

## WELCOME 😊

We are happy to receive you at AYUDH's Youth Initiative "Together We Can" at M.A. Center Germany. This guide is designed to provide extra information on the program, and important guidelines and practical advice on how to make this youth initiative a memorable experience for all.

Please read the following information carefully, and don't hesitate to contact your Country Youth Leader for further clarification. Contact details are given at the end of this document.



<b>CONTENTS</b> .....	<b>3</b>
summary .....	4
who stands behind the initiative? .....	6
what is a youth initiative? .....	7
please be aware... .....	7
<b>ORGANIZATIONAL</b> .....	<b>8</b>
Youth under the age of 18 .....	9
community service (“seva”).....	9
<i>helping hands</i> .....	9
<i>before the camp</i> .....	9
<i>after the camp</i> .....	9
camping .....	9
participation fee.....	9
translation-sets .....	10
arranging your trip .....	11
<i>A) travel by plane</i> .....	11
<i>B) travel by train</i> .....	12
<i>C) travel by car</i> .....	12
timing of travel arrangements.....	12
safety.....	14
code of conduct .....	15
pack-list .....	16
frequently asked questions.....	17
checklist.....	18
contact.....	19

# CONTENTS

## summary

We are very happy to invite you to the **11th European AYUDH Youth Initiative 'Together We Can'** taking place from **12th – 19th July 2015** at M.A. Center Germany, near Frankfurt.

Youth from **20 countries** are expected to take part in yet another amazing AYUDH Youth Summit.

The general theme of the initiative is how we can **use the strength of community to contribute to a more peaceful, happy and sustainable world.**

During the youth summit, talks will be held by **Br. Shubamrita** and **Bri. Dipamrita**, as well as other renowned personalities from the fields of sports, science, politics, media, arts and personal development.

One central element of the initiative will be the **RespAct project to counteract cyber-bullying in schools.** For this, AYUDH will collaborate with students of the Theodor Litt School in the nearby town Michelstadt. A **huge event in the school on July 13<sup>th</sup>** will kick-start the *RespAct* project, giving an opportunity for international youth to meet and exchange with local students. Jointly we will develop a **strategy to raise awareness** about the effects of bullying and work towards establishing a **school culture of respect, tolerance and inclusion.**

Another highlight of the week will be the **concert** at the end of the week, displaying the creative talents of AYUDH and presenting the results of the *RespAct* project to the public. The show will include **world music, dance and a special appearance of Dundu**, the human giant. Dundu ([www.dundu.eu](http://www.dundu.eu)) has been created by an internationally renowned group of artists who have performed across the world using the giant human marionette as a symbol of unity and equality of all human beings.

A large variety of workshops will be offered: **RespAct Project Development, African Drumming, Self-Defence, Thai Yoga Massage, Archery, Permaculture, Photography and Graphic Design, Dub-Step Dance, Clowning, Harp-playing, Vegan Lifestyle, Self-awareness through interaction with horses, Sensitive Living, Meditation and AYUDH Project Management.**

Apart from that there will be a **sports tournament, a video-shoot, meditation and yoga sessions, singing, games and a big summer festival** to conclude the week.

If you **register before July 1st** the participation fee for the whole week is only **€120** (afterwards €150). A limited number of youth can join the week as **'helping hands'**, doing four hours of community service per day and paying only **half participation fee** (€60 or €75 after July 1<sup>st</sup>). Register fast, since spaces are limited!

Youth who **still have school** during the time of the camp can obtain a **letter** from us that certifies our initiative as a non-formal learning programme. With this letter you can ask permission of the school to take leave for the duration of the camp.

The camp is open to **youth between the ages of 15 and 30**.

Youth, as well as people over the age of 30, are welcome as **volunteers** to support the initiative. If interested, please contact [seva@ayudh.eu](mailto:seva@ayudh.eu)

This year, there is **no partial refund of travel costs**. Therefore would be good to book your tickets as soon as possible to get a good deal. [www.megabus.com](http://www.megabus.com) has good deals from most European cities to Frankfurt/Darmstadt. In many countries, we will arrange cheap group travel to Germany, so please **contact your national youth leader as soon as possible** to find out which cheap means of transportation are available. List of contacts is at the end of this document.

## who stands behind the initiative?

“**Together We Can**” is organized by youth for youth. A team of AYUDH members from all over Europe has been working together since many months to prepare and create an exciting, enriching and entertaining programme that allows you to get engaged and involved, contribute with your talents, ideas, creativity and enthusiasm to this project.

