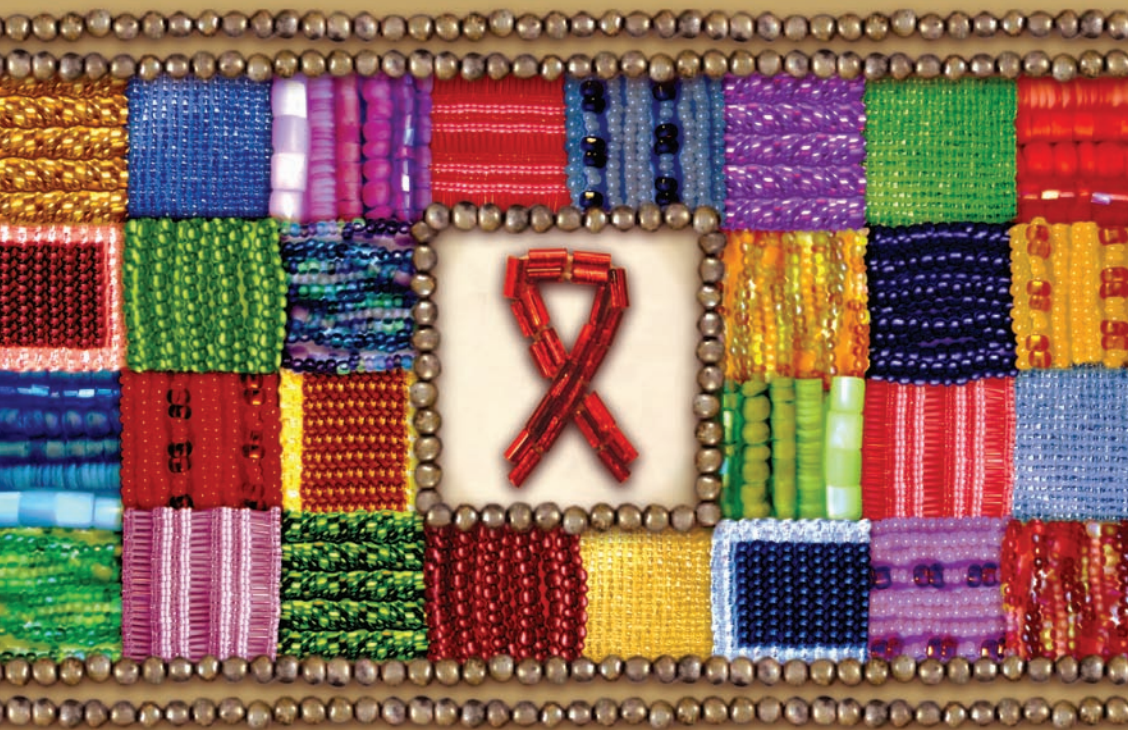


Youth Pocket Guide to Navigating International AIDS Conferences



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Youth Pocketbook Guide to Navigating International AIDS Conferences

An initiative of:

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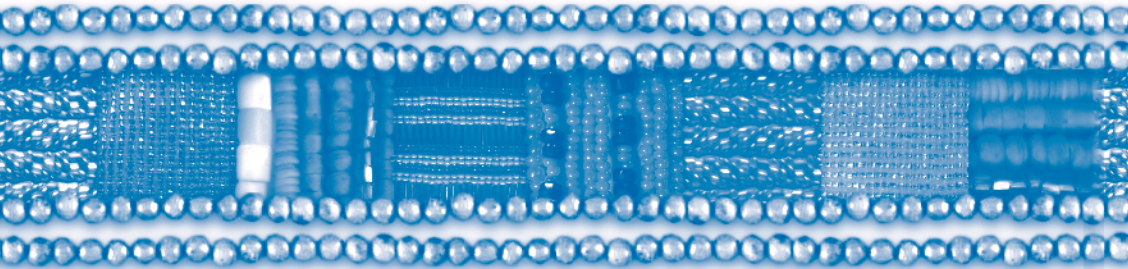
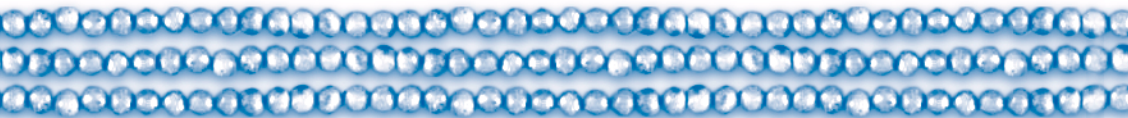


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1 Young People and the Conference

If you are reading this *Pocketbook*, it is likely that you are at, registered for, or interested in attending an International AIDS Conference (called the Conference herein). This *Pocketbook* was created by the AIDS 2006 Youth Programme and the United Nations Association in Canada (UNA-Canada) to support young people's efforts to raise and influence important issues that affect their lives and the lives of their peers and communities.

We recognise that young people often face barriers to participating in the programmes, policies, and research that directly influence their vulnerability to HIV/AIDS. Some of these barriers are a result of the developmental stage and experience of young people themselves (e.g. not knowing the terms and expressions used by professionals, not knowing how to navigate complex systems like the Conference, or feeling intimidated around adults). Many barriers, however, are imposed on young people by adults and through institutions, organisations, and systems.

The AIDS 2006 Youth Programme and UNA-Canada believe that young people are assets in their communities and the global response to HIV/AIDS. We believe that it is important to provide opportunities for young people to build their knowledge and skills, as well as to contribute to key international events such as the Conference. We hope this guide will help young people overcome the barriers they face and, in turn, fulfill their important role in the global response to HIV/AIDS.

What is the Conference?

The Conference is the largest international gathering focused on a single health issue. Since the world first became aware of the disease in the early 1980s, the Conference has provided a forum for the global community to work together to deal with HIV/AIDS. Scientists, health workers, government representatives, and activists share knowledge and learn from each other, network, build partnerships, and promote best practices for dealing with different HIV/AIDS issues.

The Conference is organised by the International AIDS Society in collaboration with civil society organisations and United Nations agencies. It is held every two years in a different city, alternating between the developing and developed world.

Why is the Conference important?

The Conference is a key event and impacts the world's response to HIV/AIDS on a local, national, and global level. This is done through sharing research findings and best practices. The world's media focuses on HIV/AIDS issues during the Conference week, which provides an important opportunity to raise awareness around the world. Many researchers, governments, and funders make important announcements during the Conference week. All of this helps to create a more coordinated way of dealing with HIV/AIDS.

What can't the Conference do?

The Conference is designed to support people who work and volunteer in the field of HIV/AIDS. It is not meant to provide personal health information and education to the people who attend. Each delegate to the Conference decides how to best use their time and what information they want to apply to their own work after the Conference.

Young people's participation in the Conference

Young people and adult allies have challenged Conference organisers since AIDS 2002 in Barcelona to recognise the importance of their participation and find ways of including young people in all aspects of the Conference. It may be hard to believe: only 200 of the 15,000 delegates at AIDS 2002 were 30 years of age or younger.

The Barcelona YouthForce was formed by two youth-focused and two youth-led organisations – Advocates for Youth, Family Health International, Students Against AIDS, and Student Global Justice - in response to the lack of attention to youth issues and platforms for youth participation at previous Conferences. YouthForce's advocacy efforts were continued at AIDS 2004 in Bangkok and at AIDS 2006 in Toronto.

These efforts were supported by many global leaders who recognise that young people play an important role in the response to HIV/AIDS. In a letter addressed to AIDS 2002 youth attendees, UN Secretary General Kofi Annan said "We know that whenever HIV prevention has been successful, it is you, the young, who have been at the forefront of change...We must maximize the participation of young people in prevention and care."

Conference organisers have made great strides to welcome young people at the Conference since YouthForce began. They have lowered registration fees and increased scholarships for youth and students, encouraged young people to participate in the Conference's governance and planning committees, formed a Youth Rapporteur Team to record the Conference from a youth perspective, and created the Youth Programme to encourage and support young people's participation throughout the Conference.

Young people – including young people living with HIV/AIDS – are now involved in the Conference in many ways. They hold official roles including working with adults to decide the priorities for each Conference and planning the programmes and events for the Conference week. Young people also present their research and projects and act as staff and volunteers. And, finally, there are young people who are delegates.

You can get involved in many ways, depending on your interest. The Youth Programme can help you find a way.

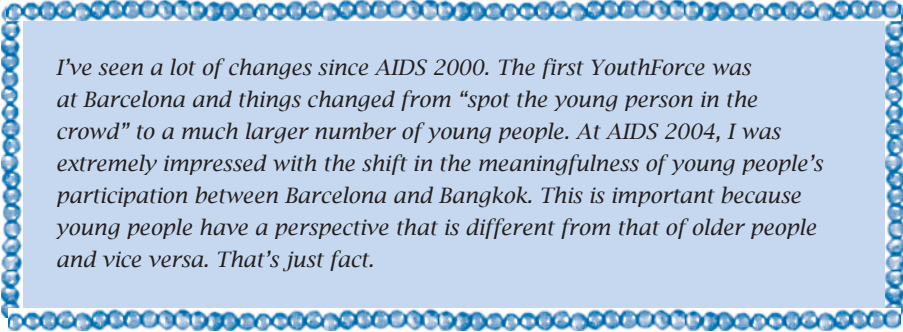
Youth Voice: Moving up the ladder from tokenism to meaningful participation

Alischa Ross, Australia

Two years after my mother passed away from an AIDS-related illness, I had an opportunity to go to the Conference in Durban. I hadn't even been to a local Conference at that point, let alone one of the largest gatherings in the world. So there I was in a whole new place, a little apprehensive, nervous, not knowing anyone, and quite overwhelmed. Cramping 20,000 people into one convention centre for a week makes for a chaotic, crazy environment!

One of the first things that hit me was that I felt out of place. In hindsight I recognized that it wasn't because I didn't know a lot of people but rather that I was so much younger than everyone there. I think there were maybe 40 to 50 people under 25 years registered at Durban. The experience was like, "Oh, wow, a young person! Spot the young person!" Being so much younger adds a whole other level of pressure for young people trying to get involved in initiatives that are primarily run by adults.

My experience in Durban was probably my greatest inspiration. I learned about peer education programmes set up and implemented completely by young local South African people. I thought, "Isn't it amazing that we've got nothing around HIV education for young people in Australia?" That got me thinking that I wanted to set something up to rectify this problem. Over the next couple of years I developed Y.E.A.H. (Youth Empowerment Against HIV/AIDS).



I've seen a lot of changes since AIDS 2000. The first YouthForce was at Barcelona and things changed from "spot the young person in the crowd" to a much larger number of young people. At AIDS 2004, I was extremely impressed with the shift in the meaningfulness of young people's participation between Barcelona and Bangkok. This is important because young people have a perspective that is different from that of older people and vice versa. That's just fact.

Why is HIV an important issue for young people?

Today's young people have not known a world without AIDS. Young people are disproportionately affected in the HIV pandemic: half of new infections worldwide are among people 25 years and younger. In the twenty-five years between the time HIV emerged and 2006, UN General Assembly states in its *Declaration of Commitment on HIV/AIDS: 5 Years Later* that "...more than 65 million people have been infected, more than 25 million people have died, and nearly 1 in 20 children in Sub-Saharan Africa have been orphaned by AIDS. AIDS is now the leading cause of premature death among both men and women aged 15 to 59. Among the 40 million people currently living with HIV, more than 95 percent are in developing countries."

Young people are disproportionately affected in the HIV pandemic: over half of new infections worldwide are among youth aged 15 to 24. Currently, 4.1% and 1.6%, respectively, of the world's young women and young men aged 15 to 24 are living with HIV/AIDS. Young people must face the economic and social impact of HIV/AIDS on families, communities, and nations.

Why is young people's participation important to the global response?

An important reason for young people to participate in international decision-making processes is that they make up nearly half of the world's population! The UNFPA estimates that there are 3 billion young people under 25 years of age, 1.2 billion of whom are adolescents aged 10 -19.

The *Convention on the Rights of the Child*, signed by 192 countries, emphasises that people under 18 years have a right to participate in decision-making processes that affect their lives. Meaningful participation involves adults sharing decision-making with young people. This requires that young people are seen as assets within their communities and opportunities are made for their voices to be heard and talents cultivated.

The United National General Assembly's *Declaration of Commitment* (DoC) also highlights the impact of HIV/AIDS on young people and the importance of their participation in the global HIV/AIDS response. The DoC was adopted by the Member States at the United Nations General Assembly Special Session on HIV/AIDS in June 2001. The DoC reflects global recognition of the HIV/AIDS pandemic as the single greatest threat to the well-being of future generations. The DoC is unique in that it recognised the specific vulnerability of young people to HIV/AIDS and has established time-bound targets for action.

Research into young people's psycho-social development also indicates that participation has positive benefits for the involved youth and makes organisations, programmes, and policies targeting young people work better. Young people have opportunities to gain knowledge, build skills and confidence, develop meaningful relationships with adults, and contribute to their community. Young people's involvement makes policies, programmes, and services more youth-friendly, increasing the likelihood that youth in the community will get their needs met. This fits with a common belief within international development and health promotion that programmes and policies work better when the people for whom they are intended are involved in the development process.

Know what the global community has agreed to about youth participation!

Here are some key parts from international agreements and principles that support young people's participation in the global HIV/AIDS response and at the Conference.

Convention on the Rights of the Child

<http://www.unhchr.ch/html/menu3/b/k2crc.htm>

(Article 2) States Parties shall respect and ensure the rights set forth in the present Convention to each child within their jurisdiction without discrimination of any kind, irrespective of the child's or his or her parents' or legal guardians' race, colour, sex, language, religion, political or other opinion, national, ethnic or social origin, property, disability, birth or other status...

(Article 12) States Parties shall assure to the child who is capable of forming his or her own views the right to express those views freely in all matters

affecting the child, the views of the child being given due weight in accordance with the age and maturity of the child...

(Article 13) The child shall have the right to freedom of expression; this right shall include freedom to seek, receive, and impart information and ideas of all kinds...

(article 24) States Parties recognize the right of the child to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health. State parties shall strive to ensure that no child is deprived of his or her access to such health care services...

DoC

<http://www.un.org/ga/aids/coverage/FinalDeclarationHIVAIDS.html>

(Paragraph 37) By 2003, ensure the development and implementation of multi-sectoral national strategies and financing plans for combating HIV/AIDS that (...) involve partnerships with civil society and the business sector and the full participation of people living with HIV/AIDS, those in vulnerable groups and people mostly at risk, particularly women and young people (...)

(Paragraph 47) By 2003, establish time-bound national targets to achieve the internationally agreed global prevention goal to reduce by 2005 HIV prevalence among young men and women aged 15 to 24 in the most affected countries by 25 per cent and by 25 per cent globally by 2010, and to intensify efforts to achieve these targets as well as to challenge gender stereotypes and attitudes, and gender inequalities in relation to HIV/AIDS, encouraging the active involvement of men and boys;

(Paragraph 53) By 2005, ensure that at least 90 per cent, and by 2010 at least 95 per cent of young men and women aged 15 to 24 have access to the information, education, including peer education and youth-specific HIV/AIDS education, and services necessary to develop the life skills required to reduce their vulnerability to HIV infection, in full partnership with young persons, parents, families, educators and health-care providers;

(Paragraph 63) By 2003, develop and/or strengthen strategies, policies and programmes, which recognize the importance of the family in reducing vulnerability, inter alia, in educating and guiding children and take account of cultural, religious and ethical factors, to reduce the vulnerability of children and young people by: ensuring access of both girls and boys to primary and

secondary education, including on HIV/AIDS in curricula for adolescents; ensuring safe and secure environments, especially for young girls; expanding good quality youth-friendly information and sexual health education and counselling service; strengthening reproductive and sexual health programmes; and involving families and young people in planning, implementing and evaluating HIV/AIDS prevention and care programmes, to the extent possible.

What do young people have to offer other delegates?

Young people come to the Conference through many different channels. Some are invited by the Conference organisers as speakers; some represent their government, the United Nations, or a civil society organisation; some come as part of their schooling; and others find their own way to the Conference. Each young person - no matter how they got involved - has much to learn and to teach while at the Conference.

Young delegates play an important role in drawing attention to the issues that leave young people vulnerable to HIV/AIDS and providing ideas for effectively responding to the HIV pandemic. Youth perspectives and energy have the potential to stimulate, direct, and contribute to progressive change. Young people can challenge long-held ideas that leave their peers without the necessary information, programmes, and services to make healthy choices. And they often have innovative and cost-effective ideas for meeting the needs of their communities.

Young people are able to share their perspectives at the Conference in many ways. They ask questions and contribute to discussions during sessions, draw attention to the gaps in research and programmes that exclude young people, talk to the media about youth issues, and participate in advocacy efforts with other young delegates.

If you are interested in getting involved, the important thing is to find a way to contribute that feels right to you and meets your goals for being at the Conference.



2 Conference Basics

What are the programme areas?

Unique programmes are created for each Conference to respond to the current state of the HIV pandemic and the needs of those responding to it. For example, AIDS 2006 has three programme areas: Scientific, Community, and Leadership. This is to acknowledge that stopping HIV/AIDS involves many different players. Each area is guided by an international committee of people who are knowledgeable about that area, including scientists and students, community workers and activists, and political and faith-based leaders.

Scientific programming is the oldest part of the Conference, focusing on research from social, biomedical, and public health sciences. The Conference was created in the 1980s as a way for experts to come together to share cutting-edge scientific discoveries about this previously unknown and mysterious disease. The Conference has played a key role in establishing how people become infected with AIDS; that a virus causes AIDS; how pharmaceuticals can be used to treat HIV/AIDS; and much more.

Geneva Principle: The Geneva Principle was agreed to by Science and Community at AIDS 1998 in Geneva. It states that "...the notion of community involvement in the planning of an international AIDS conference is as important as that of the scientific community, and that representatives of both groups should participate on an equal footing towards this goal." This is a useful principle for supporting young people's participation in the Conference.

