

#LIVINGFREEWITHHIV

ANNUAL REPORT

2023



LIVING FREE
WITH HIV

Life4me.plus to fight
AIDS, hepatitis C and
Tuberculosis




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President Forward

In 2023, "**Living Free with HIV**" became more than just words; it became the heart of our awareness campaign. It's not just a slogan; it's our pledge to create a world where everyone, regardless of HIV status, can live without judgment or discrimination.

We took a bold step by choosing a public race over the usual marches and demonstrations. Our focus shifted from opposition to unity, forming the foundation of our innovative campaign. Despite these changes, our commitment to preventing new cases of HIV, Hepatitis C and other infections remained strong.

We want to express our sincere gratitude to activists, physicians, partners, sponsors, volunteers and the community. Your support, both in word and deed, was critical. Whether you walked with us or spoke out against HIV-related stigma and discrimination, your efforts didn't go unnoticed.

For Life4me+, 2023 was a year of transformation and renewal. As we look back, we do so with excitement, ready to face the challenges and embrace the opportunities that the next year will bring.




Alex Schneider
President Life4me+





CORE ACTIVITIES



Life4me+ is an international non-profit organization founded in 2013 by a group of activists. Its work started by publishing breaking news about HIV on Twitter and other social media. Over the years, this has become one of the core activities of the organization. Thus, in 2017, the group has evolved into an organization that operates globally. It has a presence in 80 countries, and the website has an active audience of millions.



Life4me+ works based on 5 pillars:

1

Raising awareness of socially significant diseases

We publish daily news through www.life4me.plus and social media, cover international conferences, and hold seminars for doctors and professionals in the HIV medical field.

2

Conducting information campaigns to combat stigma and discrimination

These include: "Respect My HIV" and "No HIV Stigma"; "U=U" in Russian-speaking countries of the Eastern European and Central Asian region, "Vaccines and Immunization" and finally "Living Free With HIV".

3

Supporting for children and youth living with HIV

Each year we aim to raise funds and work with our partners to run summer camps for children and youth living with HIV. Since 2022, the camps take place in Europe and targets youth living with HIV having migrant and refugee backgrounds.

4

Supporting access to antiretroviral therapy (ART)

We register cases of discrimination and highlight challenges with drug supply and provide urgent assistance in obtaining ART for emergencies. We started helping people get ART during the COVID-19 pandemic in 2020. This led to the creation of the Stay On ART project.

5

Development and support of E-Health mobile services

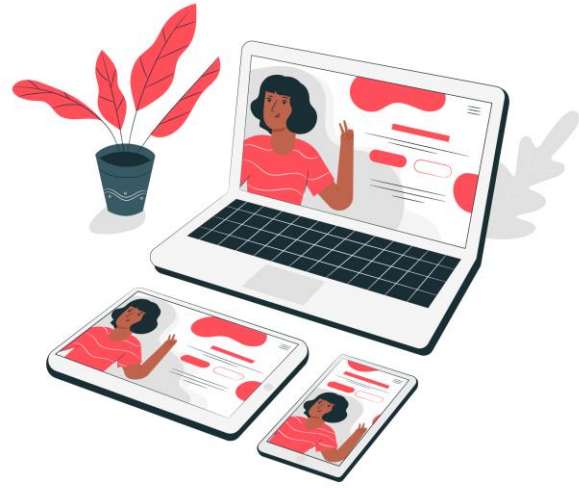
We developed the Life4me+ mobile application to help people adhere to their HIV treatment. It is available free of charge in 15 languages in 156 countries. Anonymous and secure, it provides a convenient platform for direct patient-doctor contact and monitoring of treatment progress.



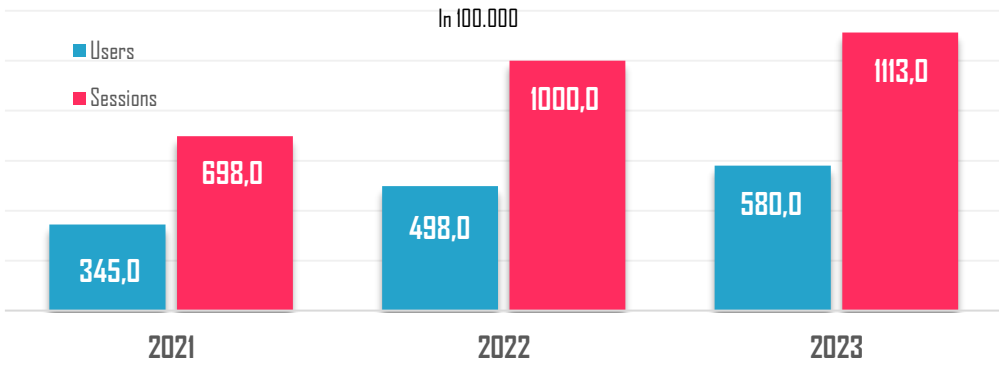
CORE ACTIVITIES

WEBSITE

The Life4me+ website is a community-based professional media portal that publishes daily news on HIV and related issues, covers major international conferences, and disseminates scientific achievements in prevention and treatment. It has become a trusted source and is well known among people living with HIV and health professionals.



Visits of life4me.plus website



While the Life4me+ portal has a wide geographical coverage, including countries in the Middle East and North Africa, many readers come from Russia, Kazakhstan, the USA and Ukraine. Notably, the list of countries with less than 0.5% representation is much broader, influenced by factors such as refugees, migration and temporary relocation.

Mobile phones are the most popular way to access the portal, followed by desktop computers and tablets. This trend has been consistent for several years and is expected to continue in the coming years.



The growing importance of integrating messengers into news-related activities has become clear over the past year. Telegram has seen a surge in popularity among our target audience. The number of subscribers to our Telegram channel has tripled since 2021 (<https://t.me/Life4meplus>).



