



**EUROPEAN
SOLIDARITY
CORPS**



Youth exchange „A Green Tomorrow“ at Sieben Linden

August 18 - 28, 2022

As the youth exchange (18.-28.08.) takes place in Ecovillage Sieben Linden the program is set around the holistic approach of sustainable living. In the morning we plan to link the participants with community members and do hands-on activities. In the afternoon we will have different workshops which could be permaculture, strawbale building, non-violent communication...

We will check that with the group leaders and what we think might be most interesting for the participants.

In the evening it will be other fun activities like cultural nights organised by the participants, cinema, disco, ...

Learn more about different ways of sustainability and environmentally friendly lifestyle choices

For all questions concerning any aspect of the project, please contact

Annika for German participants – annika.alex@siebenlinden.org

Melissa for Dutch participants - mmkshek@gmail.com

Adeline for French participants - adeline_nguyen@yahoo.fr

Tina for Slovenian participants - tina.mavrigh@gmail.com

Preparation

[Fill in the questionnaire](#) to apply for this programme (the same link as [on this event](#)). We will select the participants and will let you know latest one month before the start of the activity.

Obligations of the Participants

By signing up for the youth exchange, the participant agrees to the following conditions of participation in the project.

Full participation

It is important that you participate in the project from the beginning to the end. Coming later or leaving earlier is not an option. The youth exchange will be packed with different aspects of sustainable living (social to practical).

Volunteering Team at Sieben Linden

House rules

We expect you to respect the rules and agreements of the Sieben Linden community while you are here. These are the most important ones:

- phones in flight mode
- smoking only in the smoking area
- respecting quiet times at night when many people want to sleep
- all communal areas are vegetarian

And to generally move about with consideration for other people and respect for their different needs (and your own).

Cancelation conditions

It is important for receiving the full amount of the EU grant that covers your free participation that we have the full number of participants. You can only cancel due to force majeure, e.g. you get too ill to travel, in which case you are required to send us a medical certificate.

Report and Travel Documentation

Every participant needs to fill in a participant's report issued by the EU after returning home from the event.

The participant consents to sending us their travel documentation (train ticket, boarding pass etc) that we need to refund the travel costs - and the National Agency in charge of these grants may want to check them in case of an audit.

Dissemination

All participants are expected to contribute to dissemination activities. This could mean sharing a post on your experience on social media, writing an article to publish through your sending organisation or other appropriate channels, giving a presentation or similar activities. We will discuss options together and also schedule some time to work on this - it could be a fun thing to do together like making a short video or something.

Impact of the Covid19 pandemic

At Sieben Linden

The rules here are changing all the time, so it is difficult to predict what they will be at the time when you will come. There will most likely be some precautions in place. At the moment all restrictions have been lifted and people with symptoms still isolated themselves at home. There is diversity within the ecovillage as to how to handle things and so you will encounter different attitudes.

In the team, we expect there will be some diversity as to what agreements participants will need to feel safe and we will make sure that everyone's needs will be respected.

Traveling to Germany

Please check "Re-open Europe" about the current restrictions at the time of your travel. As of right now (middle of June) you do not need to provide proof of vaccination, recovery from COVID-19 or a negative test result.

Check with your youth leader and prepare travel accordingly. The programme also covers the cost of tests if they will be necessary.

At Sieben Linden

For more information about the ecovillage and pictures go to siebenlinden.org/.

Food and Accommodation

As a reminder, you will be sleeping in your own tents and mats. We will have the camping area to us which includes a kitchen where we will cook the food ourselves. The food is vegan and vegetarian.

What to bring

- sleeping bag
- tent
- mat
- towels
- sun protection (i.e. sunscreen, hat)
- clothes that may get dirty and sturdy shoes
- layered clothing (shirts but also warm jacket for the evenings)
- a flashlight or headlamp - there is very little lighting at night
- your European Health Insurance Card (if you have it)
- some cash (Euros) - you need it for the local bus. Be aware that there is no ATM in the village
- any medicine you take regularly

What might be handy

- swimsuit
- pillow

What not to bring

- pets
- meat and meat products
- illegal drugs

Travel

Arrival and Departure Times

Arrival day is **Wednesday August 17**. There will be dinner at 18:30 and an informal first gathering of those participants who have already arrived. Activities and getting to know the participants will start on Thursday August 18.

If you arrive with a delay, please inform Annika via messenger (Telegram, WhatsApp, Signal):
+4915902148755

Departure day is **Sunday August 29**.

Volunteering Team at Sieben Linden

Booking tickets

The participants will buy their own tickets and get the money refunded once you are here. If that does not work for you, let us know and we will find a solution. As this is a sustainability project, we expect that participants come by overland travel (**green travel**) with bus and train. Car sharing is also regarded as green travel.

The project covers the travel costs up to a certain maximum amount to be used both for getting to Sieben Linden and the return home (2 travel days each way):

- 180 Euro for participants from the Netherlands
- 320 Euro for participants from the Germany, France and Slovenia

If you need to stay overnight you have 41 € per night available.

How to Get There

Sieben Linden [is situated](#) in the region of Sachsen-Anhalt, Germany. The nearest village is called Poppau (1 km), which is not shown on all the maps because it is small. The next village is called Bandau.

The **next bigger city is Hanover** which has a good connection to Wolfsburg to take the local bus. Wolfsburg is also reachable via train from **Berlin**.

Local bus to Sieben Linden: You get to Sieben Linden via a local bus that departs from Wolfsburg in front of the train station at platform 13 (remember this, there is no sign! it is directly opposite of the station), number 300 in the direction Beetzendorf. The only way to buy the ticket is on the bus from the bus driver, and you need to pay in cash, make sure to have change or a small bank note, best 5 or 10 Euro (for 50 Euro notes they usually don't have change). Tell the driver "Sieben Linden" as your destination. Bus drivers may not speak English.

On August 17, the bus departs at 14:08, 16:08, 18:08, 20:08 and 22:08 and it takes more than an hour to get there. Get off at the bus stop Ökodorf Sieben Linden.

Train: Train is the most convenient way to get around in Germany. Book a ticket to Wolfsburg Hbf from the [German Railway](#) conveniently online. If you book in advance, there are often lower prices, at least for the fast trains. This site will also show you the timetable of our local bus.

International travel: Apart from the [German Railway](#) site, it is worth checking also the [Austrian Railway](#), especially because it runs most of the international night trains. Sometimes the cheap offers are more convenient on one site, sometimes on the other. [Flixbus](#) or [Eurolines](#) are other options for long distance travel.