Community programming was developed in the 1990s to ensure that people living with HIV/AIDS (PLWHA), health workers, and other supporters were included in this important decision-making event. Many non-scientists felt excluded from the Conference when it is only a scientific gathering, and were concerned that the outcomes did not address the needs of people living with and affected by HIV/AIDS. The Community Programme was created through the advocacy and activism efforts of these communities. Even today, there are discussions about how to best manage and integrate the needs and priorities of Science and Community in the Conference.

Leadership programming is the newest addition to the Conference. Leadership programming started during AIDS 2004 in recognition of the important role leaders of governments, businesses, faith organisations, and other groups play in the global response to HIV/AIDS.

What happens at the different types of sessions and events?

There are many different types of sessions and events during the Conference. These include:

Youth Programme: The Youth Programme cuts across all aspects of the Conference to ensure that young people are involved in its planning and are able to participate fully in all aspects of the Conference Programme. This includes supporting youth participation in Conference committees and sessions and helping young delegates get the most from their time at the Conference.

Plenaries: Plenaries are large meetings that are open to all delegates. They happen at the opening and closing of the Conference and first thing each morning. Daily plenary sessions provide an opportunity to listen to leading experts present on key topics. The Rapporteurs provide a summary of the entire Conference in the last morning session. No other formal sessions are scheduled during these important sessions.

Abstract-driven sessions: Poster and oral abstracts provide an overview of research findings from around the world. Young people and other experts submit abstracts that are then scored by a panel of international reviewers. The Abstract sessions are part of the Scientific Programme.

Non-abstract sessions: These sessions provide opportunities to discuss what people have learned through their work, find common ground between different opinions, help the three programme areas work better together, and build skills for future work. Non-abstract sessions are part of the Community, Leadership, and Scientific Programmes.

Skills building sessions: Interactive, creative training methods are used to share expertise with colleagues from other regions of the world. The subjects explored are of critical importance to those facing the realities of the AIDS pandemic today – whether they are a medical professional, researcher, politician, administrator, outreach worker, peer advocate, caregiver and/or a person living with HIV/AIDS. Skills building sessions foster collaboration between delegates from the Community, Leadership and Scientific sectors.

Global Village: Through interactive and participatory space, the Global Village highlights key HIV-related issues, concerns, and priorities facing various HIV-affected communities. The Global Village promotes dialogue, encourages networking, builds solidarity, and promotes inclusion in the global community. This community-focused space integrates community, science, and leadership. The Global Village is part of the Community Programme.

Cultural Activities Programme: The Cultural Activities Programme includes films and videos, visual arts, literature, and musical and theatrical performances. Educators, professional and amateur performers, and community members from across the globe showcase their methods and tools for arts-based communication and education.

Persons Living With HIV/AIDS (PLWHA) Lounge: This lounge provides a space where PLWHA can rest, relax, and rejuvenate. Many people enjoy the opportunity to meet and talk with other PLWHA, hold informal meetings, take their medications, or get a snack.

Satellites: Satellite meetings are organised independently by host organisations – from private companies to government agencies to NGOs. They occur during the first day of the Conference, and before and after the official programme from Monday to Thursday.

Exhibits: Exhibit booths can be found in the Global Village and inside the Exhibition Area of the Conference. These are hosted by private companies, governments, and NGOs.

Affiliated Events: Affiliated events are other meetings, symposia, or forums organised for Conference delegates outside the Conference venue, outside of programme hours, by other organisations.

What happens outside of the sessions and events?

Much of what happens at the Conference happens outside of the formal programme. This is an opportunity unlike any other: You may be in the same room as world leaders, representatives from large funding organisations, renowned scientists, celebrities, high-level officials from your country, and community workers and health professionals. The world's media are also focused on HIV/AIDS during the week, with over 2,500 journalists at the Conference. This makes for a rich environment in which to advocate, network, build partnerships, and communicate with the world.

Tip from a Pro: There is a lot of information provided before and during the Conference. It can be overwhelming to know where to look and for what. You may find it easier to sift through this information if you know what you want to get from your time at the Conference. In fact, some people say that the only way to survive the Conference is to plan in advance: there is little to no time for this once you arrive.

You can find ideas to help you with planning under the “Make a Conference Plan” section in the Toolbox.

How do I find out when sessions and events are happening?

The most up-to-date information about what is happening during the Conference will be in your delegate bag, given to you upon registration at the Conference site. The delegate bag includes the *Conference Programme*, which lists all the sessions, including those relating to youth, and the *General Information Booklet*, which provides key information on all the programmes and services at the Conference. You may also find documents that provide an overview of specific kinds of sessions and events, for example, a document describing what will happen in the Global Village.

Information is available on the Conference and Youth websites before the Conference begins. Updates are added regularly. It is a good idea to check the website often so you know as much as possible before you arrive. You may have to be a creative web surfer to find the information, but it is worth it.

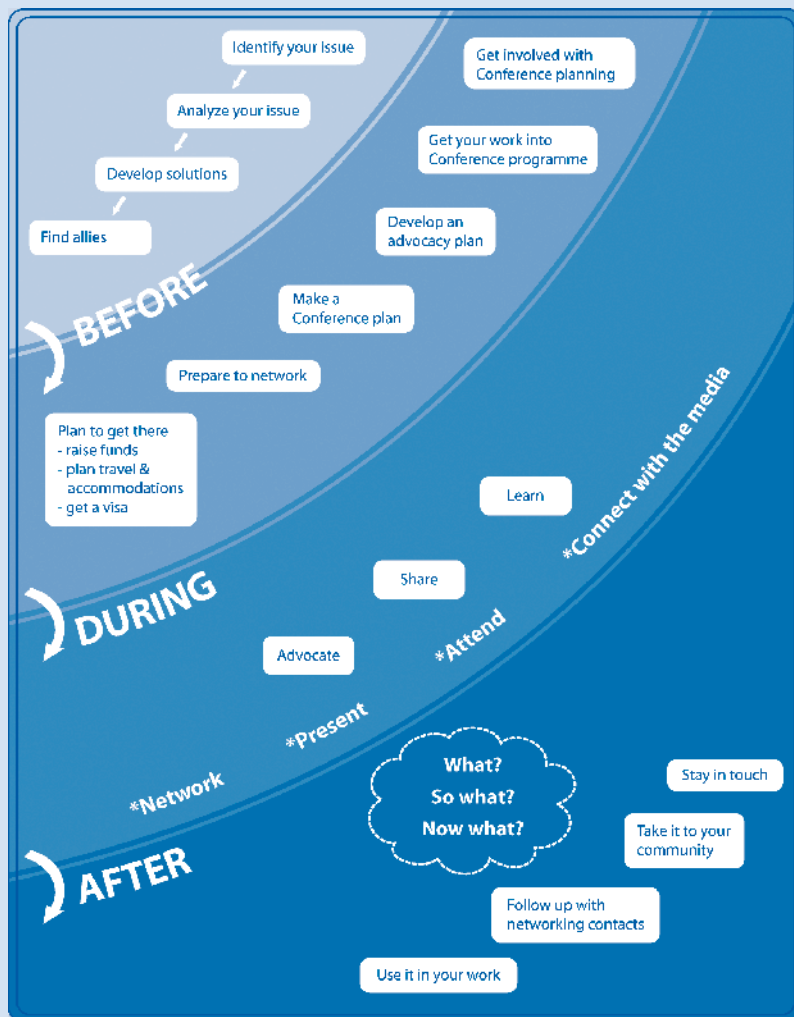


3 Youth in Action: How to Be Effective at the Conference

Each young person attending the Conference has different reasons for being there. Maybe you want to learn new ideas, or share your research, or influence funders and decision makers. It is up to each young person to define what it means for them to be effective or successful at the Conference.

The “Model for Effective Youth Action at the Conference” highlights the three primary activities young people engage in during the Conference, and the preparation and follow-up work that supports their effectiveness.

Model for Effective Youth Action at the Conference



Before you go

One thing that you have in common with all young delegates is that you are more likely to be effective if you put some time and effort into planning a strategy. Being effective at the Conference has a lot to do with what and how much you do beforehand. This includes knowing your own goals for the Conference; background information on the global pandemic, your specific issue, and governmental commitments; and how to access the many different parts of the Conference.

Here are some tips on *what* to consider as you prepare. The Toolbox provides suggestions on *how* to prepare to get the most out of the Conference.

- ☑ **Know what's important to you and why:** Making the most of your involvement in the Conference starts with planning. The first step is to identify what issue(s) is most important to you and why you care about that issue. This will help you identify ways that you can use the formal and informal parts of the Conference to make a difference around this issue.
- ☑ **Understand the underlying issues:** HIV/AIDS is a complex issue involving many different layers of causes and impacts. Understanding these different layers is an important step in deciding upon and advocating for a solution.

It is a good idea to make sure you know a little bit about each of the three following broad areas:

- o **Biomedical sciences** tell us about the virus: how it reproduces, affects the human body, and how medicines can interpret the impact of HIV on the body.
 - o **Behavioural sciences** give us insight into people's behaviour and possible ways of reducing HIV risks.
 - o **Social sciences** points to the broad social, political, and economic factors that influence human behaviour and limit life choices and chances.
- ☑ **Help plan the Conference:** Volunteers from the Community, Leadership, and Scientific sectors play a large role in creating each Conference. They sit on committees that inform and shape the Conference programme, participate in task forces that plan specific activities or make decisions about session applications, and review and score abstract submissions from around the world. Most of these positions are recruited a year or two before the Conference. Contact the Conference Co-Organisers to see how you can get involved.
 - ☑ **Get your work in the Conference programme:** Most of the sessions and events at the Conference are the result of proposals from researchers, activists, and community workers who want to showcase their work. Presenting at the Conference is a great way to engage other people in addressing the issues that are important to you.

Each abstract proposal is independently reviewed and scored by a minimum of three experts, called Abstract Reviewers. Session proposals are reviewed and scored by selection committees. Abstract Reviewers and Selection Committees have criteria for scoring proposals. This includes the fit with the Conference's theme and priorities, the quality of the work, how it fits within the international context, and the capacity of the submitter to do what they are proposing, among others.

Most deadlines for the Conference are in February. Check the Conference website for the exact date.

- ☑ **Develop an advocacy plan:** Many people use their time at the Conference to advocate for change in their local community, country, region, or around the world. You will have opportunities to interact with people at the Conference, who you would simply not have access to at home. This increases your ability to bring your issue to their attention and, hopefully, on their list of priorities. And this, in turn, can increase your ability to create change back home.

Advocacy is usually associated with changing a situation that is seen as unfair. Sometimes the rules of governments, institutions (such as universities and churches), and organisations are set up in ways that create barriers, harm, or other injustices for individuals and groups of people. Advocacy is one way that people try to change the rules (often called policy and legislation) and/or increase access to services within organisations, institutions (like a university), or government.

There are many ways to advocate for an issue. The important thing is to know what you want to achieve, who you need to convince, and how you can motivate them to do what you believe is necessary. Once you know this, you can put together your strategy for change.

- ☑ **Connect with other delegates:** Use the Delegate Connector on the Conference website to connect with other delegates with similar interests and from your region. You can meet other young delegates through the Youth Site.

During the Conference

You may feel overwhelmed when you arrive at the Conference. The Conference is a busy place with hundreds of things to do at any one moment and over 20,000 people. Whether it is your first international trip or not, it is likely that you will be in an unfamiliar country. Here are some tips on *what* you can do to get the most out of your time at the Conference. The Toolbox provides activities and tools that may be useful.

- ☑ **Make a Conference plan:** The Conference week can be a decision-making marathon! When you arrive at the Conference, you will receive the *Conference Programme* which provides a description of all the sessions and events taking place in the coming week. There are thousands of abstracts to view and hundreds

of sessions and events to attend. Many people find it overwhelming to be confronted with so many choices.

- ☑ **Tips for getting the most out of your time at the Conference:** Getting to the right sessions at the right time is only one part of getting the most out of being at the Conference. Here are some tips to help you take advantage of all the opportunities you may encounter.

- *Find a mentor.* Pay attention to seasoned veterans of the Conference, especially experienced young people. Do not be afraid to ask for their support. Many people will gladly share their insights into how to get the most out of the Conference, helping you get through the steep learning curve in a more productive way. You can get tips on how to navigate the Conference without agreeing with all of their opinions or perspectives.
- *Build relationships with other young people.* It can feel overwhelming to be on your own at the Conference. Make efforts to meet other young delegates. It is likely that you are working on common issues. The Youth Programme is a great support for making these connections.
- *Take advantage of your youth.* Many doors will open to you simply because you are young. Youth are increasingly being recognised within the global HIV response as a group whose voices must be heard in designing policies, programmes, and services. Often government officials, policy-makers, and community workers will welcome conversations with you because you offer a different and exciting perspective. You may find you have the freedom to say some things that adult delegates may not be able to say.
- *Gracefully manage times when things don't go your way.* While many doors may open to you at the Conference, others will remain closed. Everyone at the Conference is busy and has an agenda. There are many people who want to speak with the dignitaries, senior bureaucrats, and other high-level decision makers. You may occasionally feel like your approach has been dismissed or ignored. This may also happen occasionally in sessions when you share an

Tips from a Pro: Believe me when I say that, at any given moment, you could be at one of a hundred different sessions. There is just so much to do. Long before I get to the Conference, I try to decide the three main things I want to get out of being there. Getting the most out of the Conference is a balancing act. Don't be fooled into thinking you have to go everywhere your friends go. Everyone is different, has different goals, and operates in different ways. After all, the point of attending the Conference is to bring home information and experiences to improve and extend your work in the fight against HIV/AIDS!

opinion or raise a question. While such situations are undoubtedly annoying, try to stay calm, remain polite, and remember that there are many other delegates who will be open and supportive of your perspectives.

- *Understand that there are different degrees of access.* Not all young people will be treated equally at the Conference. Some young people will have more access to networking with VIPs and providing input into high level meetings by virtue of their past experiences or who they know. Youth from under-resourced backgrounds may find themselves left out of networking opportunities that take place over expensive meals, and younger youth from networking in lounges or nights clubs. Try to get the most out of the opportunities that come your way and accept that there are some things that are beyond your control.
- *Understand diversity among young delegates.* Young delegates come from different economic and social realities. There is different access to information, technology, monetary resources, and HIV prevention, treatment, care, and support among young delegates. As well, there are different beliefs about gender, sexual orientation, and sexuality.

While diversity can create a rich learning experience, differences may also contribute to disagreement and conflict. It is possible that you may feel discriminated against, like you are being held accountable for the actions of your country, angry about injustices experienced by people in your community, or guilty about what you have that others do not.

One strategy for dealing with disagreement and discrimination is to calmly state how you are feeling. For example, "I feel like I am being blamed..." or "I feel left out when everyone is talking so fast." This shows that you recognise miscommunication and would like to calmly sort it out.

Be mindful that each person comes from a different context and has a different relationship to HIV. Some people may have lost many people in their family and communities to HIV.

- *Recognise language barriers.* The primary language used at the Conference is English. This can create a significant barrier for young people from non-English speaking countries, who may feel marginalised. Try to use simple, easy to understand language if English is your first language. If English is a foreign language for you, find strategies for increasing your understanding and taking care of yourself. Keep a notebook of new words, carry a language dictionary, find someone who wants to go to the same sessions, who can interpret for you, etc. Being immersed in another language can be exhausting! Make sure you get enough sleep and go easy on yourself.

- *Understand the issues of representation.* The question of who you and other young delegates represent at the Conference is a debateable issue. Reflect on whose voice you are representing at the Conference: your voice, young people from your home community or country, those who access your organisation, or a specific sub-group of young people? It is a good idea to talk with some of the young people you will be representing at the Conference to get their perspectives and solutions.

Youth Voice: Finding commonalities in chaos

Alischa Ross, Australia

I have grown up in a family affected by HIV since I was eight years old. My mother and younger sister had HIV, and in my early teens, my mother married a man who also had HIV. It's quite unusual in Australia to have your whole immediate family living with HIV.

Over the years I had come to know the social and medical issues of AIDS intimately. My mum was quite active in the local community, giving talks at schools and being involved in a women's HIV support group. I often joined her and that was my introduction to the HIV community. This led to my interest in wanting to tell my story, which was part of my mother's story, but also quite different: it is my experience as a young person witnessing the impacts of HIV/AIDS.

My younger sister passed away when I was 11 and my mother, when I was 18. It was around that time that I decided to take a step back from the whole issue of AIDS. However, within a few months I reconnected and recognised that AIDS had been one of the biggest experiences of my life. I had an opportunity to share what I knew about it and turn the experience into a positive outcome.

At the age of 20, I attended my first Conference. I met some incredible people. The person who will stay with me forever was a young South African guy who, over the course of that week, shared with me that his mother had also been HIV+, and that he had lost her quite recently. As it turns out, I was the first person he had ever told about his mother's experience with HIV. That was the first time I had met anyone close to my age that had had a similar experience of losing one of their parents to HIV/AIDS.

Networking and partnership building

Networking means meeting new people, sharing ideas, and developing strategies to move your agenda(s) forward. The Conference is a great place to do this because there are many different types of people from around the world in attendance. Networking at the Conference is great for connecting with people doing similar work, building partnerships, promoting your work and possibly securing funding for projects, and influencing government policy and decision makers.

Tips from a Pro: I was fortunate to have some great advice the first time I went to the Conference: one of the greatest things that can come out of the Conference is the networking. Let's face it, a lot of the factual information, breaking news in science, and the Community Programme ideas can often be found on the internet and in publications. But getting on a plane and travelling to the Conference means you have face-to-face access to a whole range of people, and that's something you should really utilise.

Networking should start long *before* the Conference itself. Making local connections with like-minded individuals and organisations is important in order to familiarise yourself with major issues, establish a support system, and even share resources. If this is your first time attending the Conference, individuals and organisations who have attended in the past may also be able to help you navigate scholarship applications, registration, travel arrangements, and/or abstract and session submissions.

