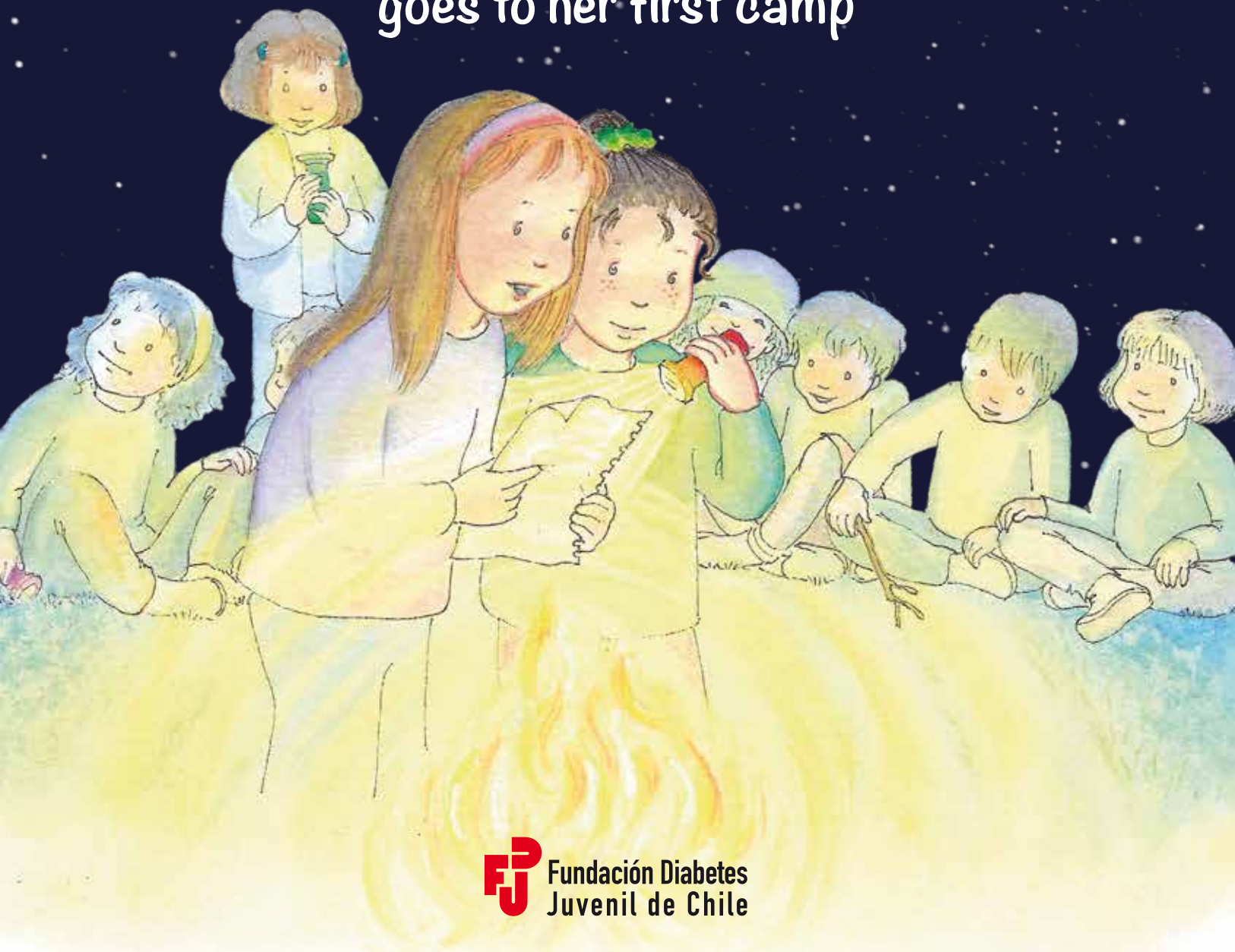


Amalia

goes to her first camp



Fundación Diabetes
Juvenil de Chile

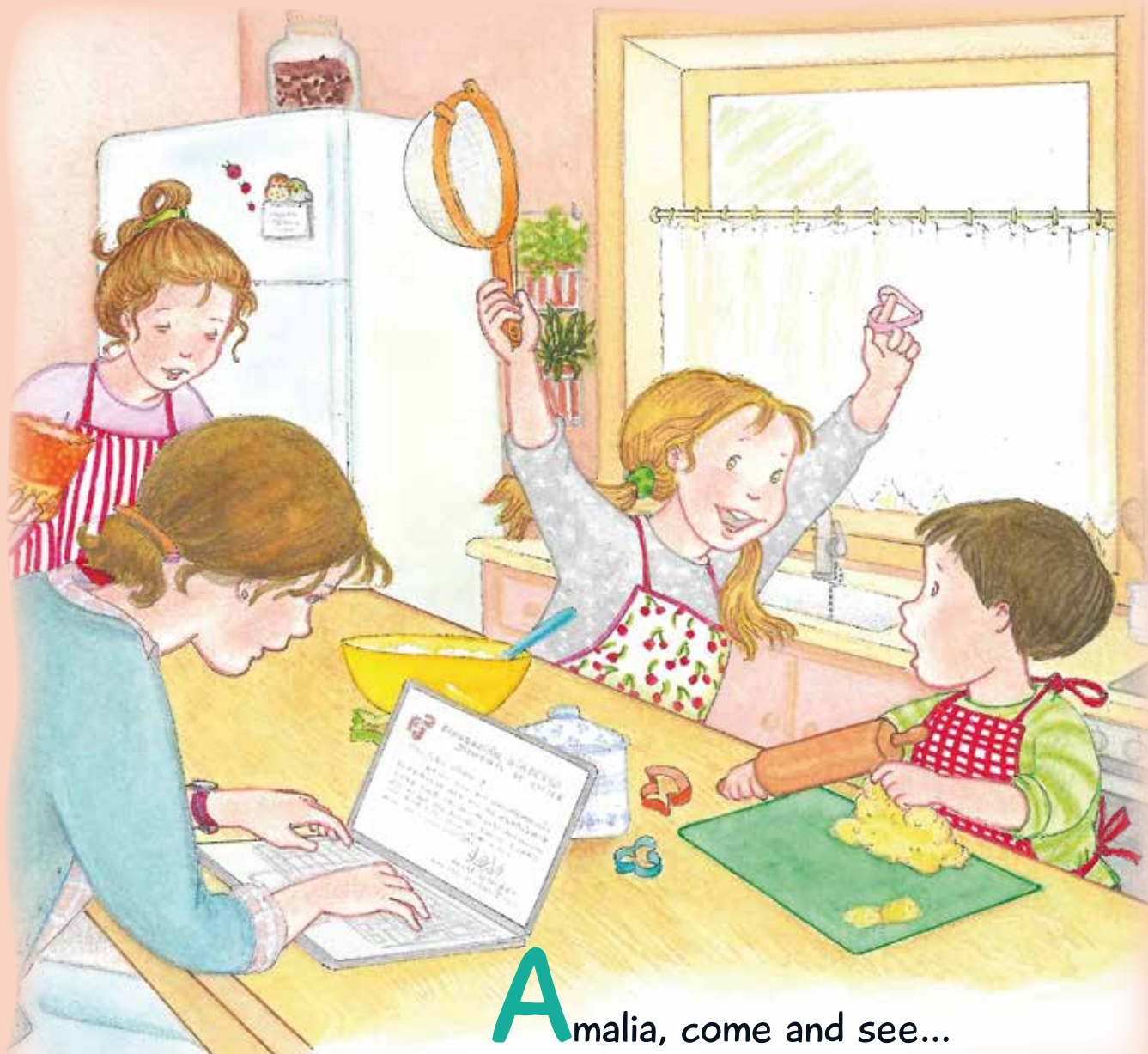
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Amalia

goes to her first camp



Texts: Valentina Onetto • Illustration: Soledad Folch
Design: Bernardita Valdivieso • Editor: César Velasco
Translation: David Hendrick
Department of Education



Amalia, come and see...
The FDJ is inviting you to summer camp!
—Fantastic! When is it? How many days does it last?
Who is going?— Calm down Amalia. —Let's call Antonia,
she went last year. She'll tell us all about it—.



That afternoon Antonia shows them photos and describes how much fun she had at the camp. —Lots of children go. We learned about diabetes and played all day— she says.

The whole family has helped to make sure nothing is missing in Amalia's luggage and that she arrives on time at the place where the buses leave for camp.