**AYUDH** ([www.ayudh.eu](http://www.ayudh.eu)) is an international youth movement, dedicated to empowering young people to become compassionate leaders in building a peaceful and more sustainable future. Our programmes help youth to express their creative potential, gain self-confidence and implement their own ideas for how to make the world a better place.

AYUDH is part of **Embracing the World®** ([www.embracingtheworld.org](http://www.embracingtheworld.org)), a global network of charitable activities.



AYUDH and Embracing the World have been inspired and founded by **Amma (Mata Amritanandamayi)**, one of the world’s most renowned humanitarians and spiritual leaders of this time. Amma’s entire life has been dedicated to alleviating the pain of the poor and those suffering physically and emotionally. Amma inspires, uplifts and transforms through her physical embrace, her spiritual wisdom and her humanitarian activities. Her boundless love and compassion crosses all barriers of nationality, race and religion. When people ask Amma about her religion, she simply replies “my religion is Love.”

- Watch “Embracing the World” – the movie documentary about Amma and her charitable work
- <http://vimeo.com/90720748>



**M.A. Center Germany – Seminarzentrum Hof Herrenberg e.V.** is a non-profit Organization and the legal host and venue of the programme. ([www.hof-herrenberg.de](http://www.hof-herrenberg.de)). The center is located in an area called Odenwald, about one hour from Frankfurt. It is a spiritual community dedicated to the values and teachings of Amma.

## what is a youth initiative?

The characteristics of a youth initiative are that the youth design a project that **directly benefits society** and that the participants will be very **actively involved** in all phases of the project – planning, preparation, implementation and spreading of results.

Therefore, to participate in this initiative does not only mean to come for one week of fun and entertainment to M.A. Center Germany, but **to become part of an international working group** that thinks, plans and acts together even before and after the camp to create a long-lasting impact in society.

## please be aware...

The goal of this youth initiative is to provide an environment that helps youth to **grow on a personal and spiritual level**. This is why **alcohol and drugs are strictly prohibited** at our event. There are many opportunities for participants to celebrate and have fun during the week – but without intoxicants.

In respect of the spiritual background of M.A. Center Germany we expect participants to adhere to a certain code of conduct (at the end of this document). This also includes to dress in a modest way – means that more parts of our bodies should be covered than uncovered 😊

# ORGANIZATIONAL

## Youth under the age of 18

As per the German Law, your parents will need to fill in and sign a letter before we can accept you for participation at the Youth Summit. If you are under the age of 18, please get in touch with your Country Youth Leader, writing a quick email to state your interest in coming to AYUDH. The list of contacts is at the end of this document.

## community service (“seva”)

The functioning of the youth camp is only possible if everybody helps in the community service. Upon your arrival you will be assigned a task that you will do throughout the week, like vegetable chopping, serving meals, etc.

### helping hands

If you commit to do community service for **4 hours every day** you can participate in the camp for half of the participation fee (60 Euro before July 1<sup>st</sup>, afterwards 75 Euro). If you are interested, simply fill in the corresponding section in the **online registration form**. We are looking forward to your help!

### before the camp

As every year, there will be a lot of help needed before the camp to complete all the work. If you like to come already on **July 7<sup>th</sup>** to help with the preparations, please contact [seva@ayudh.eu](mailto:seva@ayudh.eu). We can only accommodate a limited number of people, so please check with us before you book your flight.

### after the camp

Everyone is invited to stay and help for one or **two extra days** after the camp and leave only on Monday, 20<sup>st</sup> or Tuesday, 21<sup>nd</sup> July 2015. The stay during those two days will be free of charge. Your help is greatly appreciated! For staying one or two days longer you don't need to contact the seva team – just book your flight that way.

## camping

Only **youth over 18** are allowed to camp during the retreat. Boys and girls can not share the same tent. If you like to camp, please bring a tent along with you. M.A. Center Germany has very comfortable shower and bathroom facilities for campers.

## participation fee

The participation fee for the full week is only **120 Euro** if you complete your registration **before July 1<sup>st</sup>**. Afterwards it is 150 Euro, so please register fast! If you commit to do 4 hours of

community service per day the participation fee is only half (see 'helping hands' above).

We are able to offer the camp for such a good price due to the co-funding of the EU and the voluntary help of so many people who offer their work free of charge. This is an amazing example of selfless giving and we want to thank all those people for their generous support of our initiative!

The participation fee needs to be **paid upon arrival** in cash at the Welcome Desk.

## translation-sets

Like every year, a Swiss company, KTR Kongresstechik, is lending us equipment to enable simultaneous translation. This enables all of you who need translation into **French, German, Italian or Spanish** to wear a wireless headset and listen simultaneously to the translation of the talks.

