



Dear volunteer,

we are very happy that you have decided to join our workcamp.
Welcome onboard!

With this infosheet we want to give you more detailed information about what to expect from the camp, when and how to arrive, what to contribute and what to bring along with you. It includes general and specific information on your workcamp.

Specific infos on your camp you find in chapters 5-12 (in grey boxes).

We kindly ask you, to read the whole infosheet carefully, as all the information given here will be relevant for your workcamp!

The project partner, who is hosting the workcamp, is already looking forward to meet you.

We believe that not only the project but also each volunteer will benefit from the workcamp. Working together for a good cause, living in an international group, meeting new people, exchanging ideas and learning from each other is a special and unique experience.

We wish you a wonderful workcamp!

Your SCI team in Germany

SCI -branch co-ordinating your workcamp:	Service Civil International - Deutscher Zweig (SCI-Germany) Blücherstr. 14 D-53 115 Bonn Germany Tel.: +49- (0) 228 - 21 20 86 Fax: +49- (0) 228 - 26 42 34 E-Mail: incoming@sci-d.de Web: www.sci-d.de	IMPORTANT:	Please shortly confirm your participation to incoming@sci-d.de Don't forget 1. your name 2. name & dates of your camp. Also inform us , if you have to cancel or arrive later.
Camp:	DE-SCI-6.53 Glücksburg (near Flensburg, Schleswig-Holstein)	Begin/End of the camp:	07/08 – 27/08/2010
Project address:	artefact – Zentrum für nachhaltige Entwicklung (centre for sustainable development) Bremsbergallee 35 D - 24960 Glücksburg Tel: +49 (0) 4631-61160	Number of volunteers:	15
Camp address: (where the camp is accommodated)	Same as above	Camp Language:	English, German
Contact person in the project:	Werner Kiwitt Tel.: +49 (0) 46 31 - 6116 0 Email: info@artefact.de Web: www.artefact.de	Other remarks:	



We like to highlight, that in 2010 SCI is celebrating its 90th anniversary.

Throughout this year SCI plans different activities and events in order to remember and reflect upon our work, values and achievements during almost a century.

Here some examples: With our **Anti War Action** SCI would like to pay extra attention to the ideology of anti-militarism and non-violence, as well as the root causes of war such as social injustice, economic exploitation, racism, discrimination & the unequal distribution of natural resources.

There will be a series of “**No-More War**”-workcamps, that form part of the Anti War Action. For detailed information on Anti War Action and activities visit these websites:

- http://spaceforpeace.net/anti_war_action.phtml
- <http://www.spaceforpeace.net/NMW.phtml>



For November 2010, SCI's International Archives in Switzerland is preparing a “**Travelling Exposition**” about the life of Pierre Ceresole (founder of SCI), about the origins of our volunteer and peace organisation and about SCI's values and history. The exhibition will also include a video production from the Anti-War Action.

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1. WHAT IS SCI? SOME GENERAL INFORMATION ON ITS AIMS AND HISTORY

Service Civil International (SCI) is a voluntary organisation with approx. 40 national branches and groups worldwide. SCI aims are **promote peace, international understanding and solidarity, social justice, sustainable development, and respect for the environment**. SCI believes that all people are capable of living together with mutual respect and to solve conflicts without recourse to any form of violence.

The roots of Service Civil International go back to the end of World War I when Europe had to be reconstructed and the people needed to co-operate again in a peaceful way. The first international workcamp was organised in 1920 by Pierre Ceresole and his friends in Verdun, France. Verdun was a town close to the German border which was completely destroyed during the war.

Even though the first experience was not easy, the idea spread quickly. The volunteers from this camp wanted to inspire others to work for peace as an alternative to military service. The number of volunteers rose quickly and they started to call their network “Service Civil International”.



Some historical pictures of early SCI-workcamps



Nowadays the work of SCI is carried out on all the continents and ranges from reconstruction work to ecology, from social inclusion to North-South solidarity. Every year hundreds of people get inspired by the simple but powerful idea which started the first workcamp.

You would like to know more about the history, aims, structure and network of SCI?

Here are some links, where you can easily find more information:

- www.sciint.org (Website of SCI International)
- www.service-civil-international.org (Website of the SCI International Archives, Bern in Switzerland)

2. SOME INFORMATION ON SCI GERMANY

The German branch of SCI was officially registered in 1947 and is an approved independent non-profit organisation that organises around 50 workcamps every year.



