



**SPECIAL EDITION
WINTER CAMP OF 'LOVE
AND HOPE' AT KOPAONIK
MARCH 2013**



FIRST WINTER CAMP OF 'LOVE AND HOPE' AT KOPAONIK

This year, The National Organization of Parents with Kids with Cancer has organized a winter camp called 'Love and hope' at Kopaonik, for the first time, from the 22nd - 29th of March. This camp, organized with the cooperation of the organization 'Friends

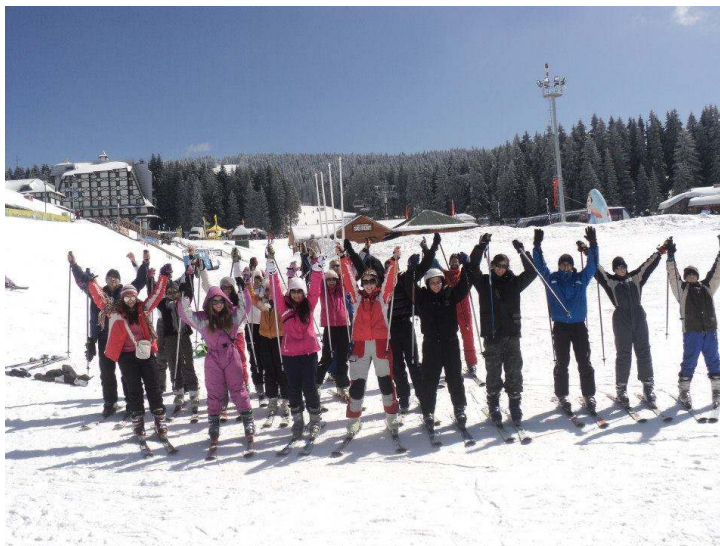


in trouble', Tamara Kusovac and Shopping mall 'Usce', is first in many categories: it's the first winter camp, first time at Kopaonik and first time without parents.

It is also a part of regular rehab program of social support to the kids treated from malignant diseases. Thanks to the volunteers, donors and parents from the organization, 18 people from ages 12-19 stayed at

Kopaonik. Our friend 'Lasta' also helped us, on the 22nd of March, early in the morning we headed to Kopaonik.

The main task of the camp is that our adolescents get stronger psychologically and physically, so that the return to social life and old habits is easier. For many of them, this was the first separation from their parents and also the first chance to learn how to ski. Parents volunteers gave a big amount of help by being ski instructors, so in a short period of time we have achieved a big success. Along with the ski school, there were organized different creative and social workshops. They continued too hang in the evening, along with karaoke, good music or board games.



Important information:

- Everyday one child is infected with cancer
- Everyday one child dies of cancer
- More than 400 kids a year are struggling with cancer
- Cancer is the number 1 cause of death out of all sicknesses in adolescence
- Luckily the number of cured kids is high, more than 60% are cured
- The most common malignant disease in kids is acute leukemia, where the percent of curing is the highest, and the therapy lasts 105 weeks

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OUR LITTLE SKIING SCHOOL



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Staying in the beautiful nature of Kopaonik secured our basic goals which are immunity strengthening, general resistance and physical shape. For most of our participants, this is the first time they had an opportunity to stand on skis. Our teenagers sure don't lack courage and will. With their positive and cheerful spirit, support and patience of great ski instructors, almost everybody was skiing until the end of the camp. Some of them were so successful that they impressed our instructors, who are longterm skiers.

"Our biggest success is that most of the kids picked up basic elements and techniques of skiing and they were going down the Kopaonik incline with no effort on their first day. On our last day we were encouraged to go down the Pančičev vrh, and managed to get down without a single injury. It is hard to describe how those six days have passed. You should have been there!", says Ljubiša Stanić, who is one of our greatest ski instructors and who has finished Faculty of Sports in Belgrade.

Our teenagers have definitely fallen for skiing, so it's no wonder that they didn't hide their joy and excitement. If the weather conditions were auspicious, they would spend the whole day on the ski track.

"We really enjoyed ourselves in this camp, a small break from everyday life is always welcome. I'm glad they chose Kopaonik, because we had an opportunity to experience something that most of us have never experienced. We were skiing!", says Tamara Alempijević with excitement.

Although we had a couple of youngsters who couldn't ski, they were spending time having fun in the snow and walking around beautiful areas of Kopaonik.

Our friends from "Skijališta Srbije" (Ski resorts of Serbia), who donated ski passes, Beosport, where we rented necessary equipment and restaurant "Buongiorno", who was treating us with pancakes and juices in between our breaks, made our stay much more comfortable and easier for us to learn how to ski. We also owe great thanks to Dečije Kragujevačko odmaralište, whose staff made an amazing effort to please us during our stay.