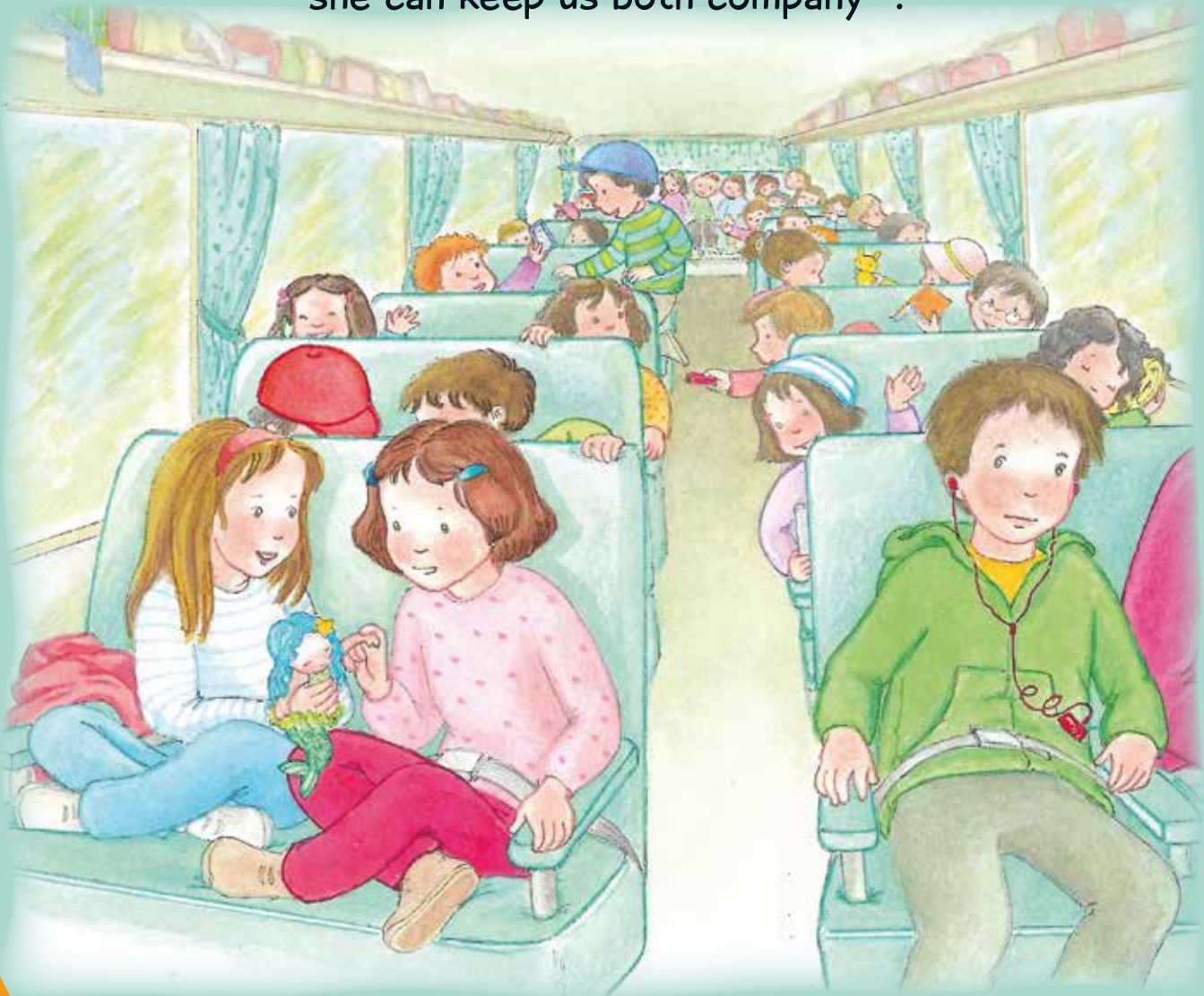
—Hi, I am Maria Paz one of the guides who will accompany you and your fellow campers; we leave in 5 minutes—.





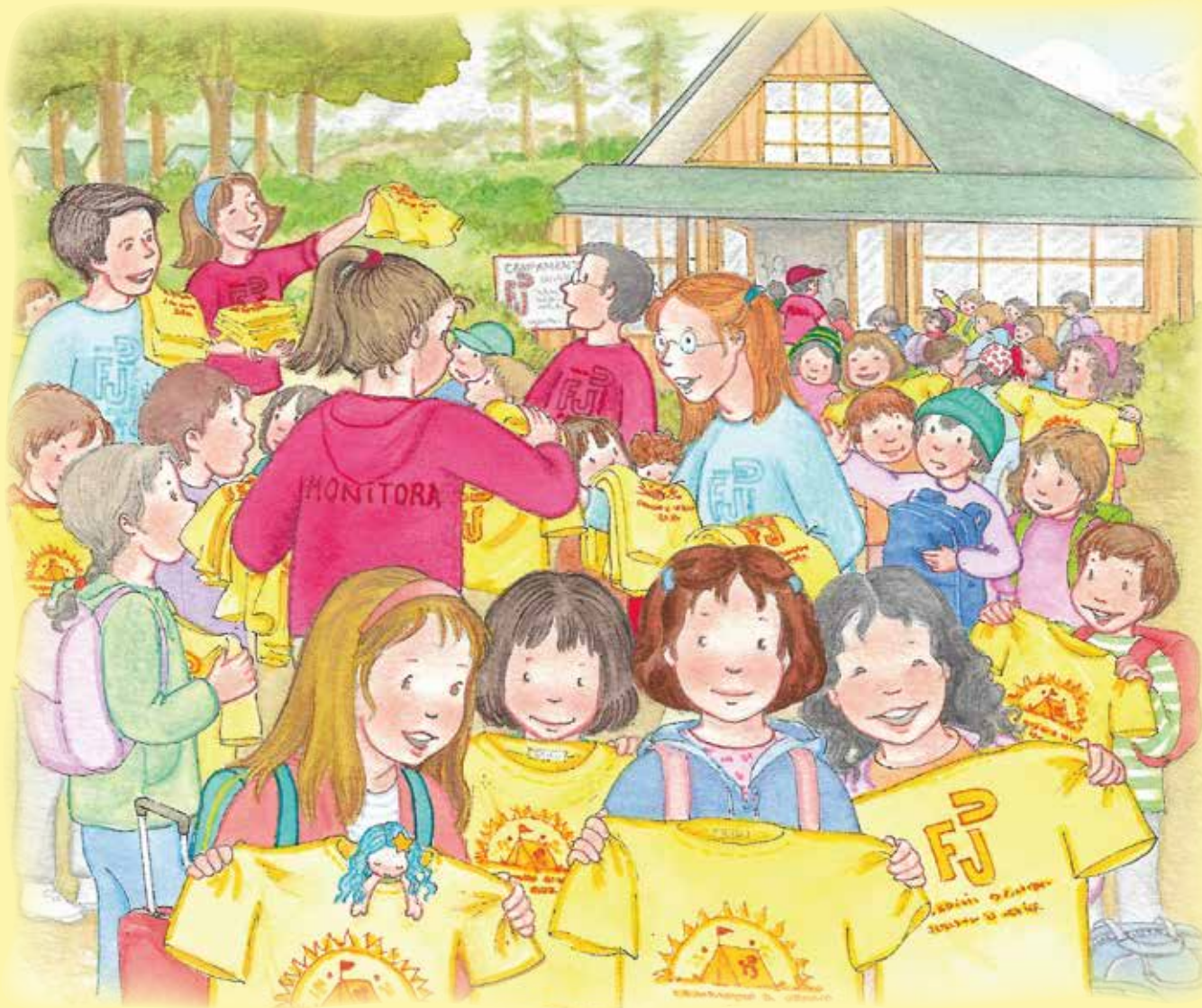
Farewells are always emotional,
but Amalia is happy. —Take care and really
enjoy yourself, my girl— says mom.
Finally, they set off and the adventure begins.

Hi, I'm Amalia... what's your name? —I'm Valentina
and I've never been to camp. I'm a little scared—
—Me too... but not so much, because my friend told me
that we will have a great time. Look, I brought my doll,
she can keep us both company—.