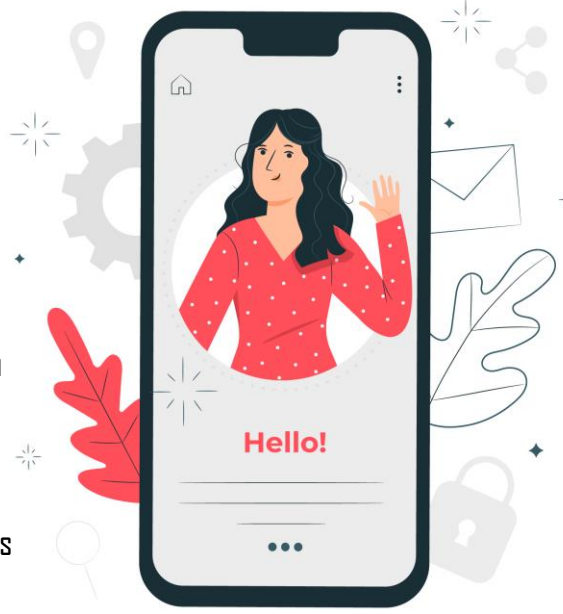


CORE ACTIVITIES

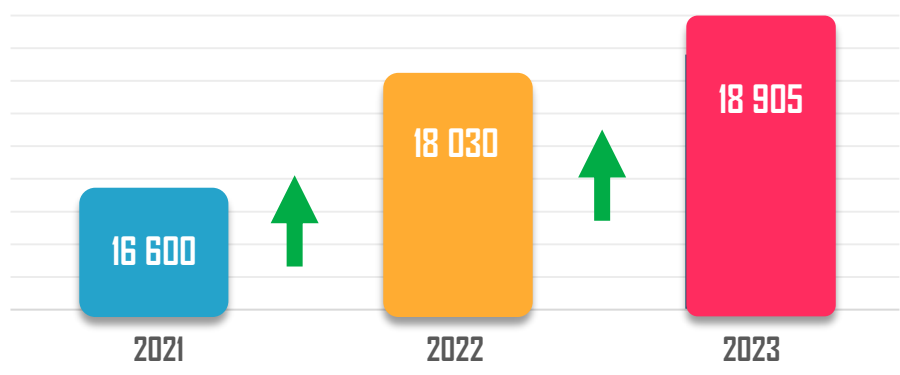
LIFE4ME+ APP

Designed primarily for people living with HIV who are actively monitoring their health, the Life4me+ app was launched in 2017. The app is available for free in 15 languages in 156 countries and offers users a few useful features.

In addition to common features, it includes a few unique options. For instance, it sends automated reminders for sexually transmitted infection (STI) testing, helps connect with healthcare professionals, keeps records of test results, and uses GPS functionality to locate nearby hospitals, clinics, pharmacies, and laboratories, as well as access peer-to-peer counselling and resources from HIV community organizations.



Life4me.plus App Users



Despite this natural decline in activity, the number of Life4me+ app users continue to rise. The year 2023 is no exception, as we have reached a milestone of 18'905 users, which is 875 more than in 2022, accounting for ongoing trends.





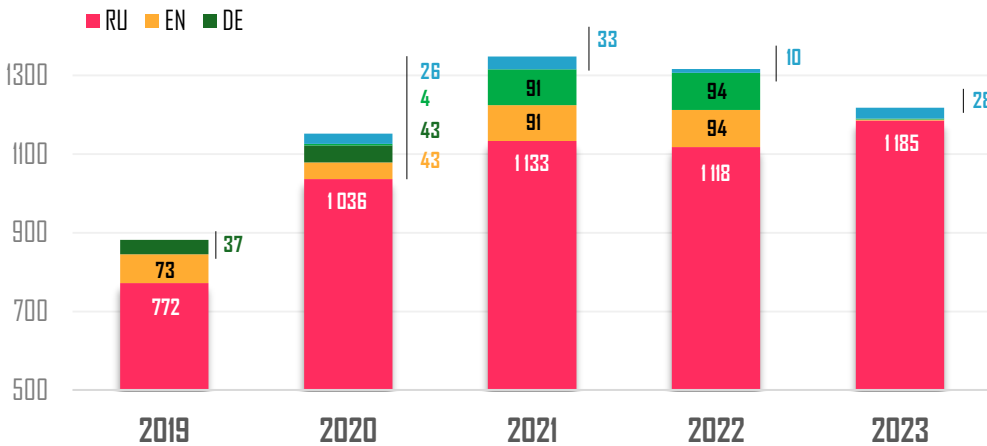
CORE ACTIVITIES

NEWS

The delivery of breaking news on HIV awareness remains a central and longstanding undertaking for Life4me+. This project is expertly managed by a dedicated team, including journalists, editors, consultants, and media specialists.

Daily publications are predominantly in Russian, with a total of 1'185 articles in 2023 which received 844'533 viewings. Additionally, there were 33 articles published in English, Arabic, and French (97,218 hits or viewings), reflecting our commitment to reaching a diverse audience.

Life4me.plus News





CORE ACTIVITIES

COLLAGE COLUMN

The Collage Column is a journalistic project of personal stories that started in 2017. Our heroes are people living with HIV, activists, doctors and specialists working in the field of HIV.

Over the years it became one of the most popular blogs on our portal. It attracts more readers than any other material. Thus, in 2023 were published 52 stories, which received 174 098 hits or views.

Its popularity is growing as people find many common themes in stories that relate to their personal experiences. It helps them overcome challenges and feel they are not alone. For clinicians, it is a visual guide that helps them see, through real-life examples, how HIV-related stigma and discrimination affect people's lives.

