

# Winter Ski "Camp of Love and Hope" for the young treated for malignant diseases

2023

NURDOR

Winter Ski "Camp of Love and Hope", Kopaonik 2023

# About us

National Association of Parents of Children with Cancer, was established by parents of treated children, doctors, psychologists and friends from all around Serbia in 2003, with the aim to emotionally, practically and financially help new families that have just started a long and unpredictable struggle for the healing of their little ones.



# Vision

The best possible treatment and care must be available to each child suffering from cancer, as well as psychological and social support to the whole family in order to make it possible for them to endure long-lasting, painful and exhausting treatment.

# Mission

We are deeply convinced that the improvement of treatment and life quality of the children with cancer in Serbia is a common Mission of all of us, and that everyone can help on his/her own way. We passionately and continuously stand for the children and their parents' rights, respecting the differences and individuality of each individual.





# Realised projects

During twenty years of our work, we initiated numerous projects, many of which were realised for the first time in our country and they significantly improved the quality of treatment of children's cancer conditions in our country: eight annual rehabilitation camps for the cured children, five Parental houses in Belgrade, Novi Sad and Nis;

the construction of new Children's Hemato-Oncological ward in Nis; Reconstruction, furnishing and formation of a separate ward of a Pediatric Oncology in Kragujevac;

The support to the families that lost a child, weekly workshops of psycho-social support for the children and parents;

The education of volunteers, parents, medical workers...



# About the importance of rehabilitation

In Serbia, between 300 and 350 children, aged 0-18, are diagnosed with cancer every year.

The treatment of a malignancy in children's age is long-lasting (the treatment of leukemia lasts longer than 2 years), and when there are relapses, it can even last for a few years.

The treatment is complex, often exhausting, both physically and psychologically for both children and their parents. Each treatment very often leaves short and long termed psycho-physical consequences that make the rehabilitation and resocialization of the children significantly harder, after the termination of the combined oncological treatment (this consists of difficult surgeries, chemotherapy and radiation treatments). Everything that follows the treatment and the long-lasting hospitalization: compromised immune-system, long lasting isolation, hard and painful procedures, hair loss and changed physical appearance, separation from the nuclear family, social isolation, the loss of contact with peer groups, the fear of the treatment's outcome uncertainty - especially negatively affects girls and boys in their adolescent period. It is thus necessary to enable an appropriate psycho-physical rehabilitation after the treatment. Participation in a rehabilitation camp in nature and surrounded by peers, with carefully planned physical activities and psychological workshops, contribute to the improvement of the overall health status, hematological parameters and psycho-social strengthening with the aim to provide easier and faster rehabilitation, resocialisation and reintegration. The aim of this camp is to offer free programme of recreational therapies to the 12-18 age groups of adolescents who completed their malignant disease treatments. The model of the therapeutical recreation was specially planned and adjusted to the age groups and each individual participant in order to encourage the renewal of their self-esteem and hope after the finished treatment through recreation and fun.



# Camp aims

To contribute to the equal rights of children suffering from malignant diseases to the highest health-care standards of treatment and health rehabilitation, on the level of whole Serbia

## The rehabilitation of children after treatment

It has been planned by this project to enable 35 children who have completed their oncological treatments on 6 pediatric hemato-oncological wards in Serbia (three wards in Belgrade, one in Nis, one in Novi Sad and one in Kragujevac) spend 7 days in a rehabilitation camp, followed by multi-disciplinary team of experts and specially educated volunteers.

## Financial protection of families

Financial protection of the families whose child has cancer by their use of the free programme for rehabilitation, by covering their expenses of accommodation, transport, ski equipment and additional activities.



## Offering professional support

Hiring of an expert and specially educated multidisciplinary team in order to achieve the best possible results (psycho-physical recovery, preparation for reintegration into peer groups and local surroundings), all in accordance with specific needs and phyco-physical abilities of the camp participants. The programme in camp is prepared and realised by the Association's members with the cooperation of certain domains' experts (psychologists, pedagogists, social workers, recreational trainers, painters, musicians, animators and volunteers). The team consists of 15 participants.

## The application of a therapeutic reaction

Efficient application of the therapeutical recreation programme through work in peer groups (everyday workshops: psychological, sporting, creative, musical and drama).



## Inclusion

The inclusion of children with disabilities through specially adapted programmes into each camp activity, with the aim to attain equality, inclusion and strengthening of security and focus on the child's ability to achieve success in spite of the limitations which are the consequences of the treatment.

## Making the public more sensitive

Raising sensitivity of the wider society about the problems of children and adolescents treated for malignant diseases influences both the prevention and early detection of the disease. It also influences the social responsibility and empathy, volunteering and active participation of the community in the supporting of the vulnerable populations.