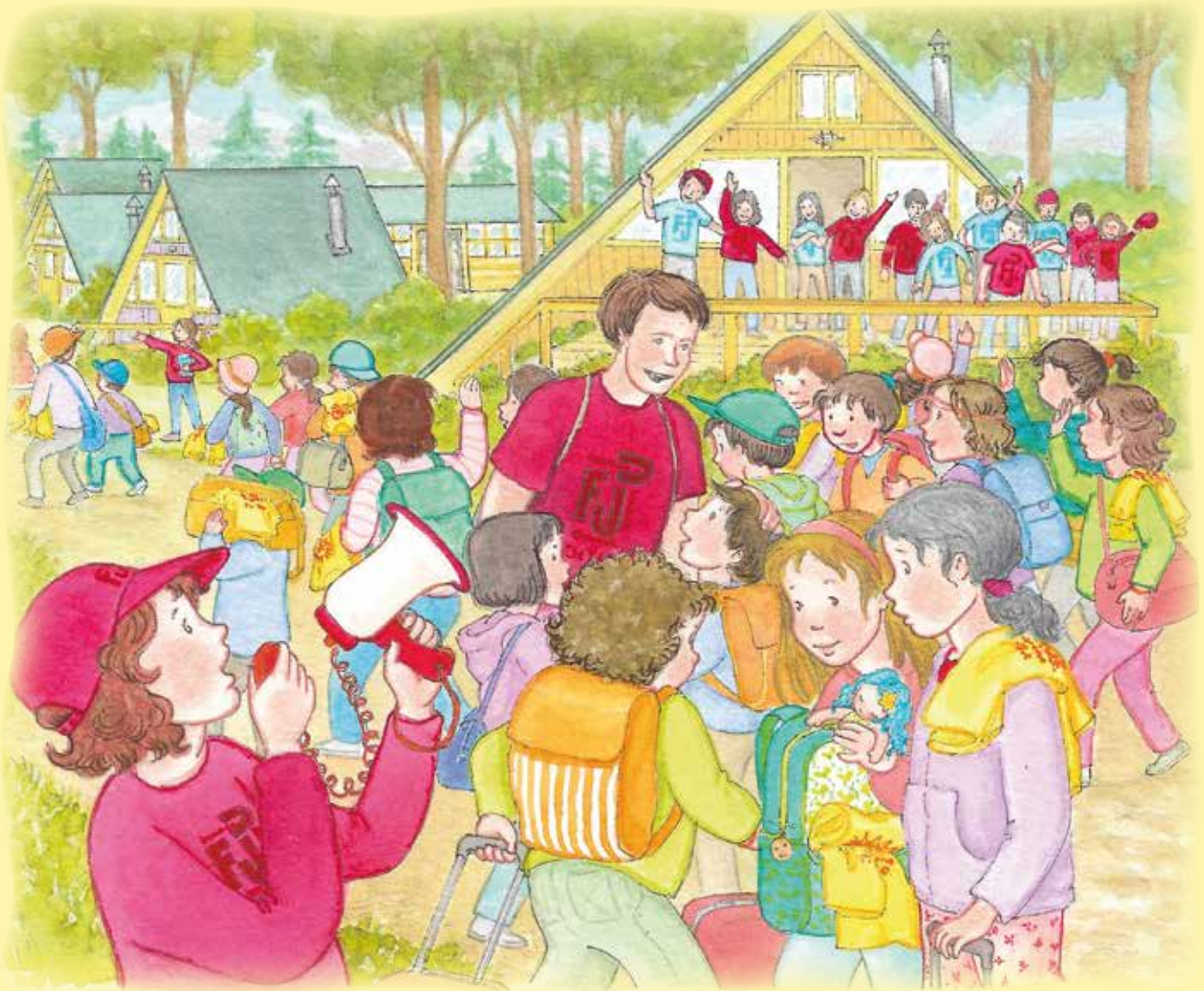


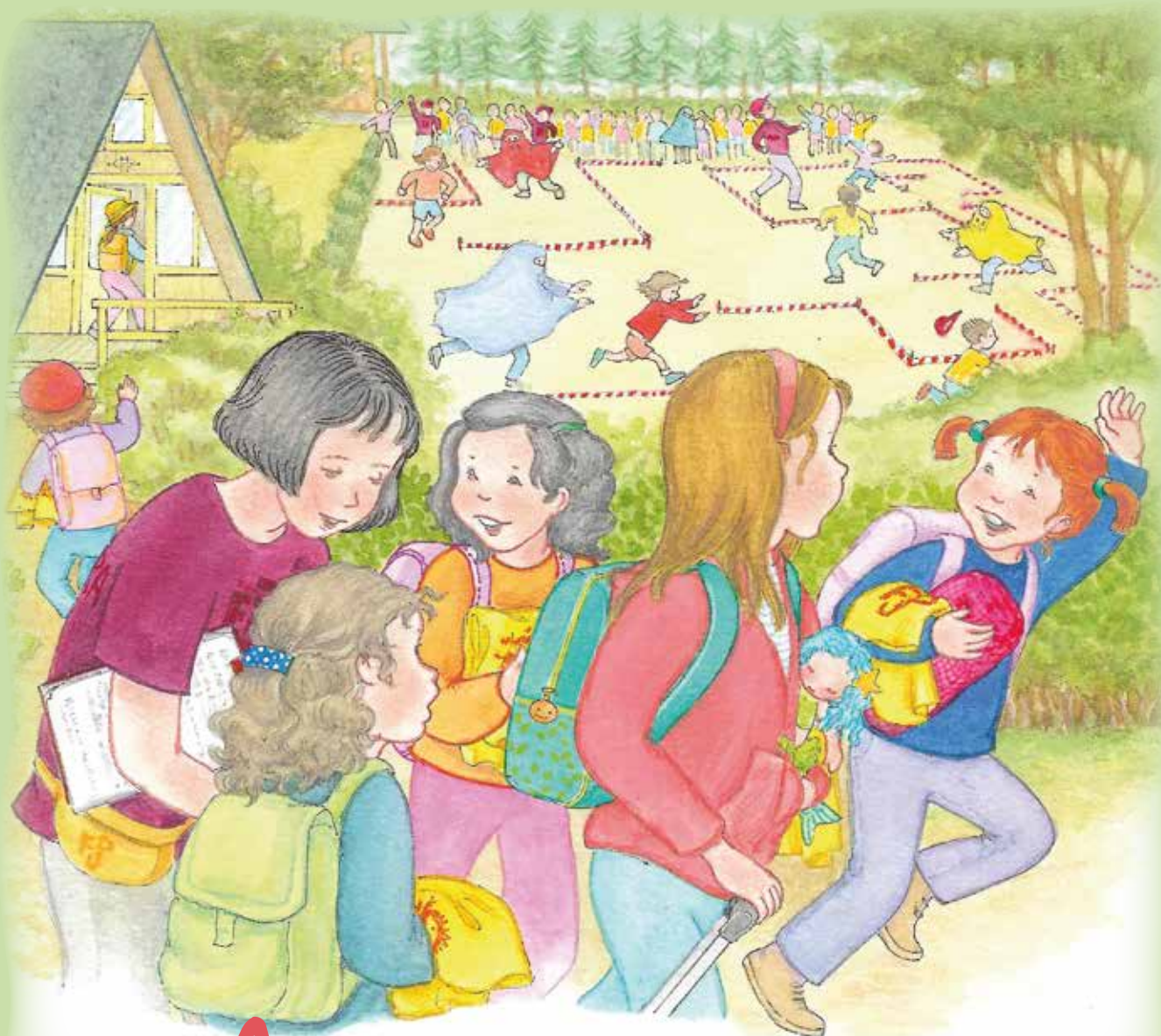
Upon arrival at the camp, their guides greet them with a warm welcome.
—Dear children, we are so happy to have you here. We have prepared lots of games and pleasant surprises for all of you—.



But first... a gift...
Our camp t-shirt!

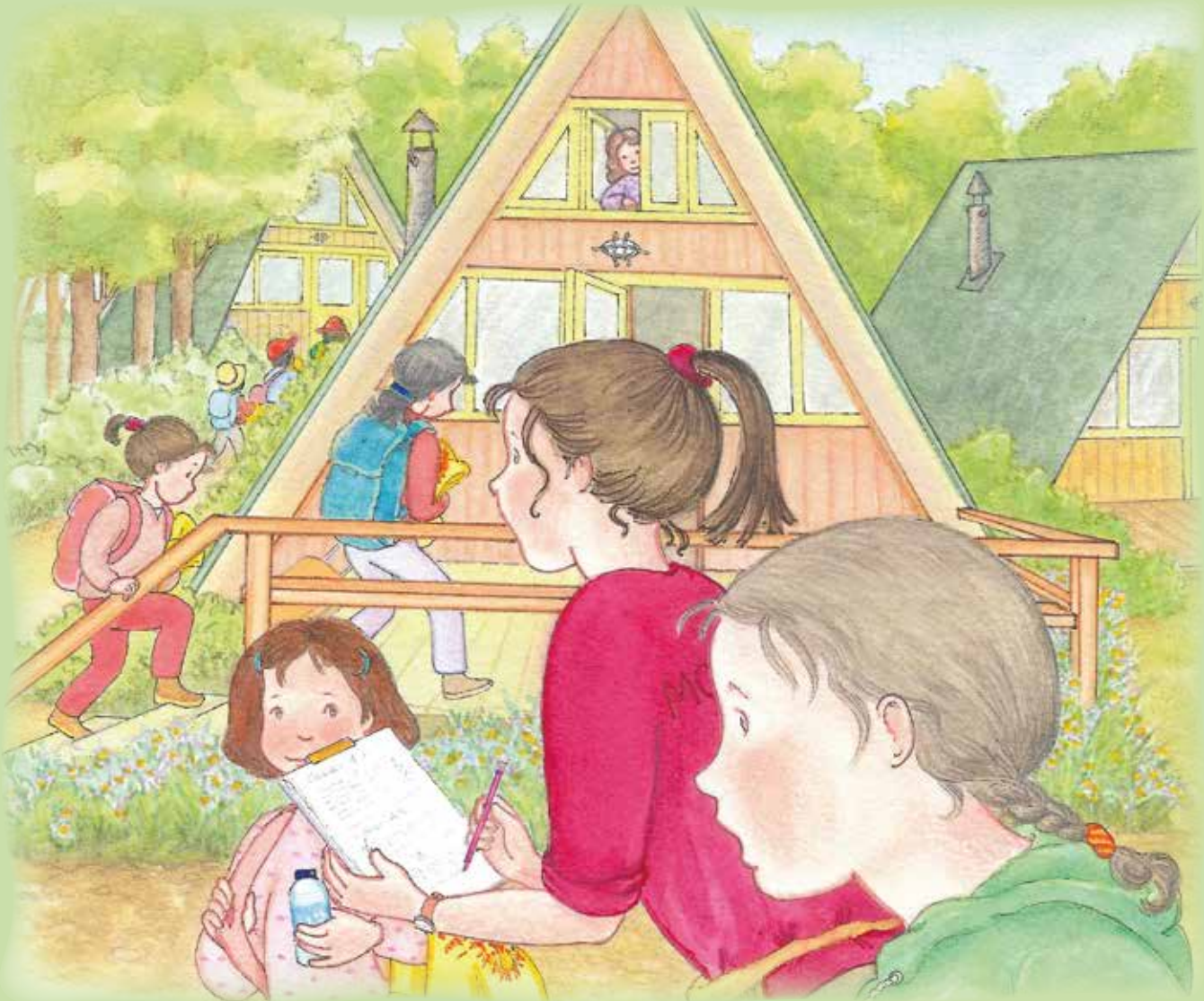
The children head towards the cabins.
Doctors, nurses and guides
greet with smiles.



