMDA Youth Camp;



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The Programme of the Camp was based on the principle and practice of non-formal education and is conceived to allow a learner-centered approach taking into account the needs, interests and experiences of participants.

Participants have opportunity to make personal contributions and was encouraged to organise their own free time as well as to transfer what they have learned to young people with NMD in their country and organisations.

Experts and trainers from Croatia, representatives of the local community and NGOs, doctors, and media take part in this the Camp.

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The Programme of the Camp consisted of educational and recreational and entertainment activities.

Educational Activities are presented in breathing exercises, influence and characteristics of exercise on the implementation, maintenance and increase the capacity of the lungs, exercises like "diaphragmatic breathing" and "practice with a belt". The presentation of modern technology, Servus - a device that allows Voice control appliances in home.

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From the recreational and entertainment activities in which participants were involved in the camp, I must emphasize demonstration of Boccia, sport activity that become very popular among young people with neuromuscular disease, which was held in Pula, creative Decoupage workshop decorating heart-shaped bowl napkins, which have aroused great interest off all attendees, and they suggested that next year this workshop could take place each day, and hospital visit to Orthopaedic and Rehabilitation hospital „Dr. Martin Horvat“ in Rovinj. The hospital has a specially adapted beach so people in wheelchairs can swim in sea – they have electromotor drive bad that lowering down the ramp into the sea. In the cities of Medulin Pula and Rovinj was organized a survey and exploring the cultural sights.

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Last day of camp was Round Table so that SDDH and EAMDA obtained feedback on the camp that was held from participants.

All participants give good comments and all participants want to come back next year!

Youth camp has come up with one great idea and proposal - to revive again EYO.

EYO is the EAMDA Youth Organisation conceived in 1989. And next year youth camp should be first big action of EYO!



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**THANK YOU!!!**

**Tomislav Goll**

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