Some pictures of SCI-workcamps today

With our workcamps we want to:

- support non-profit organisations, small initiatives and socially disadvantaged groups,
- raise awareness about the necessity of the preservation of natural resources,
- draw public attention to social, political and ecological problems,
- promote mutual understanding and solidarity between people from different backgrounds,
- learn from history, remember Germany's past, promote reconciliation and fight against racism,
- support peace and general disarmament,
- give you the opportunity to meet great people and to do something useful.

We want to remind all volunteers that **SCI is NOT an alternative travel agency** and that we expect a **high level of motivation, co-operation and open-mindedness from each volunteer!** Our workcamps are totally based on self-organisation. You are highly welcome to contribute your own talents and ideas ☺!

3. WHAT CAN YOU EXPECT FROM A WORKCAMP?

Unless stated differently in the camp description:

- **volunteers shall work 5-6 hours per day,**
- **the weekends are free to do activities within the group**
- **most camps are co-ordinated by either one or two camp leaders**

Please **DO NOT EXPECT**
that the camp leaders will organise everything for the group.

All our workcamps are run according to the **principles of:**

- communal living
- group decision making
- equal participation and
- collective problem solving

The **quality of the workcamp** depends very much on
YOUR INPUT, IDEAS and INITIATIVE.

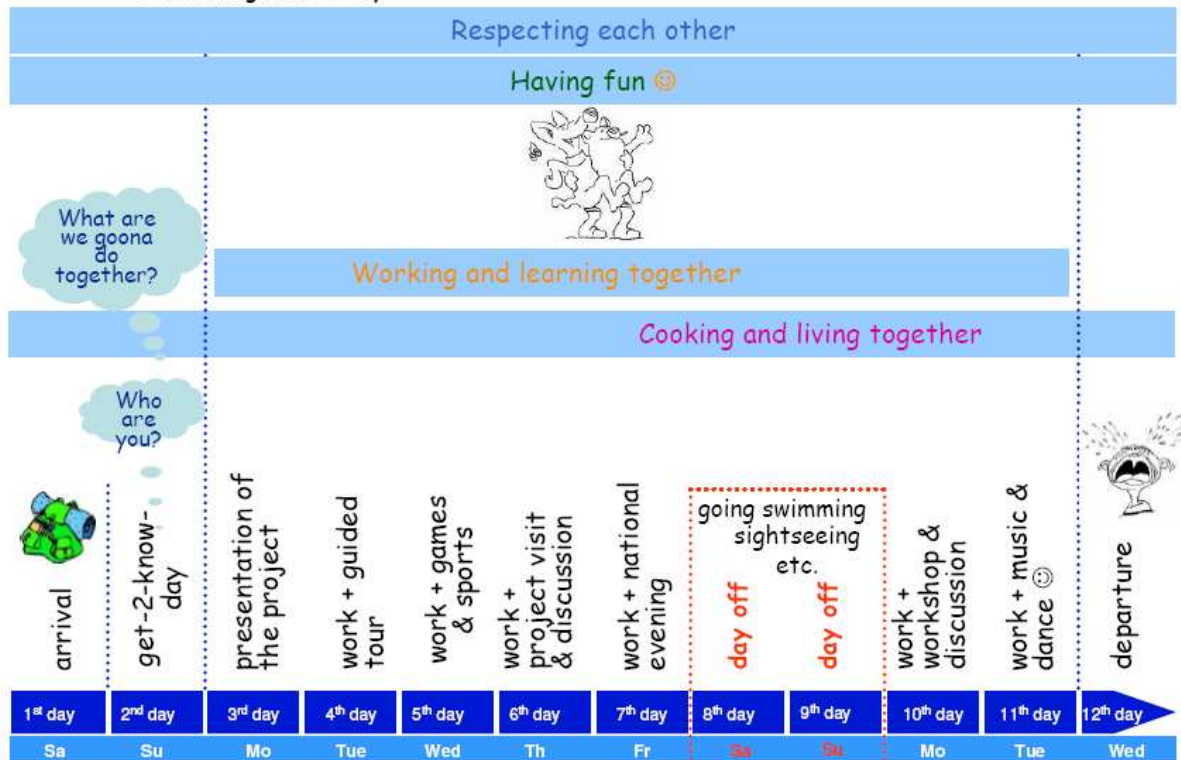
What do we expect from you as a workcamp participant?

