

RECYCLING

TRASH 2 TREASURE

**Pre - Camp II**

## WELCOME!

The staff of “Trash to treasure” camp is very happy to welcome you to Hamburg and the wonderful camp we will have together here. We are really anxious to meet you all very soon and we are more than sure that we will have great time learning, socializing and will have a lot of fun enjoying each others company.

In this Pre Camp you will find an introduction of us, an introduction to our theme and a lot of useful information for preparations for making this camp amazing.

Are you getting excited? We are! We have already been working hard to give you the best camp experience possible, but to do this, we need your help! Are you ready?!? We hope you have been through your training in your home country, so you are well prepared when you arrive in Germany.

As you saw in Pre Camp I our camp theme is recycling. One of our first choices as staff was the camp name and we chose “Trash to treasure”. Now it’s up to you to interpret and implement the theme, but don’t worry, You will find a little help from this Pre Camp.

Leaders, if you still haven’t made contact with us, we urge you to do so as soon as possible. You’ll find our contact info at the last page of this Pre Camp. Please don’t hesitate if you have any questions or proposals, we are here to help you!

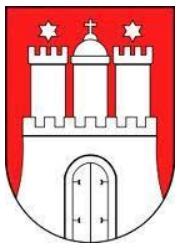
**All the best wishes from your staff!**



## ABOUT THE COUNTRY





The weather in Hamburg in July is an interesting mixture of everything! According to statistics July is the month with the highest rate of rain in Hamburg. But that doesn't give you the guarantee that it will rain the whole 3 weeks of camp. The average temperature is between 19 and 22 degrees. But we already had summers with 34 degrees. To sum it up: Bring clothes for any type of weather!



Hamburg is located in the north of Germany. It is the second largest City in Germany and the sixth largest city in Europe. Situated on the river Elbe, the port of Hamburg is the second largest port in Europe (after the Port of Rotterdam) and it is among the twenty largest in the world.

# DELEGATIONS



|  |                             |                             |  |
|--|-----------------------------|-----------------------------|--|
|  | 02.07<br>DOD:<br>NA:<br>PG: | 09.07<br>DOD:<br>NA:<br>PG: | 16.07<br>DOD:<br>NA:<br>PG:  |
|  | 03.07<br>DOD:<br>NA:<br>PG: | 10.07<br>DOD:<br>NA:<br>PG: | 17.07<br>DOD:<br>NA:<br>PG:  |
|  | 04.07<br>DOD:<br>NA:<br>PG: | 11.07<br>DOD:<br>NA:<br>PG: | 18.07<br>DOD:<br>NA:<br>PG:  |
|  | 05.07<br>DOD:<br>NA:<br>PG: | 12.07<br>DOD:<br>NA:<br>PG: | 19.07<br>DOD:<br>NA:<br>PG:  |
|  | 6.07<br>DOD:<br>NA:<br>PG:  | 13.07<br>DOD:<br>NA:<br>PG: | 20.07<br>DOD:<br>NA:<br>PG:  |
| 30.06<br> | 07.07<br>DOD:<br>NA:<br>PG: | 14.07<br>DOD:<br>NA:<br>PG: | 21.07<br>DOD:<br>NA:<br>PG:  |
| 01.07<br>DOD:<br>NA:<br>PG:  | 08.07<br>DOD:<br>NA:<br>PG: | 15.07<br>DOD:<br>NA:<br>PG: | <br>22.07 |

As you already know, hopefully, the Camp will be from the 30th of June until the 22nd of July. Please make sure to be present all the time and not to leave the camp before the official end of our camp.

## FAMILY WEEKEND

After you arrived on the 30th of June in Hamburg, the youth will be picked up by their host family and the leaders will stay in the camp together with the staff. On Sunday your host-family will bring you to the camp site in the afternoon. As delegates will be spending the weekend with host families from local chapter we recommend to bring them a small “thank You” gift.

## CAMPSITE

Our Campsite is located in the north of Hamburg. The city centre is about 20 km away. You can reach the campsite from the airport by car in approx. 20 min.

Some pictures for You to have an idea of the amazing campsite we will have!



