



Preliminary program 5.11.2007

**Young Hearts 2008:
The VIII Conference for Adults with Congenital Heart Defects in Tampere,
Finland**

Sunday 13.7.08

Arrivals

17.00 –19.00 Dinner

Leisure time and getting to know each other

Monday 14.7.08

Theme: Expanding Patient Networks and Developing Patient Organization

09.00 Opening the conference

09.30 - 10.30 How the family organization was turned into an organization also for GUCHes?
Introduction of Finnish Association for Heart Children and Adults
Katja Laine, Finland

10.40 - 11.40 Discussion about theme

Lunch

13.00 -14.30 Icebreakers

15.30 - 17.00 ECHG (European Congenital Hearts Group) report years 2006-2008

Dinner

18.30 Reception at Tampere city hall

Tuesday 15.7.08

Theme: Expanding Patient Networks and Developing Patient Organization

09.00 - 10.00 How to reach new GUCH members
Paul Willgoss, UK and Maarit Seppälä, Finland

10.15 - 11.15 Discussion and gathering ideas

11.15 - 11.45 Summary of discussions (Monday & Tuesday)

Lunch

13.00 -17.00 Shopping and sightseeing in Tampere

17.00 - 20.00 Cruise on Lake Pyhäjärvi

Wednesday 16.7.08

Theme: Grown ups with congenital heart defect (GUCH) – the treatment and prognosis

- 09.00 - 10.30 How are the GUCHes treated in Europe?
Sabine Debrize, Germany
- 10.40 - 11.40 Discussion about theme
- 11.40 - 12.00 Summary of discussions
- Lunch
- 13.30 - 14.45 Exercises: Pilates / Water aerobics/ Nordic walking
- 15.30 Country presentations as posters
- 17.00 **Synja – The 10 years party**
Barbecue and activities
Sauna

Thursday 17.7.08

Theme: Grown ups with congenital heart defect (GUCH) – the treatment and prognosis

- 9.00 -11.00 Long-term results of paediatric cardiac surgery (in Finland)
Heta Nieminen, Finland
- Lunch
- 13.00 - Hiking and activities in Birgitan Polku
- 17.30 Dinner in Birgitan Polku
- Possibility to go out to the city (Tampere by night)

Friday 18.7.08

Theme: Grown ups with congenital heart defect (GUCH) – the treatment and prognosis

- 9.00 -10.30 Nutrition and diet with CHD
Anneli Ollus, Finland
- 11.00 – 12.00 Football match
- Lunch
- 13.15 – 14.45 European Young Hearts and ECHG – the future?
- 15.00 - 17.00 Conclusion
Selecting the next host country
- 18.00 Final Dinner and Party

Saturday 19.7.08

- 08.00 -11.00 Brunch

Departures

Registrations are possible for four persons to represent each country from November 2007 to March 2008 to Hippi Pintilä or Katja Laine from [Finnish Association for Heart Children and Adults \(Sydänlapset ja -aikuiset ry\)](http://www.sydanlapsetja-aikuiset.fi/fin/etusivu/?id=2) <http://www.sydanlapsetja-aikuiset.fi/fin/etusivu/?id=2>

. Conference fee is 250 euros per person which includes program, accommodation, meals, activities and transportation to and from Pirkkala Airport to Tampere (or Tampere railway/coach station).

City of Tampere is located 175 km to the north of Helsinki, Finland, and is easily accessible with direct flight connections and frequent railway and bus links. More information about Tampere can be found:

<http://www.tampere.fi/english/tourism/index.html>

The conference is held in Varala Sports Institute in Tampere: <http://www.varala.fi/index.php?get=/ENG/Varala>