

# Workcamp Info-Sheet ijgd 19236 Grömitz “Spring cleaning close to the beautiful Baltic Sea beach”

**Arrival Date: 06<sup>th</sup> April 2019**

**Arrival – Meeting Point:**

You will meet at the campsite of the city Braunschweig in Grömitz.

**Departure Date: 20<sup>th</sup> April 2019**

Volunteers can leave throughout the last day. The best time to leave is around midday, so that the group has time in the morning to tidy up the accommodation together and to say goodbye.

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**Please note:** Leaving the camp earlier than the departure day is not possible. An early departure affects the group dynamic in a negative manner and someone else would need to clean up for you.

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**Workcamp adress:**

Kinder- und Jugendzeltplatz der Stadt Braunschweig

Mittelweg 121

23743 Grömitz

<http://www.braunschweig.de/lenste/index.html> (only in German)

**Contact ONLY ON ARRIVAL DATE!!!**

**Please use only for arrival difficulties:**

**Administrator of the campsite Christine Reinig: 0049-(0) 1578-2507034**

0049 is Germany's country code. From a non-German phone, dial this code and then the number. From a German phone, dial '0' and then the number. Do not use the country code.

**Special requirements:**

You should be fit enough for physically demanding work and you should be able to ride a bike.

**Note:**

The weather in April can be very cold (0°C) and rainy but also very warm (25°C) and sunny. Please inform yourself before arriving how the weather will be during the time of the camp. Be sure to pack clothes for high variation of temperatures. In any case, please take weatherproof clothing and warm clothes - especially for the evening – with you!



## Workcamp Information

### **Workcamp/ Project Partners:**

Kinder- und Jugendzeltplatz der Stadt Braunschweig  
Mittelweg 121  
23743 Grömitz

### **Number of Volunteers:**

12-22 participants from around the world, aged 16 – 26.

### **Project Description:**

Would you like to help children and young people have an unforgettable summer and get to know the Baltic Sea beach at the same time? Then help out with our spring cleaning at Brunswick’s children and youth camping site, on the Lenster beach in Grömitz. Together with young people from around the world, you will be supporting the employees at the campsite with preparatory tasks for the upcoming holiday season, as well as preparing the huge outdoor area. You will be laying down a barefoot path, setting up a low-rope course, getting play areas and sports areas ready, carrying out various maintenance tasks in the garden and on the fields, repairing bicycles and setting up tents.

You will be living in basic 2 to 4-bed rooms in the main building of the campsite, which is located just a few metres away from the sandy beach.

For more information about the campsite (unfortunately only available in German), go to [www.zeltplatz-lenste.de](http://www.zeltplatz-lenste.de)

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**Note:** Your active participation in the above described work project (about 30 hours per week) is mandatory. Refusal to take part in the work portion of the project can lead to expulsion from the camp.

### **Free Time:**

The children and youth campsite is just a few metres away from the beautiful Baltic Sea beach. In April it will probably still be too cold to go swimming, but there will be bicycles available for you to use, so you can go on bike rides on the embankments along the Baltic coast!

There is a wide range of free-time activities available for you on the huge outdoor area of the campsite: several football pitches, a beach volleyball court, a beach football court, a beach handball court, a basketball court, a huge bouncy castle, a zip-line, several table tennis tables and giant chess. You can spend your evenings around the campfire.

It’s also worth taking a trip to Hamburg (100km away) and/or Lübeck (50km away) at the weekend.

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**Note:** While thinking about your free time together, SELF-ORGANIZATION is the key idea. The group leaders will gladly assist with tips and advice, but will not organize your free time for you. **We expect that all participants will be prepared to actively help plan and decide on elements of the team’s group life.**



**Catering:**

All meals will be catered for during the camp (no vegan food).

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**Note:** Self-Organization is also a key point of the camp during your daily camp routines. Shopping, cooking, and cleaning are all planned and done independently within the group. Each participant is expected to take part in the CCC (cooking-cleaning-crew). The advantage is, of course, that you will have the opportunity to eat international dishes and cuisine at every meal and realize that cleaning yourselves can lead to a great deal of fun in the group.