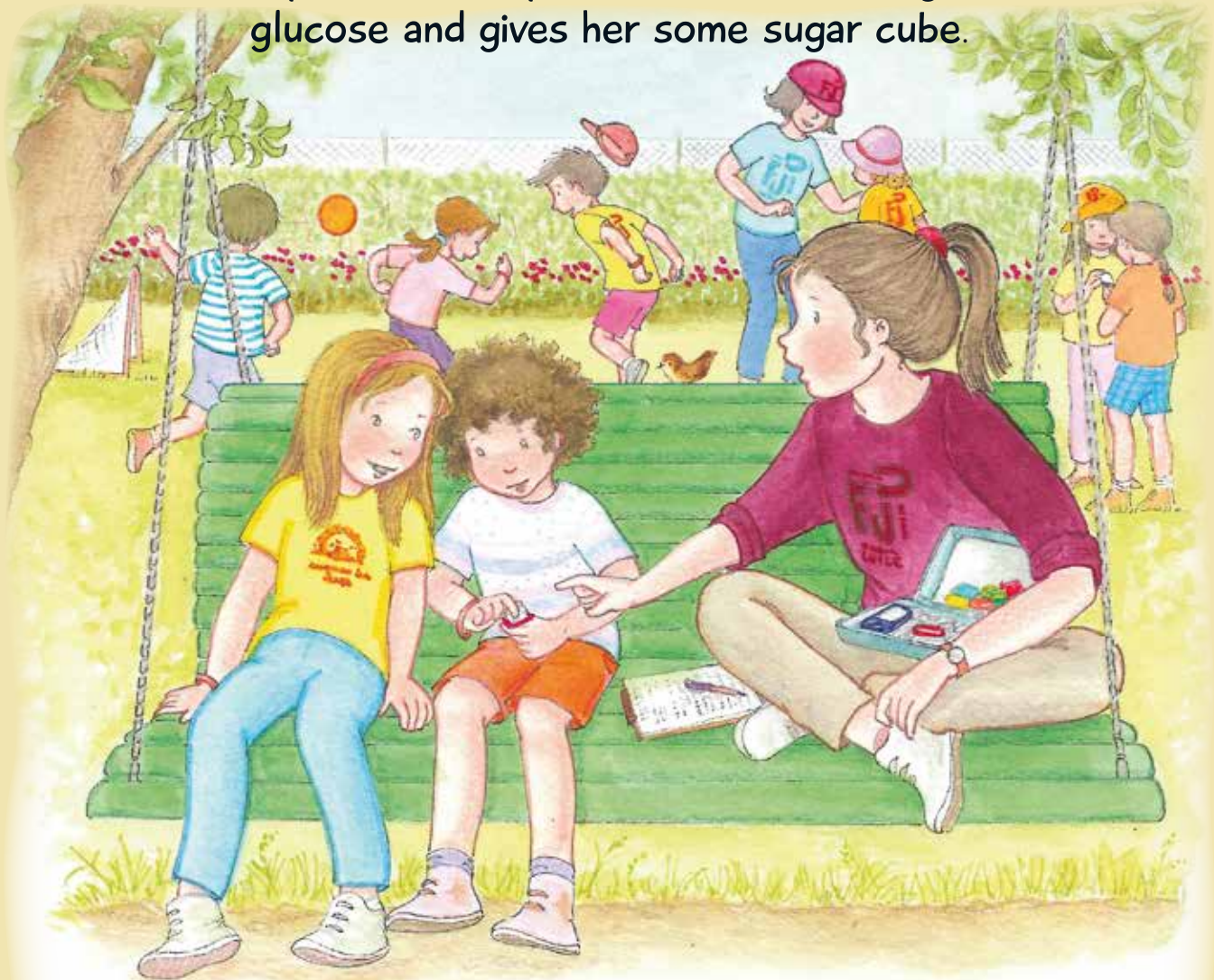


Amalia and Valentina are happy because they are in the same group, along with Andrea, Martina, Lucia, and Olivia. Their guides, Maria Paz and Javiera, seem very friendly.

Quick, girls! Just leave your things. You can put them away later. Now, it's time to play!
In the distance, they can hear screams of delight and laughter from their fellow campers.



As they play, Olivia feels low. Amalia asks Maria Paz for help. She accompanies her while taking blood glucose and gives her some sugar cube.