There is also an interactive component, created by the professional Life4me+ team, that gives people the space to share their stories anonymously. Anyone who didn't want to reveal their status but wanted to share their story with others could send it anonymously and directly to our editorial team. For some of our heroes this is a lifechanging opportunity.



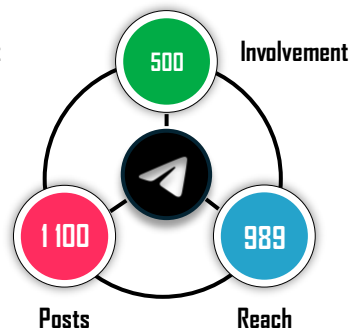
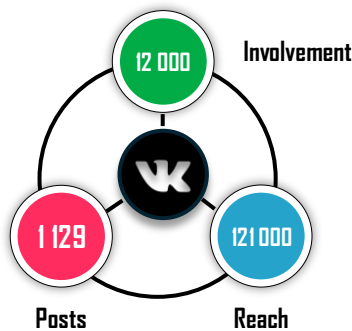
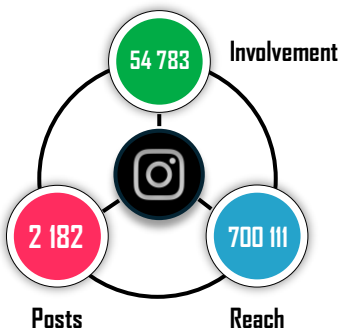
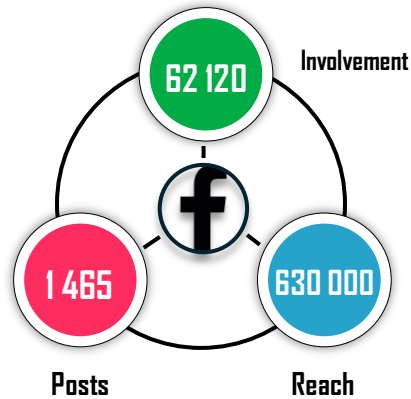
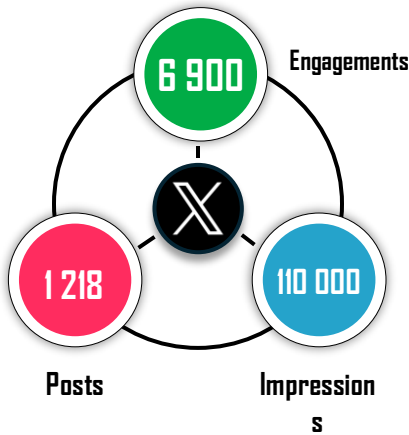
CORE ACTIVITIES

SOCIAL MEDIA

We maintain a strong presence across popular social networks, including Instagram, X (formerly Twitter), Facebook, YouTube, and LinkedIn. Additionally, we are actively establishing channels and community groups on various messaging platforms, ensuring daily updates with exclusive content such as news, posts, stories, and videos.

Over the past year, we have created a total of 7'094 posts and stories, reaching an impressive audience of 1.5 million. Despite observing fluctuations in audience activity throughout the year, our consistent efforts have contributed to sustained growth with positive dynamics.

Telegram is gaining popularity among Russian-speaking readers. Life4me+ channel subscriber numbers have grown from 338 to 967 in 2023, reflecting the growing appeal of our content on the platform.





CAMPAIGN

Life4me+ is committed to fighting the battle to eliminate discrimination and stigma, focusing on our vision of Zero new HIV cases and Zero discrimination. We work closely with partners globally and locally, with the aim of helping to stop the AIDS epidemic, bringing a halt to new transmissions of HIV by 2030, as set out in the Sustainable Development Goals.

Unfortunately, people living with HIV still face discrimination and stigma in their lives. The key challenge continues to be that many people remain unaware that people living with HIV on effective HIV treatment cannot transmit the virus condomless sex. Stigma and discrimination continues to be a global challenge and remains one of the primary obstacles to the elimination of HIV.

To reinforce our aim, we conduct regular campaigns, educating and raising awareness to combat stigma and discrimination. We have initiated six international information campaigns, several of which are consistently followed up.

Campaign examples include: "Respect My HIV", "No HIV Stigma", and "U = U", which educates both physicians and patients about the "Undetectable = Untransmittable" principle. Additionally, we have a campaign focused on "Vaccines and Immunization".





CAMPAIGN

LIVING FREE WITH HIV

First sport campaign was launched in 2023 under the motto: "Living Free With HIV, it signifies living without stigma or discrimination, regardless of one's HIV status"



The campaign features a series of public races of varying sizes. This type of sports competition was chosen to align with Life4me+'s mission of promoting a healthy and active lifestyle.

Sport itself naturally bring people together from diverse backgrounds, unlike demonstrations, which often appeal mainly to activists. It enables a wider audience from the general public to engage, while simultaneously raising awareness about HIV and healthy living, amongst a broader range of people.

Life4me+ is at the forefront of conducting global HIV awareness campaign in collaboration with scientific HIV conferences. In 2019, we conducted the first campaign of its kind in Basel at EACS 2019, called "No HIV Stigma". This has now evolved into a tradition aimed at leveraging the benefits of the EACS conferences in conducting the campaign and complemented by side events, organized local community partners.

More information of the campaigns can be found in Appendix to this report.

CAMPAIGN

VACCINES AND IMMUNIZATION

Initiated in 2021, this project is committed to disseminating scientifically proven information around the effectiveness and safety of vaccines for the general public. In the project's early years, we established a dedicated website in Russian (www.vakciny.org) to deliver straightforward information about vaccines, covering their types, effectiveness, and quality control.