UNBREAKABLE NETS OF FUN, LOVE AND FRIENDSHIP



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The specificity of this camp is that it is organized for the first time without parents. Eighteen amazing people showed an enviable level of responsibility and independence during their stay. From the first day, the most beautiful thing you could see was the unity of the group and its' cooperation as a community. Besides skiing, there were daily workshops that have helped in creating and strengthening their friendships. Hours after skiing were spent in workshops where you could make 'friendship bracelets' or 'guess the famous person'. As in every other Nurdor camp, psychological workshops were the favorite ones, and they were also very useful for all the participants. When it was starting to get dark outside, kids were openly talking to each other about their wishes, fears and tendencies– in one word everything that they have been through, wanting to share all of their experiences with their peers. Evenings were filled with music, dance and karaoke. You could hear a rock guitar, classic piano and children's gifted voices, that have really helped bring up the mood. Volunteers and our ski instructors have also modestly helped make that atmosphere.

During all seven days, there were games that have helped friendships to grow, but were actually a great pleasure for everyone. In 'The game of angels' and 'The post office of the camp', everyone had a

chance every day to leave someone else a gift. Last night of the camp was marked by making 'the net of friendship', and the award giving to all the contestants. Some people cried.

'In my opinion, the best part of the camp was the night before we went home, when we were holding 'the net of friendship' and everyone said that they wish we all stay in touch and that we continue our friendships.'- said one of the participants of the camp.

In one word, Nurdor's rehab camps are something special – you make friendships that last forever, because they were based on mutual life experiences and big fight – which is common for all the participants.





FROM PAVEL'S POINT OF VIEW



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After a warm welcome from a then unknown volunteers and a few pictures taken outside the bus with them parents and friends we departed to Kopaonik. Upon our arrival to the hotel we settled into our rooms with our luggage. Already the first day we went to rent out ski equipment to enable us to start skiing and exercising already the next day. Usually we were up to three/four in a room so we were never bored. Waking up at eight never presented a problem for us, even if we went to bed late due constant talk. Everyday became better and better because we all got to know each other, socializing due to creative and psychological workshops, above all we were becoming better skiers.

Overall in the camp "Love and Hope" I came to know many people that grew near to my heart, and experienced an amazing adventure. It wasn't easy leaving that group of people and often do I find myself wishing to go back, to have fun and relive all the memories made.



ADOLESCENTS ARE A DIFFERENT STORY

It's important to emphasize that the adolescents were stationed in a place with no parent supervision. That contributed to a greater feeling of independence, security and responsibility, but in developing group cohesion.

Adolescents are a different story. Some of them knew each other for years, and for some this was a first experience and they view certain events in a specific way. They are also more prone to others feelings, which resulted in accepting completely two people with special needs with whom they encountered with on a daily basis.

The absence of parents was great for the adolescents. They weren't occupied with their behavior (long live freedom!) and they were more relaxed, because they weren't under the watch of their parents. In the workshops they were given special care for their mutual relationships and attempts to play the role of the parents (to be understood).

As a psychologist I learned many things from the youngsters participating in this camp, as from the camps colleges.

As I mentioned many times before this type of camp for a psychologist presents what Wimbledon presents for a tennis player, in other words something that gives sense to the profession and a positive experience. After the camp I was prepared for anything that might come my way. ("everything is possible!!!").



Psychologist Vukasin Cobeljic

OUR VOLUNTEERS' IMPRESSIONS

We learn every day in our life, in my opinions this experience and feeling we carry with us will make us happy for a long period, because after this camp smiles are left and everyone's hearts are filled with joy. I am thankful of this experienced and the given trust for me in running this camp; all the volunteers and the kids were great.