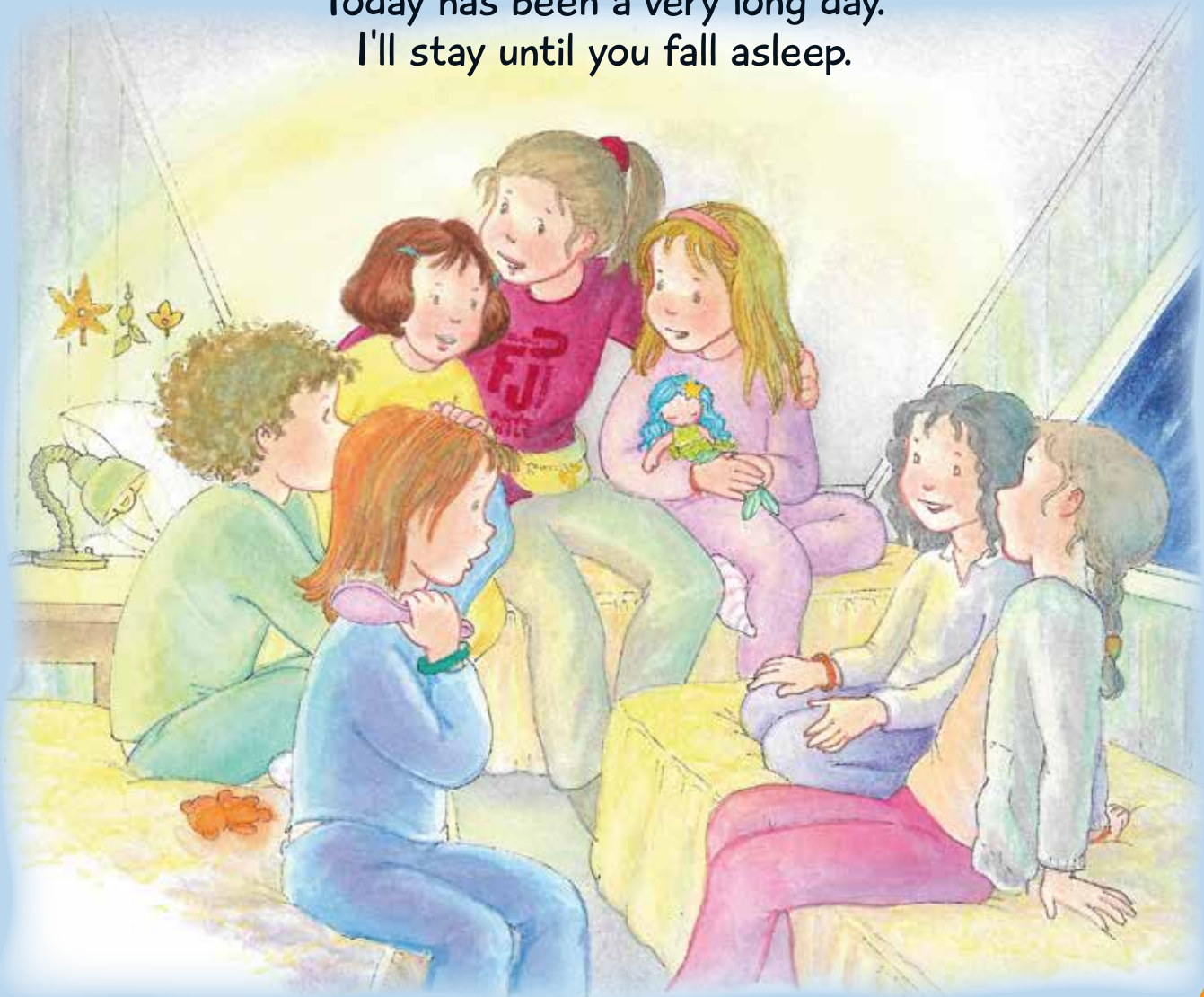


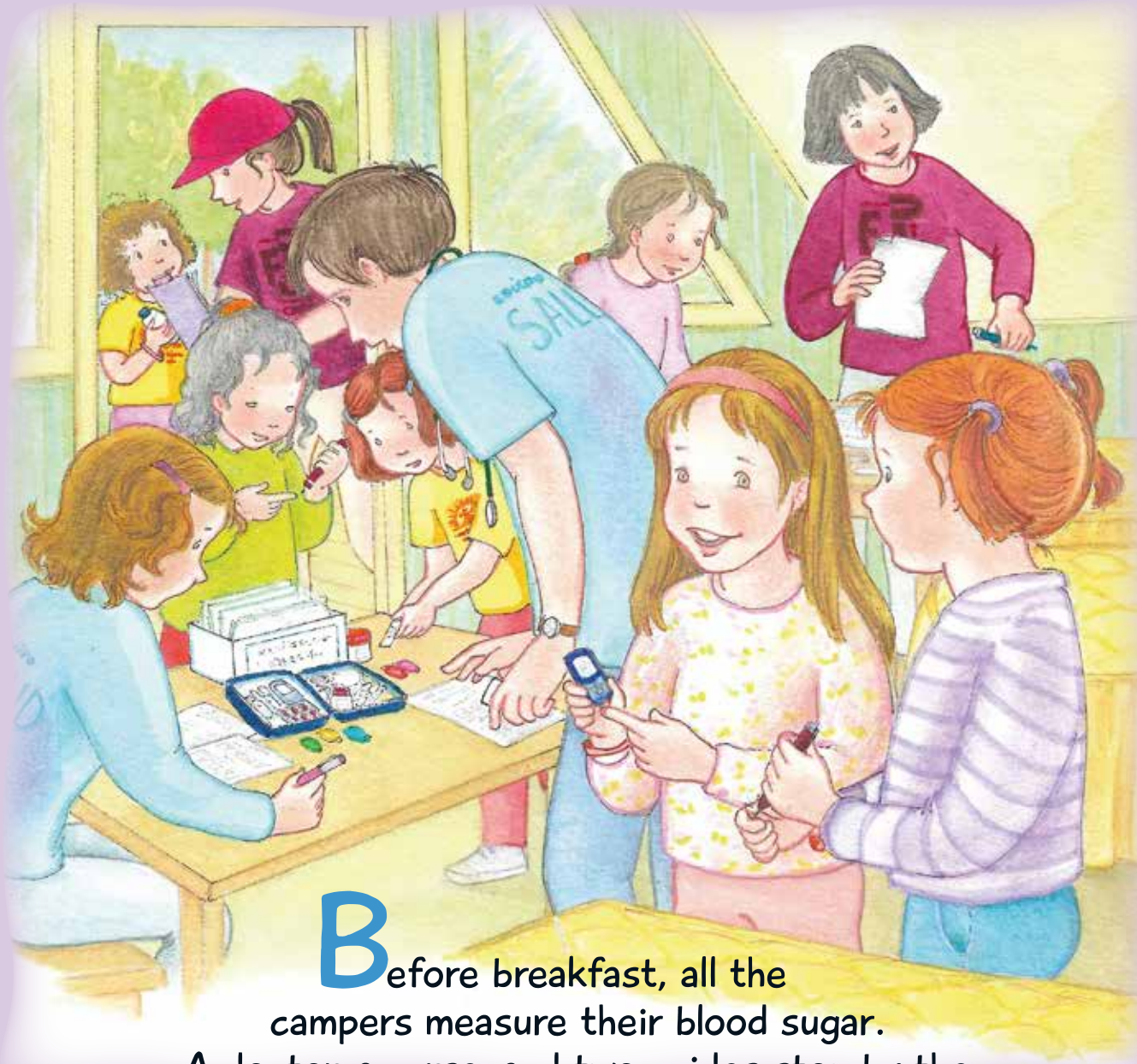
As soon as Olivia recovers,
the two run to rejoin the game.
And join in playing the human ABCD game!



The day flies by. When Maria Paz goes to say good night to them, she finds them sad, astonished she asks! —But, what's going on?
—We miss our family!— They respond in chorus.
—Shhh...quietly, it is normal
to miss them on the first night away from home—.

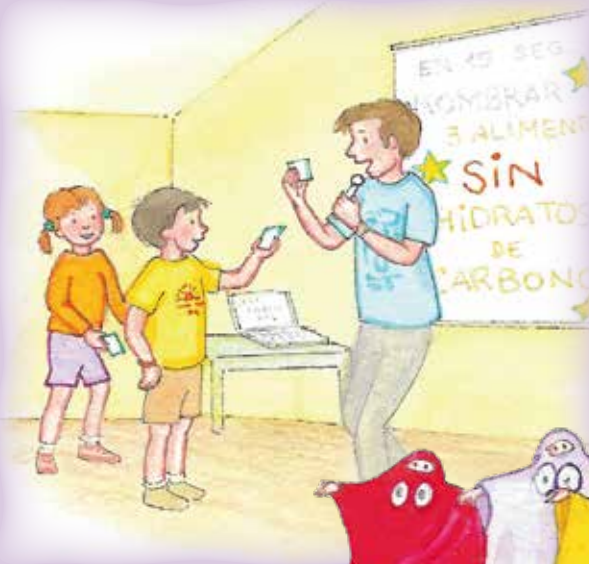
How about we try this, you concentrate and imagine us sending them a huge hug filled with lots of goodnight kisses, okay? —Yes, yes!— the girls reply. Now it's time to rest! Today has been a very long day. I'll stay until you fall asleep.