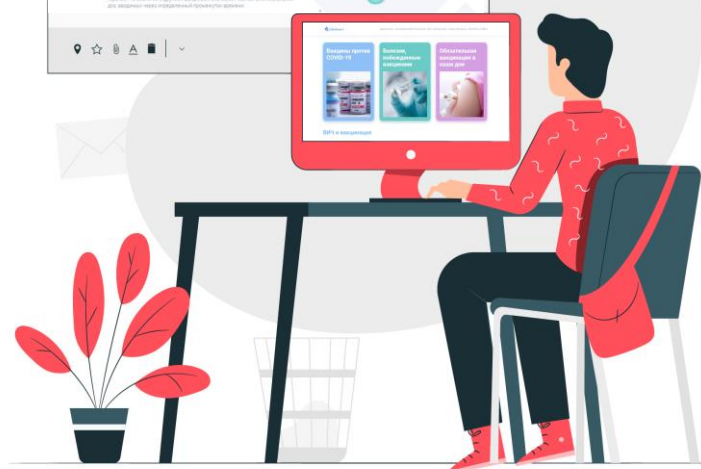
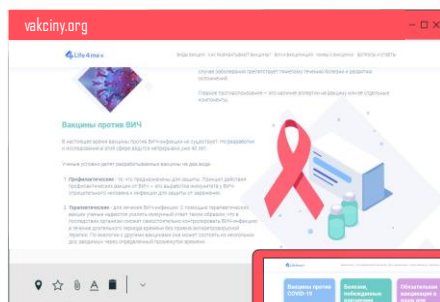
In 2023, our focus shifted to expanding coverage by using other tools. A brochure was developed in collaboration with vaccine experts, to highlight their relevance to people living with HIV. It was designed particularly for medical specialists and activists working in rural areas where they might have limited access to the internet.

A training video, summarizing similar information, was developed to target active users of mobile apps, the internet, messengers, etc. All of these materials have been crafted to provide essential, yet concise information on vaccines, immunization, recommendations, and their relevance to HIV.

[Link to brochure](#)

[Video course](#)

More information of the campaigns can be found in Appendix to this report.





PROJECTS & COLLABORATIONS

This pillar of the organization began as a response to identifiable community challenges. We developed initiatives and projects, aimed specifically at providing help and support for these community challenges. Over time, the initiatives have grown into remarkable projects. Examples include:

1. An annual **Summer Camp** for children and young people living with HIV. This started in Russia in 2021, in collaboration with the Svetlana Izambaeva Foundation.
2. The "**Stay On ART**" initiative, which grew out of the COVID-19 lockdown. It is dedicated to helping people access life-saving HIV treatment.



STAY ON ART

Stay on ART is a navigation tool for people living with HIV, aimed at improve access to treatment when traveling, relocation or migration.

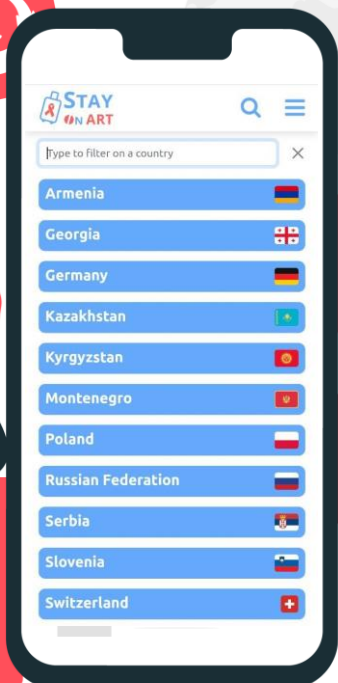
Since its launch, the project has gained recognition amongst its partners in Western and Central Europe. It received recognition in the [NGO Report 2023](#), presented at the UNAIDS Executive Board meeting, as an exemplary case of support for people living with HIV and impacted by humanitarian emergencies.

It also gained recognition as a best practice, in the publication "ECOM members' success stories": A collection of best practices in the promotion of sexual and reproductive health and rights in the EECA [region](#)."

Currently, the project has its own website (www.stayonart.com) with a clear algorithm showing how to access antiretroviral therapy (ART) in 12 countries: Armenia, Georgia, Germany, Kazakhstan, Kyrgyzstan, Montenegro, Poland, Russia, Serbia, Slovenia, Switzerland and the United Kingdom, and is available in 6 languages.

In just 10 months of 2022 (from February till December), over 500 people received support and consultation. In 2023 it is over 1000 people who were supported and recieved necessary help.

In 2024, we aim to achieve expansive coverage, to reach an estimated number exceeding 600,000 direct beneficiaries, primarily people living with HIV. This encompasses 18,000 app users, around 80 NGOs, fewer than 150 physicians, and a substantial online community with 600,000 followers.



More information of the campaigns can be found in Appendix to this report.



PROJECTS & COLLABORATIONS



SUMMER CAMP FOR YOUTH

In 2023 the second camp for young people living with HIV in Europe took place. The main goal for these camps is helping children and adolescents integrate into society, by adjusting to living with HIV. This helps improve treatment adherence, learning how to overcome stress and eliminating internal stigma.

The theme and program for each year is developed separately, taking into account, current challenges, requests and feedback from participants of previous camp's.

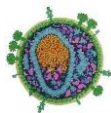


More information of the campaigns can be found in Appendix to this report.

Conference/forum participations

We have been an active participant in the following conferences, highlighting new research and discoveries in the field of HIV and co-infections.

CROI 2023, 19-23 February
Seattle, USA



CROI
2023

53 news articles have been published, based upon conference materials.

IAS 2023, 23-26 July
Brisbane, Australia



57 news articles have been published, based upon conference materials.

EACS 2023, 18-21 October
Warsaw, Poland



43 news articles, **120** posts & stories, covering the conference and promotional campaign, were published on social media and the organization's website.