Main house



Front house

## FACILITIES



Laundry: the campsite has its own laundry and gives you the chance to do your laundry



Showers: showers are located on each floor and are divided in boys- and girls-showers

Equipment available: we have nearly everything you need, for example for your cultural activity...but please let us know, what you need, that we can arrange everything, case you need some special things



Accommodation system: as you already know, the campsite has two houses. All rooms are 3-4 person bedrooms.

Outdoor-activities: you have the possibilities to play football and table-tennis, so make sure to bring all items you need for that.



## CAMP RULES

<http://resources.cisv.org/docs/main?action=document.view&id=471>

### **Forbidden Behaviour**

- ✓ intimacy / sexual relations between children or youth and ANY adult or older youth acting in a position of trust or as a role model within CISV (whether locally legal or not);
- ✓ use of narcotic / hallucinogenic drugs or chemicals (whether locally legal or not);
- ✓ criminal / illegal acts or failure to take action if legally required;
- ✓ use of or access to firearms / ammunition or other weapons (within host family home or at CISV site); and
- ✓ xenophobic behaviour, discrimination, intolerance or lack of cultural flexibility / openness.
- ✓ physical / psychological abuse and corporal punishment.
- ✓ abuse of alcohol -- especially in situations where youth are present in an educational context;
- ✓ The use of alcohol by participants in the following CISV programmes is prohibited: ('participants' means those not in a position of responsibility, regardless of age, except as specified re IYM)

### **Unacceptable behaviour**

- ✓ nudity within CISV programmes or activities (games, swimming etc) or within CISV's community living arrangements (Villages, camps or family stay) which violate concepts of privacy or modesty, whether defined by the cultural norms of the host or guest;
- ✓ sexual intimacy -- or the appearance of sexual intimacy in programme activities or between consenting adults, while "off duty" or between youth participants while taking part in an official CISV program or activity;
- ✓ violation of public health standards which jeopardize the health or safety of the participant or others; and,

### **Inappropriate behaviour**

- ✓ failure to respect / provide reasonable dietary, health, security and comfort requirements for participants (e.g. vegetarians, asthmatics, non-smokers, bathing privacy, adequate sleep, emergency communication);



- ✓ failure to respect the privacy of participants, host family members or site staff (including their personal luggage or effects), except in cases of suspected illegal activity, violation of CISV standards / guidelines, or medical confidences when the participant's behaviour is a threat to the health / safety of the participant or others (NB: standards of confidentiality regarding patient's medical information / treatment vary widely);
- ✓ failure to respect "house rules" of host families or sites hosting the CISV programme / activity (including insensitivity in observing known "local" customs or courtesies);
- ✓ failure to respect differing personal and cultural standards of appropriate educational activities & discipline or sanctions; and,
- ✓ failure to use appropriate methods to resolve personal / group conflict in intercultural living / activities.



Specific Law in Germany:

Brandy as well as brandy-containing drinks or food products with brandy above negligible level must not be sold to persons below the age of 18 years. Other alcoholic drinks, as beer or champagne, must not be sold to persons below the age of 16 years. Nor must their consumption by said persons be tolerated.



**After all these rules and restrictions, here some fun facts:**

- The longest distance between the participating countries is between Brazil and Mongolia with approx. 15200 km.
- The flag with the most different colours is the flag from Ecuador
- The "oldest" country, means which country is independent the longest time, is the USA since 1776!

# Money

## 1. Pocket money

You will have the chance to go shopping on our shopping-day and to buy some sweets or souvenirs in our camp-shop. We would recommend to bring not more than 100 € to camp. We also recommend that you all follow our recommendation, so that every delegate has the same amount of money.



## 2. Emergency money

For emergency money we recommend the same: Not more than 100 €. This money is only for an emergency case and not additional money to spend, when your pocket money is spent! When you enter the camp, your leader will give us the emergency and we will deposit it in our safe. At the end of camp you will get this money back!

## PRACTICAL INFORMATION

### ARRIVAL

As you all know, the delegates will spend their first weekend in the host families. That is why we would suggest you to arrive not later than 4 p.m. on Friday 30th of June. It will give you more time to spend in your host families and to have a wonderful first evening in Hamburg!

### DEPARTURE

Departure time will be until noon on the 22nd of July. Please make sure, not to leave camp before 22nd of July!