Youth Voice: Rubbing elbows with VIPs to create the Global Youth Coalition on HIV/AIDS

Mila Gorokovich, USA by way of the Ukraine, and Dabesaki Mac-Ikemenjima, Nigeria

Dabesaki: I decided to go to the Conference in Bangkok because I saw that young people did not really have adequate voice. This was the first time a lot of investment was made to bring young people to the Conference and we didn't want a situation where they would go home without a platform to continue their activities.

Mila: At AIDS 2004 in Bangkok there were many familiar people I met whose names I knew from reading about them in the news or reading their articles.

It was pretty amazing to meet them! One of the people I met was Graca Machel, Nelson Mandela's wife.

I asked her what she'd suggest for young people to strengthen their participation. Graca's response was very forceful, and I can be intimidated by strong people. She said, "Young people can decide for themselves what they want and they need to tell us what they need. Give us a proposal and we'll take a look."

Graca was someone I wanted to follow up with during the formation of the Global Youth Coalition on HIV/AIDS, but I never did because I got really caught up in post-Bangkok activity and my own school work. I hope I'll have an opportunity at AIDS 2006 to tell her what has happened since I spoke with her. I think she'd be pretty proud.

Dabesaki: *Along with other young delegates, I proposed that we set up a global youth coalition that would work with Conference organisers and UN agencies. This fit with discussions between UNAIDS and the Conference organisers, so I was invited to talk to Dr. Peter Piot, UNAIDS Executive Director, Senator Mechai Viravaidhaya, and staff from the Secretary General of the UN.*

At first it was intimidating. It was my first time ever meeting high-level people. I was the only young person there, so I had to make sure that whatever I said was going to make sense. Meeting with such important people was great for me...It was really good timing because I was having issues with building my confidence and seeing how to get involved in more high-level things.

Mila: *It can be hard to talk with VIPs. You can get a little tense and it can be hard to think clearly. Depending on their personality and character, you'll get into a conversation with them. The easiest way to approach them is after their speech and if they haven't mentioned youth, ask them their opinions on youth participation or youth-specific HIV/AIDS programming. If they addressed young people, probe them for more information on it. You only have a minute at the most, so you have to ask very direct questions. When you engage them in conversation about something they talked about, they are a lot more open to discuss your concerns.*

Dabesaki: *After the Conference, some young people were invited to go to Geneva to talk to the UN Joint Programme Committee on HIV/AIDS about how they could support the Global Youth Coalition on HIV/AIDS.*

Back home:

You may feel exhausted by the end of the Conference: You have had a week or more of running between sessions, networking, advocating, a potentially long trip home, and may now be faced with all the things you have to catch up on. Your Conference experience should not stop when you leave the Conference. What you do afterwards is often the ultimate test of being effective at the Conference.

The Conference is only a week long, but can serve as a catalyst to addressing the issue(s) that are important to you. If you made it to and through the Conference, you've likely already done a lot of preparation, learning, and networking. The next step is to put all of the information and knowledge you have gained to use in your own work and community. Here are some tips for doing just that.

- ☑ **What did you learn and how will you apply it?** Take some time to reflect on your time at the Conference. You may want to write down your thoughts, either to look back on in the months to come, or as a starting point for writing reports, press releases, and even programme plans.
- ☑ **Stay in touch with your international youth contacts.** Maintain communication with the relevant youth contacts you made at the Conference. Formal and informal youth networks often are created at the Conference. An e-group is a great way to stay in touch and keep each other motivated and going! Ask other young delegates about their follow-up strategies. Seek support and motivation from your contacts. Consider starting a collaborative follow-up task at the Conference.
- ☑ **Follow up with your contacts.** File the cards of the politicians, civil servants, journalists, researchers, funders, etc. you collected at the

Here are some questions to get you started:

WHAT? What sessions and events did you attend? What did you learn? What questions were raised that intrigued you? Who did you talk to? What did you talk about? What advocacy did you participate in or see? What did you find surprising during the Conference? What did you find challenging?

SO WHAT? What did you learn from sessions, events, conversations, and advocacy campaigns? How does this fit within your community? What can you use in your work? What does not fit with your community's reality? What meaning do you make of your time at the Conference?

NOW WHAT? What are you going to do differently in your own work? How can you apply best practices to your programmes, policies, or the ways you do your work? What will you do differently at the next Conference?

Conference. Follow up with an email or letter to remind them of your conversation, the key issues, and how you think things could be improved. If you have an information package, send it to them. There are many ways to follow up; the important thing is that you do follow up.

- ☑ **Apply it to your work.** Consider how to integrate the research and best practices you learn at the Conference in your own work. If you were impressed with the work of an organisation or coalition, reflect on *how* they did their work. Consider if you can modify their techniques or approaches to your own context.
- ☑ **Take it to your community.** There are many ways to share what you learned with others in your community and country. You can generate media attention by writing a letter to the editor or submitting a press release to newspapers, radio stations, and TV stations. You can arrange to do presentations for schools, faith-based communities, AIDS service organisations, and youth groups. You can write and distribute a formal report on your experience or post a blog on a website. The possibilities are endless.

Be ready to provide advice on how and where to find further information and have educational materials on hand. This could be as simple as having a list of references you found useful. Keep in mind that you have been exposed to a unique and intense process and those who haven't may not understand the "insider" lingo – such as acronyms or terminology - you have learned. It is important to use language that your audience will understand so they, too, feel empowered and ready to participate.

It may feel like an overwhelming task to do this all on your own. Many people plan a collaborative report-back with other organisations, activists, and scientists from their community.



4 The Practical Stuff

Money issues

The biggest challenge that most youth experience is covering all the costs related to attending the Conference. While it is possible to participate in the Conference either on an executive or shoe-string budget, attending the Conference is still expensive, even at its cheapest. Planning in advance can help you overcome this challenge.

Check the Toolbox for tips and tools on how to create a realistic budget and stick to it. Here are some options for financing your trip.

- ☑ **Sponsorship:** Many young people are sponsored by their government, United Nations agencies, international NGOs, or the international development ministry of a foreign country. If you are funded by and/or work in partnership with any of these bodies, contact them early to see what they are planning for the Conference.

These organisations need to be accountable for the money they spend. They are more likely to provide sponsorship if you can show how your time at the Conference will benefit your community. Be prepared to make your case for including a young person such as yourself in their plan. The information and activities in the “Before you go” section of the Toolbox can help you build your case.

- ☑ **Scholarships:** The Conference runs a scholarship programme for both the international community and people from the host country. The scholarship programme is meant to help people from resource-constrained environments and marginalised communities participate in the Conference. The deadline to apply is usually in February. It is recommended that you apply as early as possible.

If you are offered a scholarship, accept or decline clearly and quickly so Conference organisers will know whether to accept others from the waiting list. If you’re on the waiting list and really want to go, keep your schedule open. If you get a scholarship, find out whether it is a partial or full scholarship. Knowing what expenses are included will help you figure out if it is feasible to attend and to manage your money.

Keep in mind that there are many more people who apply for scholarships than who receive them. Even if you apply for a scholarship, it is likely that you will have to cover at least some of your expenses. It is wise to start looking for other sources of funding well in advance of the scholarship announcements in May.

- ☑ **Fundraising:** Successful fundraising takes careful planning, time, and effort. It is a good idea to start early. Here are some key steps to raising funds.
 1. **Create a budget.** You need to assess how much it will cost to attend the Conference in order to know how much money you need to raise.
 2. **Think through what you expect to get out of the Conference.** Just like seeking sponsorship, potential donors are more likely to give you money if you can show that your participation will benefit the community. Develop SMART (Specific, Measurable, Attainable, Realistic, and Time-bound) objectives for your time at the Conference. For example, do you want to network, learn more about the field, learn new techniques, etc.? Remember to explain why this is important.
 3. **Identify potential funders.** Make a list of philanthropists, service clubs (such as Lions, Kiwanis, Rotary), religious groups, and corporate social investors in

- your community (such as local companies and international businesses).
- 4. Write a short proposal to explain your cause and needs to potential funders.** You will have to make your case clear and strong. Briefly tell potential funders what, when, where, how, and why. Explain how your participation in the Conference will have a positive benefit on the community. Keep the proposal short and to the point. You do not want the person to read the first paragraph and move on to the next piece of mail.
 - 5. Check and double-check every item on the proposal.** Proofread your work. Also have someone else go over your letter looking for typos, gaps in logic, or missed words.
 - 6. Ask lots of people for small contributions.** It is unlikely that any one potential funder will cover your entire trip. Think about the trip in small chunks and fundraise in small pieces.
 - 7. Talk with your academic dean/headmaster about the availability of unrestricted funds.** Some programme heads have a few discretionary dollars to allow young people to take advantage of special opportunities. If you have been invited to present an abstract, session, or activity, you may have a better case for accessing these funds.

Youth Voices: Doing everything possible to make the impossible happen

Mila Gorokhovich, USA by way of the Ukraine

My dad always said to me, "If you want to know people who are working in HIV/AIDS and really know what's going on, you should find a relevant Conference." So I Googled "HIV/AIDS conferences" and AIDS 2004 - XV Conference in Bangkok, Thailand" came up. I thought, "No, I'm never going to go to Bangkok; it's too far away; it's too much money; and I can't afford it." Then I thought, "Let me try to submit an abstract. It seems like that's a possible way of getting involved, whether I'd be able to go or not." At the time, any likely opportunity seemed so far away and beyond me....

To my astonishment, my abstract was accepted for an oral presentation. I got really excited, but then I thought, "How am I going to afford to go?" I didn't think I qualified for a scholarship because they are geared towards people from developing countries. My dad suggested that I talk to my college and see if they have extra money. At first I thought he was crazy, but then I thought, "What do I have to lose?" So I did and, lo and behold, the dean had some extra

funds! That was pretty amazing because that doesn't usually happen: I was very, very lucky! It made me realize how important it is to use the resources you have and talk to everybody.

I was pretty overwhelmed about travelling by myself to Asia and I was scared to be the youngest person presenting on my abstract panel. I decide to find out everything I could about youth programming. The AIDS 2004 Youth Coordinator put me in touch with the Bangkok YouthForce Pre-Conference organisers. I emailed them to ask I could volunteer at the Pre-Conference in exchange for accommodation because I couldn't afford it otherwise. It turned out they needed some extra help and that's how I got to be in the Bangkok YouthForce.

- ☑ **Other money tips.** Here are some other things that can help you keep your costs down:
 - Register early. Rates go up the closer it gets to the Conference.
 - If you write for an AIDS newsletter and can be accredited with the Conference, apply for a Media Scholarship.
 - Hotel phones can be expensive. Use a phone card from a pay phone.
 - Snacks and drinks in hotel mini-bars are more expensive than if bought at a convenience or grocery store.
 - You may require a credit card to check-in to your hotel. This is to guarantee that additional expenses like telephone, snacks, and room service are paid.
 - Set aside some extra cash or have a credit card with you for emergencies.

International travel tips

There are plenty of resources available online and in print on how to travel safely, responsibly, and on a budget and what to do to prepare for an international trip. Reading about the host country in advance will also provide more specific pointers. For example, the currency exchange rate of the country you are visiting could significantly impact your budget.

Here are some general tips to bear in mind.

- ☑ Make sure you have a current passport that is valid for at least six months. Contact the embassy, high commission, or consulate of the country you will visit to find out the exact rules.
- ☑ Check out the visa requirements for the country in which the Conference is located well in advance. You can find this information on the Conference website, or through the Conference organisers or the relevant consulate. Delegates may

need a visa or other special documentation in order to attend. Also, each host country will have regulations around the disclosure of specific medical diagnoses, including HIV status. Plan ahead!

- ☑ It is a good idea to buy travel insurance to cover any unexpected health issues, travel cancellation, and loss of baggage.
- ☑ Leave a copy of all your travel documents with someone you trust. This includes your passport, travel insurance policy, airline ticket, and contact details.
- ☑ Check out whether there are entry or exit taxes for your country or the country you are visiting. You will need to have money with you for this.
- ☑ Research what health precautions (e.g. immunisations) you need to take before leaving.
- ☑ Research basic laws and lifestyles of the host country. “Unusual” laws are often covered in travel books, but you may also want information on local customs, such as tipping or appropriate dress.
- ☑ Shop around for airline tickets and start looking early. Hopefully you will be able to find a seat sale or a cheaper fare.
- ☑ Call your airline at least 72 hours in advance to confirm your flight.
- ☑ Arrive at the airport two to three hours early if you are travelling internationally.
- ☑ Bring your official documents with you in your carry-on bag. You may need to present some, if not all, to the immigration officials upon arrival.
- ☑ Keep a photocopy of all official documents (including your passport and traveller’s cheque numbers) in another bag.
- ☑ It’s a good idea to keep a day’s worth of clothes in your carry-on, in case your luggage gets misplaced by the airline for a day or two. Money (travellers cheques, cash, credit cards, other valuables) should also be kept with you at all times.
- ☑ Find out if your country has a consular office in the country you will be visiting and bring the contact information along.
- ☑ Be aware of meal arrangements if you have any allergies or dietary restrictions. If you do not speak the official language of the host country, you may want to create a card that lists what you cannot eat, which you can then present to the server. A language school or embassy can help you write the card.
- ☑ Try to figure out what some of your options are for getting from the airport to your accommodation before arriving.
- ☑ Note that in anticipation of the influx of visitors, the cost of accommodation and transportation in the host city can increase substantially around the time of the Conference.

Youth Voice: A near miss

Fred Ayifli, Ghana

It was mere curiosity that ignited my interest in issues about HIV/AIDS. Growing up in a culture where issues about sex and reproductive health are not much talked about, I sought on my own to learn and know more about HIV/AIDS. I realized I had a crucial role to play as a young person in getting other young people informed about how HIV/AIDS can be prevented and the various roles all of us can play.

AIDS 2004 was my first time taking part in a Conference. An initial email from the Conference secretariat informed me that my application had not been accepted. "Well, whatever," I said in disappointment and frustration that I was turned down.

A few days later I got another email from the Youth Coordinator indicating that my application to conduct a workshop for other youth activists had been reviewed again and a full travel scholarship was being granted for my participation. On receiving this news, I was so excited, but after a while I became tensed since that would be my first time conducting a workshop for young people from different parts of the world.

My first biggest challenge was getting a visa to Thailand. Ghana does not have a Thai Embassy, so I had to send my application to Kenya. I sensed at that moment that going to Bangkok may become impossible if my visa and passport did not get back to me in time. And, sure enough, with just a day left before I was to leave, my visa and passport still had not been delivered.

Late in the evening, I made a final dash to the courier's office to check if I could, by any luck, get my documents since I was told some parcels were being delivered late in the evening. Disappointment greeted me at the office and I left for home, seeing the opportunity slip away just when I thought I was a destined participant for the Conference.

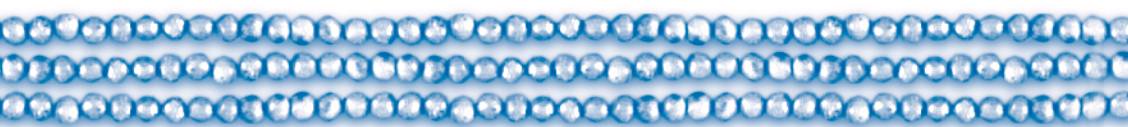
After I missed my flight, I sent a quick email to the Youth Activities Coordinator. The Youth Programme team was just fabulous! They put alternative plans together to get me to Bangkok and all of this was done in a really amazing and timely manner. It was a life-transforming experience because I got to learn a lot within the one week that I spent in Bangkok.

What should you bring?

Like many others, you may find yourself wondering – perhaps at midnight on the day before you're supposed to go – what on earth to pack. Not everyone will have the same needs, of course, but here are some general suggestions.

- ☑ Bring comfortable clothes, especially comfortable shoes. Suits, dresses, and more formal attire would not be out of place, but are not mandatory. To be safe, bring both comfortable and formal clothing options. Keep in mind that the Conference venue is most likely air-conditioned and may be quite chilly at times. Bring a range of warm and cool clothes so you are comfortable.
- ☑ Bring official documents and correspondence regarding your role at the Conference, your association with a civil society organisation or government (on letterhead), entry visa and/or letter of invitation, and passport. Extra passport-size photos might be needed.
- ☑ Bring copies of your own position papers and any other information on your organisation, agency, activities, and so forth. Business or contact cards – printed or handwritten – will definitely come in handy.
- ☑ Bring a sturdy bag or briefcase to collect materials at the Conference. Make sure not to pack too many things since there is usually a huge amount of paper and CDs to bring home.
- ☑ Bring a battery operated alarm clock. There's nothing worse than getting all the way to the Conference and then sleeping through the sessions!
- ☑ It may be important to bring adapter plugs and transformers for any electrical appliances (hair dryers, laptops, travel irons, etc.) that you are bringing. Not only are there many different types of outlets, but levels of electricity differ from country to country.

All this being said, try not to bring too many things as you may find yourself lugging around your baggage! You may want to check out the Conference website for more tips on what you should and shouldn't bring.



Special considerations for young people living with HIV/AIDS

It's important to be prepared when travelling internationally. This is doubly important if you are living with HIV/AIDS. Here are some things you may want to consider.

- ☑ **Travel restrictions:** Some countries, like the United States, have travel restrictions that do not allow PLWHA entry. The Conference is only held in countries that do not restrict entry to people on the basis of HIV status. However, this is something to consider if you have to transit through or stop over in another country. You can find out about travel restrictions on the Aidsnet website (<http://www.aidsnet.ch>).
- ☑ **Talk to your doctor:** Make an appointment with your doctor as soon as possible. You should discuss vaccines and how to manage HIV treatment and other medications while travelling, especially if you will be in a different time zone. It is especially important to talk with your doctor if you are thinking about taking a break from your medications or thinking about starting a new type of medication.
- ☑ **Getting your medications there:** Bring a letter from your doctor stating that the medications, needles, and syringes you are carrying are prescribed for personal use. It is a good idea to list the name of each medication with the daily doses; the reason for their use does not have to be included. Individual airlines and countries may have different rules.