We actively promoted the "Living Free With HIV" campaign at the exhibition at EACS 2023. Hundreds of guests visited the organization's booth. They took part in a discussion on the issue surrounding stigma. An even larger number of people took part in the interactive race on the spot, which covered a distance of 1,590 meters from Warsaw to Paris (the venue for EACS 2025).

Women Against Viruses
in Europe (WAVE)



In 2023, Life4me+ actively participated in the study "Perceptions of Care among Women Living with HIV Aged 40 Years or Older", led by Women Against Viruses in Europe (WAVE) in 20 European countries including Russia.

Our primary goal is to increase access to research participation for women living with HIV from Eastern Europe and Central Asia. To achieve this goal, we have undertaken various initiatives, such as disseminating key information, mobilizing women to attend meetings and workshops, providing translation assistance and establishing effective communication with women from different countries.

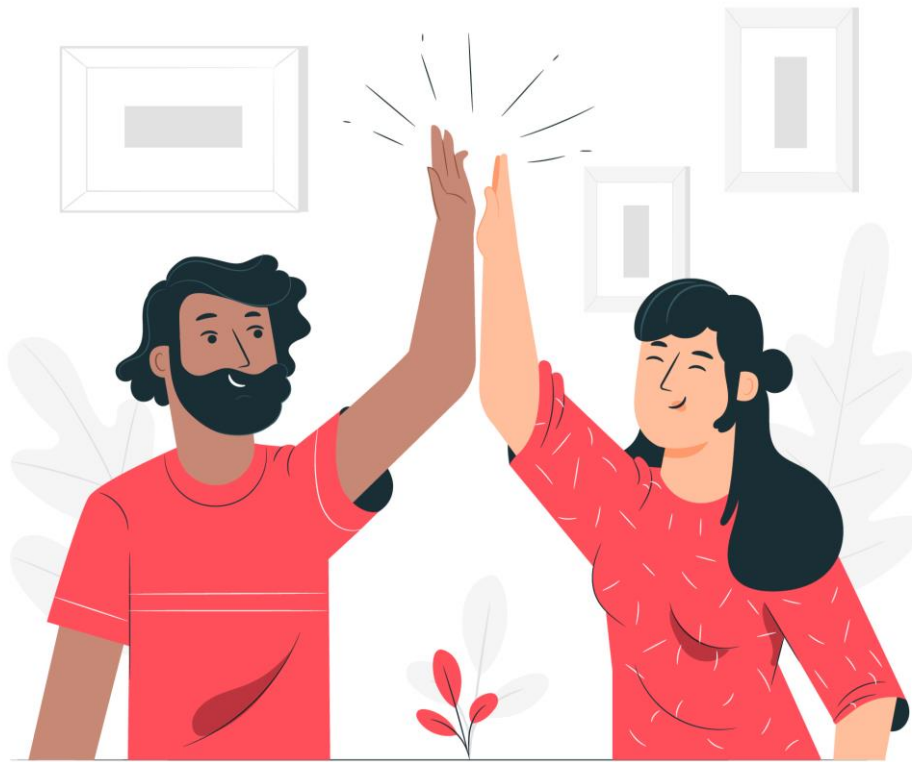
We also actively participated in and provided extensive coverage of the WAVE workshops on breastfeeding, menopause, PrEP, and HPV-related cancers that preceded the 19th European AIDS Conference.





FOLLOW UP ACTIVITIES

MENA REGION

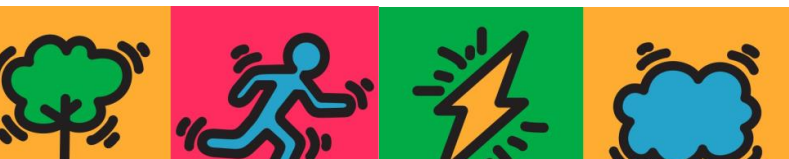


Our ongoing collaboration with organizations in the Middle East and North Africa (MENA) has continued into 2023.

Together, we continue to steadfastly work on improving access to vital information on prevention, treatment, and care for a range of health conditions, including HIV, hepatitis B and C, tuberculosis, sexual and reproductive health, monkeypox and harm reduction, with a special emphasis placed on serving the Arab community.

Life4me+ provides technical assistance and support for the seamless functioning of the Life4me information platform and mobile app.

Notably, our MENA partners played a pivotal role in 2023 by providing invaluable consulting support, translation assistance and active promotion of the Stay on ART project. Their dedicated contributions greatly enhanced the success and impact of our collaborative initiatives.



FOLLOW UP ACTIVITIES

VITAL App in Lesotho

It has already been 3 years from the initiation of the ongoing research project called "VITAL". During this period, Life4me+ has provided technical support, implementing updates and changes for the VITAL application, developed for this research.



The VITAL app was developed in collaboration with the Swiss Tropical and Public Health Institute within a clinical trial.

The trial [was registered](#) on [ClinicalTrials.gov](#) on August 27th 2020 under NCT04527874.

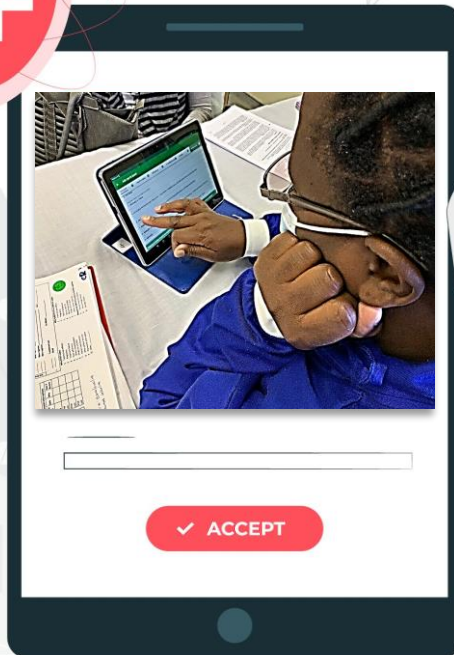
The VITALapp was launched in 2021 and is being used in 18 nurse-managed research clinics in Lesotho to improve the clinical management of people living with HIV.