### COMPULSORY FORMS

<http://resources.cisv.org/isu/Forms.html>

**TIF** - We need to know when you are coming. Please send us as soon as possible!

**HF** - Every participant and all the leaders must bring this form to camp. The form has to be filled out by a doctor.

**YLIF** - is the legal form for delegates. It includes swimming permission.

**ALIF** - is the legal form for leaders. Please remember to bring private travel insurance.



To participate in a CISV programme, you must be registered at CISV Friends. This is a network where you can meet CISV friends, learn about the latest CISV activities and join in with your comments and creativity. Every person involved in our camp must therefore be registered, leaders, delegates and staff. The leaders should help the delegates to register.

**To register on friends:**

1. Go to <http://friends.cisv.org>
2. Select **REGISTER**
3. Read through the conditions and select **ACCEPT**
4. Fill in name and address and make sure you indicate your personal e-mail address.
5. Select **REGISTER**
6. Check your e-mail inbox to confirm your registration by clicking on the link in the e-mail.
7. Once confirmed, you will receive your password to login through your e-mail address.

**To register for the programme:**

8. Log into <http://friends.cisv.org>
9. Select **FIND ACTIVITY**
10. Select the type of programme: **Summer Camp**
11. Select **2012**
12. Select host nation: **Germany**
13. Select host chapter: **Hamburg**
14. Select the activity by clicking **VIEW**
15. Now, claim participation in our programme. Look for our code: **C-2012-020**
16. Scroll to the bottom of the page to 'can't find your name?' and click on **HERE**
17. Fill in the Activity Claim Form and click on **SEND**

# VERY VERY USEFUL INFORMATION

## ABOUT THE PROGRAM

Our Summer Camp is a 15-year-old-camp. 9 delegations of 4 delegates and their leader will participate. It goes 23 days including one home-stay on the first weekend at the beginning of the camp.

Compared to other programmes, such as village, there will be no JC's and no national night. Instead there will be a cultural activity, planned by the youth. The camp theme is set by the staff, in our camp it will be recycling, and the activities have to be related to this theme. The activities will be also planned by the youth in their planning-groups. Additional to the planning-groups, there will be cleaning time and, as already mentioned, there will be a delegation of the day, who is in charge of the wake-up, to make sure everyone comes in time to the activities and to help the kitchen staff with setting up the tables and to do the dishes.

In the middle of the camp we will have an open- day, where we will present our camp and the programme. This day will be planned by every participant of the camp.

We will have two excursion-days; at least one will be theme-related.

## Goals

- Developing Cultural Awareness - To aid in the understanding and appreciation of other cultures, including their own, through being part of an international camp.
- Developing Leadership Skills - To provide an opportunity for youth to develop leadership skills through participating actively, creatively, and responsibly in decision making and programme planning.
- Developing Self-awareness - To provide an opportunity for youth to help build self-confidence and to stimulate critical thinking.
- Developing Co-operative Skills - To provide an opportunity for youth to live in a peaceful society where they can learn the values of consideration for others and the benefit of co-operation with fellow campers.

## ABOUT THE THEME

### Sustainable development

This year we are focused on sustainable development. Sustainable development combines economic and social well-being, with protecting the environment by using natural resources responsibly.

### Recycling

Recycling is processing used materials (waste) into new products to prevent waste of potentially useful materials, reduce the consumption of fresh raw materials, reduce energy usage, reduce air pollution (from incineration) and water pollution (from landfilling) by reducing the need for "conventional" waste disposal, and lower greenhouse gas emissions as compared to virgin production. Recycling is a key component of modern waste reduction and is the third component of the "Reduce, Reuse, Recycle" waste hierarchy.

Recycling has been a common practice for most of human history, with recorded advocates as far back as Plato in 400 BC. During periods when resources were scarce, archaeological studies of ancient waste dumps show less household waste (such as ash, broken tools and pottery) – implying more waste was being recycled in the absence of new material. [

### "Trash to treasure"

Countries divided for CA

### **CULTURAL ACTIVITY**

Duration: approximately 2 hours

Start with a warm up game/energizer

Warm up + explanation of the main activity should last maximum 30 minutes

All main activities need to include a bigger discussion

We realize that some of you might already have started preparing your cultural activities. If you can adjust what you already have done to what we are asking of you here would be great. If you have any questions about anything concerning the cultural activity or how to connect it to the theme then contact us through the mail and we will help you as well as we know how to.