Tips from a Pro: There are many differences in what HIV means for delegates around the world. For example, some people have access to HIV medications, while others do not. Do your best to be sensitive to these differences. If you are from a country that provides HIV medications, try to be sensitive to how those who do not have access may feel. If you are from an area where many people are sick and dying, you may find yourself feeling angry about the disparities and injustices. While it is normal to feel angry, try not to take your anger out on other delegates.

Check in with your travel agent or the airline several weeks before leaving so you have the right information. Make sure you have enough medication for your entire trip, plus a few extra days. Pack your medications in your carry-on bag in case your luggage is lost or delayed. You may need to pack it in a cooling pack, if it requires refrigeration.

- ☑ **What to do if you have an HIV-related health need:** It is possible that you may have an HIV-related health need, like running out of medications or getting sick, while you are at the Conference. You may want to bring a photocopy of your latest prescription and lab results. Find out from the Conference what medical services are available to delegates and contact them when you have a health-related need.

Also, keep in mind that an ounce of prevention is worth a pound of cure: it is important to eat well and take the time to relax so you do not get tired or sick.

- ☑ **Taking care of yourself if you are not on HIV medications:** Many PLWHAs at the Conference are not on HIV medications. Do your best to not put too much stress on your body during the Conference. The following tips for taking care of yourself may be helpful. Make use of the PLWHA Lounge. It is a great place to rest and enjoy nutritious snacks.

General tips for taking care of yourself

Keeping up with all the sessions you may want to attend at the international Conference can be exhausting if you don't take the time to take care of yourself. It's important to be rested so that you can participate fully when you are in sessions and get the most from your experience at the Conference. The following tips can help you stay refreshed and productive.

- ☑ Attending the Conference is sure to be an invigorating and enriching experience! However, in addition to planning the sessions you want to attend, schedule in time to relax and take care of your mind and body.
- ☑ If possible, take advantage of opportunities to explore the host city or country with other delegates. The local host may have structured optional tours available at an additional cost.
- ☑ Make use of spaces where you can interact with other delegates informally at the Conference, especially within designated lounges for youth and/or PLWHA.
- ☑ Make an effort to attend social events – formal ones, as well as those that are more casual. Getting to know other participants in a social environment can be fun and relaxing when you need it most.
- ☑ Get as much sleep as you can! Being well-rested can often mean you're more productive in sessions!
- ☑ Take extra precautions when you travel at night. It is a good idea to let someone know where you are going and when you will be back. Try to go out in groups of at least two and stay on the main roads. Avoid leaving your drinks or food unattended; it is not unheard of that people are drugged by a stranger or someone they know.
- ☑ You have many choices to make about alcohol use, sexual activity, how to best use your time, etc. While these choices are personal decisions, you may want to consider how your decisions affect other people at the Conference and at home. Take measures to reduce potential harm to yourself and others, whatever choices you make. For example, there are lots of free condoms at the Conference.





5 The Toolbox: Background Information and Ideas on 'How To'

The "Youth in Action" and "The Practice Stuff" sections highlighted some of the key things to think about before, during, and after a Conference. This section provides suggestions on *how* you can do these things.

Before you go

The Foundation: Know your issue and proposed solutions

The first step to being effective in all potential areas of involvement in the Conference is to have a clear idea of your issue(s) and solutions. This will help focus your efforts and make it easier to communicate with other delegates. Use the following activities and background information to help get your work into the Conference programme, effectively advocate for change, develop a Conference plan, and even fund raise to cover your costs.

☑ **Know what's important to you and why.**

Here are some questions to help you figure this out:

- Which group(s) of people are most infected and/or affected by HIV/AIDS in your region? What are some of the reasons that this/these group(s) are more vulnerable?
- What HIV-related issue(s) do you feel most strongly about?
- What is it about that issue that you believe must be changed?
- What would be different if this issue was fixed? How would things be better?
- Why is this issue important to you?
- Why is or should this issue be important to other people? How is it connected to broader issues that impact other people?

- ☑ **Analyse your issue.** Now that you know *what* is important to you, the next step is to understand the layers of causes (those things that lead to the issue) and consequences/impacts (those things that happen as a result of the issue). There are many layers of causes and consequences to most health issues, just like an onion. It is important to also think about how the social, political, economic, and physical environment affects your issue.

The following web-mapping activity, adapted from the work of health promotion specialists Drs. Ron LaBonte and Blake Poland, is meant to help you figure out which part of your larger issue you want to focus on. You may want to use coloured markers so you can see the different levels of causes and consequences/outcomes.

1. Place the HIV-related issue you have identified in a circle in the centre of your page.
2. Focus your thinking on a person who is living this issue. This person might be based on yourself, someone you know, or what you have read about HIV issues.
3. What may have led or caused this person to experience the issue? Write these causes down and connect them to the issue with lines or arrows.
4. Now explore the “root causes” of each of the above. Explore how this cause developed in the person’s life. Keep asking yourself “Why?” and “What led to this?” until you run out of ideas. Write each chain of ideas down outside the second circle and connect them with a line.
5. What may happen in this person’s life as a result of the issue (consequences)? Write these consequences down and connect them to the issue with lines or arrows.
6. Explore the larger “consequences” of the issue. How does the health issue affect families, communities, nations, etc.? Write these down outside the second circle, in another colour.

Here's an example done by our team:



☑ **Use “evidence” to back up your analysis**

It is important to use research and best practices to back your ideas about what causes the issue and how it should be addressed. This type of information has more credibility with governments, funders, and other decision makers.

The Expanded Response Model

UNAIDS’ Expanded Response Model, from the *Global Strategy Framework on HIV/AIDS*, provides an important tool for understanding and responding to HIV/AIDS from

This model includes three components: **Risk**, **Vulnerability**, and **Impact**.



Risk focuses on the individual. Risk asks, “How did the HIV virus get into this person’s body?” or “How is HIV now attacking this person’s body?” Unprotected sex, multiple sexual partners, experiences of gender-based and sexual violence, commercial sex trade involvement, injecting drug use, early age of first sexual intercourse, lack of knowledge of HIV/AIDS transmission, and sexual exploitation are some of the behaviours and situations that place young people at high risk of HIV infection.

Vulnerability focuses on root causes. It focuses on societies and groups, and examines the ways that broad social, political, and economic factors limit the number of choices available to different people. Vulnerability asks questions like “Are some groups over-represented among people living with HIV?” and “What social, political, and economic factors contribute to people from some groups being over-represented?”

The factors that contribute to young people’s vulnerability vary around the world. *Our Voices, Our Future*, written by the Global Youth Coalition on HIV/AIDS and Global Youth Partners, says that some factors include:

- Poverty: 85% of the world’s young people live in developing countries and 45%

live on less than \$2 per day. Young people living in poverty may be forced onto the streets or into survival sex.

- Illiteracy and lack of access to education: UNESCO estimates that 57 million young men and 96 million young women are illiterate.
- Conflict: Young people may lose their homes and families or be forced to be child soldiers or sex slaves.
- Cultural norms, values, and beliefs: Political will to provide sexual and reproductive health information and services to youth may be suppressed. Young people may be kept from participating in the decisions that affect their future and health.

Impact focuses on the outcomes of HIV on different levels, from the personal to the global. Impact asks, “What is happening to this person, family, community, nation, region, world as a result of HIV?” It looks at health and the health system, productivity and the economy, food security, access to education and the education system, family structure, community structure, grief and loss, etc.

Young people experience many impacts of HIV/AIDS. These include being orphaned and losing community members, decreased food security, losing opportunities to go to school, and increased poverty within households and nations.

Want to know more? You can find informative resources, reports, and surveillance data through the Internet. UNAIDS provides a thorough library on HIV/AIDS issues; UNFPA is a great source of information on young people and HIV/AIDS. Organisations like Advocates for Youth, Family Health International, the International Planned Parenthood Federation, and NAM and aidsmap.com have education kits and reports on a wide range of HIV and sexual health topics.

- ☑ **Propose a solution.** There are many ways to approach your health issue. You can use the information you gathered above to determine which the most effective solutions are. Effective solutions should also be realistic solutions. It is a good idea to know how your solutions fit with key international commitments and goals.

Key global commitments related to HIV/AIDS

A number of international agreements have been initiated in the past two decades that set goals and priorities for the global response. It is a good idea to review such documents and do an informal assessment to see how your country measures up. You can use this information when you are talking with decision makers at the Conference.

While these types of broad documents may seem unrelated to the daily experiences of young people in your communities, they provide supporting evidence, endorsed by experts and governments, for addressing the root causes of young people's vulnerability to HIV/AIDS.

These include: the *Principle of Greater Involvement of People living with HIV/AIDS* (GIPA), *Millennium Development Goals* (MDGs), *UNGASS Declaration of Commitment on HIV/AIDS* (DoC).

Forty-two governments signed the *GIPA Principle* at the Paris Summit in 1994. GIPA states that greater involvement of people living with and affected by HIV/AIDS is required for ethical and effective national HIV/AIDS responses.

The DoC was adopted by the Member States at the United Nations General Assembly Special Session on HIV/AIDS in June 2001. The DoC reflects global recognition of the HIV/AIDS pandemic as the single greatest threat to the well-being of future generations. The DoC is unique in that it recognised the specific vulnerability of young people to HIV/AIDS and has established time-bound targets for action. Look for key articles from the DoC under the "Know what the global community has agreed to about youth participation!" section of the *Pocketbook*.

The MDGs are eight goals, to be achieved by 2015, that respond to the world's main development challenges. The MDGs are drawn from the actions and targets contained in the Millennium Declaration, adopted by 189 nations and signed by 147 heads of state and governments during the UN Millennium Summit in September 2000. Goal 6 is dedicated to combating HIV, malaria, and other diseases. Other goals target the root causes of HIV/AIDS, such as poverty, gender inequity, and education. You can learn more about the MDGs by visiting the UN website (<http://www.un.org/millenniumgoals/>) and Chasing the Dream website (<http://www.chasingdream.org>).

Get your work in the Conference programme

Successful proposals require thought and effort. Here are some tips for developing proposals that get selected for the Conference and that people at the Conference want to see. These tips are adapted from the *Coalition on Children Affected by AIDS' Abstract Toolkit*, written by John Miller. This is available in French, Spanish, Portuguese, and English on the Conference website.

Step 1: Think about what is important and interesting to your audience

Each Conference has a different theme and priorities. Do a bit of research to get a sense of what the important topics are for the current Conference. Ask yourself:

- What do I want to present?
- How important is my topic to this Conference? How does it fit with the theme and priorities?
- How interesting is my work to other delegates? What could they learn from my work? How could they apply or transfer this to their own work?
- How do I create an engaging learning opportunity for other delegates?
- Would this be useful in other areas of the world?

There are many ways of presenting information at the Conference. Figure out which is the best avenue for your work. Look for the application procedure, guidelines, and deadlines on the Conference website.

Step 2: Writing a great abstract or session proposal

Your proposal has two audiences: the abstract reviewers or selection committee and Conference delegates. The proposal has to get the attention of the abstract reviewers or Selection Committee before it can reach other delegates. Your proposal should clearly explain the information you want to share at the Conference, as well as why and how other delegates will benefit from your abstract or session.

The following components are generally asked for in a proposal.

- **Purpose or goal:** People should be able to quickly tell what your abstract or session is about. This usually highlights the population or issue and gives an idea of what issues will be examined. Selection committees will use this to decide if they should choose your proposal. Delegates will use this information to decide if they should see your abstract or session.
- **Main points:** Provide a basic description of your work or idea (who, what, when, where, and why), but remember that people come to the Conference to learn. What

Checklist for coming up with a good proposal idea:

- Say something new.
- Include a challenging or provocative question to inspire dialogue.
- Ensure it is relevant to people from many different areas of the world and who do different types of work around HIV/AIDS.
- Think of how you would engage a smart, competent, and informed colleague.
- Include the best aspect of your work, as well as the challenges you have faced.
- Connect your work to broader issues and implications for the HIV response.

learning will be offered through your proposal? Make it interesting and transferable to other people's work. Write concise and clear sentences that tell the reader these main points.

- **Track for abstract proposals:** There are several tracks within the Abstracts. These are broadly divided into research-driven tracks and issue- or programme-driven tracks. You may need to ask your colleagues for their advice on which track and sub-theme best describes your idea.
- **Your workshop or activity plan for session proposals:** Describe what you will do in your workshop to ensure that it is interactive and engaging. What educational techniques will you use? Who will speak and why would another delegate want to hear them?

Checklist for writing a good proposal

- Did you communicate your message with clear, concise, and easy to understand language?
- Did you stay within the word count guidelines?
- Did you emphasize the broader implications that delegates can use in their work?
- Will people in other fields be able to understand what you are saying?
- Would someone get more from your abstract than if they simply read your article?
- Did you explain any acronyms?
- Did someone check your grammar, spelling, and sentence structure?
- Have you answered all questions within the word count guidelines?

The following is an example of a well-written abstract:

Title: Can't We All Just Get Along?: Multi-sectoral responses and the challenges of embarking on HIV/AIDS work by non-AIDS Service Organizations

Issues: AIDS Service Organisations (ASOs) have long been the primary providers of HIV/AIDS-related services. However, the importance of a multi-sectoral response has led to the involvement of non-governmental organisations (NGOs), whose primary expertise is not in HIV/AIDS work. Consequently, there have been growing pains between ASOs and NGOs newly-active around HIV/AIDS work. Of course, in order to mount an effective multi-sectoral response, potential disconnects need to be addressed – both by NGOs and ASOs.

When submitting your own abstract:

Identify a common/greater/worldwide theme and give it a local setting and application.

Describe some examples. In this case, readers may identify with the challenge(s) described.

Description: This presentation highlights the internal and external challenges that NGOs working in the field of HIV/AIDS may encounter, in order to examine their implications and solutions. The United Nations Association in Canada is one such non-governmental organisation working on HIV/AIDS and youth, and as such, has experienced the challenges and successes of multi-sectoral partnerships within the context of HIV/AIDS. Limited experience working in and around HIV/AIDS, has presented internal challenges (such as the need to do preparedness analysis prior to embarking on projects), and external challenges (such as the hesitancy of some ASOs to partner with NGOs), that UNA Canada has attempted to reconcile.

Explain that specific examples will be provided in the session or poster.

Lessons learned: Lessons learned include the importance of advanced auditing by external experts around capacity and preparedness on the part of NGOs, and methods for creating strong partnerships with ASOs prior to undertaking HIV/AIDS work. Specific examples from UNA-Canada's national youth and HIV/AIDS project "It's Time to Act" will highlight this point.

Identify a suggested direction for follow-up.

Further "entice" the reader by explaining that recommended solutions will be provided.

Recommendations: In conjunction with external experts, including established ASOs, non-governmental organisations need to identify and design programming that is reflective of their unique capacities to join the multi-sectoral response to HIV/AIDS. In turn, ASOs must also be receptive to building partnerships with NGOs in order to build their capacities to carry out sustainable HIV/AIDS programming. Suggestions on how both communities can come together to strengthen the fight against AIDS are provided in this presentation.

Step 3: Preparing a great presentation

Once you know that your proposal has been accepted and you have the necessary funding to attend the Conference, the next step is to build an exceptional presentation. The effort you put into this step plays a critical role in the presentation's success at the Conference. Here are some tips.

- **Find out and respect the guidelines:** What are the size requirements for abstract posters? How long do you have for your presentation or workshop? How much space do you have for your exhibit booth?
- **Go beyond description:** People want to know more than just what your research says or what your programme does. Encourage critical analysis by raising issues and concepts. What makes your approach effective and how can it be applied to other areas? What worked and why? What are some of the challenges and how have you tried to address them?
- **Think of how people learn:** Stories, ideas, and surprise facts will engage your audience. Speaking in data, numbers, and statistics may leave your audience tuned out. Create opportunities for audience participation through provocative questions, debate, and small group activities.
- **Speak to be understood:** Use simple language and avoid acronyms.
- **Think graphically:** Use simple tables, charts, and models to illustrate the essence of your presentation.
- **Provide handouts and additional information:** You can include more information here.
- **Make posters and visual aids engaging and readable:** Use a large enough font. Do not try to squeeze in too much information or too many graphs and tables.

Step 4: Delivering a great presentation

Your preparation will pay off when you get to the Conference. Here are some tips to help you deliver the best presentation possible.

- **Focus on your audience's learning:** Your goal is to engage delegates in your work and ideas. Interactive sessions are often more engaging than lectures. People like to talk and share their ideas. Give your audience opportunities to discuss and apply your concepts. Ask them for input into issues with which you are grappling.
- **Improve Abstract panel presentations:** Most oral abstracts will be presented in a panel. Pay attention to the other panellists: Think of how you can pick up on what they have said or what additional questions you can raise.
- **Stay on time:** Take a watch with you and adapt your presentation as need so you stay on time.
- **Deal with your nerves:** It is common for people to feel nervous when presenting or facilitating a workshop. You may not be able to make your nervousness go away, but you can find ways of managing your nerves. One tip is to remember to breathe; many people hold their breath when they are nervous.

Youth Voice: What I learned from presenting at AIDS 2004

Sarah Stumbar, USA

The abstract that I submitted spoke about my experience as a young student from the United States learning about HIV in Latin America. I was completely excited when I received an email telling me that my abstract had been selected as part of a panel called "Young Women and HIV."

Given that this was going to be my first time ever presenting at an international Conference, I began to write out exactly what I was going to say. I wanted to be both informative and personal. I used the thirty hour trip from Mexico City to Bangkok to finalise my PowerPoint presentation, making sure that it included only photos and quotes that would enhance what I was saying.