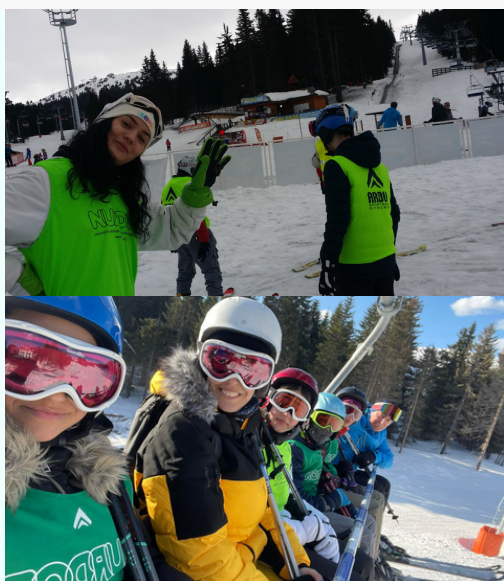
# Connection with the strategic documents

## UN Child Rights Convention

Based on the succession from 2001, the Republic of Serbia is the member of the Child Rights Convention, which was adopted by the United Nations General Assembly in November 1989. Article 24. states that the contracting parties acknowledge the right of a child to enjoy the highest attainable health-care standards as well as the highest-level attainable treatment and health rehabilitation capacities..

## National strategy “Cancer is curable”

Furthermore, the Project is in total accordance with the existing National strategy “Cancer is curable” and with the part which is related to psycho-social support to the children suffering from cancer and their parents.



# Winter Ski camp

## NURDOR

Each year in March, NURDOR organises a Winter Ski “Camp of Love and Hope” for the young who finished their treatment. Thirty-five children and teenagers spend seven days on Kopaonik together with fifteen NURDOR volunteers, psychologists and skiing-instructors. With the organised activities during the whole day, they have an opportunity to learn and practise skiing, to overcome all obstacles and fears that appeared because of the treatment, to strengthen themselves with the help of each other and the volunteers, to recover their confidence and to do all that with great fun and in a lovely atmosphere.





# Information about users

## DIRECT USERS

35 teenagers living in the Republic of Serbia, aged 12 to 18, after the completed treatment for the malignant disease have the possibility of free rehabilitation



## INDIRECT USERS

### • 35 families

35 families of children treated for malignant disease from the Republic of Serbia territory.

Financial benefit to each family, regardless of their social and financial status, to enable their children an adequate rehabilitation through a free programme

### • 15 volunteers

15 volunteers from the territory of the Republic of Serbia.

The volunteers actively participate in the activities, nourishing altruism and empathy, but also acquiring new practical and empirical experiences in working with sensitive groups.

### • Local community

Every year, members of the local community get an opportunity to participate in the camp's realisation and improvement of the activities on snow by their experiences, donations, support and practical knowledge and skills. The children are provided with a free support of ski instructors, the use of different donation programmes, bobsled tracks, bowling alleys.

### • A wider social community

Through media campaign and promotion, the attention is paid not only to social responsibility, but there is also a rising consciousness about an early detection of a malignant disease in childhood period.

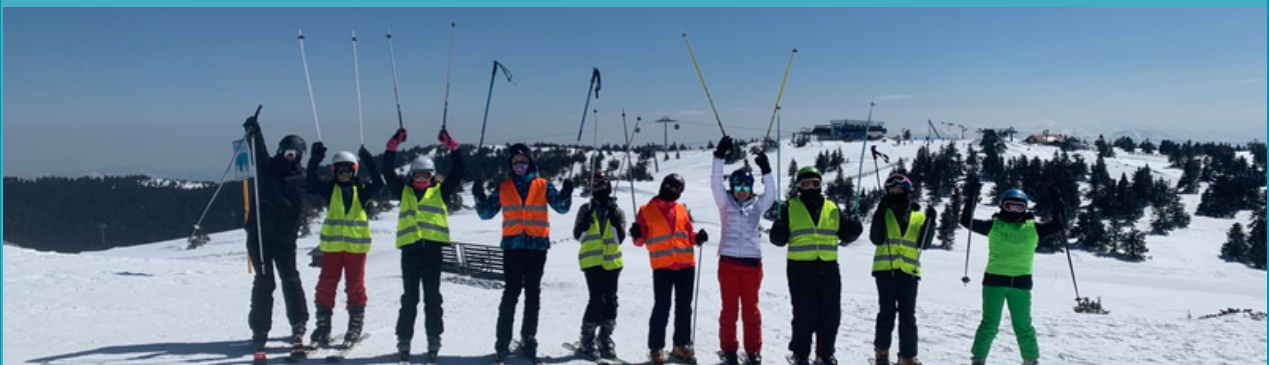
# Planned project activities

1. The formation of the organisation team will be done according to the expertise and experience in the required fields (psychologists, doctor hematologist/oncologist, members of the Association, a professional contributor from the field of physical education, a professional artist...)