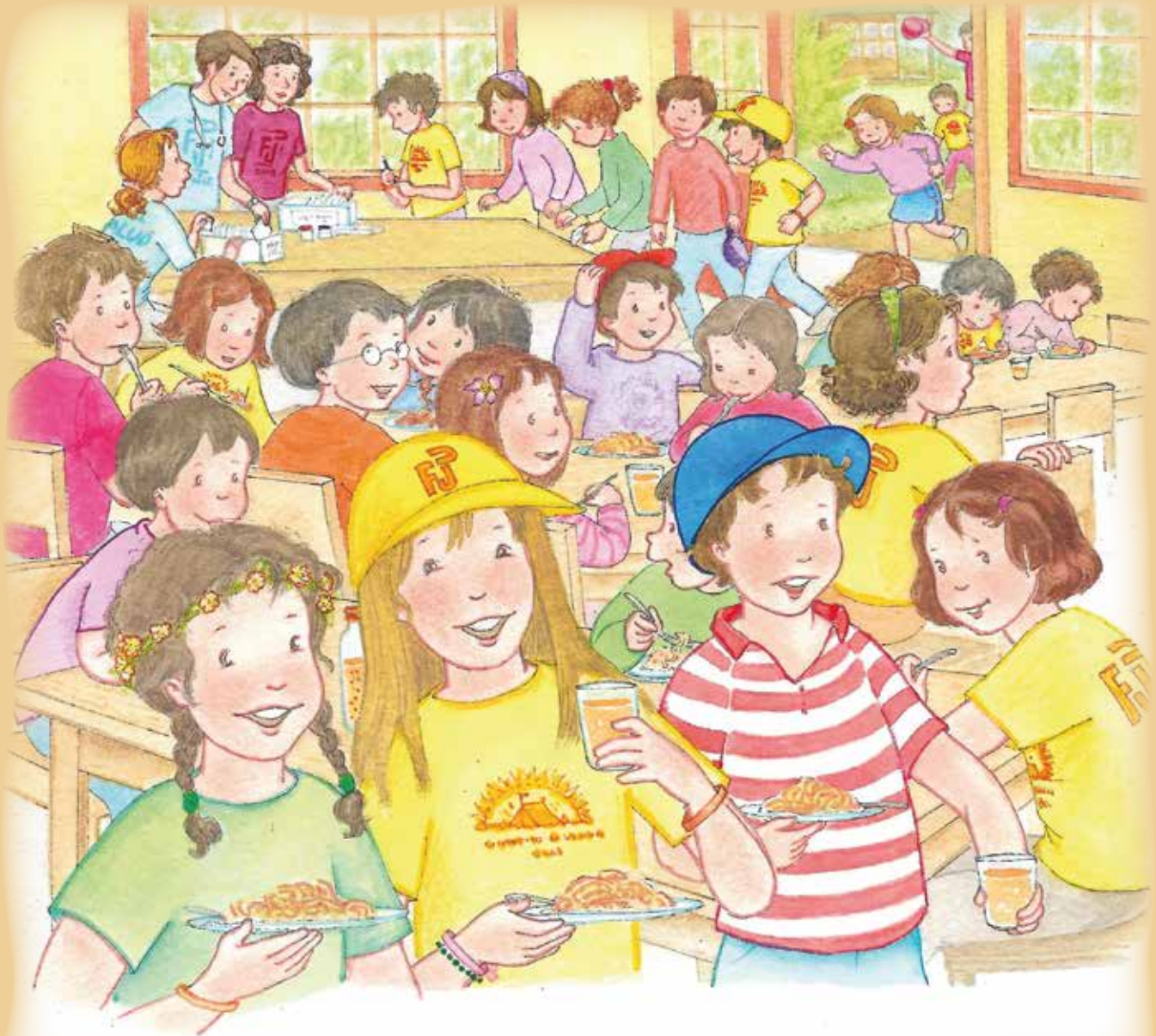


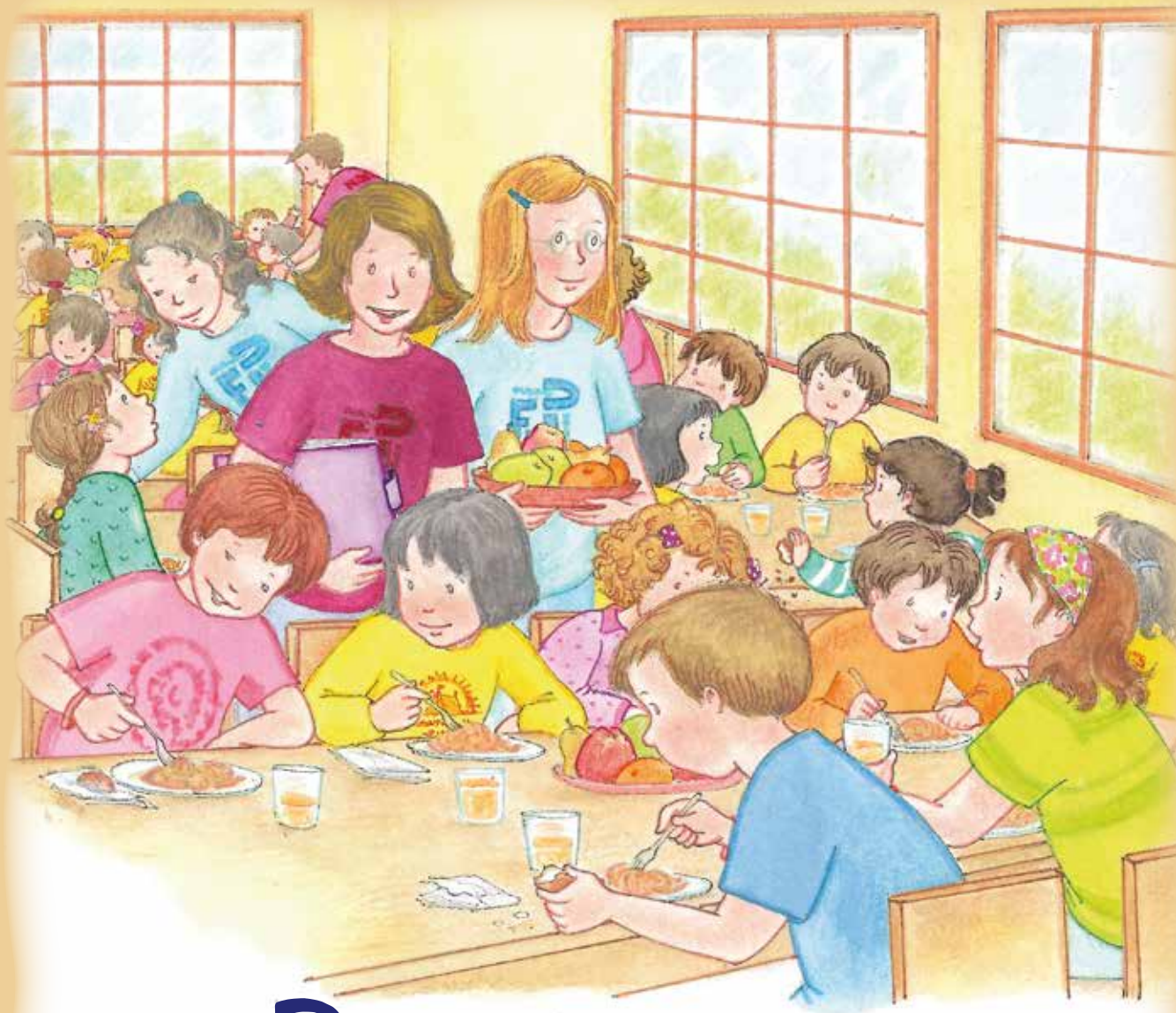
Before breakfast, all the campers measure their blood sugar. A doctor, a nurse, and two guides stop by the cabins to help calculate insulin doses. —look at all of us children measuring our glycemia!— Amalia says happily surprised.

The days are very active and lively:
walks, runs, dancing and many
new activities to learn while playing.

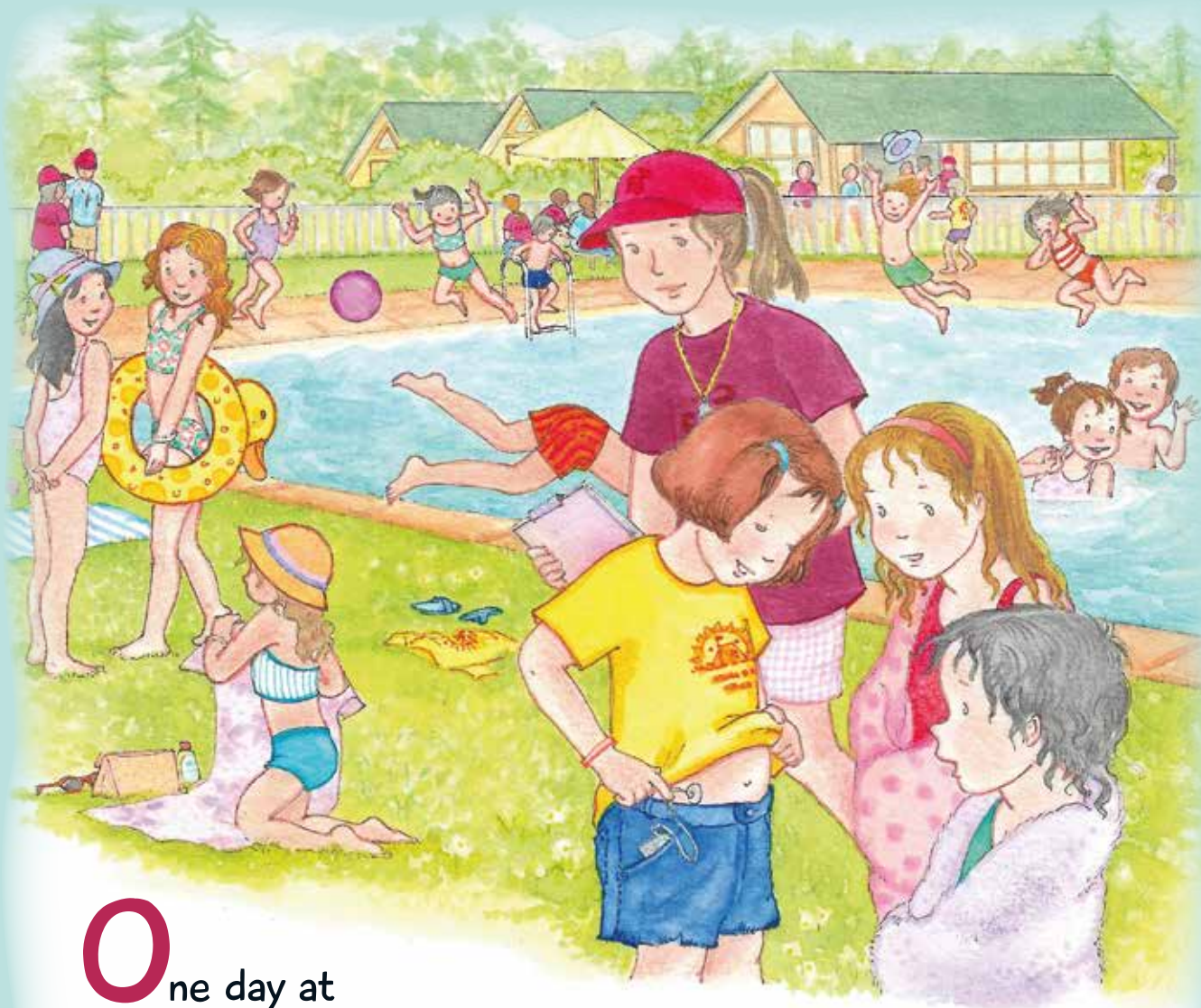


For lunch there are noodles with pasta sauce.
—My favorite food!— Amalia exclaims.





