

## FINAL ANNOUNCEMENT



# Take action at the 6<sup>th</sup> IYC



17. - 22. July 2004 in Switzerland



International Youth Congress for young people  
with Rheumatism

## Take action at the 6<sup>th</sup> IYC in Switzerland!

At last you get the Final Announcement for the next IYC International Youth Congress.

Our project group has prepared an interesting program, join us in the beautiful Bernese Oberland at the lake of Thun.

We are proud to invite you to the 6<sup>th</sup> IYC which we are certain will be of great use and inspiration for all of you, your national organisations and self help groups.

## Welcome to Switzerland!



## Take action

The title of our congress! The content of our program!

- be independent
- no fear
- overcome barriers
- make things happen in your life

Come to Switzerland, learn how to take action, get new information, discuss experiences and help to weave a net throughout the world knowing new people and new ideas.

Bringing back your new knowledge will be interesting and helpful for other people with rheumatism and your organisations.

Congress Language is English!

### IYC 2001, Norway:

Break your barriers and use the power in you! You will enjoy it!  
*Gábor Kürtösi, Hungary*

I think there were many who broke barriers this week and I hope to continue breaking others in the future.  
*Camilla Ladestam, Sweden*

I was glad to find out that these people are able to struggle and live a happy and meaningful life.  
*Ingrid Kóšová, Slovakia*

I am very glad that I took a part in this Youth Congress. I got so many experiences, as never before in my life.  
*Signe Bicule, Latvia*

## Program

Sat., July 17 <sup>th</sup>	Arrival <b>“Icebreaker”</b> <i>by Mark Doughty</i>
Sun., July 18 <sup>th</sup>	<b>“Act for yourself”</b> <i>by Mark Doughty</i> Get the tools to create energy for changes in your life!
Mon., July 19 <sup>th</sup>	<b>“Medicine in action”</b> <i>by Prof. A. Aeschlimann</i> <ul style="list-style-type: none"><li>• Traditional Chinese Medicine</li><li>• Cannabis, Illegal drug or helpful medicine?</li><li>• New Active Agents for rheumatic diseases</li></ul> <b>“BBQ under the stars!”</b>
Tue., July 20 <sup>th</sup>	<b>“Take action” / IOYR General Assembly</b> <i>by Neil Betteridge and Dorte Ronsler</i> Be part of it and discuss with us the future of IOYR
Wed., July 21 <sup>st</sup>	<b>“Take action” / IOYR General Assembly</b> <b>“Feel free”</b> enjoy half a day without program and a lot of possibilities to pass a lazy sunny afternoon <b>“Boat Trip and Farewell Dinner”</b>
Thu., July 22 <sup>nd</sup>	Departure

## Participants

You should be between 18 and 35 years old, have rheumatism and you should be able to represent your national Youth Arthritis / Rheumatism Organisation. Please check with them or your Mother Organisation if they support you to participate at the IYC. Normally there are 3 places available per country.

If there is no Youth Organisation and no other organisation, for people with rheumatism in your country you can send your application directly to us.

## Assistance

Participants are allowed to bring their own personal assistant but will have to pay the fee for the assistant as well. The assistants can only if needed participate in the congress program.

All through the congress a group of “helpers” will be present to support the congress activities and the participants.

## Visa

Switzerland is **not** part of the European Union. Please check in your country if you need one.

## Insurance

Please take adequate cover for travel, health and accident insurances. We cannot accept responsibility for personal injuries, or loss, or damage to private property belonging to the participants.

## Accommodation

The Gwatt-Zentrum is a beautiful holiday centre at the lake of Thun surrounded by the Swiss Alps. There is a big park with our private beach and a lot of places you can enjoy a little silence away from the congress. We have got three houses for us and so will not have any problems with neighbours! The website of the centre is only in German, but take a look at the beautiful pictures.

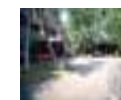
On [www.gwatt-zentrum.ch/gelaende](http://www.gwatt-zentrum.ch/gelaende) you will find a map of Switzerland with the Gwatt Zentrum. If you are coming by train or car, contact us for more information about transport. Our address from the 17<sup>th</sup> to the 22<sup>nd</sup> of July:

Gwatt-Zentrum AG

CH –3645 Gwatt

Tel.: +41 33 334 30 30 Fax: +41 33 334 30 31

Mail: [mail@gwatt-zentrum.ch](mailto:mail@gwatt-zentrum.ch)



## Arrival / Departure

We will pick you up at the Unique Airport Zurich with a big autobus with toilette and accessible for wheel chairs. It will take about 2 ½ hours to arrive at the Gwatt-Zentrum.

## Congress Fee and Payment

The Congress fee is **SFr. 800.00** and includes:

- Accommodation 17<sup>th</sup> – 22<sup>nd</sup> of July at the Gwatt Zentrum
- Breakfast, lunch, dinner (Buffet, excl. Drinks)
- Pick up service at Zurich International Airport
- Participation in all the congress program

The final date for registration and payment is the **30<sup>th</sup> of May**.

The **payment** must be in CHF and remitted by bank transfer to:

UBS, main office, Zurich  
Account No: 590.960.01F  
Swift Code: UBSWCHZH80A

Please clarify with your bank that your full name and your country must be written on the message we receive from the bank.

Serious **problems** with financing your participation? Please contact us as quickly as possible!

## Questions concerning the congress? Or you want to register ?

Then address to:

### Rheumaliga Schweiz

IYC 2004

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**IOYR** International Organisation of  
Youth with Rheumatism

[www.ioyr.org](http://www.ioyr.org)



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