2. The choice of the workshops' leader will be made in accordance with the users' needs and abilities and the previous experience of the leader in similar projects

3. The planning of the activities and workshops for the Camp will be the result of the theoretical and empirical appliance of knowledge, combined with the experience from previous NURDOR Camps and similar Camps in Europe on which NURDOR participated. The Camp's programme is based on the principles of the therapeutical recreation—each activity can be observed as a constructive and non-competitive CHALLENGE. Young participants can CHOOSE their own pace and how far they want to go, for example: whether they prefer to perform on the stage or to help behind the curtains. Each goal is achieved by their own commitment and and by the group's COOPERATION. The children encourage each other to work as a team and to use their enthusiasm and to achieve SUCCESS under the supervision of the qualified personnel. After the activities, the children have a chance to THINK about their goals individually or in groups—how they achieved them and what their success means. This process leads them to a DISCOVERY that they can do things they did not know they were capable of, and thus they get a new consciousness about themselves that will help them in their later projects.

The overall therapeutical rehabilitation nourishes and builds participant' INTEGRITY, honesty, personal responsibility and mutual trust, and through a positive spirit—OPTIMISM and life POSITIVITY as well.



4. The choice of participants will be made in accordance with the previously stated criteria and the child's practising physician.

5. The choice of the volunteers that will be companions in the camp will be made in accordance with the following criteria: education on the NURDOR's volunteering programme, volunteering experience in the direct support to sick children and their families, their engagement in the Association, their sport, creative or artistic skills, their previous experience on NURDOR Camps or similar camps organised by associations with a similar target group.

6. As there is a possibility that some Camp's participants may be persons with disabilities (as a direct consequence of the disease or treatment), the choice and preparation of the accommodation must be adjusted to their special needs (easier access to the bus seat with the following of safety measures, the adjustment of the accommodation with the attention paid at the floor number and the toilet's accessibility, the inclusion in all segments of the Camp according to their abilities and with the assistance of their personal assistant-these are all very important segments of support that help them focus on their abilities instead on their disabilities).

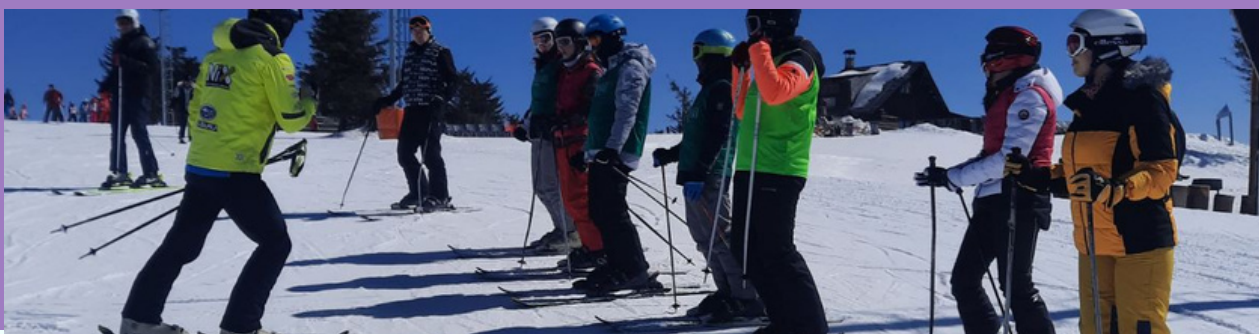
7. In order to raise public awareness about the problems of the sick and treated children and their families, as well as about the development of social potentials for support and help to the families during the treatment and the hard and long period of resocialisation, the strong support of the media, such as guest appearances in the media, public announcements and connections, is necessary.

8. The supplying of all necessary materials for the Camp's programme preparation (stationery, creativity sets, sport equipment, equipment for the campers-caps, waterproof anoraks, T-shirts, tents, video equipment for the workshop's realisation)

9. The Camp's realisation will be supervised by the coordinator, who will be supported by the volunteering team, with obligatory daily briefings which will help in the planned activities' coordination and solutions of the possible unpredicted situations.

10. After the Camp's finishes, there will be the processing of the survey leaflets which are created for the children, parents and volunteers.

11. After the statistical processing, the results will be used for the preparation of the final report as well as for the obligatory feedback for the cooperators and donors.