**Accommodation:**

You will be sleeping in 2 to 4-bed rooms in the main building of a child and youth camping site, which is located just a few metres away from the sandy beach.

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**Note:** In most places of accommodation, it is not possible to lock private belongings such as laptops, iPhones, iPods, digital cameras, etc. separately, therefore protecting it from damage and theft. **IJGD takes no responsibility for theft and damage to personal belongings that are brought to camp.** We advise you therefore that each participant should either insure their belongings separately or to not bring them to camp.

**Is a washing machine available?**

YES

**Is WLAN / Internet available?**

YES



## Arrival from the nearest international Airport/ train station

### From Hamburg

#### From the airport to the main train station:

From the Hamburg airport you take the S-Bahn S1 (direction Wedel or Hamburg-Blankenese) to Hamburg Hauptbahnhof (Hamburg main train station, about 24 min travel time). The S1 is running every 10min.

#### From the main train station:

##### Option A - Bus

From Hamburg ZOB you can take the Flixbus at 11:45 which is driving directly to Grömitz Markt (arrival 13:40).

At the bus stop Grömitz Markt you take Bus 5800 in direction of Grube (Holstein) at 14.28 and get off after 7min at the bus stop Grömitz Lensterstrand Ferienpark Camaro.

##### Option B- Train/Bus

Take the RE in direction Lübeck-Travemünde Strand and get off at the station Lübeck Hauptbahnhof (main train station).

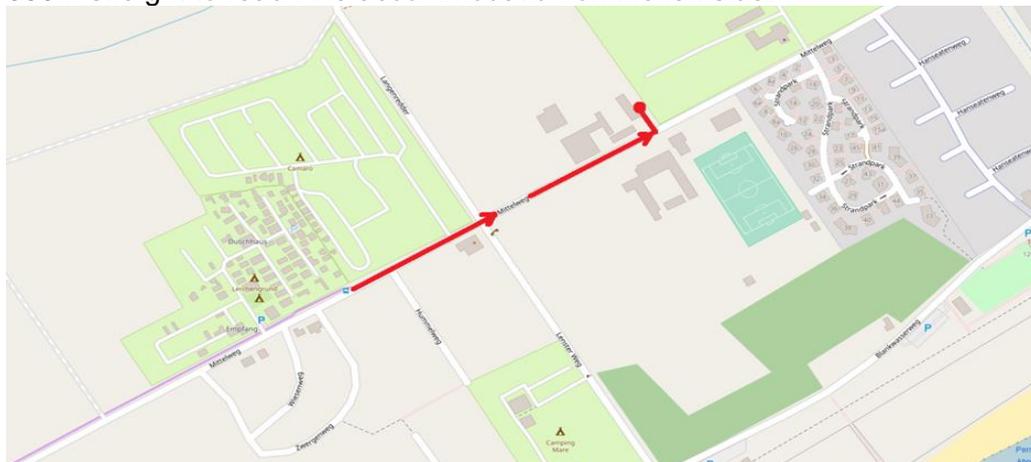
There you change into the train RB in direction Neustadt (Holst). You should get off at the last station Neustadt(Holst).

From Neustadt ZOB/Bahnhof take Bus 5800 in direction of Grube (Holstein). Get off at the bus stop Grömitz Lensterstrand Ferienpark Camaro.

	Var1	Var2	Var3	Var4
Hamburg Hbf (main train station) - from	10:04	12:04	14:04	15:04
Lübeck Hbf - at	10:48	12:48	14:48	15:48
Lübeck Hbf - from	11:12	13:08	15:08	16:12
Neustadt (Holstein) Bahnhof - at	11:50	13:43	15:43	16:51
Neustadt ZOB – from	12:05	14:05	16:05	17:05
Grömitz Lensterstrand – at	12:35	14:35	16:35	17:35

### Attention: Variation 4 is the last connection to Grömitz that day.

By foot: From the bus stop Grömitz Lensterstrand Ferienpark Camaro you just have to walk 350m straight to reach the accommodation on the left side.