Here is something from the CISV Passport that might help you plan your cultural activity. It is a text about how to learn from example, which is exactly what we are going to be doing through all your cultural activities.

Learning by doing' is simply a way of saying learning from direct experience, rather than from reading books or listening to lectures. It is characteristic of all CISV Programmes and you may hear this process referred to as 'Experiential Learning'. Because we think that experiential learning is effective and fun, it is at the core of all our Activities. We find it helpful to think of it as a four step process:

**Step 1 Do:**

A Peace Education activity

**Step 2 Reflect:**

On what ASK you have learned from this activity

**Step 3 Generalize:**

How can this new learning be applied to a new context

**Step 4 Apply:**

Put your new ASK into action

## WHAT TO BRING



- FORMS
- VISA (CHECK IF YOU NEED ONE)
- TICKETS
- PASSPORT
- MEDICAL INFORMATION & PRESCRIPTIONS
- Towels
- Jacket and a rain jacket
- Cap or hat
- Light long-sleeved shirt
- Long pants or jeans
- Nice clothes for gala nights
- Pants
- Pyjamas
- Running shoes
- Semi-formal clothes (just in case we decide to dress nicely for a change)
- Shirts
- Shorts
- Slippers or other comfortable shoes
- Socks & underwear
- Some "crazy clothes" for dress-up (e.g. bright colored t-shirt or a hat)
- Sweater, sweatshirt
- Swimwear
- T-shirts
- Underwear
- Toiletries: toothbrush & paste, soap, shampoo, comb or brush, deodorant
- Sunscreen
- Photo camera, if you have one
- Writing papers, envelopes, pens, diary...
- Backpack for excursions
- Money
- Medicine needed for 23 + 3 days for travel time, including english prescriptions
- A flag from your country (100x70 cm is a good size)
- Decoration for the campsite walls
- Gifts for host families and staff
- Glasses and spare contact lenses if needed (with a spare english prescription)
- Indoor shoes and comfortable outdoor shoes
- Items to trade (such as CISV-shirts, bracelet, pens etc or non CISV-objects from your country) these items should not be expensive!
- Your enthusiasm and good ideas :)



## **DO NOT FORGET**

### **Forms**

Including: Adult Legal Information Form (ALIF), Youth Leg Form (YLIF), Health Insurance Form (HIF)



### **Insurance**

All delegates and leaders must have a valid travel and medical insurance. This insurance should cover any doctors and/or hospital bills and emergency return trips. If proof of insurance cannot be shown upon arrival, the staff will order insurance from CISV International Office in Newcastle, and an invoice will be sent to your chapter.



### **Visa**

You will need a valid passport, and please check with your travel agency whether you need a visa or not. In case You need a visa, please let us know as soon as possible and we will do all that we can in order to help You in getting a visa.

### **Food and health restrictions**

Please let us know as soon as possible if you cannot eat certain foods because of health, religion or other reasons. We will need to let our kitchen staffs know so that they can finish planning our meals.

We would also like you to tell us if you have any allergies or health restrictions. This is so we can try to make your stay here as good as possible by doing the preparations that are needed.

## WHAT TO LEAVE

- Jewellery and other valuables
- Electronics - Campers can use electronics when travelling but not in the camp.
- Mobile phones ( Doesn't apply to leaders)
- Parents :)
- More money than specified
- Prejudices

## WHAT CAN YOU DO TO GET READY?

Send us the **Delegation Information Form** and **Travel Information Form**

Join **CISV Friends!**

It would be very nice if you could send us a **photo of your delegation!**

Start brainstorming around the **theme**. Maybe you can make a mind map to bring to camp?

Start planning your **cultural activity**

## CONTACT US

### **Address of the campsite:**

CISV Hamburg  
Sarenweg 12-14  
22397 Hamburg  
Germany

### **Camp-Director:**

Natascha Okorn (Ger)  
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### **Staff:**

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