The first two days of the Conference were a whirlwind. I didn't have a minute to review what I had written for my own presentation. Finally, the night before my panel, I made myself go back to my hotel room early so that I could practice what I was going to say. I set myself up in front of a mirror and started to read, familiarising myself with the words that I had written weeks earlier. At first, I couldn't stop laughing, but finally my nerves loosened and I was able to get through the entire presentation, speaking slowly and confidently. I was still incredibly nervous, and found it hard to believe that people were going to sit in the audience and take notes on my talk.

But the next day, the two other presenters on my panel and I setup our PowerPoint presentations, poured glasses of water, and began to talk. The room was completely filled, but as I began to talk and saw that people were interested in what I was saying, my voice became steadier. The most empowering part of the panel was the question and answer session, which became an articulate dialogue between the audience and panelists.

My experience as a presenter showed me that young people are capable of uniquely articulating their experiences, and that these experiences can teach the AIDS movement, as a whole, a lot about HIV in youth populations.

Develop an advocacy plan: The basics

The following steps to create an advocacy plan are based on the perspectives of young people and adults from the Toronto YouthForce, all of whom are active in the global response to HIV/AIDS.

Step 1: Know what's important to you and why. Before you can come up with a message or make a good argument for your position, you need to be able to identify what issue is most important to you and why you care about that issue. Keep in mind that people are drawn to stories. The more

The information and activities at the beginning of the “Before you go” section are great for steps 1 and 2.

you are able to present the issue in a concise way and to show why the issue matters, the more effective you will be at convincing others that the issue is important.

Step 2: Understand your issue and the facts. The next step is to understand the layers of causes (those things that lead to the issue) and consequences/impacts (those things that happen as a result of the issue). There are many layers of causes and consequences to most health issues, just like an onion. Some parts may be easier to change than others, while other parts may have a larger impact if they are changed. It is a good idea to back up your opinions on causes and consequences with facts from epidemiology surveillance and research reports. This type of information has more credibility with governments, funders, and other decision makers.

Step 3: Understand the environment you want to change. Now that you have a better understanding of the causes and consequences of your health issue, the next step is to understand both the environment you want to change and how your advocacy strategy will operate. This will help you figure out possible strategies for change and who you need to get “on your side” to make things happen.

The environment for your issues depends on whether it is a local, national, regional, or global issue. What people or realities in your environment are supportive of your issue? What people or realities create challenges for your issue? Within the environment, who shares your position (allies), who is against your position (the opposition), who is sympathetic to your issue, and is indifferent to the issue? All of these people are known as stakeholders because they have a “stake” or an “interest” in the issue. If you can, find out who among these stakeholders will be at AIDS 2006 and what they are planning to do.

Another important environment to understand is the Conference itself. This will help you determine how to best use your time at the Conference. You may want to think about the different kinds of people who will attend the Conference, what issues will be competing with yours, what the priorities are for the Conference, etc.

Step 4: Identify what you want and how to get there. By now, you have gathered a lot of information. Now it is time to assess your goals and how to go about achieving them.

1. Look over what you brainstormed on the causes and consequences of your issue. Choose one or two that you believe are most important to your issue and are within your ability to “win” or influence. This is what you will focus your advocacy around.
2. Determine who has the power to change this cause or consequence.
3. Do a SWOT analysis. Divide a fresh piece of paper into four quadrants. Label the four squares: S - strengths; W - weaknesses; O - opportunities; and T - threats.

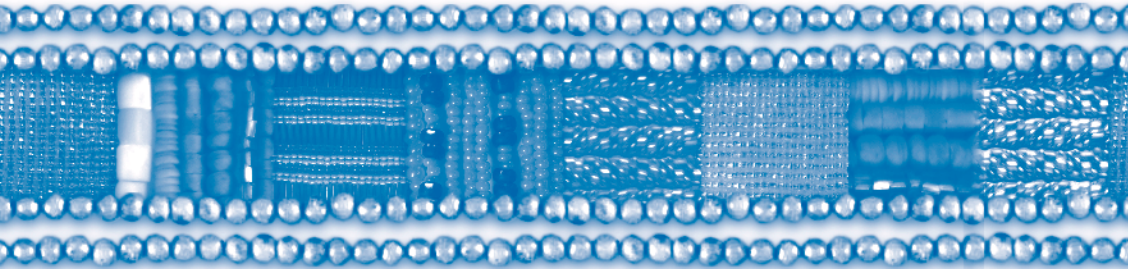
Strengths and weaknesses are about your or your organisation’s abilities in relation to your issue. These might include financial and human resources. Opportunities and threats are things outside of your control. These might include the opinions of major stakeholders and what motivates the powerful person or group you want to influence.

4. Determine the message that would best convince the “powers that be” to adopt your position. This might include both your message and the way you communicate your message to those you want to hear it. You should carefully consider the information in your SWOT analysis. Make sure that your message matches up with what motivates the people you are targeting; this may be a different message than you would use to target to someone who shares your beliefs and priorities.
5. Choose a way to get your message to the people you want to influence. This can happen in many ways. Some people think that advocacy only involves protest or lobbying, but there are many other ways. For example, you may want to focus on building a coalition of likeminded individuals and groups to create “strength in numbers;” you may want to undertake research to build your case; you may want to raise public awareness and support for your issue through the media. The important thing is that you chose a method that fits with your issue and influences those people you have identified.

Tip from a Pro: It needs to be in the front of the minds of young people at international events to have a clear agenda, to know the agenda of the people they are meeting, and to find a strategic meeting point. Your agenda should be based on a consultation with other young people, issues that stand out in the community, or personal perceptions. You should know what their priorities are and what they would like to see.

6. Some additional things to keep in mind:

- **Work with your allies.** There are many competing agendas at the Conference. Work with likeminded people to increase the chances of your agenda being noticed and having influence.
- **Know what motivates people.** Facts are not as engaging as stories.
- **Foster support not defensiveness.** Focus on building support for your issue among those in power. Avoid getting angry with or blaming those who have power. People are often less willing to consider another perspective when they are on the defensive.
- **Understand the levels of messages.** Your message can be framed in different ways. One thing to keep in mind is that level of your message and which level will best motivate your target audience. There are three possible levels for framing issues: 1) core values (for example, peace or equality) 2) the general issue you are advocating and 3) the details of the general issue. It works best to frame your messages at first level and be able to back it up with the other levels. Level 1 speaks to people's deeply rooted values and desires for the world; our actions are often motivated by our values.
- **Stay on message.** Know your key messages and say it in different ways. Do not get sidetracked by someone else's agenda.
- **Have an answer.** Know the counter arguments for your position and have a well-thought out answer.
- **Make it easy to act.** Many people who support your position will only show that support if it is easy for them to do so. Provide concrete ideas for changes in policies and/or practices.
- **Understand the media.** Give them an angle to present your story.
- **Manage your information.** Keep track of the information you have collected and use it to inform your strategy.



During the Conference

Make a Conference plan

The following steps may be useful for narrowing down your choices.

1. Know your reasons for being at the Conference and what you want to get from being there. If you have not already done this, you may want to do the reflection activity at the beginning of this section.
2. Write down some “key words” that describe the kind of information you are interested in learning more about and the discussions in which you would like to contribute. For example, you may want to look for sessions related to “youth and young people,” “women,” “MSM,” or “VCT.”
3. The *Conference Programme* provides an overview of key themes and populations; abstracts and sessions related to specific priority issues will be highlighted in a separate section. Check this section to see if your priority areas are covered.
4. Look for sessions and abstracts that relate to your interests. Use colourful markers, sticky notes, or earmark the page to mark sessions and abstracts of interest.
5. You should now have a smaller pool of sessions and abstracts to choose from. You can use the “Schedule planning tool” to figure out what sessions you will attend during the week. It is a good idea to write down two choices for each block of time, just in case your first choice is full. Consider writing down the location of the session so you do not have to carry the entire *Conference Programme* with you.

Tip from a Pro: Don't forget to look at what's happening in the Global Village. This is an exciting and dynamic area of the Conference where you can learn from and dialogue with the communities who are most affected by HIV/AIDS.

Schedule planning tool

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday
	07:00 to 08:15					
08:00 to 10:00	08:15 to 08:45 (Break)					
	8:45 to 10:15 (Plenary)					Rapporteur Summary Session 9:00 to 12:00
10:15 to 12:15	10:15 to 10:45 (Break)					
	10:45 to 12:15 (Session 1)					Closing Session 12:30 to 14:30
12:30 to 14:30	12:15 to 14:15 (Lunch)					
14:45 to 16:45	14:15 to 15:45 (Session 1)					
	15:45 to 14:15					
17:00 to 18:00	14:15 to 17:45					
Opening Session Evening	18:00 to 20:00					

Black – no sessions; Grey – Satellites; White – Conference Programming

Effective networking:

The following tips for networking are based on the perspectives of young people and adults from the Toronto YouthForce, all of whom are active in the global response to HIV/AIDS.

- ☑ **Make contact before you go.** Developing a network of allies and contacts before you go will be invaluable to you when you arrive – not only from a networking perspective, but also to see some friendly faces when you get there! You can do this online through networks such as the Global Youth Coalition on HIV/AIDS, TakingITGlobal, and others. You may want to consider writing an online profile that highlights your relevant skills and experience.
- ☑ **Prepare networking tools.** Business cards, a resume or CV, and materials about your organisation and/or issues will be useful at the Conference.
- ☑ **Know who you want to talk to and what your objective is.** Get the names of relevant executive directors, government officials, and media contacts in advance. The internet can be a useful resource for this purpose.

Tips from a Pro: I remember going back to my room every night with these bulging pockets of business cards and thinking, “I’m going to need six months just to do the data entry!” Now I make notes on people’s cards as I get them to remind myself of the conversation that took place and then I try to spend half an hour each night entering the new names into my contact list and sending a quick email to follow up on the ideas we had shared.

- ☑ **Treat people as you would like to be treated.** Avoid approaching people early in the morning, late in the evening, or if they are in the middle of something important. The Conference can be a long and intense experience. Everyone needs their space and time to relax.
- ☑ **Be patient and resourceful.** Sometimes it takes a while to make contact with the people with whom you want to network. Keep trying using different tactics: corridor encounters, writing letters, emails or faxes. Be persistent, but not pestering. Take risks. Approach high-level delegates and negotiators and ask them for a meeting – or coffee.
- ☑ **Keep doors open.** Some contacts may not be able to help you directly, but you should maintain good relations with them – they may know colleagues who can help you.
- ☑ **Leave a brief summary of your project or policy statement.** Time is limited at the Conference. You may have more success in influencing a delegate if you initiate contact, provide summary information, and follow up after the Conference.

Tip from a Pro: I've found it useful to go to the VIP's assistant. Often the VIP is surrounded by people and press, but the assistant can help you get access and could be useful for reaching the VIP after the event. Tell them what you want to talk about with the VIP. Get their card and, most likely, you will have a much better chance of getting the assistant to follow up with you than you would with the VIP.

The Practical Stuff

Budgeting

Here is a tool to help you create a realistic budget and stick to it.

Step 1: Determine how much money you have for the Conference

Source	Amount
Scholarship	
Sponsorship	
Fundraising	
Personal Savings	
Other	
TOTAL	

Step 2: Determine how much money you need for your time at the Conference

You can find out things like entry and exit taxes, costs for hotels and food, etc. through online travel guides. (See chart on next page)

Step 3: Compare the money you need with the money you have. This will help you figure out if you need to do some more fundraising. Keep in mind that potential donors are unlikely to fund the nonessentials, like going to tourist sites, getting a drink with a new friend, and so forth. These are things that you should pay for with your own money.

Step 4: Stick to your plan. There is no point to creating a budget and raising the money, if you are not going to follow your budget. You will likely decide to spend your money in slightly different ways once you reach the Conference. It is fine to be flexible with your budget, but be careful that you have enough money for essential items, like accommodation, food, and your return travel.

Item	Amount Needed	Amount Available
<i>Before you go</i>		
Registration Fee		
Communication in advance of the Conference (fax, email, phone)		
Presentation materials		
Passport fee		
Traveller's insurance (This is optional but you will be happy you bought it in the event of an emergency)		
Vaccinations		
Visa fee		
Other:		
<i>Getting there</i>		
Travel to Conference city		
Travel from the airport to hotel		
Entry and/or exit taxes		
Other:		
<i>While you're there</i>		
Accommodation (\$___ /night * ___ nights)		
Food (\$___ /day * ___ days)		
Local travel (taxis, public transportation, etc.)		
Communication at the Conference (phone card, fax, courier services, etc.)		
Emergency funds for the unexpected		
Other:		
<i>Nonessentials</i>		
Entertainment		
Shopping		
Gifts		
Tourism		
Other:		
TOTAL		



6

Glossary of HIV Terms

At first, it may seem like a completely unknown language is used at the Conference. The official terms, acronyms, and jargon used can be daunting, and may even seem controversial. The following definitions come from a variety of sources and are intended to facilitate understanding and participation. Don't be afraid to ask someone what words or concepts mean. This is inevitable when you bring together basic and social scientists, health workers, government officials, and community activists from around the world.

ABC	Abstain, Be faithful, Condomize/Use Condoms	ABC refers to an individual-level HIV prevention strategy. People are encouraged to abstain from sexual activity, avoid sexual activity with people other than their mutually monogamous partner, and use condoms consistently and correctly if engaging in sexual activity with multiple partners or outside of a monogamous relationship.
	Abstinence-Based Approach to Sex Education	Abstinence-based approaches teach young people that the best way of avoiding unintended pregnancies, HIV, and STIs is to abstain from sexual activity until marriage.
	Abstract	Abstracts, a form of writing commonly associated with academia and research, quickly and accurately describe the basic content of a research study, programme, or policy.
AIDS	Acquired Immune Deficiency Syndrome	AIDS is a medical diagnosis given by a medical doctor to someone in a more progressed stage of HIV disease. The conditions necessary for this diagnosis differ between countries.
ASO	AIDS Service Organization	A non-profit organisation focused on HIV and AIDS issues.
	Antenatal clinic	Antenatal clinics specialise in services for mothers and babies, shortly after the birth. In countries with generalised HIV epidemics, mothers at these clinics are randomly, anonymously tested to determine national prevalence rates for HIV.

ARV	Anti-Retroviral	ARV medications are those that are used to treat HIV. These medications prevent the HIV from making new copies of itself, which allows the immune system to get stronger by making more white blood cells. There are four main kinds or “classes” of anti-retroviral drugs; each interferes in a different part of the HIV reproduction cycle.
ASRH	Adolescent Sexual and Reproductive Health	
BCC	Behaviour Change Communication	BCC is a strategy that uses communication methods (like the internet, radio, posters, etc.) to disseminated tailored health messages to encourage individuals to change risk behaviours.
	Behavioural Sciences	Behavioural Sciences include areas of science that seeks to survey and predict the responses (behaviours) of individuals and groups to a given situation (i.e. “ find out why people do what they do.”). Behavioural science helps HIV prevention planners choose strategies that are known to help people change or avoid HIV risk behaviours.
	Biomedical Sciences	Biomedical sciences use the principles of natural sciences (like biology, chemistry, and physics) and apply them to medicine.
	Child mortality rate	The child mortality rate is determined by the number of children out of 1000, born in a given area, who will die before they turn five years old.
CSO	Civil Society Organisation	CSOs are organisations that are independent from both the state (government) and the market. Faith-based organisations, NGOs, and labour groups are examples of civil society organisations.
CSW	Commercial Sex Worker	Someone who engages in sexual activity in exchange for money or other forms of payment.
	Comprehensive sex education	Comprehensive sex education include approaches to sex education that explain the potential benefits and risks of sexual activity to young people and ensure that they know how to reduce the risks of STIs, HIV, and unintended pregnancy when they do decide to engage in sexual activities.

DOH	Determinants of Health	Factors in the social and physical environment that influence the health of populations, such as income level, gender, and social support networks. They are also known as the Social Determinants of Health (SDOH).
	Discrimination	Individual behaviours and systemic processes that result in unequal treatment of persons or groups of persons. These behaviours and processes result from attitudes and beliefs that consider certain groups as better than or more normal than others. The effects of these processes lead some individuals to enjoy privileges or benefits because of their status while others may experience negative social, economic, and psychological effects.
DoC	Declaration of Commitment on HIV/AIDS	During 25–27 June 2001, heads of State and government representatives met for the United Nations General Assembly Special Session on HIV/AIDS (UNGASS), which resulted in the issuance of the <i>Declaration of Commitment on HIV/AIDS</i> (DoC). The DoC outlines what governments have pledged to achieve in order to halt and begin to reverse the spread of the HIV/AIDS pandemic. The DoC is not a legally binding document; however, it is a clear statement by governments concerning what should be done to fight the spread of HIV/AIDS and what countries have committed to doing, with specific time-bound targets.
	Endemic	A disease is considered endemic when it is constantly present at a set level of prevalence in a specific place or among a specific population.
	Epidemic	The rapid spread, growth, or occurrence of cases of an illness, specific health-related behavior, or other health-related events in a community or region, in excess of normal expectancy.
	Epidemiology	The study of the causes, spread, control, and prevention of disease in human beings.
	Evidenced-based	In prevention planning, decisions based on scientific evidence, such as epidemiologic data, behavioural science, and local needs assessments.
FBO	Faith-based organisation	An organisation, group, programme, or project that provides social or health services, and has an integrated faith element.