**NEW!** This equipment is extremely sensitive and valuable. Therefore, everyone who wishes to use a translation set will be asked to make a DEPOSIT for it this year. You can indicate at the online-registration form if you need this kind of translation set, and you will be asked to make the **deposit of 50 Euro upon arrival**. Of course you will be given back the money at the end of the summit if you return the headset in perfect condition.

At this point also a big **thank you** to Beatrice Rychener from KTR Kongresstechik for her trust and generosity to lend us this equipment year after year.

## arranging your trip

This year, there is no partial refund of travel costs. Therefore would be good to book your tickets **as soon as possible** to get a good deal. In many countries, we will arrange cheap group travel to Germany, so please **contact your national youth leader** as soon as possible to find out which cheap means of transportation are available. List of contacts is below.

### A) travel by plane

#### FRANKFURT INTERNATIONAL AIRPORT

Trip from airport to M.A. Center Germany takes around 2 hours. You have 2 options:

#### 1.) By Bus to Darmstadt and Train to Bad König

- By bus (AirLiner) to Darmstadt Hauptbahnhof (Main Station); departure every 30 minutes from:

Terminal 1: arrival area B, bus station 14 or

Terminal 2: arrival area D and E, exit H

**Schedule:** <http://tinyurl.com/nenbv8k> (scroll down to find the schedule)

- From Darmstadt Hauptbahnhof (main station) by train to Bad König.  
Schedule: [www.bahn.de](http://www.bahn.de) Select your language in the top left corner.
- We will pick you up from Bad Koenig train station.

#### 2.) By Train to Bad König

- By train, in Terminal 1, find Area B, on Ground 0,
- Book your train ticket to Bad König either from an automated service or better from the counter where you will be able to get a print out of your trip including the changeovers. You may either have to change trains in Frankfurt Main Station, Hanau or Darmstadt.
- We will pick you up from Bad König train station

#### FRANKFURT- HAHN AIRPORT

Trip from Frankfurt-Hahn airport to M.A. Center Germany takes around 4 hours

By bus to Frankfurt Hauptbahnhof (Main Station) and by train Frankfurt Hauptbahnhof to Bad König:

- The bus departs from Frankfurt-Hahn Airport: in front of Terminal A
- Tickets to Frankfurt Hauptbahnhof available from the driver on the bus or the ticket shop in

front of terminal A

**Schedule:** <http://tinyurl.com/os3z86b>

- From Frankfurt Hauptbahnhof (Main station) by train to Bad Koenig, takes one hour. Schedule: [www.bahn.de](http://www.bahn.de) Select your language in the top left corner.
- We will pick you up from Bad König train station

For you information, a bus ticket from Frankfurt Hahn to Frankfurt Main Station should cost you € 14. The train ticket from Frankfurt Main Station to Bad Koenig should cost you € 11. These prices may be subject to slight variation (as of May 2013).

## **B) travel by train**

- If you want to book a train ticket in advance in your country, you will probably not find the destination “Bad Koenig”, so please book to “Darmstadt” instead.
- At Darmstadt train station you can book the remaining ticket to “Bad Koenig”. You can book this ticket at the green ticket machine “RMV”.
- First press number 43 and then “Einzelfahrt”.
- To find out the train schedule from Darmstadt (main station) to Bad Koenig, please visit: [www.bahn.de](http://www.bahn.de)  
Select your language in the top left corner
- We will pick you up from Bad Koenig train station

## **C) travel by car**

Please use an online routing program like [www.googlemaps.com](http://www.googlemaps.com)

This is the address:

M.A. Center Germany  
Seminarzentrum Hof Herrenberg e.V.  
Hof Herrenberg 1 | 64753 Brombachtal | GERMANY  
Phone: +49 6063 579933

## **timing of travel arrangements**

**Participate in the Youth Summit is possible only if you stay for the full duration of the camp.**

**You should arrive on Saturday, 11<sup>th</sup> July 2015 or Friday, 10<sup>th</sup> July AFTERNOON/EVENING.**

Please do not come before Friday, 10<sup>th</sup> July, unless you have communicated with [seva@ayudh.eu](mailto:seva@ayudh.eu)

and they have confirmed that you can come earlier to help set-up.

Please also note that the last train connection from Frankfurt Main Airport departs at 22:00, from Frankfurt Hahn at 20:30. **Transportation cannot be arranged for you after that.**

**Departure:**

We would like all participants to stay until the very end of the youth exchange. We understand that in some cases it might be difficult to arrange travel, but please plan your departure from M.A. Center after 13:00 on Sunday, July 19<sup>th</sup> 2015.