The App builds on 5 main pillars:

1. Clinical decision support tool, providing clinical management recommendations to nurses.
2. Ensure good documentation, communication and follow-up of laboratory results to patients, for example, viral load results.
3. Implementing a differentiated service delivery models, by shifting resources from patients who are doing well to patient groups who may need more support. For example, patients with treatment failure or medical and psycho-social problems.
4. Allowing both health systems and patients to save resource, whilst improving quality of care.
5. Capturing data on medical gaps (including mental health) in Lesotho, all of which might be filled or bridged in the future.

In 2023, several features were implemented to improve the overall approach to care and treatment of patients living with HIV. These include recommendations on cancer screening, mental health screening and updated guidelines on tuberculosis.

The research studies have been published in "[BMC Pilot and Feasibility Studies](#)" on March 11, 2022 and in "[PLoS One](#)" on May 5, 2022.



PARTNERS



World Health Organization	UNAIDS	100%LIFE	AHF GEORGIA	AIDS-HILFE SCHWEIZ AIDE SUISSE CONTRE LE SIDA AIUTO AIDS SVIZZERO
nam aidsmap	Berliner Aids-Hilfe e.V.	MFH CRNOGORSKA FONDACIJA ZA HIV I VIRUSNE HEPATITISE	AFE ARAB FOUNDATION المؤسسة العربية for freedom & equality للحرية والمساواة	
Deutsche Aidshilfe	ASOCIJACIJA DUGA	EFES FUNDACIJA EDUKACIJSKI SPOLECZNEJ	AIP+ Association Initiative de Prévention Positive	marsa مرسى Sexual Health Center مركز الصحة الجنسية
HELP NOW hub	ITPC EECA Международная коалиция по сотрудничеству в лечении Восточной Европы и Центральной Азии	juventas	LEGITIM	Solthis years
ITPC INTERNATIONAL TREATMENT PREPARENENESS COALITION MENA	Coalition	LIFE 2.0	GHYN საქართველოს ლიბერალური ადოპტი საქართველოში ჰაივ რედაქციის ქსელი GEORGIAN HARM REDUCTION NETWORK	EQUILIVY MOVEMENT
pereboi.kg		Real Women People	pereboi.kz	British RedCross
TOGETHER WE CAN		НОВАЯ ЖИЗНЬ	ПАЦИЕНТСКИЙ КОНТРОЛЬ www.pereboi.ru	POTENT NACIONALNI CENTAR ZA SEKSUALNO I REPRODUKTIVNO ZDRAVLJE
ФОНД «ШАГИ»	EACS European AIDS Clinical Society	EA TG European AIDS Treatment Group	ECOM	Эстонская Сеть Людей Живущих с ВИЧ EHPV
Estonian Women's Network on AIDS	GILEAD Creating Possible	GNP+ GLOBAL NETWORK OF PEOPLE LIVING WITH HIV	ehra	GS:SG Gesamtnetzwerk Stellung Sexuelle und Gesundheit
Iniciativa POZITIVÁ	ITPC INTERNATIONAL TREATMENT PREPARENENESS COALITION	LASKY	Фонд Светланы Изамбаевой	ALLIANCE GLOBAL
MSD	prevention access campaign	ПАРНИ+	POSITIVELY UK	THE GRACE
ViiV Healthcare	WE & CARE+ Prevention in Europe and Central Asia Region		janssen A Janssen-Cilag Company Johnson & Johnson	UNDESCRIBABLE + UNTRANSPARENTABLE U+U





Engagement & Support

The work of the Life4me+ would not be possible without the voluntary commitment of its members and volunteers.

Without you, our work wouldn't be possible.



Finances

NGO Life4me.plus, 5600 Lenzburg

ASSETS	2023		2022	
	CHF		CHF	
Bank	50 102,64	85,60%	182 407,47	97,49%
Liquid assets	50 102,64	85,60%	182 407,47	97,49%
Accrued revenue	5 485,45	9,37%	554,35	0,30%
Accrued income	5 485,45	9,37%	554,35	0,30%
Current assets	55 588,09	94,97%	182 961,82	97,78%
Technology and Equipment	2 400,00	4,10%	0,00	0,00%
Vehicles	540,00	0,92%	900,00	0,48%
Movable Tangible assets	2 940,00	5,02%	900,00	0,48%
Software	22 755,16	38,88%	22 755,16	12,16%
Value adjustment on Software	-22 753,16	-38,87%	-19 504,16	-10,42%
Intangible assets	2,00	0,00%	3 251,00	1,74%
Fixed assets	2 942,00	5,03%	4 151,00	2,22%
Total assets	58 530,09	100,00%	187 112,82	100,00%



Finances



NGO Life4me.plus, 5600 Lenzburg

Liabilities	2023		2022	
	CHF		CHF	
Other short-term liabilities	0,00	0,00%	0,00	0,00%
Current account participant	2 851,00	13,89%	3 200,00	1,71%
Other short-term liabilities towards participants & organs	2 851,00	13,89%	3 200,00	1,71%
Deferred liabilities	2 545,43	12,40%	2 500,00	1,34%
Deferred liabilities	2 545,43	12,40%	2 500,00	1,34%
Fonds	38 000,00	185,09%	170 000,00	90,85%
Fonds	38 000,00	185,09%	170 000,00	90,85%
Dept capital	5 396,43	26,29%	175 700,00	93,90%
Association capital	11 412,82	55,59%	7 436,00	3,97%
Annual loss / profit	3 720,84	18,12%	3 976,82	2,13%
Net profit as at 31.12.	15 133,66	73,71%	11 412,82	6,10%
Equity	15 133,66	73,71%	11 412,82	6,10%
Total liabilities	20 530,09	100,00%	187 112,82	100,00%