FGC	Female Genital Cutting	FGC is also known as female circumcision and female genital mutilation.
	Gender	The “rules” that a society has for how people should be and the roles they should assume based on whether they are born male or female (sex). Gender is related to the subtle and overt social conditioning we receive in our society and culture, which dictates whether we should be and “act like” girls/women or boys/men. Conceptions of gender differ among cultural groups and in some cultures, there is a belief that more than two genders exist. There is debate as to whether these gendered rules and expectations are influenced by nature (physical sex), nurture (social conditioning), or both. Gender is a determinant of health.
Global Fund	Global Fund for HIV/AIDS, Tuberculosis, and Malaria	The Global Fund for HIV/AIDS, Tuberculosis, and Malaria was proposed by UN General-Secretary Kofi Annan in 2001 to dramatically increase resources to fight three of the world’s most devastating diseases, and to direct those resources to areas of greatest need. It is a partnership between governments, civil society, the private sector, and affected communities.
GIPA	Greater Involvement of People Living with AIDS/HIV	The GIPA principle was adopted by 42 national governments at the Paris AIDS Summit in 1994 and endorsed in the 2001 DoC. GIPA recognises the important contribution people living with and affected by HIV can make in the response to the epidemic and encourages organisations and governments to foster meaningful participation among PLWHA in all aspects of response efforts.
	Harm reduction	Prevention activities that aim to reduce the negative consequences of substance use, sexual activity or other risk behaviours on the individual, the family, the community and the public. Strategies meet the individual “where they are at”, and can involve a spectrum of strategies, including managed risk activities or abstinence.
	Heterosexism	Heterosexism is the assumption by individuals and societies that all people are heterosexual. It creates a subtle dynamic of exclusion against those who do not identify as heterosexual that can result in discrimination.

HAART or ART	High Active Anti-Retrovirus Therapy or Highly Active Anti-Retrovirus Therapy	A combination of medications from the three classes of anti-retroviral drugs. Because each class interferes in a different stage of the HIV virus' reproduction cycle, it is the most effective therapy for HIV/AIDS. HAART is also known as "The Cocktail."
	High-risk behaviour	Behaviours that present a potential for HIV transmission because they involve an exchange of body fluids (such as blood, semen, vaginal fluid, or breast milk). Examples of high risk behaviours include sexual intercourse without a condom and injecting with shared needles.
HIV	Human Immunodeficiency Virus	The virus which causes AIDS.
	HIV affected	Includes PLWHAs and other individuals, including families, friends, advocates, and communities, impacted by HIV infection and its physical, psychological, and socio-economic ramifications.
	HIV disease	HIV disease refers to symptoms and conditions associated with HIV infection. Because AIDS is a medical diagnosis, an HIV positive person may experience symptoms associated with HIV infection without actually having been given an AIDS diagnosis by their doctor. See AIDS & HIV.
	HIV-endemic countries/regions	HIV countries or regions are defined as places where there is a high prevalence of HIV infection in the general population (generally greater than 0.8% but may attain 20% or higher).
	HIV infected/positive	A person who has HIV. The term "positive" comes from the HIV blood test.
	Homophobia	Discrimination based on sexual orientation. Homophobia is the fear or hatred of homosexuality and homosexuals, which leads to the desire or attempt to discriminate against them.
	Impact	Effects of HIV/AIDS on individuals, their families, communities, nations, and the world.

I	Incidence	The number of new cases in a defined population, within a certain time period, that can be used to measure disease frequency. It is important to understand the difference between HIV incidence, which refers to new cases within a time period, and HIV prevalence, which refers to the total number of people living with HIV within a time period.
	Inclusion	Inclusion is the meaningful involvement of members in the decision-making process. An inclusive process ensures that the views, perspectives, and needs of all affected communities are actively included.
	Injection equipment	The paraphernalia used to inject drugs, whether legal or illegal. This could include syringes, needles, cotton, spoons, water, and alcohol wipes. Injection equipment is also known as “works.”
IDU	Intravenous Drug User; Injecting Drug User; Injection Drug User; or Person Who Injects Drugs	A person who uses injection equipment to administer drugs. The drugs may be legal or illegal. ‘Person Who Injects Drugs’ is being used more frequently to define this population as it places the emphasis on personhood rather than behaviour.
LSBE	Life Skills-Based Education	An interactive process of teaching and learning that enables learners to acquire knowledge and develop attitudes and skills which support the adoption of healthy behaviours. Not all programme content is considered “health-related.” For example, life skills-based literacy and numeracy, peace, and/or human rights education.
	Marginalisation	A process of discrimination in which people or groups of people are excluded from or pushed to the sides of society, limiting their ability to participate in the decisions that influence their lives. For example, the effects of marginalization can include poverty, insufficient access to education or healthcare, and/or stigmatization.
MSM	Men Who Have Sex With Men	A term used to describe men who have sexual relations with other men, including those who do not define themselves as homosexuals. This includes men who have sex with men who identify as homosexual, bisexual, transgendered, and heterosexual.

	Microbicide	Efforts are under way to develop a microbicidal gel that could be inserted into the vagina or rectum in order to protect against STIs, HIV, and/or pregnancy. Microbicides kill microbes such as sperm, viruses, etc. There are different kinds of HIV microbicides in development.. Some inhibit the virus while others prevent the virus from accessing vulnerable tissues or cells.
MDGs	Millennium Development Goals	The eight Millennium Development Goals are the result of the Millennium Development Summit held in 2000, and are often used as a framework for measuring development progress. The sixth MDG is a commitment to combat HIV/AIDS, malaria and other diseases.
M & E	Monitoring and Evaluation	A programme management tool that provides a process for tracking and assessing the impact of a programme in achieving its objectives.
	Morbidity data	Statistics that show disease or illness (HIV infection, AIDS).
	Mortality data	Statistics that represent deaths related to a condition (HIV infection, AIDS).
MTMC	Mother-to-Child Transmission	MTMC is an HIV infection in an infant that occurred through pregnancy, labour and delivery, or breast-feeding.
	Multi-Sectoral Approach to HIV/AIDS	Approaches that involve all sectors of society – governments, business, civil society organisations, communities, and people living with HIV and AIDS– in addressing the causes and impact of the HIV/AIDS pandemic.
NAP	National AIDS Programme	
NEP	Needle Exchange Programme	HIV prevention policies and programmes that allow people to obtain sterile hypodermic needles and syringes without a prescription for little or no cost. Exchange of used needles may be required for clean needles. Education on drug abuse and blood-borne diseases may be provided.
NGO	Non-Governmental Organisation	This expression is usually used to mean any non-profit organisation independent from government. Although they are not part of the government, NGOs often receive government funding.

OI	Opportunistic Infection	An infection which “takes advantage” of a PLWHA’s lowered immune response. HIV does not kill people directly, but weakens the immune system so that opportunistic infections may occur and can be deadly. Thrush and tuberculosis are both examples of opportunistic infections.
	Orphan	Where one or both parents of a child have died, the child is an orphan.
	Pandemic	An outbreak of infectious disease affecting a large portion of the populations of many regions.
	Peer Education	Process whereby well-trained and motivated young people undertake informal or organised educational activities with their peers over a period of time, aimed at developing their knowledge, attitudes, beliefs and skills, and enabling them to be responsible for and protect their own health.
	Perinatal	Services or events in the time period surrounding pregnancy and birth (before, during, and after delivery).
PHA; PLWHA; PLWHIV; PWA	Person living with HIV or AIDS; Person living with AIDS; Person living with HIV; Person with AIDS	All of these definitions are used to refer to people who have been infected with HIV. The emphasis in these terms is on people’s personhood, first and foremost, and not their HIV and/or AIDS status.
PEPFAR	President’s Emergency Plan For AIDS Relief	PEPFAR is the international HIV policy of the United States Government, announced in 2003. It will provide \$15 billion over five years, focusing a significant amount of these resources on the most afflicted countries in Africa and the Caribbean: Botswana, Cote d’Ivoire, Ethiopia, Guyana, Haiti, Kenya, Mozambique, Namibia, Nigeria, Rwanda, South Africa, Tanzania, Uganda, and Zambia.
P	Prevalence rate	The total number of cases of a disease in a given population, at a particular point in time. For HIV/AIDS surveillance, prevalence refers to living persons with HIV disease, regardless of time of infection or diagnosis date. Prevalence does not give an indication of how long a person has had a disease and cannot be used to calculate rates of infection.

	Prevention	Activities intended to change behaviours or social conditions, so that HIV infection does not occur. Some examples of the many HIV prevention programmes include education on safer sex and safer needle use and programmes designed to reduce vulnerability, like literacy, food security, and poverty reduction programmes.
PMTCT	Preventing Mother to Child Transmission	
	Priority population	A population identified through the epidemiologic profile and community services assessment that requires prevention efforts due to high rates of HIV infection and the presence of risky behavior.
	Qualitative Data	Non-numeric data, including information from sources, such as narrative behavior studies, focus group interviews, open-ended interviews, direct observations, ethnographic studies, and documents. Findings from these sources are usually described in terms of underlying meanings, common themes, and patterns of relationships rather than numeric or statistical analysis. Qualitative data often complement and help explain quantitative data.
	Quantitative data	Numeric information – such as numbers, rates, and percentages – representing counts or measurements suitable for statistical analysis.
	Racism	Discrimination or prejudice based on the social construct or race or ethno-cultural background, usually stemming from a belief that race accounts for differences in human character or ability and that particular “races” are “better” than others.
RH	Reproductive Health	According to the World Health Organization, RH is a state of physical, mental, and social well-being in all matters relating to the reproductive system at all stages of life. Reproductive health implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when, and how often to do so.

	Risk factor or risk behaviour	Behaviour or other factors that place a person at risk for disease. For example, factors such as sharing injection drug use equipment, and unprotected anal or vaginal sexual contact increase the risk of acquiring and transmitting HIV.
	Safer sex	Strategies used to reduce the risk of pregnancy, sexual transmitted disease/infection (STD or STI), and HIV infection during sexual activity. In the past, the term “safe sex” was used, but today “safer sex” is used to recognise that sex is never 100% safe.
SAVE	S afer practices A vailable medications V oluntary counselling and testing (VCT) E mpowerment through education.	A model for a comprehensive HIV response that aims to combine prevention and care components, and to provide messages to counter stigma.
	Sex	Refers to the physical aspects of being male or female. Sex does not include social conditioning, which also influences our perceptions of what it is to be female or male. Sex is also defined as activities meant to sexually stimulate the body.
	Sex worker - see CSW	
	Sexism	Discrimination based on a person’s physical sex or gender, usually stemming from a belief that sex/gender accounts for differences in human character or ability.
	Sexual Coercion	A range of experiences, from non-contact forms such as verbal sexual abuse and forced viewing or pornography, to unwanted contact in the form of touching, to attempted rape, forced penetrative sex (vaginal, oral or anal) trafficking and forced prostitution. May also include sex obtained as a result of physical force, intimidation, pressure, deception, forced alcohol and drug use, threats of abandonment and/or of withholding economic support.

	Sexual health	According to the World Health Organization, sexual health is a state of physical, emotional, mental and social well being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.
SRHR	Sexual and Reproductive Health Rights	Sexual and reproductive health and rights (SRHR) can be understood as the right for all - whether young or old; men, women, or transgendered; straight, gay, lesbian or bisexual; HIV positive or negative - to make choices regarding their own sexuality and reproduction, providing these respect the rights of others to bodily integrity.
	Sexuality	A person's sexual knowledge, beliefs, attitudes, values, identity, and behaviours. Sexuality is shaped by a range of influences, such as physiology and biochemistry, culture, spirituality, and personality.
STD - see STI	Sexually Transmitted Disease	
STI	Sexually Transmitted Infections	A range of bacterial, fungal, and viral infections transmitted through direct sexual contact, either through contact with infected body fluids or genital skin. STIs include Chlamydia, gonorrhoea, syphilis genital warts (HPV), and herpes. STIs caused by viruses are not curable but may be treatable. STIs caused by other micro-organisms are most often curable. Some of these diseases can also be transmitted through nonsexual means (e.g., from mother to child during birth). As with HIV and AIDS, people who have STIs are often stigmatised.
SDOH	Social Determinants of Health	See Determinants of Health.
	Social exclusion	The result of processes of discrimination and marginalisation, social exclusion leaves individuals and groups unable to participate fully and freely in their community.

SES	Socioeconomic Status	A description of a person's societal status in a given society using factors or measurements, such as income levels, relationship to the national poverty line, educational achievement, neighborhood of residence, or home ownership.
	Stigma	Shaming, prejudice, and discrimination directed at people who are or are perceived to be infected with a disease, and their loved ones, social groups, and communities.
SIS	Supervised Injection Site	A controlled medical facility where people who inject drug can do so under supervision and have access to medical help and counselling, as well as other services.
	Surveillance	The ongoing and systematic collection, analysis, and interpretation of data about occurrences of a disease or health condition.
	Survival sex	The use of sex to meet one's basic needs. Directly, it may include the exchange of money for sex. Indirectly, sex may be used as a way to sustain a relationship that provides access to the basics of life.
	Syndrome	A collection of signs and symptoms that doctors use to diagnose illnesses and conditions. A diagnosis of Acquired Immune Deficiency Syndrome typically requires the presence of opportunistic infections and/or a viral load (amount of HIV in the body) higher than a certain level.
	Target populations	Populations that are the focus of HIV prevention efforts because they have high rates of HIV infection and high levels of high-risk behaviours. Groups are often identified using a combination of behavioural risk factors and/or demographic characteristics.
TA	Technical Assistance	The delivery of expert programmatic, scientific, and technical support to organisations and communities in the design, implementation, and evaluation of HIV prevention interventions and programmes.
	Transmission categories	Classification of infected individuals based on how the individual may have been exposed to HIV, such as injection drug use.
TB	Tuberculosis	A bacterial infection primarily affecting the lungs.

	Transgendered	Gender identities that do not fit in the two conventional gender identities of girl/woman and boy/man.
	Transsexual	An individual whose gender identity does not match the sex that was assigned to them at birth. Sometimes, transsexual people will seek hormonal and/or surgical treatment in order to bring their body into alignment with their gender identity.
	(Transvestite) Crossdresser	A person who dresses in the clothing of the opposite sex. This does not necessarily mean that they are transgendered or transsexual. 'Transvestite' is no longer used to describe this group because the term is seen as judgmental and stigmatising.
UN	United Nations	The United Nations is an international organisation, made up of 191 member countries, central to the global efforts to solve problems that challenge humanity. The UN and its family organisations work to promote respect for human rights, protect the environment, fight disease, foster development, and reduce poverty.
UNAIDS	Joint United Nations Programme on HIV/AIDS	UNAIDS is the main advocate for global action on the epidemic. UNAIDS leads, strengthens, and supports an expanded response aimed at preventing the transmission of HIV, providing care and support, reducing the vulnerability of individuals and communities to HIV/AIDS, and alleviating the impact of the epidemic. UNAIDS is a joint programme of the Office of the United Nations High Commissioner for Refugees (UNHCR), United Nations Children's Fund (UNICEF), World Food Programme, United Nations Development Programme (UNDP), United Nations Population Fund (UNFPA), United Nations Office on Drugs and Crime (UNODC), International Labour Organization (ILO), United Nations Educational, Scientific and Cultural Organization (UNESCO), World Health Organization (WHO), and World Bank.
UNGASS	United Nations General Assembly Special Session on HIV/AIDS	In June 2001, this assembly was held to address the global HIV/AIDS pandemic and secure a global commitment on the issue. The <i>Global Framework on HIV/AIDS</i> is one of the outcomes of this session.

VCT	Voluntary Counselling and Testing	
	Vulnerability	A measure of how much control an individual has over the risk level they face. Social factors, such as gender and poverty, affect the kinds of decisions available to an individual or group to avoid behaviours and/or situations in which there is a risk of HIV infection.
WHO	World Health Organization	A United Nations agency which focuses on issues related to health.
YLWHA	Young Person Living with HIV/AIDS	
	Youth	Category used to describe young people. The age range differs from country to country. The UNFPA provides the age range of 15 to 24 years. The Conference uses the age range of 16 to 26 years.
	Youth participation	Activities through which young people have opportunities to make meaningful decisions, develop and practice leadership skills, and experience a sense of belonging.
	Young people	Category used to describe people. The age range differs from country to country. UNFPA provides the age range of 10 to 24 years, combining the categories of adolescents (10 – 19) and youth (15 to 24).
	Youth-friendly health services	Youth-friendly health services offer young people confidential and comprehensive reproductive health information and services, including condoms and voluntary, confidential counselling, and testing for HIV. Providers are friendly and accessible and do not make judgments on young people’s choices. Services are free or inexpensive, and locations and hours of operation are convenient for young people’s schedules.

Navigating AIDS 2006



XVI International AIDS Conference
13-18 August 2006 • Toronto, Canada
www.aids2006.org



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Navigating AIDS 2006

This section is designed to help young delegates at the XVI International AIDS Conference survive and thrive while in Toronto. You will find basic information about the Conference and youth-related sessions and events, and information to help you get around the city of Toronto.

All About AIDS 2006

AIDS 2006 is the sixteenth Conference and marks the twenty-fifth year that the world has known HIV/AIDS and the tenth year since the introduction of Highly Active Anti-Retroviral Therapy (HAART). The Conference theme - Time to Deliver - emphasises that, while we always need more research to improve our understanding of the HIV virus, we already have the scientific knowledge and tools to prevent new infections and prolong life. Over twenty thousand participants are at AIDS 2006, including scientists, healthcare providers, politicians, community and business leaders, journalists, government representatives, non-governmental and intergovernmental representatives, and people living with HIV/AIDS.

AIDS 2006 is organised in partnership between the International AIDS Society (IAS) and the AIDS 2006 Toronto Local Host, with UNAIDS, GNP+ (Global Network of People living with HIV/AIDS), ICW (International Community of Women living with HIV/AIDS), ICASO (International Council of AIDS Service Organisations), and the Canadian AIDS Society, representing the international community and United Nations family of agencies.

The partnership between governmental, non-governmental, and inter-governmental organisations reflects a sincere dedication to a unified and international response to the epidemic.

The Conference is at the Metro Toronto Convention Centre (MTCC), which is located next to the CN Tower.