## From Berlin

### By bus

From Berlin you can take a Flixbus at 8:15 from Berlin ZOB and at 8:30 from Berlin U Alt-Tegel, to Grömitz Markt (arrival 13:40).

From bus stop Grömitz Markt you will have to take bus 5800 in direction Grube (Holstein). Please get off after a 7min drive at the stop Grömitz Lensterstrand Ferienpark Camaro.

By foot: From bus stop Grömitz Lensterstrand Ferienpark Camaro you just have to walk 300m straight to reach the accommodation on the left side (map: see above).

More Information about train and bus connections: [www.bahn.com](http://www.bahn.com), [www.flixbus.de](http://www.flixbus.de).



## **Packing List – what to bring!**

### **These items MUST be brought along!!!**

- Bed sheets (to cover the mattress/camp bed)
- Sleeping Bag



- Hand towels
- Flashlight
- Sturdy and closed footwear



- warm, rainproof clothing for work
- sport and swim clothes
- Refillable drinking bottle (for free drinking water)
- sun protection
- house shoes/slippers
- signed parental authorization (minors only)
  - See below
- Medical Fact Sheet (Minors must bring along the completed form signed by their parents. For participants over 18 it is recommended but not obligatory to bring it.)
  - See below
- Proof of health insurance/ your European Health Insurance Card (if you are from the EU or Iceland, Croatia, Lichtenstein, Macedonia, Norway, or Switzerland, please bring it with you.)
- Any medicine you take regularly

### **These items MIGHT be handy:**

- Student ID

### **These items would be nice if you bring:**

- Musical instruments
- Pictures from home
- Recipes
- Your favourite music

**!!! NOTE: your personal items are not insured by us! So PLEASE avoid<sup>6</sup>**



**bringing expensive electronic items!!!**



**Parental or Legal Guardian Authorization  
for minors under 18 years**

**Very important! You need to bring this signed document to the camp and give it to your group leader!!!**

I, ..... (first and last name of the parent or guardian)

hereby give my son/ daughter: .....(first and last name),

born on ..... (dd/mm/yy), who is taking part in the camp ijgd  
.....:

- The permission to travel alone to and from the IJGD-workcamp location.
- In the case that he or she should break the rules of the camp (i.e. drug use, refusal to work) and therefore must be dismissed early from the camp, I as the guardian am then responsible for any resulting and necessary costs (such as travel or lodging expenses). I as well accept the responsibility of his/her trip back in his/her home country and make sure to receive him/her there.
- In the case of an emergency, I authorize every qualified doctor to prescribe and practice any and all treatment made necessary by the medical condition of my son/daughter, including surgical if absolutely necessary.
- I authorize my son/daughter to participate in all sports activities, (including swimming in unguarded waters), and in excursions without supervision.
- Furthermore, I allow him/her to participate in all involved activities of the workcamp.
- I release IJGD and its affiliates, including group leaders, from all liability for losses, damages, or injuries that might occur.
- I am aware and will instruct my son or daughter that illegal downloading is prohibited and may result in legal consequences.
- I declare my consent that IJGD and partners can release photographs taken of my child at the workcamp for the purpose of publicity (for example flyers, posters, annual reports, website, Facebook etc.). Those documents cannot be forwarded to or used by third parties.

Date (dd/mm/yy) / Location: .....

Signature: .....

**Very important! You need to bring this signed document to the camp and give it to your group leader!!!**



# Medical Fact Sheet / Medizinische Informationen

This form was designed to collect the medical information which could be useful during the stay of the participant. Please bring the filled form to the camp. Dieses Formular soll wichtige medizinische Informationen erfassen, die während des Camp-Aufenthaltes hilfreich sein könnten. Bitte bring das ausgefüllte Formular mit ins Camp.