Finances

NGO Life4me.plus, 5600 Lenzburg

	01.01. - 31.12.2023		01.01. - 31.12.2022	
	CHF		CHF	
Earmarked Donations	56 133,67	96,76%	144 091,89	98,55%
Donations without earmarking	813,43	1,40%	2 118,32	1,45%
Other incomes	1 068,33	1,84%	0,00	0,00%
Total income	58 015,43	100,00%	146 210,21	100,00%
Project costs & costs of development	-70 413,56	-121,37%	-27 048,74	-18,50%
Direct expenses	-70 413,56	-121,37%	-27 048,74	-18,50%
Gross profit	-12 398,13	-21,37%	119 161,47	81,50%
Wage costs	-46 433,45	-80,04%	0,00	0,00%
Social insurances	-5 278,45	-9,10%	22,65	0,02%
Third party staff	-17 754,15	-30,60%	-25 620,12	-44,16%
Staff education	-568,20	-0,98%	0,00	0,00%
Other staff cost	-596,10	-1,03%	0,00	0,00%
Total personnel expenses	-70 630,35	-121,74%	-25 597,47	-17,51%
Gross profit 2	-83 028,48	-143,11%	93 564,00	63,99%
Rental expense	-2 400,00	-4,14%	-2 000,00	-1,37%
Maintenance, repair, replacement	-973,90	-1,68%	0,00	0,00%
Vehicle expenses	-199,00	-0,34%	0,00	0,00%
Insurance premiums	-468,00	-0,81%	-188,00	-0,13%
Administration expenses	-238,30	-0,41%	0,00	0,00%
Postage	-1 245,39	-2,15%	-764,72	-0,52%
Fees, donations	-818,45	-1,41%	-134,56	-0,09%
Consulting fees, accounting fees	-4 259,20	-7,34%	-2 899,50	-1,98%
Board expenses	0,00	0,00%	-1 200,00	-0,82%
Other administration expenses	0,00	0,00%	0,00	0,00%
Internet and web Services, Hosting	-5 479,06	-9,44%	-2 712,56	-1,86%
Advertising expenses	-10 154,36	-17,50%	-3 421,37	-2,34%
Travel- and representation expenses	-13 317,26	-22,95%	-1 893,60	-1,30%
Total operating expenses	-39 552,92	-68,18%	-15 214,31	-10,41%
Operating result before amortization and adjustments, interests, and taxes (EBITDA)	-122 581,40	-211,29%	78 349,69	53,59%
Depreciation	-5 231,76	-9,02%	-3 850,00	-2,63%
Operating result before interests and taxes (EBIT)	-127 813,16	-220,31%	74 499,69	50,95%
Financial expenses	-466,00	-0,80%	-522,87	-0,36%
Total financial result	-466,00	-0,80%	-522,87	-0,36%
Operation result before Fund allocation	-128 279,16	-221,11%	73 976,82	50,60%
Fund change	132 000,00	227,53%	-70 000,00	-47,88%
Annual profit	3 720,84	6,41%	3 976,82	2,72%

Appendix



Living Free With HIV

The pilot campaign was tested at the EuroGames 2023 in Bern, Switzerland, the largest LGBTQ+ sporting event.

Throughout the Games, thousands of flyers with the campaign's message were distributed by dedicated volunteers and activists.

At the end of the EuroGames, as part of Bern Pride, the "Living Free With HIV" column of supporters walked through the streets of Bern, celebrating diversity and to stand against stigma and discrimination.

The highlight of the campaign in 2023, held in the frame of the European conference EACS 2023, was the public run.

This event took place on October 21, 2023, along the picturesque banks of the Vistula River in Warsaw.

There were over 200 participants, of which 90% were Polish citizens and the rest 10% were conference participants. This brings us closer to our main goal: to reach and inform all citizens. All of the participants received medals and the first three in both categories, also received memorable prizes and cups.

Throughout the event, local activists spoke about the aims of the race and the problems surrounding stigma and discrimination. They also distributed HIV-related information material and offered HIV testing. Thanks to organized promotions, an audience of over 3,000 people was reached, which including at the race venue.



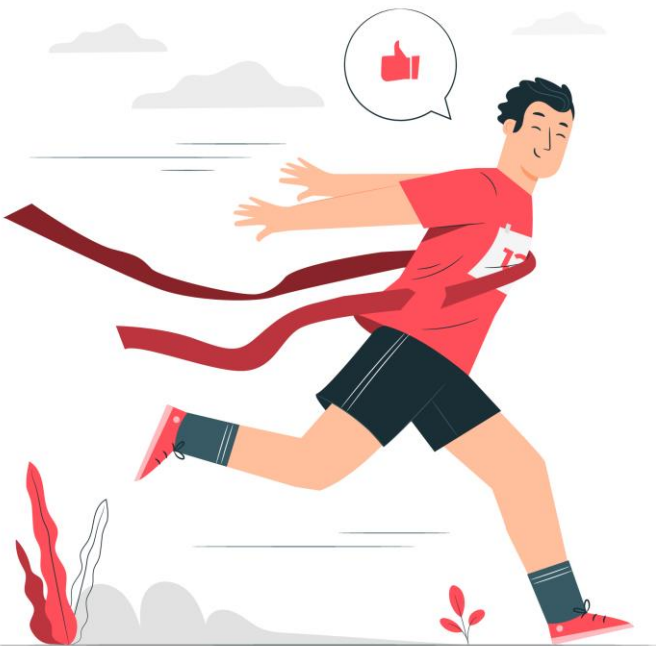


Appendix

Room for Improvements

We recognize the need for improvement based on the feedback received from participants and partners. Recommendations include adding the next public run into the main conference program. This came from participants who also attended the EACS conference, i.e. Dr. Laura Waters from the UK.