Youth at AIDS 2006:

The AIDS 2006 Youth Programme supports the meaningful participation, integration, and inclusion of young people throughout all levels of the conference, including planning and development. AIDS 2006 defines youth as those between the ages of 16 and 26 years old. Youth Programme activities are open to everyone. Adults are encouraged to attend and participate. Youth-adult partnerships encourage dialogue, learning exchange, and enhanced capacity for both parties.

The Youth Programme has created a partnership with the Toronto YouthForce to plan and implement its activities. The Toronto YouthForce is a network of youth-driven and youth-supporting organizations and groups – including the Global Youth Coalition on HIV/AIDS, TakingITGlobal, Family Health International – with the support of UNFPA, UNAIDS, UNICEF, Summit Foundation, CIDA, and UNESCO. The YouthForce concept started at the AIDS 2002 International AIDS Conference in Barcelona, where the Barcelona YouthForce advocated for youth issues internationally and locally.

Here are some of the activities of the AIDS 2006 Youth Programme.

AIDS 2006 Youth Site: Visit the AIDS 2006 Youth Site (<http://youth.aids2006.org/>) to get up-to-the-minute information, network and connect, learn from those who have attended past Conferences, receive an orientation to AIDS 2006, learn tips on how to prepare for presentations, find practical information about visiting Toronto, and more.

Youth Pre-Conference, August 10-12 2006: The Youth Pre-Conference prepares young people for meaningful and active participation at AIDS 2006 Toronto with a two and a half day workshop, held on the University of Toronto campus.

AIDS 2006 Youth Opening and Reception, August 12 2006: Delegates of all ages are welcome and encouraged to attend the Youth Opening Reception as we show our support and solidarity with young Conference participants from around the world.

Youth Pocketbook Guide to Navigating International AIDS Conferences: You are reading it: No explanation required! Consider keeping this guide to help you get ready for AIDS 2008 in Mexico City.

Youth Rapporteur Team: AIDS 2006 will be the first time a Rapporteur Team is dedicated entirely to recording the proceedings and ground-breaking presentations at the Conference from a youth perspective. The Rapporteurs' work will be shared throughout the week through the Conference newspaper and website, as well as during the Daily Youth Rapporteur Summary Session in the Youth Pavilion and Closing Session.

Youth Pavilion in the Global Village, August 13-18 2006: The Youth Pavilion within the Global Village is a youth-focused space for meetings, forums, and evening sessions. The Youth Pavilion is a space to highlight and showcase youth achievements, facilitate networking opportunities between youth and adults, provide a youth media hub and lounge, and continue the momentum from the Youth Pre-Conference. Daily sessions are held throughout the week of the Conference to prepare young delegates for Conference participation, to create advocacy action plans, and record and report lessons learned back to their communities. Daily summaries from the Youth Rapporteur Team will also be included.

The Pavilion is the hub for youth communication activities and media at the Conference, where delegates can participate in online discussions, create their own online Conference blog, report back about Conference activities, create podcasts, and check emails.

Youth-Adult Commitments Desk, August 13-18: The Youth-Adult Commitments Desk will provide adult delegates an opportunity to articulate how they will work in partnership with youth, to improve the situation of youth-focused HIV/AIDS programmes, policies, etc. Commitments made will be tied to outcomes and will be time specific. These commitments will be followed up post-Conference via existing global youth networks.

Youth Leadership Wall, August 13-18: A wall within the Youth Pavilion has been dedicated to recognising grassroots youth leaders from the past, present, and future. Delegates and the general public are encouraged to add stories, comments, poems, photos, drawings, and more. The Leadership Wall will demonstrate the power of youth involvement and highlight that each individual young person's effort is key in creating the "big picture."

Getting in, staying in:

Name badges. Delegates and other participants at the Conference have been issued name badges. You must wear your electronic badges at all times as they verify that you are an authorised Conference participant.

Entering the Conference site. Aside from the Global Village, the Conference venue will be restricted to official delegates. Delegates will pass through a security entrance whenever entering the Conference venue. Inspections of bags, briefcases, or other carried packages may be requested by Conference security personnel.

Social action and activism. AIDS 2006 endorses freedom of expression as an essential principle in the fight against HIV/AIDS and in promoting full participation in the Conference. The combined efforts of all stakeholders in the public and private sectors and civil society are required to halt and reverse the AIDS pandemic.

Recognizing the role of activism and advocacy, the Conference will provide local space near but separate from the Conference venue. Here community activists and advocacy participants and their organisations can plan and coordinate their meaningful participation.

Peaceful protest has always been and continues to be a key element of participation at the Conference; however, the Conference opposes the destruction of property, the use or threat of physical force, and the disruption of Conference sessions or satellite meetings that prevent dialogue and debate from taking place. Destructive or violent actions will be dealt with in accordance with the laws of Canada. Further, the Conference may escort participants from the venue or revoke their access to the remainder of the Conference.

Additional information and the full statement regarding the Principles and Values of Conference Participation are available at the on-site registration counter and on the Conference website (www.aids2006.org).

Services for delegates

There are a number of services to help delegates get the most out of the Conference.

Simultaneous translation. If you speak one of the UN languages (Arabic/Chinese/French/Russian/Spanish) better than English, you can get headsets that will allow you to hear the opening and closing sessions in any of these languages. Three of the large rooms will offer this service in French and Spanish for the plenary and concurrent sessions. Headsets will be provided for free with a deposit such as a passport.

Lounge for Delegates Living with HIV/AIDS (South Building, 700 level, room 718): The PLWHA Lounge is designed to support delegates living with HIV/AIDS to get the most from their participation in the Conference. The Lounge provides a calm and supportive environment with spaces for informal discussion and peer support, quiet relaxation, complimentary refreshments, and a safe site for taking prescription medication. The Lounge has been planned with the support and leadership of the Toronto People with AIDS Foundation.

Health and medical services:

- ***First Aid Services.*** First Aid volunteers will be present daily at the Conference to attend to minor first aid issues.
- ***Health Clinic (North Building, 100 level, room 101).*** An on-site medical facility will provide delegates with immediate access to medical doctors and nurses if required.
- ***Emergency Medical Services:*** For anyone experiencing serious health issues at the Conference, highly trained and skilled Emergency Medical Services personnel will be available on-site throughout the week to respond to those requiring urgent medical care. For those requiring transportation to any one of several nearby hospitals, emergency transportation (by ambulance) will be stationed on-site for immediate response.

Other services: Look for these services within the *General Information Book*.

- An accommodation desk in the registration area at the Convention Centre;
- Cash machines/ATMs in both the North and South Buildings;
- Business Centre (faxing, photocopying, and courier services) in both the North and South Buildings;
- Child Care Centre;
- Delegate Connector Desk in the Conference venue;
- Internet Cafés;
- Information Desk;

- Inter-faith Prayer Room;
- Meeting Spaces for informal business meetings and consultations within the Global Village;
- Safety and Security - permanent 24-hour security staffing at the Conference centre;
- Service for People with Disabilities;
- Speakers' Centre - on Level 300 in the North Building, intended to serve the needs of all speakers, oral abstract presenters, chairpersons and moderators;
- Tours Desk - conveniently situated in the registration area at the Conference centre.

Sessions, activities, and events

There's something for everyone at AIDS 2006, no matter your interest. This section highlights some key information to help you choose sessions, activities, and events, and provides a roadmap of youth-related activities. You can find more in-depth information in the *Conference Programme* and the *Programme Activities Guide* in your delegate bag.

The *Conference Programme* highlights all Working with Youth/Youth-Focused sessions with a symbol: WWY.

Abstracts-driven Sessions: There are five main areas, or tracks, covered in the Scientific Programme at AIDS 2006:

Track A: Biology and Pathogenesis of HIV

Track B: Clinical Research, Treatment and Care

Track C: Epidemiology, Prevention and Prevention Research

Track D: Social, Behavioural and Economic Science

Track E: Policy

Global Village: The AIDS 2006 Global Village is an interactive and participatory community-focused space that aims to engage, challenge, and inspire. It is the first point of contact for delegates as they enter the Conference venue each day and is also open to the general public.

Cultural Activities Programme – Viral Culture: The AIDS 2006 Cultural Activities Programme provides opportunities for educators, professional and amateur performers, and community members from across the globe to share their methods and tools for alternative communication and education.

Engagement Tours: The Engagement Tours project provides delegates with unique learning experiences through interactive site visits to local organisations, educational institutions, research labs and grassroots community programmes in the Toronto area.

Youth Pavilion: The Youth Pavilion within the Global Village is a youth-focused space. See "Youth at AIDS 2006" for more information.

Roadmap of youth-driven and youth-related sessions

Pre-Conference

Chasing the Dream: Youth Faces of the Millennium Development Goals

Venue: Map Room, Hart House, 7 Hart House Circle, University of Toronto
Exhibit date: August 1-31, 2006
Reception date: August 11, 2006 20:00
Agency (Country): A United Nations Interagency Initiative (International)

AIDS 2006 Youth Pre-Conference

Venue: University of Toronto
Date: August 10-12, 2006
Agency (Country): AIDS 2006 Toronto Youth Programme (International)
Global Youth Coalition on HIV/AIDS (International)
Toronto YouthForce

Envisioning the Future: International Symposium on Children Affected by HIV and AIDS

Venue: MaRS Centre, Heritage Building, 101 College Street, Suite HL50
Date: August 11-12, 2006
Agency (Country): The Teresa Group in partnership with the Hospital for Sick Children (Canada)

Sunday August 13, 2006

From Rhetoric to Action: Defining a Stronger Role for Youth in National HIV/AIDS Policies

Venue: Session Room 3, Level 800

Time: 10:15 - 12:15

Shifting the Paradigm to Help the Most Children: From Psychosocial Support towards Psychosocial Well-being

Venue: Skills Building Room 6, level 200
Agency: Bernard van Leer Foundation and Coalition on Children Affected by AIDS

Time: 12:30 - 14:30

Connect: HIV/AIDS & Youth

(Tickets for these shows are free but must be requested on-line at: www.whatsthe411.ca)

Venue: Lorraine Kimsa Theatre for Young People,
165 Front Street East
Agency: The 411 Initiative for Change (Canada)

Time: 14:00 - 16:00

The Potential role of HPV Vaccines in Improving HIV Prevention Among Young Girls and Women

Venue: Skills Building Room 9, level 200
Agency: UNFPA and WHO

Time: 14:45 - 16:45

Sunday August 13, 2006

Are You Ready For The Week?: Youth Delegate Welcome and Orientation

Venue: Global Village - Session Hall 1
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International) **Time:** 15:00 – 16:30

Youth Pavilion Launch

Venue: Global Village - Youth Pavilion
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International) **Time:** 16:30 – 18:00

Towards a Strengthened Evidence Base for Programming for Children

Venue: Skills Building Room 5, level 200
Agency: UNICEF **Time:** 17:00 – 18:30

Monday August 14, 2006

The "EFAIDS" Programme as Coordinated by Education International (EI), Education Development Centre (EDC) and the World Health Organization (WHO) or How to Put the Fight Against HIV and AIDS in the Context of Education for All (EFA)

Venue: Skills Building Room 8, level 200
Agency: Education International **Time:** 07:00 – 08:30

Blueprint for Women & Girls' Rally & March

Venue: The march will depart from Roundhouse Park on Bremnar Boulevard - across from the main Conference site, the Metro Toronto Convention Centre (MTCC), South Building entrance.
Organizer: The Blueprint for Action on Women and Girls and HIV/AIDS **Time:** 07:30 – 08:30

Daily Youth Orientation and Planning Session

Venue: Global Village - Session Hall 2
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International) **Time:** 07:30 – 08:30

Traditional Indian Street Theatre

Venue: Global Village - Main Stage
Agency: Canada World Youth (Canada) Society for the Promotion of Youth and Masses (India) **Time:** 10:15 – 10:45

Les Jeunes se Mobilisent au Togo

Venue: Global Village - Youth Pavilion
Agency (Country): Association Culturelle des Jeunes Volontaires pour le Développement / PPMG (Togo) **Time:** 10:15 – 10:45

Monday August 14, 2006

Youth Working Together Across Borders: Reflection and Action

Venue: Global Village - Session Hall 2
Agency (Country): World University Service of Canada (WUSC) (Canada) **Time:** 10:45 - 12:15

Young adults living with HIV (relationships and sex)

Venue: Skills Building Room 6, level 200
Facilitator: Atie van der Plas (Netherlands) **Time:** 10:45 - 12:15

More Than Just ABC's

Venue: Global Village - Youth Pavilion
Agency: Kalsotri - Theatre Wing of Sahitya Kala Mandal (India) **Time:** 10:45 - 11:30

I AM ABLE

Venue: Global Village - Youth Pavilion
Agency (Country): Youth Harvester for Life (Uganda) **Time:** 11:30 - 12:15

Tam Tam Cyber Café: an Economic Development Model

Venue: Global Village - Youth Pavilion
Agency (Country): Le Centre des Jeunes Francophones de Toronto (Canada) **Time:** 12:15 - 12:45

My Colour Cabaret

Venue: Global Village - Youth Pavilion
Agency (Country): Asian Community AIDS Services and Alliance for South Asian AIDS Prevention (Canada) **Time:** 12:45 - 13:45

Drop It Like It's Hot: A Sexual Health Guide for Urban Youth

Venue: Workman Theatre
Agency (Country): African & Caribbean Council on HIV/AIDS in Ontario (ACCHO) (Canada) **Time:** 13:00 - 16:00

Condom Pin Making

Venue: Global Village - Youth Pavilion
Agency (Country): The Condom Project (USA) **Time:** 13:45 - 14:15

Successes and Challenges in Youth-led HIV Prevention Programmes

Venue: Global Village - Youth Pavilion
Agency (Country): Students Partnership Worldwide (USA) **Time:** 14:15 - 15:45

Monday August 14, 2006

Talk the Talk: Youth Issues and HIV/AIDS

Venue: Skills Building Room 8, level 200
Facilitator: Cheong Soon Ng, (Malaysia)

Time: 14:15 - 17:45

The Corner-An HIV/AIDS & Youth Musical Theatre Presentation

Venue: Global Village - Main Stage
Agency (Country): Canadian Coalition on HIV/AIDS and Youth in Africa (Canada)

Time: 15:45 - 16:15

Positive African Youth Forum

Venue: Global Village - Youth Pavilion
Agency (Country): Toronto YouthForce-Volunteer Initiatives Nigeria (Nigeria)

Time: 16:15 - 17:45

Youth and HIV: What's Sex Got To Do With It?

Description: Abstract session featuring abstract presentations on the above topic
Venue: Session Room 10, level 200

Time: 16:15 - 17:45

Leadership in Girls' Education: An Essential Component in HIV Prevention

Venue: Session Room 11, Level 100

Time: 16:15 - 17:45

Drop It Like It's Hot Edutainment

Venue: Workman Theatre
Agency (Country): African & Caribbean Council on HIV/AIDS in Ontario (ACCHO) (Canada)

Time: 16:30 - 19:00

Young People in Control: Doing It Safe / Sex Comedy Show

Venue: Global Village - Main Stage
Agency (Country): Municipal Health Service Amsterdam (The Netherlands)

Time: 17:45 - 18:15

Traditional Chinese Artwork and HIV/AIDS

Venue: Global Village - Youth Pavilion
Agency (Country): China Youth Network (China)

Time: 17:45 - 18:30

Report Back on Pre-Conference

Venue: Skills Building Room 8, level 200
Agency: Bernard van Leer Foundation and Coalition on Children Affected by AIDS

Time: 18:00 - 20:00

Monday August 14, 2006

Did You Miss Something? Daily Youth Rapporteur Session

Venue: Global Village - Youth Pavilion
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International)

Time: 18:30 - 19:00

Kagwa Youth Theatre Troupe

Venue: Global Village - Youth Pavilion
Agency (Country): Canadian Coalition on HIV/AIDS and Youth in Africa (Canada)

Time: 19:00 - 20:00

Connect: HIV/AIDS & Youth

(Tickets for these shows are free but must be requested on-line at: www.whatsthe411.ca)

Venue: Lorraine Kimsa Theatre for Young People, 165 Front Street East, Toronto, ON, Canada M5A 3Z4
Agency: The 411 Initiative for Change (Canada)

Time: 19:00 - 21:00

Tuesday August 15, 2006

Daily Youth Orientation and Planning Session

Venue: Global Village - Session Hall 2
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International)

Time: 07:30 - 08:30

Youth Reaching Youth: Toronto's Peer Outreach Project (POP)

Venue: Global Village - Youth Pavilion
Agency (Country): AIDS Committee of Toronto - Youth Specific Programs (Canada)

Time: 10:15 - 10:45

Using the Power of Sport and Physical Education in Strengthening HIV/ AIDS Education

Venue: Global Village - Youth Pavilion
Agency (Country): Commonwealth Games Canada (Canada)

Time: 10:45 - 12:15

In Our Name?

Venue: Global Village - Session Hall 1
Agency (Country): Foster Parents Plan (Plan Canada) (Canada)

Time: 10:45 - 12:15

Fashioning Change: A Youth-Inspired Fashion Show

Venue: Yonge & Dundas Square
Agency (Country): Amitie' (Chandannagar) (India)
Canadian Coalition on HIV/AIDS and Youth in Africa (Canada)
Dum Dum Swikriti Society (India)

Time: 12:00 - 13:00

Tuesday August 15, 2006

Think Youth Independent Theater

Venue: Global Village - Main Stage
Agency (Country): Think Youth Independent (Cameroon)

Time: 12:15 - 12:45

Wanna Play Soccer?