- That you show a willingness to work and to learn more about the specific topic of your workcamp
- That you participate in the workcamp from its very first till the very last day
- That you participate in daily tasks (cooking, cleaning, setting the table, etc.)
- That you help to share responsibility by making suggestions for group activities, discussions, games etc.
- That you commit to a group experience and to making decisions and solving problems together
- That you respect the people in the hosting project



4. AN EXAMPLE OF THE TIME FLOW IN A WORKCAMP

Example: a 12 days workcamp,
5-6 working hours a day



5. WHICH PROJECT WILL YOU BE SUPPORTING?

The **artefact** Centre, located in Glücksburg/Baltic Sea, close to the German-Danish border, is a centre for sustainable development. This non-profit organisation runs a guesthouse built in an organic manner of architecture with it's own renewable energy supply. The "Powerpark", an energy infotainment site for tourists, conducts project activities for youth as well as specialist seminars for adults on renewable energy, building and water management. In order to keep up its attraction as a target of training and tourism, installations on the site need to be improved.

6. WHAT WORK WILL YOU BE DOING DURING THE WORKCAMP?

Carpentry work in a new workshop, insulation of new guesthouse building, possibly building of a compost toilet, maintenance work in the energy infotainment park, installation of new pavilion
Please, do not forget to bring waterproof work clothes with you.
Interest in the topic "renewable energies" will be expected, manual skills preferable.



7. WHAT LEARNING OPPORTUNITIES WILL YOU HAVE?

You will get to know the reasons and effects of climate change and the different options of renewable and peaceful energy sources for different climates. There is the possibility to have discussions about renewable energies in your country. Please try to prepare yourself.

8. WHAT ACTIVITIES CAN BE DONE TOGETHER DURING FREE TIME?

In your free time trips to Glücksburg's famous castle are possible. Also worth while to visit is the city and port of Flensburg. And a very nice opportunity where you might even be able to have a swim are the Baltic and North sea coast. Should you fancy a trip to Denmark this can also be arranged.

9. WHERE WILL YOU STAY AND WHO WILL COOK FOR THE GROUP?

You will be accommodated in tents in the nature park centre where compost toilets and solar shower facilities are nearby. Please bring along a warm sleeping bag, an insulation underlay and waterproof work clothes. Concerning the food you will be self-catering the group.

In most camps of SCI Germany, volunteers will take turns to cook for the whole group (unless the workcamp takes place in a project where the camp has no possibility to cook for themselves). Each workcamp has a so-called "workcamp budget", which is given to the camp leaders for buying food and cooking together. This is a good chance to get to know delicious dishes from many other countries.

Do not forget to bring nice recipes and maybe unique spices from your home country.

10. YOUR PERSONAL ATTITUDE COUNTS!

Most important is that you are flexible and act in a friendly and responsible way. In a workcamp it is possible that things do not go according to the original plan. It can happen that things are organized differently than described in the info-sheet. As most of our workcamps take place in non-profit organizations (who also work with volunteers) please be open-minded and prepared for changes!

Other qualities that are welcome in your workcamp:

- Bringing own ideas for games and leisure activities
- Being ready to take initiative for the project and the workcamp group

11. WHAT SHOULD YOU BRING ALONG?

In the picture you find different things which we think are useful to bring to a workcamp.



List of things, YOU REALLY NEED TO BRING in any case to your workcamp:

- Warm sleeping bag
- Insulation underlay
- Rainwear
- Waterproof working shoes and -clothes
- Swimsuit
- Sunscreen
- Your insurance card
- Your student ID for discounts
- Anything you like to present on a multicultural evening such as food, sweets, music, dances, costumes etc.
- Games or whatever you want to bring for the leisure time
- If you like, some characteristic food from your country or region
- Fun and patience

12. WHEN AND HOW TO GET THERE?

WHEN should you arrive in the camp?

➤ **Please be aware that the camp dates are fixed!**

We expect you **not to arrive or leave the camp earlier or later** than the given dates.

➤ **Unless stated differently, please try to arrive on the first day of the camp by 8 p.m.!**

In case you suddenly realize that you cannot stay for the full length of the camp or that you cannot take part at all (because for example something unexpected has happened to you), please inform us as soon as possible. This is very important as we need to inform the project partner and the campladers. Please send an e-mail to incoming@sci-d.de (write down the camp code, camp name, your name and the country you come from).