This will be taken into consideration, bearing in mind that our main audience remains to be the general population.



Next time, we will allocate more space for visitors providing catering and drinks. This will transform it into a sports festival, including a program offered in at least two languages: the local language and English for international participants and visitors.

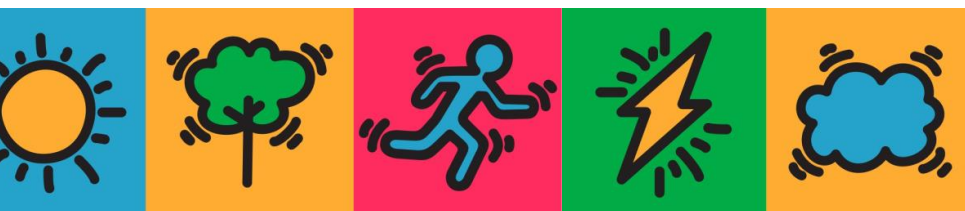
As a result, the first "Living Free With HIV" public run in Warsaw is now a unique initiative organized by the community aimed at combating the stigma and discrimination associated with HIV, in close partnership with the European Conference.

This successful pilot run demonstrates our commitment to reaching a wider audience within the general population.



This is just the beginning.

In the year 2024, 3 public races are planned to be timed to coincide with HIV related conferences.





Appendix



Run at EACS 2023





Appendix



Bern Pride 2023



Life4me+





Appendix



EACS 2023





Appendix

Vaccines and immunization



РЕКОМЕНДАЦИИ **4Life4me+**
 ИССЛЕДОВАНИЯ ЗНАНИЯ ПОЛЬЗА
 ИНФОРМАЦИЯ РЕГУЛЯРНО
 ЗДОРОВЬЕ КАЧЕСТВО
 ЗАЩИТА ИММУНИТЕТ
 АНТИТЕЛА ПРОИССЛЕДОВАНИЯ ВИРУСЫ
 МИФЫ ПРОФИЛАКТИКА ЖИЗНЬ
 БАКТЕРИИ ВАЖНОСТЬ ПАЦИЕНТЫ
 ПОЛЬЗА ОТВЕТСТВЕННОСТЬ НАУКА
 КОНТРОЛЬ ИММУНИЗАЦИЯ
 КЛЕТКИ ОТВЕТЫ
 ЖИЗНЬ ВАКЦИНА
 ПАЦИЕНТЫ УВЕРЕННОСТЬ ПОМОЩЬ
 РАВНЫЙ-РАВНОМУ ПРИВИВКИ
 ИССЛЕДОВАНИЯ СПОКОЙСТВИЕ АНТИТЕЛА

**Что
НУЖНО
ЗНАТЬ
О ВАКЦИНАЦИИ,
КОНСУЛЬТИРУЯ
ЛЮДЕЙ, ЖИВУЩИХ
С ВИЧ**

МЕХАНИЗМ ДЕЙСТВИЯ ВАКЦИН

Когда мы в следующий раз сталкиваемся с вирусом.

Иммунитет распознает его

и способен победить уже не ослабленные, а боевые версии вируса





Appendix

Summer camp 2023



The theme for Summer camp 2023 was:

Integration, Leadership and Sexual Education for Ukrainian Youth Living with HIV in Europe



It focused on empowering and building the leadership skills for young leaders of the future. This was achieved through education around sexual and reproductive health and rights, building knowledge to help them stay safe, healthy and responsible. Motivating them to apply their learning, in sharing with those around them.

Thirty participants between the ages of 18 and 27 gathered in Berlin, Germany, from September 22-27.



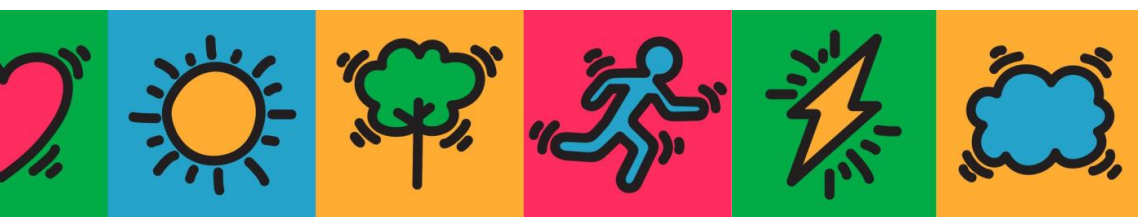
The camp's noteworthy accomplishments included the development of informative campaigns initiated by the participants.

Each has its own theme, avatar, motto, goals, and implementation methods. Most campaigns have been detailed below, including the required tools and timeframe for implementation.



These are:

- 1 "Come Back to Yourself": A podcast to support Ukrainian women facing sexual violence during the war.
- 2 "Hear Me": Focusing on the prevention of sexual violence in relationships.
- 3 "Mama, Tell Me": Aimed at parents of children under 6 years of age, providing guidance on how to talk to their children about sex.
- 4 "MError": Addressing body dysmorphia and attitudes toward the body in general, targeting teenagers and young women.
- 5 "Your Body - Your World": Celebrating the diversity of the human body's beauty, aimed at teenagers and realized through the game Minecraft.





Appendix



Summer camp 2023