Venue: Global Village - Youth Pavilion
Agency (Country): Grassroot Soccer (USA)

Time: 12:15 - 12:45

African Youth HIV/AIDS Best Practice Handbook Launch

Venue: Global Village - Youth Pavilion
Agency (Country): Development Partnership Initiative (Nigeria)

Time: 12:45 - 14:15

The Power of Youth

Venue: Poster Exhibition Area, Level 800

Time: 12:45 - 13:45

I AM ABLE

Venue: Yonge & Dundas Square
Agency (Country): Youth Harvester for Life (Uganda)

Time: 14:10 - 14:45

There Is More To Us Than What You See

Venue: Global Village - Youth Pavilion
Agency (Country): African & Caribbean Council on HIV/AIDS in Ontario (ACCHO) (Canada)

Time: 14:15 - 15:45

Dance4Life: Fighting Against AIDS by Dancing for Life

Venue: Skills Building Room 8, Level 200
Facilitators: Carin Van der Hor, (Viet Nam)
Colin Dixon, (Netherlands)

Time: 14:15 - 15:45

Da Real Deal/Reality Rules

Venue: Yonge & Dundas Square
Agency (Country): African & Caribbean Council on HIV/AIDS in Ontario (ACCHO) (Canada)

Time: 15:45 - 18:00

Kagwa Youth Theatre Troupe

Venue: Global Village - Main Stage
Agency (Country): Canadian Coalition on HIV/AIDS and Youth in Africa (Canada)

Time: 15:45 - 16:15

Tuesday August 15, 2006

Healthy Sexuality for Street-Involved Youth

Venue: Global Village - Youth Pavilion
Agency (Country): YouthLink Inner City (Canada)

Time: 15:45 - 16:15

Youth Living with HIV/AIDS Forum

Venue: Global Village - Session Hall 2
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International)

Time: 16:15 - 17:45

Aboriginal Youth Discussion Forum

Venue: Global Village - Youth Pavilion
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International)

Time: 16:15 - 17:45

The Role of Sport and Physical Activity in HIV/AIDS Prevention: The Kicking AIDS Out! Concept & Methodology

Venue: Skills Building Room 11, level 200
Facilitators: Anne Soltvedt, (Norway)

Time: 16:15 - 17:45

Steady, Ready, Go!: Universal Access for Young People

Venue: Skills Building Room 2, level 200
Agency: World Health Organization

Time: 18:00 - 20:00

Women, Girls, HIV/AIDS: Gender and Human Rights Issues

Venue: Skills Building Room 8, level 200
Agency: ATHENA; ICW & Blueprint

Time: 18:00 - 20:00

HIV-Positive Youth Connecting on the Web

Venue: Global Village - Youth Pavilion
Agency (Country): Positive Youth Project with the Canadian AIDS Treatment Information Exchange CATIE (Canada)

Time: 17:45 - 18:30

Did You Miss Something? Daily Youth Rapporteur Session

Venue: Global Village - Youth Pavilion
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International)

Time: 18:30 - 19:00

Under Pressure

Venue: Global Village - Youth Pavilion
Agency (Country): Mixed Company Theatre (Canada)

Time: 19:00 - 20:00

Tuesday August 15, 2006

Connect: HIV/AIDS & Youth

(Tickets for these shows are free but must be requested on-line at: www.whatsthe411.ca)

Venue: Lorraine Kimsa Theatre for Young People,
165 Front Street East

Agency: The 411 Initiative for Change (Canada)

Time: 19:00 – 21:00

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Venue: Workman Theatre

Agency (Country): d'bi young (Canada)

Time: 20:30 – 22:00

Wednesday August 16, 2006

Economic Strengthening and OVC: The Pathway or Panacea to Impact?

Venue: Skills Building Room 7, level 200

Agency: CARE International UK and Save the Children UK

Time: 07:00 – 08:30

Revising the ABC to Meet the Demands of Today's Epidemic: 'Two Steps Forward, one Step Back'

Venue: Skills Building Room 7, level 200

Agency: International Planned Parenthood Federation

Time: 07:00 – 08:30

Daily Youth Orientation and Planning Session

Venue: Global Village - Session Hall 2

Agency (Country): AIDS 2006 Youth Programme and Toronto
YouthForce (International)

Time: 07:30 – 08:30

Choices Board Game: Ready to Play?

Venue: Global Village - Youth Pavilion

Agency (Country): Creating For Life Initiative (Nigeria)

Time: 10:15 – 10:45

Doing It For Themselves: Young Scholars & Research Forum

Venue: Global Village - Youth Pavilion

Agency (Country): Centre for Integrated Community
Development and Outreach (CICDOT) (Kenya)

Time: 10:45 – 12:15

Moving Forward on Treatment and Care for Children and Adolescents in Resource Limited Settings

Venue: Session Room 3

Time: 10:45 – 12:15

Young People and Sexuality: The Unspoken and the Taboo

Venue: Session Room 10

Time: 10:45 – 12:15

Wednesday August 16, 2006

Education and AIDS: Challenges and Possibilities

Venue: Session Room 12

Time: 10:45 - 12:15

Unemployment, Poverty and AIDS; Strategies to Empower Youth Towards Economic Independence

Venue: Skills Building Room 10, Level 200
Facilitators: Janine le Sueur, (Netherlands Antilles)
Carl Buncamper, (Netherlands Antilles)
Anita Radix, (Netherlands Antilles)

Time: 10:45 - 12:15

Ignorance Is Not Bliss

Venue: Global Village - Youth Pavilion
Agency (Country): Smart Youth (USA)

Time: 12:15 - 12:45

Healing Songs

Venue: Global Village - Main Stage
Agency (Country): Soul Influence (Canada)

Time: 12:15 - 12:45

Fashioning Change: A Youth-Inspired Fashion Show

Venue: Global Village - Youth Pavilion
Agency (Country): Canadian Coalition on HIV/AIDS and Youth in Africa (Canada)
Amitie' (Chandannagar) (India)
Dum Dum Swikriti Society (India)
China Youth Network (China)

Time: 12:45 - 13:45

Wanna Play Soccer?

Venue: Global Village - Activities Area
Agency (Country): Grassroots Soccer (USA)

Time: 13:00 - 14:00

Accessing Services and Medication in Rural Burkina Faso

Venue: Global Village - Youth Pavilion
Agency (Country): World University Service of Canada (WUSC) (Canada)

Time: 14:15 - 14:45

Young People Living with HIV: Sexual and Reproductive Rights, a Dilemma to Health Professionals?

Venue: Skills Building Room 5, level 200
Facilitator: Luiza Cromack, Brazil

Time: 14:15 - 17:45

The Life Trade Organization: Health is a Fundamental Human Right, It Must Not Be Traded

Venue: Global Village - Youth Pavilion
Agency (Country): Citron Wood (Kenya)

Time: 14:45 - 15:45

Wednesday August 16, 2006

Words 2 Live By

Venue: Global Village - Youth Pavilion
Agency: Lawrence Heights Community Health Centre (Canada)

Time: 15:45 – 16:15

Youth Culture and HIV Prevention Education

Venue: Global Village - Youth Pavilion
Agency (Country): Youth Challenge International (Canada)

Time: 16:15 – 17:45

Young people Control the Future of the Response!

Venue: Session Room 5, Level 800

Time: 16:15 – 17:45

TIME UP

Venue: Yonge & Dundas Square
Agency (Country): SPIT (Uganda)

Time: 17:00 – 17:15

Kids Can: A Child-led HIV/AIDS Education Initiative

Venue: Global Village - Youth Pavilion
Agency (Country): Live Alive Foundation (Nigeria)

Time: 17:45 – 18:30

Act Now or Pay Later: Halting the Spread of HIV and AIDS Among the Youth

Venue: Skills Building Room 11, level 200
Agency: Alliance 2015

Time: 18:00 – 20:00

Did You Miss Something? Daily Youth Rapporteur Session

Venue: Global Village - Youth Pavilion
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International)

Time: 18:30 – 19:00

Giant Puppets for a Giant Challenge

Venue: Global Village - Youth Pavilion
Agency (Country): Cause Canada (Canada)

Time: 19:00 – 20:00

Under Pressure

Venue: Workman Theatre
Agency (Country): Mixed Company Theatre (Canada)

Time: 20:05 – 20:45

Transit

Venue: Yonge & Dundas Square
Agency (Country): Staying Alive (United Kingdom)

Time: 21:30 – 23:00

Wednesday August 16, 2006

30 Seconds: A Visual Voice

Venue: Yonge & Dundas Square
Agency (Country): The Condom Project (USA, Africa, Asia)

Time: 21:30 - 23:00

Thursday August 17, 2006

Daily Youth Orientation and Planning Session

Venue: Global Village - Session Hall 2
Agency (Country): AIDS 2006 Youth Programme and Toronto YouthForce (International)

Time: 07:30 - 08:30

The HIV/AIDS Awareness Committee of Grant Park High School

Venue: Global Village - Youth Pavilion
Agency (Country): Canadian Coalition on HIV/AIDS and Youth in Africa (Canada)

Time: 10:15 - 10:45

SIDA-Perceptions et Marginalization

Venue: Global Village - Youth Pavilion
Agency (Country): Club des Jeunes Aveugles Réhabilités du Cameroun - "CJARC" (Cameroon)

Time: 10:45 - 12:15

Understanding Adolescent Sexuality and Sexual Health Promotion

Venue: Session Room 1, Level 800

Time: 10:45 - 12:15

A Mile in Her Shoes

Venue: Global Village - Youth Pavilion
Agency (Country): Canadian Coalition on HIV/AIDS and Youth in Africa (Canada)

Time: 12:15 - 12:45

Hip Hop and Reggae Dance Hall Kings and Queens: Dropping It Like It's Hot

Venue: Global Village - Youth Pavilion
Agency (Country): African & Caribbean Council on HIV/AIDS in Ontario (ACCHO) (Canada)

Time: 12:45 - 14:15

Intensify Involvement of Youth

Venue: Poster Exhibition Area

Time: 12:45 - 13:45

Drama: How the Virus Spreads in the Nigerian University Circle

Venue: Yonge & Dundas Square
Agency: Society for the Widows and Orphans & YAAN (Nigeria)

Time: 14:15 - 14:30

Thursday August 17, 2006

Not Just Another Recommendation! Learning from the Leadership of Young People and Positive Youth in the Global Response to HIV/AIDS

Venue: Session Room 4

Time: 14:15 – 15:45

Education and the HIV/AIDS Response: Are You in School?

Venue: Global Village - Youth Pavilion
Agency (Country): Union Des Amis Socio Culturels d'Action en
Developpement (UNASCAD) (Haiti)

Time: 14:30 – 15:45

How Much Do You Know About Sex, Young People and HIV?

Venue: Global Village - Youth Pavilion
Agency (Country): Guttmacher Institute (USA)

Time: 15:45 – 16:15

More Than Just ABC's

Venue: Global Village - Main Stage
Agency: Kalsootri - Theatre Wing of Sahitya Kala Mandal (India)

Time: 15:45 – 16:15

Understanding and Reaching Marginalised Groups

Venue: Session Room 6, Level 800

Time: 16:15 – 17:45

Cocktail intercultural – SIDA2006!/Intercultural Cocktail – AIDS2006!

Venue: Tam Tam Cyber Café - Social Enterprise, 86 Nassau Street
Agency: Le Centre des Jeunes Francophone de Toronto (Canada)

Time: 18:00 – 21:00

Joint Learning Initiative on AIDS and Children

Venue: Skills Building Room 6, level 200
Agency: Bernard van Leer Foundation and Harvard
University, Global Equity Initiative

Time: 18:00 – 20:00

TIME UP

Venue: Global Village - Youth Pavilion
Agency (Country): SPIT (Uganda)

Time: 17:45 – 18:30

Youth Closing Session: Where Have We Been and What's Next?

Venue: Global Village - Session Hall 1
Agency (Country): AIDS 2006 Youth Programme and Toronto
YouthForce (International)

Time: 18:30 – 20:00

Young People in Control: Doing It Safe / Sex Comedy Show

Venue: Global Village - Youth Pavilion
Agency (Country): Municipal Health Service Amsterdam (Netherlands)

Time: 19:00 – 20:00

The Basics to Surviving and Thriving in Toronto

Money matters

The Canadian unit of money is the dollar. One hundred cents make up a dollar. Here is a table of the different coins and bills:

Coins	Colour
1 cent (penny)	Copper with leaf
5 cents (nickel)	Silver with beaver
10 cents (dime)	Silver with boat
25 cents (quarter)	Silver with caribou
1 dollar (loonie)	Gold with loon (a bird)
2 dollars (twoonie)	Silver and gold with polar bear
Bills	Colour
5 dollar bill	blue
10 dollar bill	purple
20 dollar bill	green
50 dollar bill	red
100 dollar bill	brown

Tippling: Tipping refers to giving a bit of money to those people who serve you in restaurants, cabs, and hotels. Tips are usually 10 - 15% of your purchase before tax. At some restaurants, tables of 6 - 8 or more are automatically charged tip on the bill.

Tax: In Ontario there are two taxes: GST (federal Goods and Services Tax) and PST (Provincial Sales Tax). The GST is 6% and applies to most purchases: purchased goods, food/beverages, services, and most hotel and motel accommodations. The PST is 8% and applies to any goods you buy, but not on services or accommodation.

There is also a 5% provincial tax (in place of PST), known as the Room Tax, on most tourist accommodation charges, along with the 6% GST. Food services in restaurants are taxed both GST and PST. If you purchase alcohol, there is a 10% provincial tax on the price of the alcohol in addition to the 6% GST.

Keeping your belly full

There is a wide range of restaurants in Toronto, from the very affordable to the high end. Many restaurants post their menu outside the door so you can see the kind of meals available and the price range. Keep in mind that tax and tip are not included in these prices.

The Metro Toronto Convention Centre is near the business and entertainment districts

in Toronto. You may find more affordable meal options in other neighbourhoods. Look for information on where to eat in your delegate bag.

You can find information on affordable restaurants, travel, and entertainment in Toronto at the Studentsaver website (<http://www.cfs-fcee.ca/saver/>). You may need proper identification to access these discounts. Proper identification is usually an International Student Identification Card or International Youth Travel Card. You can find out more about these cards at the International Student Travel Confederation website (<http://www.isic.org/sisp/index.htm>).

If you have access to a small kitchen or a fridge, you may want to consider buying food for your breakfasts and snacks. It is cheaper to buy fruit, cereals, dairy products, etc. from a grocery store (larger stores with a full range of fresh and processed foods). These items are expensive when bought at a corner store (smaller stores that are intended for convenience purchases).

Insider Scoop: Eat for free at AIDS 2006

Registered delegates can also eat for free at the AIDS 2006 Community Dinners, hosted by the 519 Church Street Community Centre (The 519), the AIDS 2006 Toronto Local Host and the AIDS 2006 Community Programme Committee. These dinners will take place each night during the week of the Conference (Monday to Thursday, inclusive) at The 519, near the Wellesley Subway Station (look for a map in the *Programme Activities Booklet*).

Community Dinners are held in an informal setting and offer a delicious meal plus the opportunity to relax, meet other delegates, and enjoy some light entertainment. The dinners are great for those on a tight budget or those who would like some company.

Community Dinners are offered to registered Conference delegates only. A limited number of tickets will be available each day at the info booths in the Global Village and will be handed out on a “first come, first served” basis. The Global Village opens at 8:00 a.m.

Getting around Toronto

Public transit

Toronto Transit Commission (TTC) includes the subway, streetcars, and buses. The subway serves most of the metropolitan area. Streetcars are found on many downtown streets and usually run the length of major streets and stop frequently at marked corners. Buses serve many streets that are not served by streetcars.

The hours of operation of the subway are from 5:40 a.m. until 1:20 a.m. every day except Sundays, when it starts at 9:00 a.m. Some streetcars operate 24 hours a day, but streetcars come less frequently late at night. Bus service is offered 24 hours a day, but also operates less frequently late at night and on Sundays.

AIDS 2006 delegates can purchase a week-long pass that allows unlimited travel for \$11 CAD. If you have not already bought one, look for the TTC booth inside the Metro Toronto Convention Centre. A one-way adult fare is \$2.75 CAD each way, no matter how far your journey takes you. Cash fares can be given directly to the driver of the bus or streetcar, and at the ticket booth at subway stations. You can also buy subway tickets and tokens at the subway stations.

Visit the TTC website (<http://www.toronto.ca/ttc/>) to find out route information. You can also ask for a TTC map at any subway station or TTC booth in the Metro Toronto Convention Centre.

Laws to keep in mind

Drugs: Drugs such as marijuana, cocaine, heroin, crystal meth, etc. are illegal in Canada: It is illegal to import, export, produce, sell, or possess any controlled drug. If any Customs officer finds any drug on your person or within your possessions that is illegal in Canada, they can refuse entry into the country. If a police officer finds any controlled drug on your person, they can charge you under the Controlled Drugs and Substances Act (CDSA), which can lead to a fine, a criminal record, or imprisonment.

Drinking: You must be 19 year old or older to buy or consume alcohol in Toronto. You need to have a valid government-issued identification (like a passport or driver's licence) to buy alcohol beverages. It is against the law to consume alcohol in public places and you cannot have an open container of alcohol on the street.

Smoking: It is illegal to smoke in all indoor public places in Toronto, including covered outdoor areas like patios. The legal age for purchasing cigarettes and tobacco products in Toronto is 19 years old.

Age of consent: At any age, sexual activity without mutual consent is considered sexual assault and is a criminal offense. Consent is not valid if it is obtained through force, threats, fear, lies about what is going to happen, or if either party is under the influence of alcohol or drugs. The legal age of consent in Canada is 14 years old for most sexual activities, unless the older partner is in a position of trust or authority. The legal age of consent for anal sex is 18 years old.

Health issues

International visitors to Canada are not required to have health insurance, but you will not be covered under Canadian health insurance. It is strongly suggested that visitors obtain traveller's health insurance before leaving their home country. If you are from another province in Canada in which you are covered, some services in Ontario will be covered, but you should check with your home province to see what costs will be covered when outside of your home province.



8 A Final Word...

We hope that you found this *Pocketbook* a useful tool for getting the most out of AIDS 2006 and that you continue to challenge, inspire, and engage other young people and adults in responding to the global pandemic. Please let other young people who may be interested in AIDS 2008 in Mexico City know about the *Pocketbook*.

May the YouthForce be with you!