Before sitting at the table, all the children have measured their blood sugars and have counted the carbohydrates in the delicious lunch.

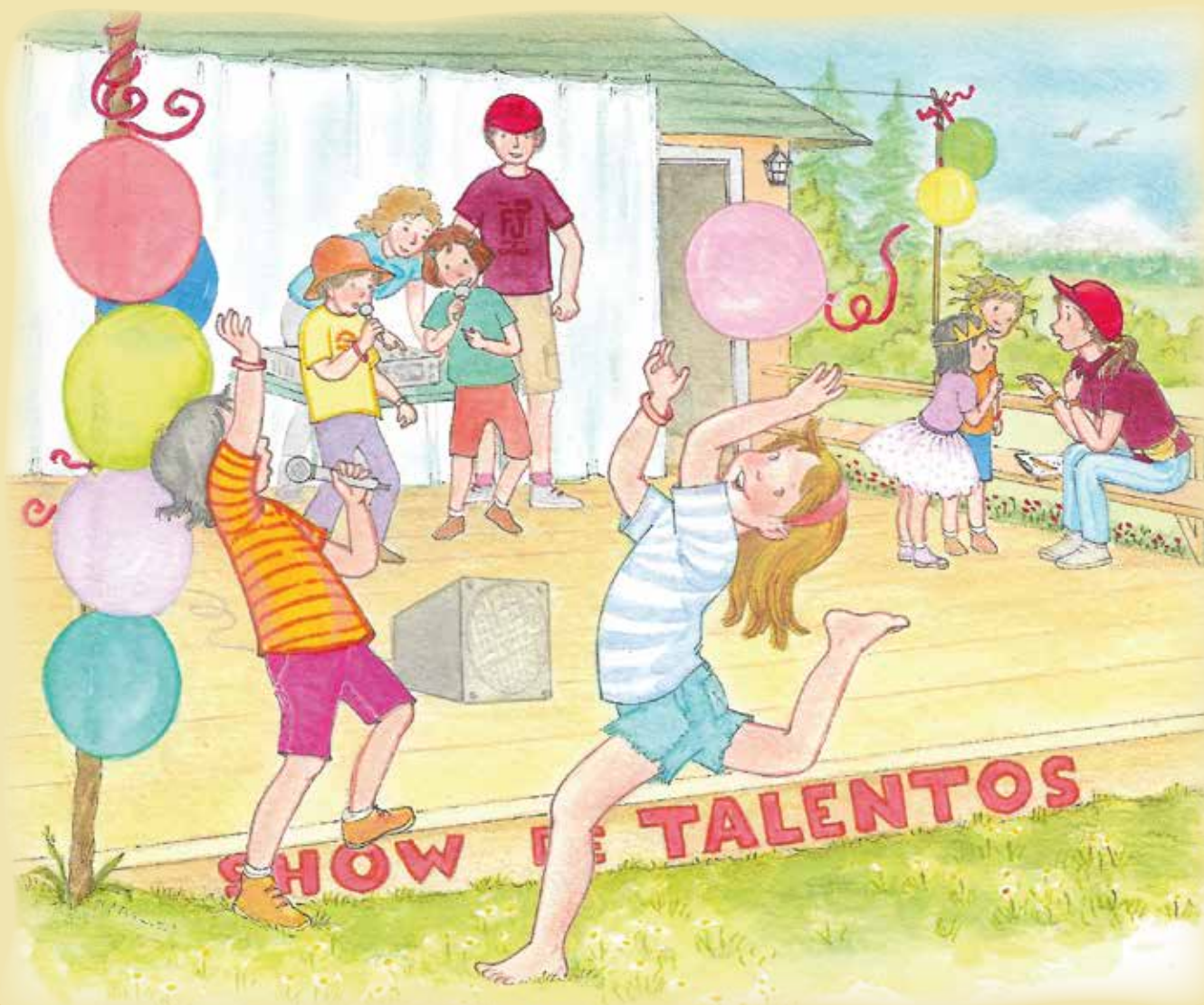


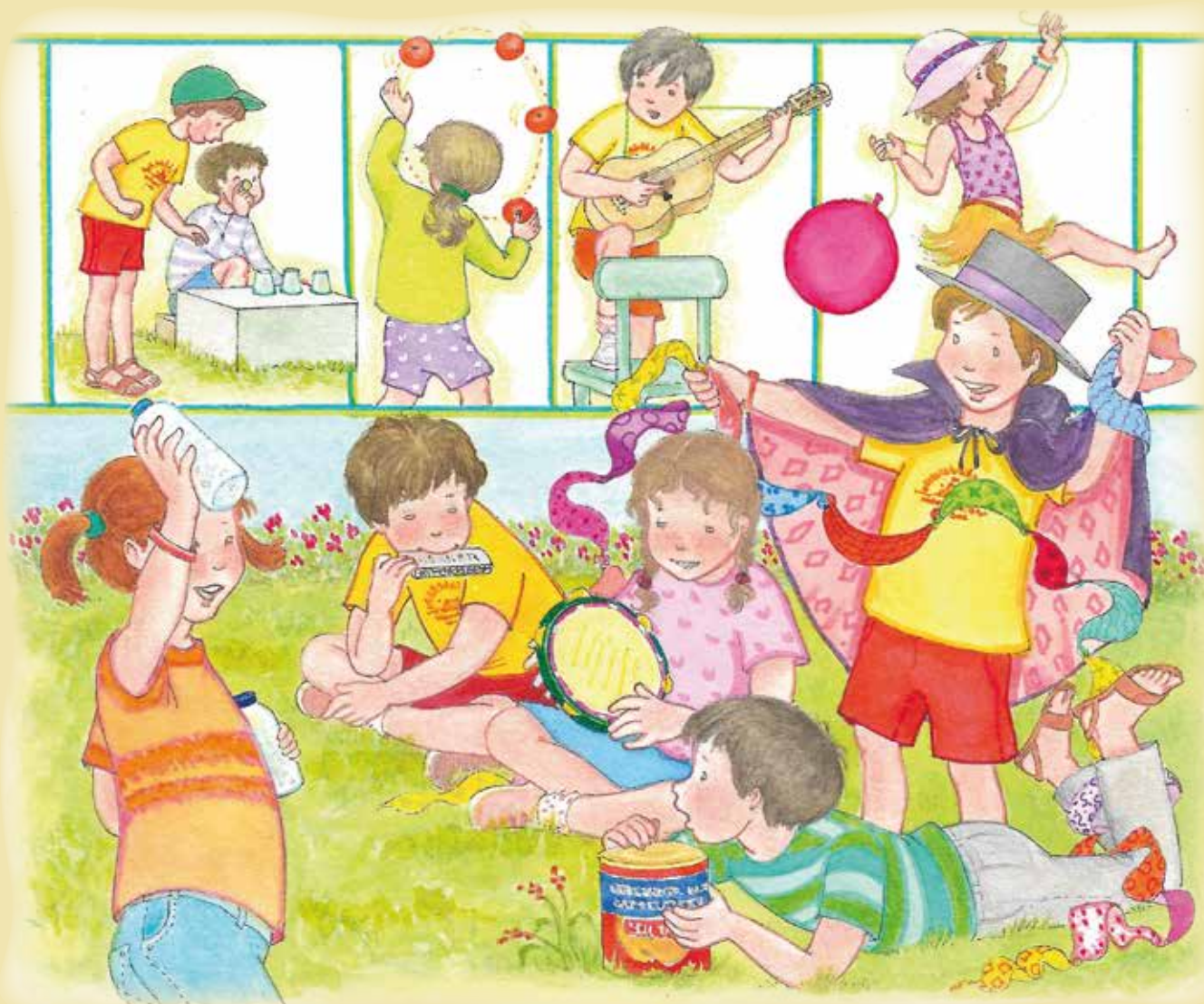
One day at the pool, Andrea asks Valentina: —What do you have there?— Ah, this... is a little machine that gives me insulin. Also, it tells me my blood sugar and I can enter the number of carbohydrates I am going to eat. Maria Paz listens to them and says: —Exactly! It's an insulin pump—.

It administers the insulin through this little hose and this sensor, and here on the arm, it measures my blood sugar. –Do you have diabetes too?– the children ask. "Yes, since I was five years old, but I have only recently got the pump," answers Maria Paz.



It almost the end of camp, and the children are rehearsing for the talent show. Martina wants to sing, and Amalia is going to perform a rhythmic gymnastics exercise.