Mirta, camp director

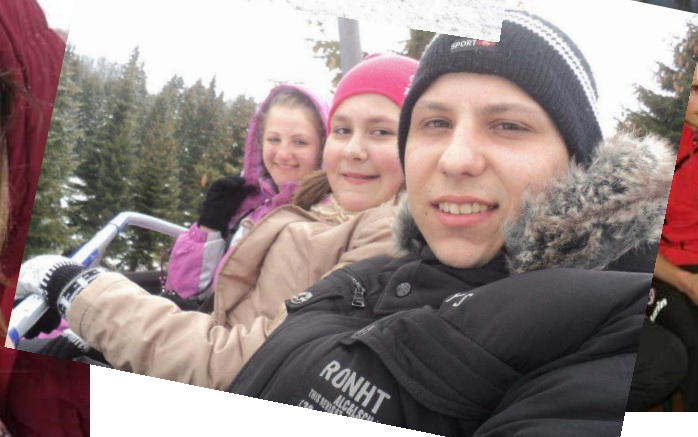
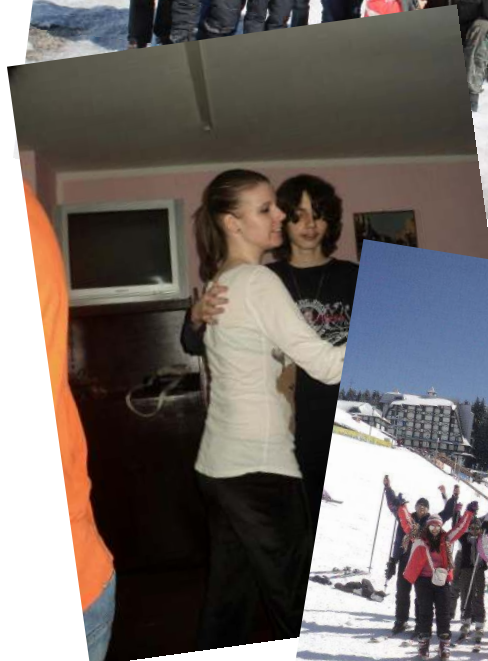
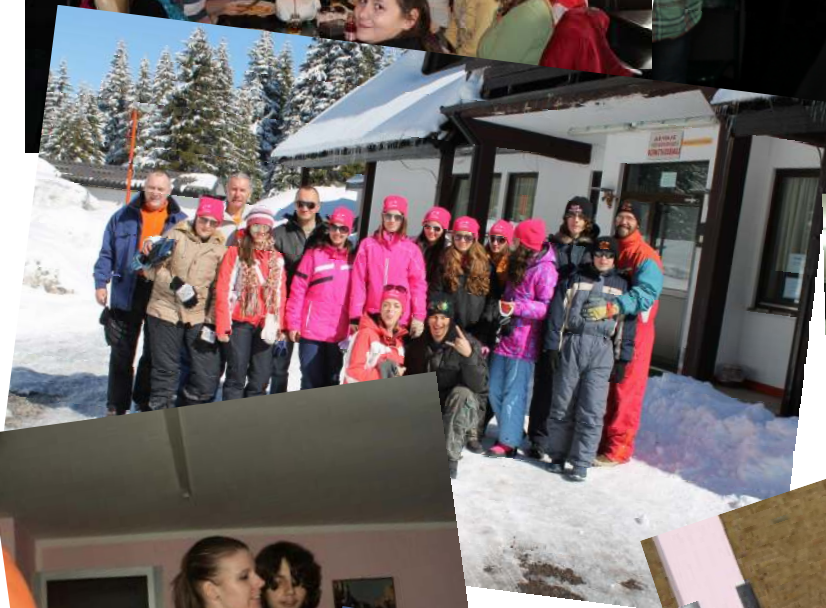
Our friendship, smiles and the way we bonded cannot be described with words. Everyone who worked on the realization of this camp, and the ones who participated in it did this with all of their heart and I think this is exactly one of the reasons this camp was such a success.

Svetlana, volunteer

As you have already heard this camp was a real success in every way possible. I wouldn't waste words on describing it, because the beautiful pictures do so. How those six days passed is difficult to explain, it is something you have to live through to fully grasp.

Ljubisa, volunteer







We owe great thanks to friends who helped us organize first winter of 'Love and hope'



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Organization "Prijatelj u nevolji", who provided transportation and accomodation for all the participants and were indeed great friends throughout the whole camp. www.prijateljunevolji.rs



Tamara Kusovac and Ušće shopping center, thanks to whom we were able to rent ski equipment. www.tamarakusovac.com,
www.usceshoppingcenter.com

Skijališta Srbije, who donated ski passes for each of our skiers during these seven days. www.skijalistasrbije.rs



BEOSPORT Beosport, who helped in the act of equipping and donated extra days. www.beosport.com

Amazing family from Maćinković printing office, on wonderful caps, which made our ski look better. www.macinkovic.rs



Buongiorno restaurant, for snacks, refreshments and extra energy on track. www.buongiorno.rs



NURDOR, the National Association of Parents of Children with Cancer, www.nurdor.org.rs, is a nonprofit, nonpartisan, nongovernmental organization founded by parents of cured or deceased children, the medical staff of oncology departments, and volunteers who recognized the need for systematic and effective support for parents of children with cancer. The National Association began its work in 2004, and it brings together parents and friends of children from all over Serbia. The main objective of the organization is to support families of children with cancer by providing high quality treatment, rehabilitation and socialization of children, infected or healed. NURDOR is a member of the International Confederation of Childhood Cancer Parent Organizations (ICCCPO), www.icccpo.org and works closely with the International Society of Oncology Pediatrics (SIOP), www.siop.nl. NURDOR's bank account, where you can send your donations at Unicredit Bank, is 170003001071500082.

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