



youth
forum
lisbon '15



CONCEPT

Youth Forum Lisbon '15 is a youth greenhouse where ideas find a fertile soil to develop and to be discussed between students from a wide range of health-related study areas: Medicine, Nursery, Physical Education, Psychology and Nutrition.



ORGANIZING COMMITTEE

These are the people behind the Youth Forum Lisbon '15.

Feel free to contact us anytime using the e-mail: youthforum.iaah@gmail.com.



JOANA VIEIRA DE MELO



JOSÉ ALMEIDA CORREIA



RAFAEL INÁCIO



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HELENA FONSECA, MD, MPH, PhD
UNIVERSITY OF LISBON



ANNE MEYNARD, MD
VICE-PRESIDENT OF IA AH (GENEVE)

Helena Fonseca and Anne Meynard support us for the success of this event, and will be working with us in the plenary sessions.



YOUTH FORUM LISBON '15

19TH IAAH EUROPEAN MEETING

Taking place in Lisbon, the westernmost city of continental Europe, this Youth Forum is part of the 19th European Meeting of the International Association for Adolescent Health (IAAH).

The four main topics of the Meeting are:

1. Pre and post-graduated Training in Adolescent Health,
2. Mental Health in Adolescence
3. Sexual Health in Adolescence
4. Chronic Conditions in Adolescence
- 5.

These topics will be discussed by students in four separate Working Groups. The main conclusions will be reported and discussed by the whole youth assembly, and will be reported in a plenary session to the rest of the participants on the following day, at a plenary session of the 19th IAAH European Meeting.

This will be an unique experience for interaction and exchange of ideas among pre-graduate students from multiple areas related to health from all around the world.

Join us and be a part of the future of our Youth!



SMALL WORKING GROUPS

Pre and Post-Graduated Training in Adolescent Health

Do you think you are not learning enough about adolescent health?
How much time of your curriculum is dedicated to this age period?

In this group you will have the opportunity to discuss what can be done to achieve a more effective training in adolescent health. The aim is to raise the awareness of health students on the developmental specificities of adolescence and increase the sensitivity of the Faculty Board to allocate more time and contents related to adolescent health in their respective curricula.

Mental Health in Adolescence

It is widely known that adolescence is a period of deep changes in mental development.

What are the most prevalent adolescent mental health disturbances? What can we do to ensure a high quality mental health of our youth?

How can adolescent mental health be promoted and disorders prevented?

Sexual Health in Adolescence

The body changes and the brain matures during adolescence. Health care providers should find ways to promote a positive sexual health development.

Which are the toughest challenges in adolescent sexual health nowadays, with so many disparities in accessing health resources across the globe?

Do LGBT youth face distinct sexual problems from heterosexual adolescents and are their reproductive rights assured?

Chronic Conditions in Adolescence

Asthma. Epilepsy. Diabetes. Lupus. ALS. These are just a few of the many chronic conditions many adolescents are bound to.

How do these conditions affect them differently from adults?