➤ **FOR THOSE VOLUNTEERS WHO NEED A VISA**

You have received an official invitation from SCI Germany: the dates on your official invitation from SCI Germany are on purpose a bit different from the real camp dates. We want to give you some more flexibility to arrive in the camp on time. **Please keep in mind** that in most projects **it is NOT possible to arrive earlier than the official camp start** (because there might be no one there to welcome and host you).

Therefore we hope that everybody can arrive on the given dates.



HOW to get to the camp?

By train:

Flensburg railway station is well connected with the German and Scandinavian railway network. From the north you travel from Malmö/Copenhagen or Frederikshavn via Kolding. From the south trains from Hamburg, Kiel and Husum arrive once per hour, night trains from Basel and Munich may go straight to Flensburg: check www.bahn.de.

From Flensburg train station, go by foot (approx. 15 min.) or city bus to the central bus station ("ZOB"). Having arrived there, take bus No. 21 in direction to Glücksburg and get off at "Bremsberg" (it goes once per hour, for more information see: www.nah-sh.de). From there, it is a 5-minute walk to the artefact centre. There are also taxis available straight to artefact.

By car:

The European highway E45 (in Germany: A7) from Hamburg to Kollund/ Denmark passes near Flensburg. Take the departure 3 Flensburg/Glücksburg and just follow the signboards to Glücksburg. In Glücksburg you go straight until leaving the water castle at your left. At the next (and only) red light turn right and follow the "Powerpark" signs via Bahnhofstraße and Aeroallee to Bremsbergallee.

By bus:

There are many cheap connections to Germany / Flensburg (Eurolines, Eurobus etc.)

By plane:

The nearest airport is Hamburg. From there you can follow the instructions above.

**Please consider
that the cheapest way to get to a place may not be the best for our environment!**

13. WHERE CAN YOU FIND MORE INFORMATION ABOUT TRAVELLING IN GERMANY?

For train connections have a look at the **website of the German Railways** (Deutsche Bahn AG): www.bahn.de:



On this website you can search in many different languages. If you click on "Advanced search", you will also find the option to enter the address of your destination.

In this case, you will not only find out the train connection to the last train station, but also how to continue further from the station to your camp address (with local buses, trams or on foot with a detailed map).

Some useful links to basic information about Germany:



The Deutschland-Portal:

www.deutschland.de

National Tourist Board:

<http://www.germany-tourism.de>

"Lonely Planet":

<http://www.lonelyplanet.com/germany>

14. WHAT DO YOU NEED TO KNOW ABOUT INSURANCE?

Before you take part in the camp, **YOU have to make sure that you have sufficient insurance coverage**. Before departure, please contact your insurance company for information and make sure that you take appropriate documents of your insurance with you to the camp. We recommend to all volunteers to conclude a personal international health insurance. In case of illness or accident the volunteer's private insurance or that of his/her parents is liable. SCI insurance is supplementary to your private insurance and covers special cases only.

All relevant information and documents on SCI-Insurance you find here:

www.sci-d.de/insurance

We advise you to look through the insurance guidelines before the workcamp!

All documents on SCI-Insurance, that you find on our website, are written in English, If you have any doubts or questions on SCI-Insurance, please contact your sending organisation. It is important to clarify uncertainties before departure.



EU citizens should bring their health card, which has replaced the former insurance form E111. If you don't have this card, you should ask your insurance company to give you a temporary equivalent form instead. Citizens of those countries that have a social insurance agreement with Germany should bring the verification form.

ATTENTION: All volunteers should be aware, that

- **dental treatments are NOT covered by the SCI insurance scheme** unless the dental treatment is caused by an accident during the workcamp. If you don't want to risk high costs that you have to cover yourself, please make sure that you arrange your own insurance for dental treatments.
- **SCI-Insurance does NOT cover costs for illness or accidents arising from special physical or mental conditions** (e.g. epilepsy, physical handicap, chronic illness) **existing prior to the period of insurance.** People who fall in this category should seek advice on alternative insurance arrangements.

15. HOW CAN YOU LIVE IN AN ENVIRONMENT-FRIENDLY WAY?

Climate change is a subject that concerns us all.

Climate change is likely to produce more forms of extreme weather - from droughts and floods to rising sea levels. Recent climate change is having an obvious impact on bio-diversity as the life cycles of many wild plants and animals are closely linked to the changing of the seasons.

The biggest present concern is the increase in CO₂ levels due to emissions from fossil fuel combustion and use of aerosols (particulate matter in the atmosphere which exerts a cooling effect). Other factors which also affect our climate include land use, ozone depletion, animal agriculture and deforestation.

