



PEACE OF MIND ERASMUS+

YOUTH EXCHANGE INFOSHEET ijgd 22321 Monschau



Arrival time:

Monday 25th August 2022

We ask for an arrival until 6pm.



Meeting Point:

In the accommodation.
Please see the directions under "arrival".



Departure time:

Friday 26th August 2022

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.



Address of accommodation:

Alte Schule Rohren
Dröft 6
52156 Monschau-Rohren



Contact :

Please use only for arrival difficulties:
From a non-German phone or cell phone:
Ivana: 0038 163 597991
Marija: 0038 165 2328238



Special requirements:

- You are required to bring complete bed linen (blanket cover, pillow cover and bedsheet).
- Please bring your own towels.



WORKCAMP INFORMATION



Project:

The youth exchange "Peace of Mind" deals with different aspects around the topic: "Self Care". Workshops will be offered in the areas of self-development, meditation and mindfulness, among others, to counter one of the biggest challenges facing society and young people in particular: the lack of tools and mechanisms for self-care and self-support that it takes to increase our own well-being, empower us and allow us to prevent burnout and emotional breakouts. You will have 2 sessions of 1.5 hr workshops in the morning and another 2 sessions in the afternoon. In between there will be a long lunch break.

Please 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:

Monschau is a beautiful medieval town with old half-timbered houses, cobblestone streets and a castle. It is right on the Belgian border and only 30 minutes from Aachen. During the youth exchange you will be offered three program points: Since you will not live directly in Monschau there will be a trip to Monschau, where you can marvel at the scenery or make a detour to the mustard museum. There you can find the best mustard in the region! You will also be able to make a trip to Aachen and one evening will be a barbeque.

Please 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.

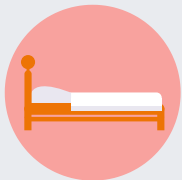


Catering:

There will be a cook, who will make breakfast and cook lunch, but you will be required to help with the meal preparation and also you will be able to cook dinner in teams. You plan, shop, cook and clean the kitchen and the accommodation yourselves.

Meals will be planned according to your dietary needs. Meals by the cook will be planned vegan. When you will cook dinner for the group please also take into consideration the needs of everyone.

Please 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 spend the night in the "Alte Schule Rohren". An old school in a small town near Monschau. You will sleep in shared rooms. You will have the whole building for yourselves. It has a garden and some space in the front, where it is also possible to have a barbeque.

Please Note: In most places of accommodation, it is not possible to lock private belongings such as laptops, smartphones, tablet computers, 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.



Number of Volunteers?

26 participants from around the world, aged 18 – 25

Camp language?

English, it is necessary for you to have a good level of English in order to participate and fully enjoy your experience

Telephone number where participants can be reached during camp time?

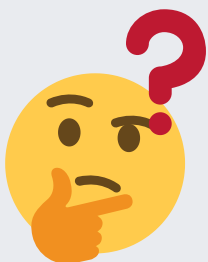
–

Is a washing machine available?

Yes

Is Wi-Fi / Internet available?

Yes





ARRIVAL



From the Airport (Cologne Bonn):

From the airport you can take the local train (S-Bahn) S 2 or regional train RB 27, and get off at Cologne Central Station (Köln Hbf). From here you take the regional train RE1 heading to Aachen and get off at "Aachen Rothe Erde". In "Aachen Rothe Erde" you change to the bus 66 to Monschau Parkhaus and get off at Monschau Imgenbroich and then you take a last bus 84 heading to "Monschau, Höfen Kirche" and get off at "Monschau, Rohren Kirche". The bus station is right in front of the accommodation.



By train from Aachen Hbf:

From Aachen Hbf take the bus 11 heading to Aachen, Walheim Asbach" and get off at "Walheim". In "Walheim" change to the bus 66 to Monschau Parkhaus and get off at Monschau Imgenbroich and then you take a last bus 84 heading to "Monschau, Höfen Kirche" and get off at "Monschau, Rohren Kirche". The bus station is right in front of the accommodation.

Further train and bus information can be found under www.bahn.de in German and English.



From the bus station Monschau, Rohren Kirche:

From here you will be able to walk.