# One day on a camp

7.00  
Waking-up

8.00  
Breakfast

9.00  
Preparation of the skiing equipment

10.00  
Going to an appropriate slope with the instructors, depending on the level of skiing skillfulness

10.15  
Warm-up, training and instructing

11.00  
Skiing

13.00  
A snack/After the pause, the more experienced campers continue skiing, the others take a rest, play board games, spend time with friends

15.00  
Lunch

16.00  
The afternoon rest

17.30  
Psychological workshops

19.00  
Dinner

20.00  
The evening activities



# The word of a therapist

## ✓ Teodora Todorovic-a pedagogist and a family therapist

IWe achieved the goal of the camp and that is help to the children and the young to return easier to "normal" life activities after the treatment. Considering the fact that all the campers spent time together, got the chance to socialise and integrate through activities, we also fulfilled our tendency for them to make new friends among peers, which influences the liberation from the sense of uneasiness and isolation caused by the treatment.



## ✓ Nebojsa Miljevic-a psychologist and a psycho-therapist

Pit is a real privilege to watch the children making progress year by year, developing and actually becoming bolder as years pass. What is very important to us, actually, is how much empathy they show to each other. Through stated activities we also influenced the self-confidence growth of the treated children, because they had the experience of a successful facing new challenges and possibility to see themselves capable and ready for everyday life activities.

## ✓ Sanja Dimitrijevic- a psychologist and a psycho-therapist in education

The aim of the Camp of Love and Hope is to help the young campers in the development of their possibilities, potentials and faith in themselves and to achieve this by jolly and carefree recreation with a number of creative contents in a safe and protected environment. Judging by their evaluations and smiles on their faces, we managed to succeed in this. A large number of them returned the faith in themselves through mutual friendship and experience exchanges. They made great friends for life, learnt how to deal with their emotions, to overcome their fears and to slowly return to normal everyday routines. The moment their medical treatment finishes is not when it is officially over for them. They need help to return confidence, to fall in love, and this camp offered them a safe environment to start the healing process in that domain.

# The campers' impressions

## Nada 14

*I learned a lot about what is necessary in my further growing up and how to accomplish more as a person. We had lots of support during the treatment. There is some confidence and hope that everything will be OK and that we will be cured.*

## Damjan 14

*"It isn't important if someone is a beginner or in an advanced group. We don't pay attention to that, but we spend time together.*

## Milica 12

*I don't mind being one of the youngest. It doesn't matter at all-younger or the oldest, we are all equal to them.*

## Bogdan 14

*"We have very good instructors. Here you learn to ski really fast. You can advance very easily during these seven days.*

## Ivana 17

*Most of all, I liked the energy on the camp. The best volunteers, a great company and a lot of laughter. I found myself from the beginning, which is what I cherished the most. I felt free, accepted and safe. The shortest, but the most beautiful days of my life.*

## Stefan 18

*What I liked most is the relationship between all camp participants (understanding and attention). I also liked that we were all friends as if we had known each other the whole life and that we accepted new friends in an easy and nice way. Psychological workshops are especially important, because we didn't hide from the painful topics and everyone got an individual attention and support of the volunteers and friends.*



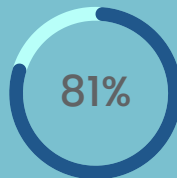


# Camp through numbers



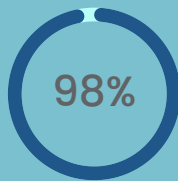
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successfully realised "Winter Ski Camps of Love and Hope" on Kopaonik



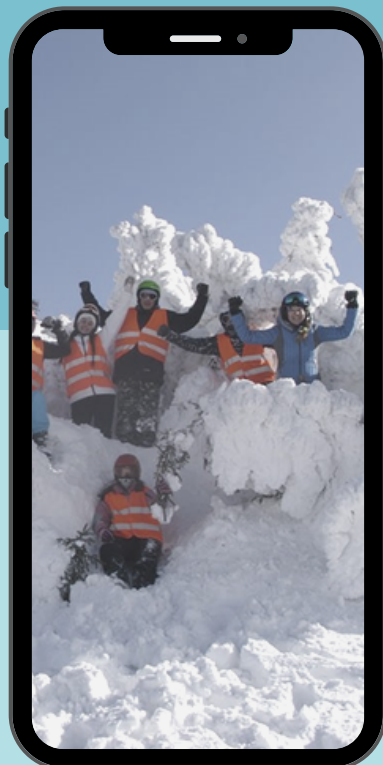
81%

of teenagers treated for malignant diseases went on a winter holiday for the first time



98%

of the total number of 350 participants who went through rehabilitation camps learnt to ski and significantly improved their skills.



the cost of the seven-day stay on the camp per person  
\*The programmes are free for the families



990e



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# Thank you

For helping 35 teenagers treated for malignant diseases get stronger and enjoy in 2023 in the benefits of rehabilitation in the National Camp of Kopaonik.

Your donation may cause a big smile for the children on NURDOR camp.

NURDOR