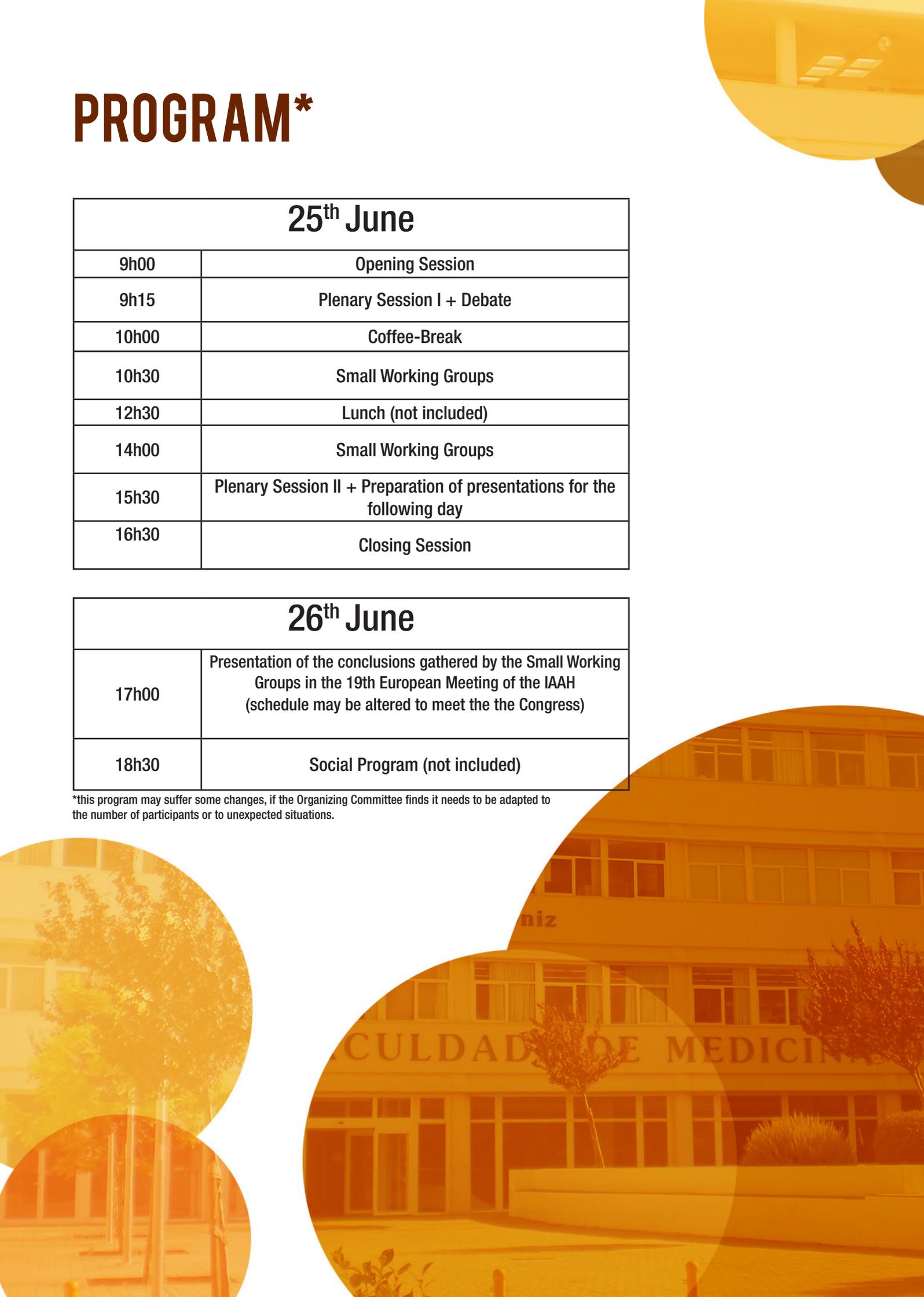
Should we develop specific strategies to approach adolescents with chronic conditions? And what about transition to adult health care?

PROGRAM*

25th June	
9h00	Opening Session
9h15	Plenary Session I + Debate
10h00	Coffee-Break
10h30	Small Working Groups
12h30	Lunch (not included)
14h00	Small Working Groups
15h30	Plenary Session II + Preparation of presentations for the following day
16h30	Closing Session

26th June	
17h00	Presentation of the conclusions gathered by the Small Working Groups in the 19th European Meeting of the IAAH (schedule may be altered to meet the the Congress)
18h30	Social Program (not included)

*this program may suffer some changes, if the Organizing Committee finds it needs to be adapted to the number of participants or to unexpected situations.



HOW DO I REGISTER?

In order to formalize your participation in the Youth Forum Lisbon '15, the registration process is mandatory.

To register you need to fill in a form. Go to our Facebook page or to the 19th European Meeting of the IAAH website, where you will find the link to this form.

The registrations will occur between 15th of March and 30th of April.
If you need an invitation letter, you will be able to ask for it in the form.

If you have any difficulty, please contact us through youthforum.iaah@gmail.com.

Looking forward to seeing you soon!



ACCOMODATION

Hostels

Goodmorning Lisbon Hostel

Standing in the heart of the city center this hostel is a few minutes away from action and fun in whichever direction you choose to take. Their 5 star staff will gladly point out the way for your daily explorations and receive you with a warm smile at the return. Ideal for young people in search of urban adventures!