This means earliest departure:

- By flight: Frankfurt Main at 16:30
- By flight: Frankfurt Hahn at 18:00
- By train: Darmstadt at 14:30
- By train: Bad Koenig at 13:30

As mentioned before, it would be great if many of you can stay for two more extra days to help with the cleanup.

Eco-Note: We wish to minimize the impact that we have on the environment through our youth exchange. We therefore encourage you to inquire about eco-friendly ways of transportation, like coaches or trains to reach M.A. Center Germany.

## safety

In order to ensure the safety and well-being of all participants, M.A. Center Germany has created the following policies:

What we provide:

- Participants can turn to their country youth leader at any time during the exchange if they should feel unhappy or have any problems. There will also be a Help-desk, which participants can turn to
- A feedback box is in place, allowing anonymous feedback
- Regular feedback sessions with the country youth leaders ensure that the participants can express their needs and problems during the exchange
- Youth leaders will be accommodated in the same houses as participants

What we expect:

- All participants to act responsibly and follow the code of conduct outlined below at all times
- Participants need to arrange their own insurance, valid in Germany, which covers medical assistance (including after care), accident and serious illness (including permanent or temporary incapacity), permanent disability, death and repatriation in case of serious illness, accident or death, civil liability, the loss of identification and travel documents and damage or loss of luggage
- We strongly recommend that participants acquire the European Health Insurance Card (EHIC). This is a free insurance plan which is given by your insurance company.
- For safety reasons all participants are requested to carry their insurance card with them at all times during their stay at M.A. Center Germany

Please be aware that the Odenwald, the area where M.A. Center Germany is located, has **ticks that may carry infectious diseases**. Please be careful when working in the gardens and grass, use tick spray, check your body regularly for ticks and take a shower every day.

# code of conduct

## 1. Behaviour:

- Be respectful of yourself and others, regardless of their gender, nationality, social background and sexual orientation
- Attendees are responsible for their own personal safety and the safety of others

## 2. Attendance:

- All activities have to be attended, unless they are marked “optional”
- The general bedtime is 23:00 and has to be respected by participants of all ages

## 3. Accommodation:

- Please sleep in the room assigned - if you have a problem bring it to a youth leader
- Males and Females are to be in separate bedrooms, intimacy is not permitted during the camp
- Camping is only permitted for youth over the age of 18, boys and girls not sharing the same tent

## 4. Leaving the camp site:

- Youth under the age of 18 need to go in a group of at least three people (according to German law!)
- You must notify the information desk before leaving, and after returning back to the venue.
- Stay on site during regular activity times and after 6pm

## 5. Health:

- Alcohol and drugs in any form are strictly prohibited during the whole stay
- Not respecting this guideline will lead to expulsion
- Smoking is permitted only in designated and clearly signed areas

## 6. M.A. Center:

- M.A. Center Germany is an ecological demonstration site – please use the facilities with respect for the environment
- The horse stables can not be entered, unless permission is granted

# pack-list

## FOR SLEEPING

- Sleeping bag and pillow
- Sheets to cover the mattress and pillow-covers (in exceptional cases this can also be borrowed from the M.A. Center for €5)

## CLOTHING

- Sturdy shoes, sneakers, slippers
- Combined clothing for warm and cold weather, enough for 7 days. Please dress modestly
- Please bring at least one set of rather fine clothes for our visit to the EU-parliament in Strasbourg
- Swimming dress (there is a swimming lake at M.A Center Germany)
- When packing clothes, please also be aware that some physically active workshops might require you to change clothes afterwards.
- Comfortable, loose clothes for yoga, tai chi & meditation
- Sports clothes and shoes, if you like to take part in the tournament
- Rain jacket and Sun protection (Hat)

## HYGIENE

- Personal Hygiene items
- Towels

## MEDICAL

- You are obliged to bring all necessary medication with you, as indicated by the doctor. If you do have bee/wasp sting allergy you are requested to bring two emergency kits with you. Youth under the age of 18 need to hand over their medicine to the responsible person at M.A. Center upon arrival, including a written note by their doctor indicating how the medicine needs to be taken. This person will keep the medicine safe and provide them to you in accordance with the doctors instructions
- If you have severe allergies or dietary restrictions please make arrangements to bring what you may require for your diet
- Spray against ticks

## DOCUMENTS

- Passport (plus one copy, to be kept separately from the original passport)
- Insurance card
- Travel documents (plus one copy for the travel refund)

## OTHER

- Torch
- Sun lotion, insect repellent
- Paper & Pen
- Pocket Money for snacks at the kiosk and the shop
- Refillable water bottle

## frequently asked questions

Q: Which language is used most commonly during the youth exchange?

