

AIDS 2006 Toronto - Youth Programme

HELPFUL HINTS:

Getting the most out of your time at the Conference



- Preparation is everything! When you register you will be given the program. The Conference Programme is a very large document, and takes a lot of time to go through all of it. We recommend that you spend a few hours on the first night you arrive at the conference to create a daily timetable for yourself that you can fill in with 2 sessions per day that you will defiantly attend. Of course you can attend more that 2 session per day but by listing you 2 priority sessions for each day will help you ensure that you get to the most important session relevant to your objectives for attending the conference.
- Use your daily timetable as your guide. This will ensure that you get to at least 2 sessions per day and still have time to see the exhibition halls, explore the Global Village and Viral Culture (Cultural Activities Programme), network and have meetings with people and most importantly have some rest during the busy week. Remember your personal timetable is just a guide to help you fit in all the components of the conference without getting overwhelmed.
- Get a sense of how long it will take to get from your accommodation to the conference site, and plan to arrive a little bit earlier. Delays happen and you don't want to miss your events!
- If you develop little daily routines it will help you to deal with the amount of information you are taking in. One example is it is likely you will receive many business cards from people you meet; if you take the time at the end of each day to gather the business card you have received on that day and make a little note on them of who the person was and the conversation you had it will be easier to follow up with people once you get home and not forget who everyone was and where you met them.
- Another good idea is to spend a little bit of time each evening emailing some of the people you have met during that day and following up on information you may have promised to send people. This avoids having a huge amount of work to deal with when you return home.
- Balance yourself – remember to have fun! There will be other events occurring in Toronto as well, which may be of interest to you. Attend events at the Cultural Program too! Remember that most of the work at big conferences happens outside the structure of the formal sessions, as you socialize and make friends with people involved in similar work across the globe!
- Take time to reflect on your own. The conference can be an overwhelming influx of information.