## 1. PARTICIPANT/ TEILNEHMER\_IN

Surname/ Familienname: _____	Birthday/ Geburtstag: ____/____/____
First name/ Vorname: _____	Sex/ Geschlecht: female/ weiblich <input type="checkbox"/> male/ männlich <input type="checkbox"/>

## 2. VACCINATIONS/ IMPFUNGEN

VACCINATION IMPFUNG	DATE OF FIRST VACCINATION DATUM DER ERSTEN IMPFUNG	DATE OF LAST VACCINATION DATUM DER LETZTEN IMPFUNG
Diphtheria/ Diphtherie:		
Tetanus/ Tetanus:		
Polio/ Kinderlähmung:		
Whooping cough/ Keuchhusten:		
Hepatitis B/ Hepatitis B		
Measles/ Masern		
Mumps/ Mumps		
Rubella/ Röteln		
Meningitis/ Hirnhautentzündung		

## 3. ALLERGIES/ ALLERGIEN

Please list any known allergies and the necessary treatment./ Bitte liste uns hier alle deine dir bekannten Allergien auf und die Art der Behandlung.

ALLERGY/ ALLERGIE	TREATMENT/ BEHANDLUNG

## 4. DISEASES & MEDICATION/ KRANKHEITEN & MEDIKAMENTE

Please list any current or permanent health problems and diseases you suffer from and the necessary medication. Bitte gib alle gegenwärtigen und dauerhaften gesundheitlichen Probleme oder Krankheiten an und welche Medikamente du ggf. dagegen nehmen musst.

DISEASE/ KRANKHEIT	MEDICATION/ MEDIZINISCHE BEHANDLUNG

If there is medicine to be taken, is it necessary that a camp leader reminds you to take it? Falls Medikamente eingenommen werden müssen; soll dich ein Gruppenleiter an die Einnahme erinnern? Yes/ Ja  No/ Nein

Please do not forget to bring the instruction leaflet of the medicament to the Workcamp. Bitte denke daran, den Beipackzettel des Medikaments mit zum Camp zu bringen.

## 5. SPECIAL NEEDS/ BESONDERE BEDÜRFNISSE

Do you follow a special diet (intolerances, vegetarian, pork-free, ...)? Hast du bestimmte Bedürfnisse bezüglich deiner Ernährung (Intoleranzen, vegetarisch, kein Schweinefleisch...)?	Yes/ Ja <input type="checkbox"/> No/ Nein <input type="checkbox"/>	If yes, please give details./ Falls ja, erkläre bitte, was zu berücksichtigen ist. _____
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Other remarks:/ Sonstige Bemerkungen:

I, the undersigned certify the accuracy of the information contained in this sheet and I agree that the person in charge of the activity, takes any necessary medical action for [my son/ my daughter/ my charge] in case of an emergency.

Ich, die unterzeichnende Person, bestätige die Richtigkeit der Angaben in diesem Formular und bin damit einverstanden, dass die Verantwortlichen des Workcamps im Notfall die nötige medizinische Behandlung für [meinen Sohn/ meine Tochter/ mich] veranlassen dürfen.

Full name of the signatory and function (parent/ guardian/ participant over 18): \_\_\_\_\_

Name d. unterzeichnenden Person und Funktion (Elternteil/ Vormund/ Teilnehmende\_r über 18 J.):

Date: \_\_\_\_\_

Datum:

Signature: \_\_\_\_\_

Unterschrift:



## **General Information – Who we are and what we do**

### **About IJGD:**

IJGD (Internationale Jugendgemeinschaftsdienste e.V.) is a non-profit, non-denominational organization and supporter of international youth work. IJGD was founded by students in 1949 with the goal to raise international understanding and peace. IJGD has contact with over 40 workcamp organizations in Europe, Africa, the Americas and Asia. Each year IJGD coordinates approximately 100 international workcamps in Germany, which usually last three weeks and take place during summer.

### **About Workcamps:**

In a workcamp young people, aged between 16 and 26, come together from all over the world. An important community aspect is the self-organization of the group, which means they live, work and have fun together. IJGD provides the opportunity to experience differences in cultures and societies. Group life is democratic and all social activities are decided on by the group members with the guidance of the leaders. Your responsibility for the group's everyday-life includes the organization of free-time activities, meal-preparation, cooking and cleaning. Usually groups of two are nominated on a daily basis. Each group has its responsibilities: grocery shopping, preparing meals or cleaning the housing. Work and leisure time are in balance.