A: All talks and workshops will be conducted in English. During the talks we provide simultaneous translation into Spanish, French, Italian and if necessary German.

Q: What if I don't want to participate in a particular activity?

A: All young people must participate in all activities. The AYUDH Camp is committed to the development of the participant's life skills through group activities and exposure to diverse educational experiences.

Q: Can I be together with my friends in the same workshop / group?

A: During certain times you will be together with the youth coming from your country. During workshop times you will be part of a mixed group with youth of all ages, from different countries. We encourage the cross-country mix of youth in order to create a platform for intercultural exchange.

Q: Who is Amma and how is this youth exchange related to her?

A: M.A. Center Germany is inspired by the teachings of Amma (Mata Amritanandamayi), one of the most respected humanitarians and spiritual leaders of this time.

Participants do not necessarily need to have met or know Amma. However, during some talks and workshops, Amma's teachings might be mentioned. Spiritual practices like meditation, yoga and chanting will be offered on a voluntary basis. We hope that participants will feel comfortable with the spiritual background of the youth initiative.

Q: What Will Happen When You Arrive?

- You will be welcomed at our check-in desk
- You may need to provide any information on yourself missing from our records and sign the participants list
- Hand over the used travel documents or photocopies of travel documents, which you will still need for your return journey
- You will be allocated with a community service for which you will be responsible throughout the week
- You will be shown your room or camp site

## checklist

- Do I know the address and contact number of where I am going?
- Have my parents been given this information?
- Do I have a valid passport (and visa, if required) and photocopies of these with me?
- Do I have any medicines that I may need for the duration of my stay with me?
- For youth under 18, who need to take prescribed medicines: Do I have a written note by my doctor, indicating how the medicines need to be taken?
- Do I have sufficient insurance for my stay in Germany and do I have my insurance card(s) with me?
- Do I know who I will be able to talk to if I am worried or unhappy about anything when I am on my trip?
- Am I ready for my trip? (or do I have any questions, worries or concerns to clarify before I leave?)

We are looking forward to welcome you soon at M.A. Center Germany!



## contact

Country	Email
Germany	<a href="mailto:judith.h2003@web.de">judith.h2003@web.de</a> , <a href="mailto:ricky_dada@yahoo.de">ricky_dada@yahoo.de</a>
Denmark	<a href="mailto:Ayudh.andreas@gmail.com">Ayudh.andreas@gmail.com</a>
Austria	<a href="mailto:seva@ayudh.eu">seva@ayudh.eu</a>
Switzerland	<a href="mailto:ayudh.ch@gmail.com">ayudh.ch@gmail.com</a>
Finland	<a href="mailto:eleonoora_94@hotmail.com">eleonoora_94@hotmail.com</a>
France	<a href="mailto:diptou@yahoo.fr">diptou@yahoo.fr</a>
Greece	<a href="mailto:shanti.efr@gmail.com">shanti.efr@gmail.com</a>
Spain	<a href="mailto:Hectorchi87@gmail.com">Hectorchi87@gmail.com</a> , <a href="mailto:victor_manz@hotmail.com">victor_manz@hotmail.com</a> , <a href="mailto:xuban8@gmail.com">xuban8@gmail.com</a> (Basque)
Portugal	<a href="mailto:ayudh.portugal@gmail.com">ayudh.portugal@gmail.com</a>
UK	<a href="mailto:info.uk@ayudh.eu">info.uk@ayudh.eu</a>
Ireland	<a href="mailto:info.ireland@ayudh.eu">info.ireland@ayudh.eu</a>
Belgium	<a href="mailto:tjorjans@gmail.com">tjorjans@gmail.com</a>
Netherlands	<a href="mailto:dhanya.ayudh@gmail.com">dhanya.ayudh@gmail.com</a>
Italy	<a href="mailto:ayudh@amma-italia.it">ayudh@amma-italia.it</a>
Slovenia	<a href="mailto:info.slovenia@ayudh.eu">info.slovenia@ayudh.eu</a>
All other countries	<a href="mailto:info@ayudh.eu">info@ayudh.eu</a>

M.A. Center Germany –  
Seminarzentrum Hof Herrenberg e.V.  
Hof Herrenberg 1  
64753 Brombachtal  
GERMANY  
Phone: +49 6063 579933 / Fax: +49 6063 579953  
[www.ayudh.eu](http://www.ayudh.eu) / [info@ayudh.eu](mailto:info@ayudh.eu)

Aum Amriteshwaryai Namah