Go out and conquer the castle in the morning sun or get warmed up for a crazy night out with sangria and cocktails at our enchanting lounge bar.

Adress: Praça dos Restauradores, n. 65 - 2º, Lisboa, Portugal

Nearest metro station: Restauradores

Contact: +351 213 421 128

Lost Inn Lisbon Hostel

Lost Inn Lisbon is a beautiful Palace from the 18th century, located in Lisbon downtown next to the main important monuments, museums, shops and also to the party neighborhood, the famous Bairro Alto!

Wake up every morning with a delicious breakfast and get ready for the best walking tour. When you came back you'll have the most comfy sofas and delicious surprises by night. Our staff has deep knowledge of the city and is always available to indicate the best places in Lisbon, whether Restaurants, Museums, Tours, Historical places, Bars, Nightclubs, or simply enjoy the nice atmosphere of our Hostel

Adress: Beco dos Apostolos, n.6, Lisboa, Portugal

Nearest metro station: Cais do Sodré

Contact: +351 213 470 755



Lisboa Central Hostel

If you're looking for a fun, fresh and friendly place to stay then look no further: Lisboa Central Hostel is the ideal place for you! Excellently located in the heart of city in Marques de Pombal and the famous Avenida da Liberdade this international hostel provides you with the perfect base for sight-seeing by day and partying by night. All of Lisbon's major hot spots are easily accessible on foot thus saving you the cab fare home at night.

Adress: Rua Rodrigues Sampaio, n.160, Lisboa, Portugal

Nearest metro station: Marquês do Pombal

Contact: +351 309 881 038

Lisbon Poets Hostel

Opened in 2005, the Poets Hostel tried, since then, to set up high quality standards in accommodation, along with a bohemian atmosphere. Placed in the heart of Lisbon, Chiado, you will be able to explore Lisbon two steps away from the door - you can start with our beloved Fernando Pessoa, our greatest modern poet, right across the corner

Adress: Rua Nova da Trindade, n.2 - 5º, Chiado, Lisboa, Portugal

Nearest metro station: Baixa Chiado

Contact: +351 213 461 241



WHERE TO EAT

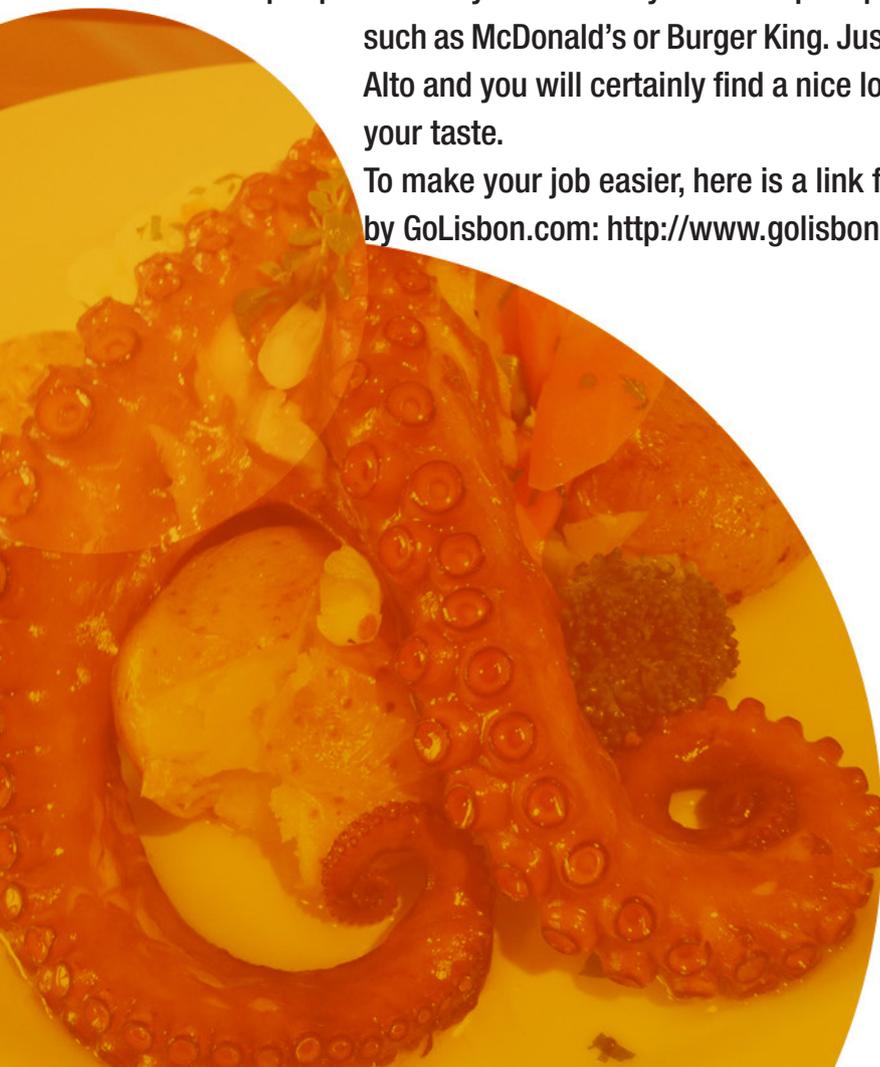
Inside the Hospital, during the Youth Forum'15, you can easily find a great variety of restaurants to have lunch or places where you can have just a snack. Our Faculty has Sala de Alunos, where you can find many options for your meal, and in which the menu includes also soup, water and dessert, for less than 4 euros. If you have plenty of time to lunch, you can take a seat in Restaurante Toxinas, where you can find every-day typical portuguese food. If you are an italian food lover, you can always go to Restaurante IZZI, in which you can find pastas for a low price.