### **About the Work:**

Usually volunteers work in groups for about 25 to 30 h/week (5h/day), excluding weekends. They are instructed and guided by qualified staff members. Volunteers are unpaid but receive free food and accommodation

### **About the Group:**

The group consist of about 10-20 participants (see camp details above) and one or two group leaders. The group leader is the contact person on-site and her/his aim is to ensure the smoothly run of the camp, to minimize language barriers and to be of any help if needed. Volunteers are asked to respect group leaders as well as local customs and traditions.

### **About Travelling Before and After the Workcamp:**

Because participants of IJGD workcamps are mostly adults, it is their decision whether or not to travel in Germany or anywhere else before camp begins or after it has ended. Travelling before and after camps is fine, but as we are not a travel agency, we do not have time or resources to plan out every participant's travels. Therefore extra travelling should be planned and organized by the participants. On the following website you can search for cheap hostels in whole Europe: <http://www.hostelworld.com/>, just insert Germany and the city in the search engine. On the following site you will find German youth hostels: <http://www.jugendherberge.de/en/>



## About Germany

### Geography

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#### Location:

Germany is located in Central Europe. It has two sea accesses: the Baltic Sea and the North Sea. Germany is boarded on the west by the Netherlands, Belgium, Luxembourg and France; on the south by Austria and Switzerland; on the east by the Czech Republic and Poland and on the north by Denmark.

#### Federal States (Bundesländer): 16

Capital: Berlin

#### Biggest cities:

Berlin: 3.7 million inhabitants

Hamburg: 1.8 mio.

Munich (München): 1.4 mio.

Cologne (Köln): 1 mio.

Frankfurt: 0.7 mio.

#### Population: 82.3 mio.

(2018, by German federal bureau of statistics)

#### Population with migratory

background: 19.2 mio. (2018) from 190 countries all around the world

Germany is by far the largest country in the EU in terms of population.

#### Time:

UTC/GMT +1 hour





## Facts for travellers

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### Internet:

You will find internet access in all cities. Either within special internet cafes or for example at the airport or train station, in the hotel, in universities and libraries. On the countryside, however, the transfer rate can be very limited.

### Opening Hours:

Businesses/shops open between 9-10am. Most of them close between 6-8 p.m., but especially supermarkets (at least in bigger towns) are open until 10 p.m. or even longer. There are no shops open on Sundays (except for bakeries, which may open for a couple of hours). Exceptions are pharmacies, kiosks and shops in and around train stations, which stay open late and at weekends. Museums and historical monuments are, with few exceptions, closed on Mondays.

### Emergency:

If you are involved in an accident or are being attacked, you should call the police at the emergency number 110. This number is used throughout Germany and is free of charge from public telephones. You can contact the fire department and the ambulance anywhere in Germany by calling the number 112.

### Transportation:

**Train** is the most important mean of transportation for travelling through Germany. For finding train-connections and cheap/special tickets, please look at <http://www.bahn.de/international/view/en/index.shtml>

**Bus/ coach:** On the local stage it is very common to go by bus/tram/metro. For information regarding coach transfer from abroad to Germany, or between bigger cities within Germany, please look at:

<http://www.reisebus24.de/berlinlinienbus/>, <http://meinfernbus.de/> (national)  
<http://www.eurolines.de/en/home/> (international).

For transfer from or to airports see the website of the respective airport.

**Airplane:** Please note that one of the main objectives of IJGD is ecology. We try not to harm the environment with our behaviour. Therefore, we kindly ask you to not only think about the price while planning your trip, but also about our nature. In the last couple of years, the range of low-cost carrier and cheap air tickets have increased dramatically. They offer a wide range of destinations within Germany and Europe.

NOTE: You need to check where exactly the airport is located. Often they are outside or far away from bigger cities. For example, Frankfurt Hahn is not close to Frankfurt am Main (distance about 120km).

