A Recap of This Year's PKU Summer Camp *(Organized by the Hungarian PKU Association)*

Although the year is drawing to a close, the shared experiences from our July camp remain vivid in our hearts. From July 6th to 11th, the Szalajka Liget Hotel in Szilvásvárad once again served as a home for our extended PKU family.

For many families, this camp offers more than just an opportunity to gain knowledge and expand their understanding of dietary management; it is a vital chance to connect with others facing similar challenges, catch up with friends, and welcome new members. The camp provides a safe, accepting environment where participants can learn, relax, and become part of a truly supportive community.

Expertise, Knowledge, and Collaborative Thinking

Exchanging experiences played a central role in this year's program. We attended an insightful presentation on physical development, while Erika Simon—representing the adult metabolic care center in Budapest—led a roundtable discussion on the transition to adult medical care.

During our association forum, we brainstormed future plans together like a scholarship program and other support opportunities. Also revisited our popular "blind taste test" of metabolic formulas. Those on the diet evaluated the samples with great enthusiasm, and for the parents, this informal setting proved to be a valuable aid in selecting the most suitable protein substitutes for their children.

Activity, Adventure, and Fun

We kicked off our mornings with refreshing exercise, while the daytime offered football, cycling tours, track-and-field relay races, and swimming competitions for those feeling adventurous. We visited the stud farm in Szilvásvárad, took a ride on the forest railway in the Szalajka Valley, and had the chance to admire some unique butterflies. One of the most memorable experiences was a night-time forest hike combined with stargazing, led by a local guide.

Culinary experiences were also a highlight: we held a group PKU-friendly hamburger and hot dog cookout on the terrace, and on the final day, three fathers baked fresh low-protein bread for the entire group. Creative workshops, dance lessons, and the filming of a music video culminated in a dance party on Thursday, where participants of all ages dressed up and celebrated together. Evenings were rounded off with popular campfire cookouts and lively quiz games.

Thank you to all our campers and volunteers for joining us!

We also extend our deepest gratitude to our supporters and donors, including SSIEM, for helping make this camp a success.

The Board of the Hungarian PKU Association