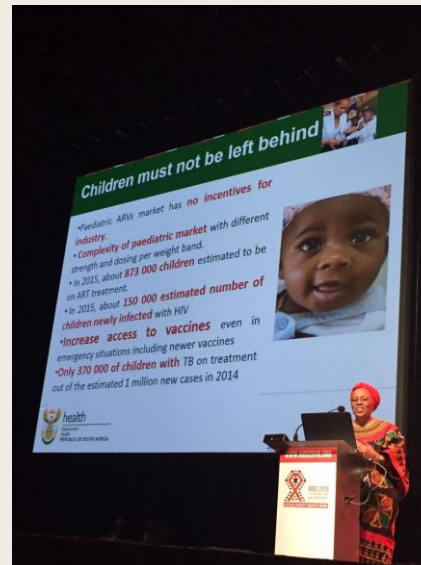


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# What was at the conference?

- There were many different things going on at conference. Ranging from dances to talks.
- The global village was a good place to do networking because it was where people would be, there were many interesting conversations that happened here
- There were also a lot of stalls of different organisation each talking about what they do to help with care and treatment
- The positive lounge was a place for HIV positive people to meet and hang out. It also allowed us time away from the conference and reflect on everything we had learned



# Who Met US



It was a really nice experience being able to meet influential people and having the confidence to talk to them about our lives and have insightful discussions.

# Top tips for living well with HIV:

- Other people, that can be your friend or other people you know that are HIV positive. They will make you feel better.
- Try and do something you enjoy. Whatever helps you turn off from everything
- Thinking of family and the empowerment they have over me
- Seeing friends and being able to talk about it and sharing information

# What were the highlights?