If you are in a hurry and you don't mind eating fast food, you can enjoy the menus in the recently open balcony just over Sala de Alunos.

If you are interested in experiencing portuguese restaurants and food in your freetime, Lisbon boasts a wide range of restaurants to suit most tastes. You can find both Portuguese and International cuisine combined with superb views and architecture. The Bairro Alto district has the biggest amount of traditional restaurants while Docas and Parque das Nações offer a better option of international dishes. In Praça do Comércio, you will also find a good variety of restaurants offering a mix of local and international cuisine. Generally, a three-course meal costs around 15 to 20 euros per person but you can easily find cheaper options and still avoid fast-food restaurants

such as McDonald's or Burger King. Just walk around the narrow streets of Bairro Alto and you will certainly find a nice low-budget traditional restaurant that suits your taste.

To make your job easier, here is a link for a complete list of restaurants provided by GoLisbon.com: <http://www.golisbon.com/food/all-lisbon-restaurants.html>

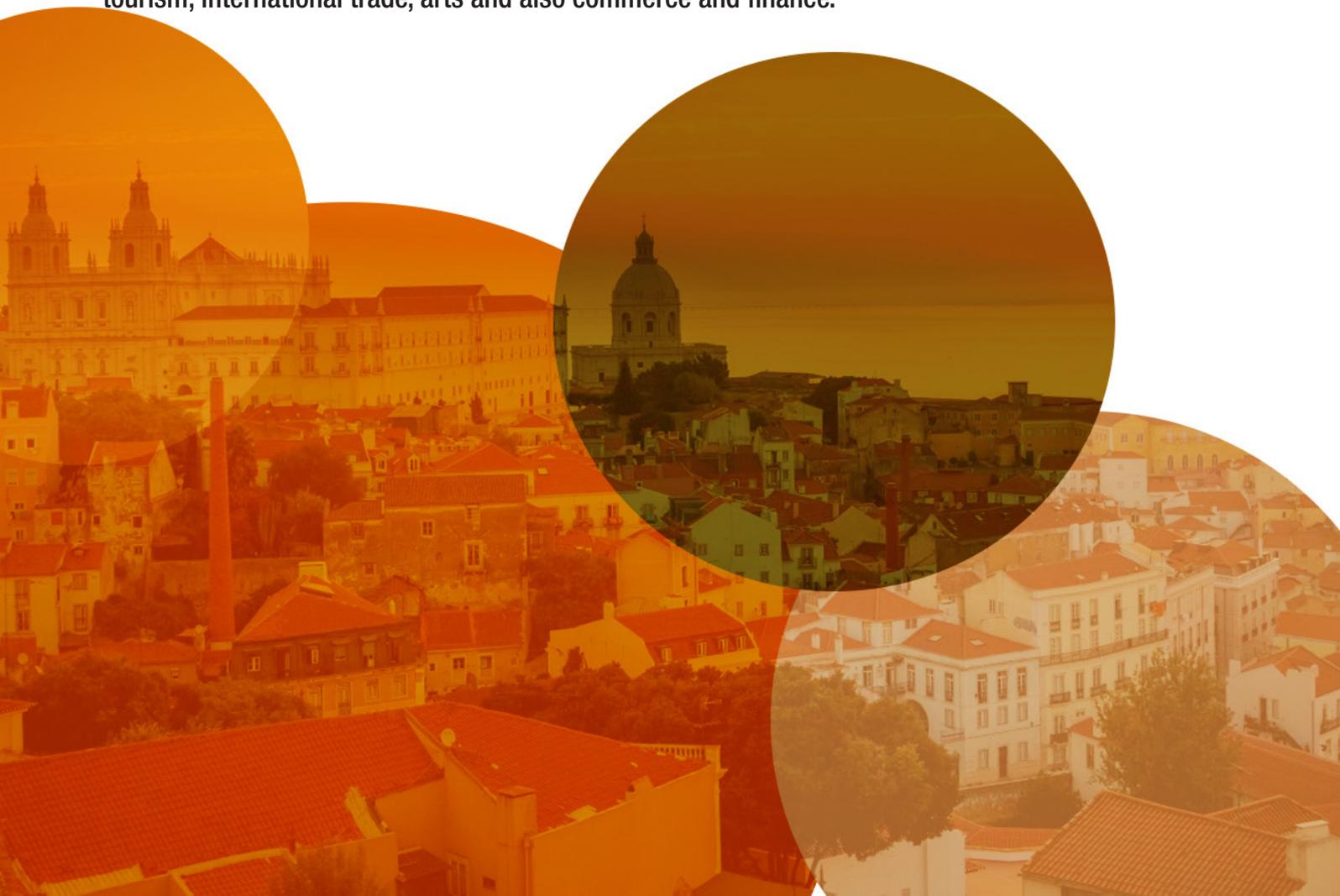


LISBON

Lisbon is a city blessed by the sun and the sea. Thanks to our abundant sunlight and the presence of the Rio Tejo (Tagus River), the city has a unique architecture and beauty is highlighted, allowing you to enjoy everything Lisbon has to offer.

