

25.-27. APRIL 2025



QUALITY HOTEL AUGUSTIN

# NORDIC YOUTH CONFERENCE

## TRONDHEIM, NORWAY

### PROGRAM FOR THE WEEKEND

#### FRIDAY 25TH OF APRIL

15.00 - SELF CHECK IN

17.00 - OPENING OF THE CONFERENCE AND GET TO KNOW EACH OTHER

19.00 - DINNER IN HOTEL

#### SATURDAY 26TH OF APRIL

TO 10.00 - BREAKFAST

10.00-LECTURE BY KATARZYNA PARFIENIUK ABOUT ADRENAL INSUFFICIENCY AND PITUITARY GLAND DISEASE

12.15 - MARIA TØRØ TELLING ABOUT CORTISOL PUMP

13.00 - LUNCH AT HOTEL

14.00 - SIGHTSEEING TRONDHEIM/OWN TIME

18.00 - SUSHI/BURGER AT SOT&SABRUR

19.00 - ESCAPE ROOM OR BOWLING

#### SUNDAY 27TH OF APRIL

TO 10.00 - BREAKFAST

10.00 - LECTURE ABOUT PSYCHIC AND PHYSICAL HEALTH. TRAINING WHEN FATIGUE.

12.00 - CLOSURE OF THE CONFERENCE AND TALKING

13.00 - BAGUETTES TO GO

14.00 - END OF CONFERENCE. HAVE A NICE TRIP HOME.

BE AWARE OF CHANGES IN THE PROGRAM

NON NORWEGIAN PARTICIPANTS: FOR PERSONS FROM 16-35 YEARS. WE HAVE ECONOMIC SUPPORT FROM NORDIC WELFARE, AND HOPE TO PAY MOST OF YOUR TRAVEL EXPENSES. IF THERE ARE MANY PARTICIPANTS THERE COULD BE LESS REFUND. YOU WILL GET (SOME OR ALL) TRAVEL EXPENSES PAID AFTER PARTICIPATION ON THE CONFERENCE.

NORSKE DELTAKERE: FOR DEG FRA 16-35 ÅR MÅ VÆRE MEDLEM I HYPOFYSE- OG BINYREFORENINGEN. TRENGER IKKE HA DIAGNOSE, KAN OGSÅ VÆRE PÅRØRENDE TIL EN MED DIAGNOSE. SPØR DITT FYLKESLAG I FORKANT AV PÅMELDING OM Å FÅ DEKKET REISEUTGIFTER.

### REGISTRATION:

IN FORMS: [HTTPS://FORMS.OFFICE.COM/E/RWBAU8SQTE](https://forms.office.com/e/RWBAU8SQTE)  
IF YOU DEREGISTRER AFTER 26TH OF MARCH THERE WILL BE A FEE OF 1000 NOK



@Ole Magnus Berntsen