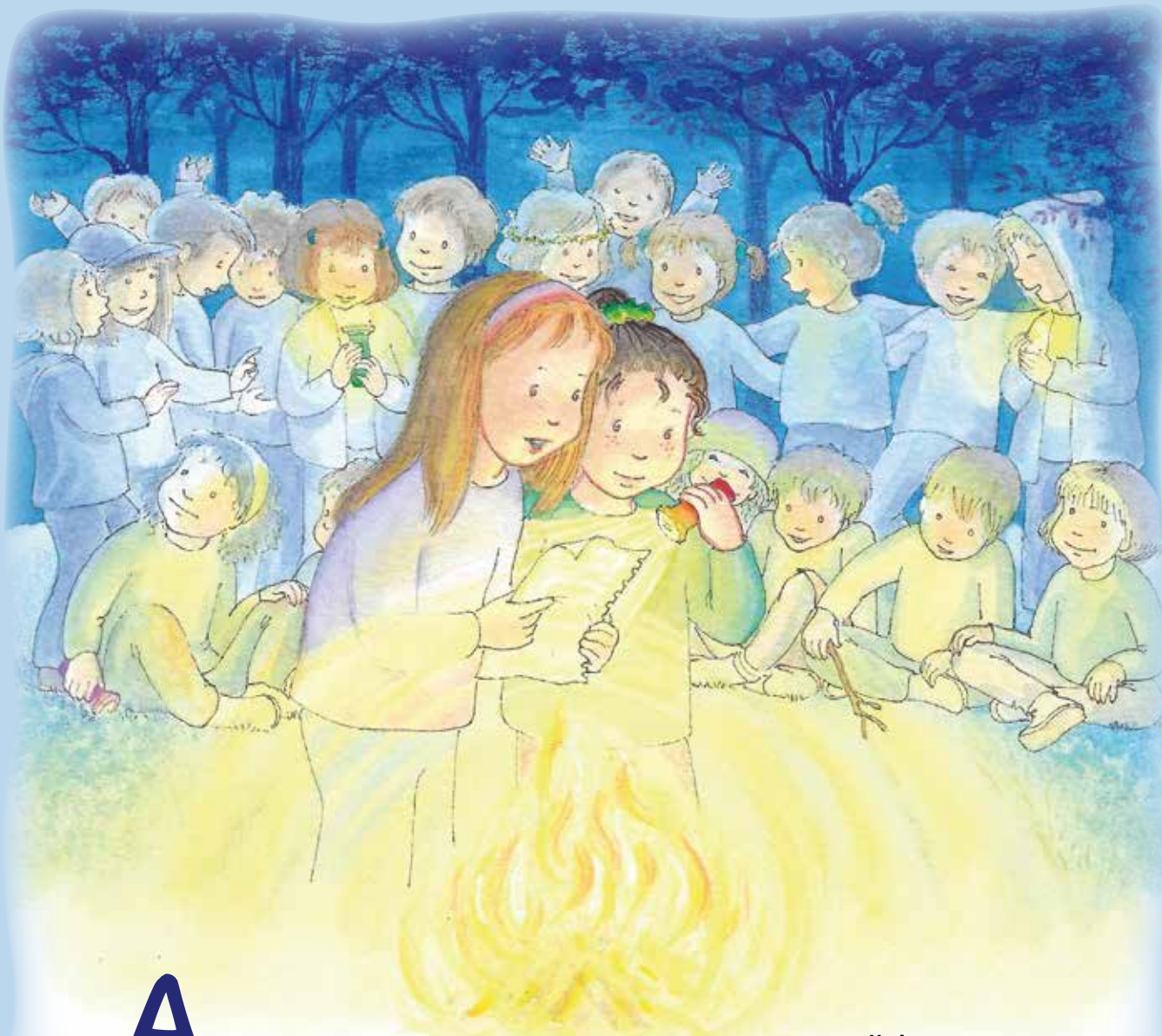




Some of the children are thinking of doing magic or juggling. Others prefer to play an instrument or dance. Everyone wants to contribute something to the show.

The bonfire is the final activity before the camp ends. The children each write a small letter reflecting on how they feel about the time that have shared living together, what they have learned, the things they liked the most, and their best memories.





Amalia gets emotional when she reads: "I've had a wonderful time! The best part of all is realizing that I am not the only one whose is different because I have diabetes. I feel better knowing that there are so many of us! It is like finding a big family."

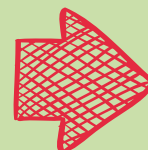


How quickly the days went by!
Today they go back home happy knowing
that they have made a lot of new friends.
They say goodbye to the camp and promise:

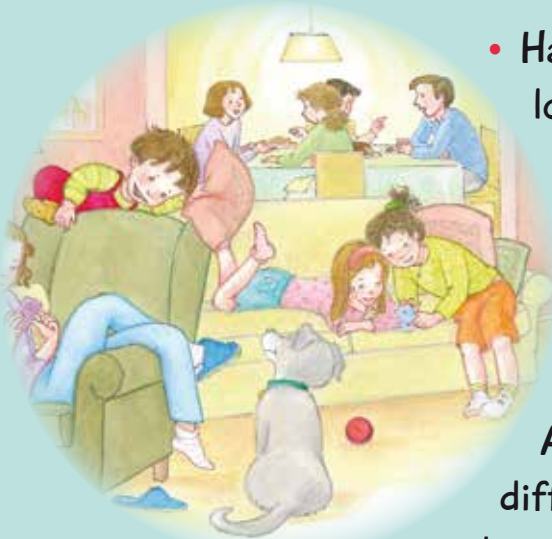
We will be back next year!



Notes for the children



Notes for the children

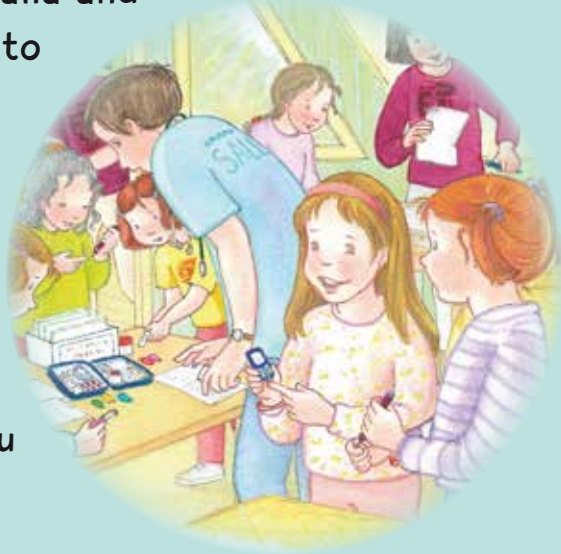


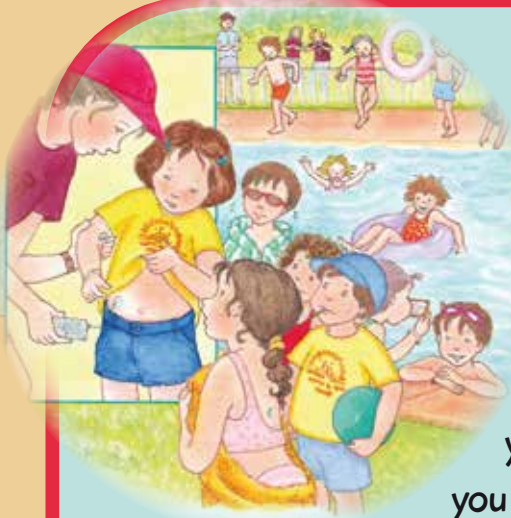
- Have you ever been in a place where lots of people have diabetes? Would you like to play, share, and learn with other boys and girls? Attending a camp is a great opportunity to meet and share with other boys and girls your age. Although each child comes from a different place and may have

some different interests than you do, it is a place where all children, just like you do, measure their glycemia, watch their diet, and take insulin every day. I'll bet you will be surprised by playing and learning with them, plus you make new friends!



- As a new experience, it is understandable that you might be nervous or scared (like Amalia and Valentina) and not really want to go. Here are some of the concerns you might have: it is a place where you will meet people other than the ones you see every day; where you will probably eat some food that is different from what you have at home; you will have activities, routines, and schedules different from your usual ones; you will sleep in a bed that isn't yours; and you will be cared for by people who are not your family.





- Have you thought about what it will be like to go home after camp? After attending camp you will probably really enjoy sharing with other children with diabetes and discover things that you can change that will make your daily life better and more fun. Just think, you will have new stories, games, and friends that you can share with your family and friends at school.

- Plus, you will probably learn new things about your diabetes, like different places for injections, better understand what happens to your body when your blood sugar drops, and what a healthy diet really means. Your new knowledge will surprise and impress your family and make them feel happier too! And maybe, you will have readymade vacation plans for next season, if you wish to relive the wonderful experience you had with your new "camping family".



See you at camp?
We will be waiting for you!