Founded in legend by Ulysses himself, the city of Lisbon is a bustling metropolis, standing today as Portugal's capital and biggest city. With nearly 550 000 people living in the city, Lisbon is the center of a greater region, Grande Lisboa, where around 2.9 million people live and work, making up almost a third of the whole country's population. The history of Lisbon goes back to the year 1147, when the first king of Portugal reconquered it, D. Afonso Henriques, from the Moors (Muslims from the North of Africa and Middle East) becoming part of the still young country.

Even though there are still some remains of Arabian culture, most of it was destroyed or replaced with Christian culture, as is the Lisbon Cathedral (Sé de Lisboa) built on top of an old mosque. In 1179, the city received its first Floral (the official document recognizing it as a city) and, amidst a booming economy and commercial trade, eventually became the largest city in the country, later becoming the capital of Portugal in 1256. Today, Lisbon is recognized worldwide as major capital city, due to its importance in many sectors that make up our urban life such as entertainment, tourism, international trade, arts and also commerce and finance.



HOW TO GET THERE

When arriving at the Lisbon Airport, the easiest way to get to the Faculty of Medicine of Lisbon and to Santa Maria Hospital is to exit in Cidade Universitária Station (yellow line).

Rede de transportes de Lisboa
Metropolitano de Lisboa/CP/TT
Network diagram

- Aeroporto Airport
- Autocarro suburbano Suburban bus
- Barco Boat
- Comboio Railways
- Gabinete do Cliente Customer Service Office
- Mobilidade reduzida Step free
- Perdidos e achados Lost property
- Polícia Police
- Interface comboio/metro
- Percurso pedonal
- Comboio Railways
- Linha Azul Blue line
- Linha Amarela Yellow line
- Linha Verde Green line
- Linha Vermelha Red line
- Metro underground

