

Sailing trip on the Dutch IJsselmeer from 29 March to 3 April 2026

Dear teenagers and young adults!

We would like to invite you to our sailing holiday again this year.



From **29 March to 3 April 2026**, the DHG-Youth will be organising a tour with a sailing boat on the IJsselmeer and/or the Wadden Sea. We would be delighted if some young people from our neighbouring organisations would also take part in this sailing trip. In addition to the Dutch organisation, we are also approaching the Austrian, Belgian and Swiss haemophilia organisations.

Requirements for participation:

The participant

- has a currently working e-mail account
- is between 14 and 30 years old
- has hemophilia, von Willebrand disease or any other bleeding disorder
- is a carrier of a blood clotting disorder
- is a friend or sibling of a participant
- is parent of a child with a bleeding disorder
- has sufficient factor or other necessary medication available for the duration of the tour
- can treat himself/herself

Participation costs will be around **190 EUR**. The price includes meals, which we will organise with your support. Arrival and departure must be organised by yourself.

The port of departure has not yet been determined. It depends on the number of participants and the route. Harlingen, Lemmer, Stavoren or other ports on the southern or eastern IJsselmeer are possible.



In addition to sailing and going ashore, the very reason why we are coming together should of course not be neglected. We will certainly talk a lot about haemophilia and other bleeding disorders.

You can get an impression of our past trips in 2023, 2024 and 2025 here:

<https://www.dhg.de/dabeisein-und-mitmachen/dhg-iugend.html>

Please register at our office by e-mail to
dhg@dhg.de

We are looking forward to seeing you. Ahoy!

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