### Hitchhiking/car sharing:

If young people travel by car it is very common to offer your spare seats in the internet. Germans have developed an institutionalized form called "Mitfahrzentrale", which means a "lift/ ride-office". They act as agents, mediating drivers and "hitchhikers/ passengers". The general price is 6 €/100km. For students this is the cheapest and most common way to travel. There is no reason to be concerned about your security. There has not been any incident of exceptional criminality so far.

(<http://www.carpooling.co.uk/> <http://www.blablacar.de/mitfahrgelegenheit> )

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Hitchhiking is generally legal in Germany. You must not stop cars directly on the Autobahn (Highway). This is strictly forbidden and very dangerous. It is highly recommended to try to find a driver on the gas stations. This way driver and hitch-hiker get to know each other before the ride.

Helpful links	
Currency converter	<a href="http://www.oanda.com/convert/classic">www.oanda.com/convert/classic</a>
All German airports	<a href="http://www.azworldairports.com/azworld/p1600.cfm">http://www.azworldairports.com/azworld/p1600.cfm</a>
Facts about Germany	<a href="http://www.tatsachen-ueber-deutschland.de/en/">http://www.tatsachen-ueber-deutschland.de/en/</a>
Weather forecast:	<a href="http://www.weather24.com/">http://www.weather24.com/</a> <a href="http://uk.weather.com/">http://uk.weather.com/</a>
Interactive Germany map	<a href="http://www.stadtplan.net/">http://www.stadtplan.net/</a> <a href="http://maps.google.co.uk/maps?hl=en&amp;tab=w1">http://maps.google.co.uk/maps?hl=en&amp;tab=w1</a>
Online-translator	<a href="http://en.pons.com/translate">http://en.pons.com/translate</a> <a href="http://www.leo.org/index_en.html">http://www.leo.org/index_en.html</a>

### Language:

Some useful words

English	German	English	German
Good morning	Guten Morgen	Yes	Ja
Good afternoon	Guten Tag	No	Nein
Good evening	Guten Abend	What	Was
Good night	Gute Nacht	When	Wann
Good bye	Auf Wiedersehen	Where is...?	Wo ist...?
Thank you	Danke	Who	Wer
You are welcome	Bitte (-schön).	Why	Warum
How are you?	Wie geht es Dir?	How	Wie
I am fine.	Mir geht es gut	1	eins
I am doing not so well.	Mir geht es nicht so gut.	2	zwei
What is your name?	Wie heißt du?	3	drei
My name is ...	Ich heiße ...	4	vier
Excuse me/ I'm sorry.	Entschuldigung/Sorry	5	fünf
good	gut	6	sechs
bad	schlecht	7	sieben
delicious	lecker	8	acht
beautiful	schön	9	neun
I would like to have ...	Ich hätte gerne...	10	zehn
I love ...	Ich liebe ...		



## Fun facts

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- Gummy bears were invented by a German, **Hans Riegel** from **Bonn**, the founder of Haribo.
- German is the third most commonly taught language worldwide.
- Classical music has been widely dominated by German-speaking composers. A few famous ones born on the present territory of Germany include Bach, Händel, Beethoven, Schumann, Mendelssohn, Brahms, Wagner and R. Strauss.
- The longest word published in the German language is Donaudampfschiffahrtselektrizitätenhauptbetriebswerkbauunterbeamtengesellschaft (80 letters). Try saying that five times fast!
- There are over 1,000 kinds of sausages in Germany.
- Some of the world's greatest philosophers were German: Kant, Hegel, Schopenhauer, Nietzsche, Heidegger...
- Chancellor Angela Merkel has a Barbie doll made after her.
- Germany is one of the major book nations, with around 94,000 new books and re-editions each year.
- Although the Germans are the undisputed world champions when it comes to foreign travel, they still prefer to holiday between the North Sea and the Alps.
- The Christmas tree (Tannenbaum) tradition came from Germany.

To get more facts about Germany have a look on the following website:  
<http://www.tatsachen-ueber-deutschland.de/en/>.