Our daily actions change our environment and influence our climate.

We would like to challenge you to think about what you can do to make your way of travelling and living as eco-friendly as possible! In order to create environmental awareness, SCI wants to encourage volunteers to reflect on the reasons for the destruction of our natural resources. It is necessary to understand the background, how things are produced, the long-term effects and to see all of this in a broader political, social and economic context.

What ideas do you have for a sustainable way of living in daily camp life?

As you will be living in an international group, you will discover that each person – depending in part on their social and cultural background - has different understandings, values and needs. Things that might be very important for you may be easy for somebody else to live without, and the other way around. When discussing consumption habits, be careful not to judge others too quickly. Try to convince on the basis of good arguments rather than by making others feeling guilty.

We believe that it is important for everybody to question their own lifestyle and consumer habits. Many of the actions we can take to protect the environment are simple and just need a bit of getting used to. Find alternative ways of living in the group which have less negative impact on our environment.

Even with a small workcamp budget you can choose for a sustainable way of living!





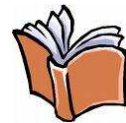
Some examples for eco-friendly decisions during the camp:

- **use bikes and public transport** (instead of cars or airplanes which heavily pollute the environment)
- **reduce garbage** in everyday life and separate garbage for recycling
- **save energy/electricity**
- **make careful decisions in daily shopping**
- **buy fruits and vegetables from the local region** instead of far away countries
- **choose food which is “eco-friendly”** instead of food which is produced with a lot of chemistry
- **choose fresh food** instead of pre-cooked food, which is sold in tins or plastic and often contains additives
- **choose food/drinks which are sold with very little (or re-cyclable) packaging** instead of food/drinks which are wrapped in a lot of plastic packaging.
- **eat a tasty variety of vegetarian meals** instead of consuming a lot of meat. The way animals are raised in a highly industrial and globalized world is one of the reasons for climate change.
- when buying meat, **choose good quality and eco-friendly products.** (Ask yourself: Is it necessary to eat meat every day? Where does the meat come from? Under which conditions were the animals kept? Have they been transported over long distances? What were the animals fed?) If volunteers feel they need to eat meat, we recommend buying from a local butcher rather than from a big discount supermarket.)
- **prepare meals which can also be eaten the next day** (avoid throwing food away)
- **use only as much water as you really need** (If you don't have enough clothes to fill the washing machine, ask others if they also need to wash their clothes. When washing dishes, save water by not rinsing under running tap water. If possible, take only one shower a day.)

Your ideas for the conservation of natural resources are very welcome.

16. BASIC GERMAN VOCABULARY FOR INTERNATIONAL PARTICIPANTS

English phrase Translation in German



Hello!	Hallo!
Good morning! / Good afternoon! / Good night!	Guten Morgen! / Guten Tag! / Gute Nacht!
Bye, bye!	Tschüss!
See you again!	Auf Wiedersehen!
My name is...	Ich heiße...
What's your name?	Wie heißt du?
Where do you come from?	Aus welchem Land kommst Du?
I am from...	Ich bin aus...
I don't understand.	Ich verstehe nicht.
I don't speak German.	Ich spreche kein Deutsch.
Do you speak English?	Sprechen Sie Englisch? (<i>polite for people you don't know</i>) Sprichst du Englisch? (<i>informal</i>)
How are you?	Wie geht es dir?
Good / Bad / Everything is okay	Gut / Schlecht / Alles in Ordnung
Thanks! / Please.	Danke! / Bitte.
Yes / No	Ja / Nein
Perhaps	Vielleicht
What time is it now?	Wie spät ist es?
Excuse me, could you help me please?	Entschuldigung, können Sie mir bitte helfen?
How can I help (you)?	Wie kann ich helfen?
Where can I find...?	Wo kann ich ... finden?
station (main station)	Bahnhof (Hauptbahnhof)
shop / supermarket/ doctor...	Geschäft / Supermarkt / Arzt ...
I am hungry / thirsty.	Ich habe Hunger / Durst.
I would like (to have)...	Ich hätte gerne...
Coffee / tea / water / milk / bread / butter ...	Kaffee / Tee / Wasser / Milch / Brot / Butter / ...
Enjoy your meal!	Guten Appetit!
I have pain ...	Ich habe Schmerzen...!

P.S.: The German letter “ß” is pronounced like a sharp “ss” (like in kiss)