

## Future of Europe 2022

Multilateral Youth-Exchange



Neuss

23.05.-29.05.2022

Founded by



**Erasmus+**  
Enriching lives, opening minds.

## Content

Welcome to (the) “Future of Europe” .....	3
Accommodation .....	4
Transportation and directions .....	5
Facts about the European Union.....	6
European Youth Goals.....	10
Facts about Germany.....	11
Neuss and its surroundings.....	12
Map of Germany and the neighboring countries.....	14
Dos and Don'ts in Germany .....	14
The Sustainable Development Goals (SDGs) of the United Nations .....	16
Important Vocabulary .....	17
What you need to bring .....	18
Program for the week.....	19
FAQ .....	20
Important for Emergencies .....	21
Hygiene Rules in the Youth Hostel.....	22
Notes .....	23

# Welcome to (the) “Future of Europe”

Dear participant,

it is our pleasure to welcome you today as a member of our Youth Exchange Program “Future of Europe”. We are very much looking forward to learning, to discussing and to having a lot of fun together. You are now part of the mission to foster a culture of understanding and tolerance between people from all over the world. The following information aims to give you a short overview and some useful tips that will hopefully make it easy for you to get involved right away. 😊

- About the program and what it is about/ its intentions
- Facts about the European Union
- Facts about Germany (general information, political basics, Dos & Don'ts)
- Facts about the Hanseatic League
- The SDGs of the United Nations
- EU 2020 and YOUTH GOALS
- Miscellaneous

## About the Program: Future of Europe

Which role does Europe play? What does the EU do for me? What do I do for Europe? In Neuss, you are meeting up and discussing with other young people from different European cities. Furthermore, you are going to visit interesting places in and around Neuss. Shape the future of Europe and experience exciting things in Neuss and its surroundings! Let your ideas flow freely when we talk about trade in the past, present and future. What about the European Union and youth unemployment? And what about the growing of populist parties in Europe, what about the multicultural society...?

Participants aged 18-26 from six European countries are coming together to discuss global and personal opportunities, their perspectives on certain cases and share their national backgrounds. Our partners come from Estonia, France, Latvia, Poland, Portugal and Germany.

## Your host: Deutsches Jugendherbergswerk, Detmold (Germany)

The idea of Richard Schirrmann, the founder of the German Youth Hostel Association, was to give young people an affordable opportunity to travel, to learn, and experience. His vision came true when in 1919, the first Youth Hostel Association worldwide was founded in Germany and later, in 1932, the international association “Hostelling International” followed. Nowadays, there are around 420 Youth Hostels in Germany, which offer affordable overnight stays. Staying in a youth hostel, however, means much more than just getting a good deal. It is about meeting other young people, exchanging ideas and getting to know each other.

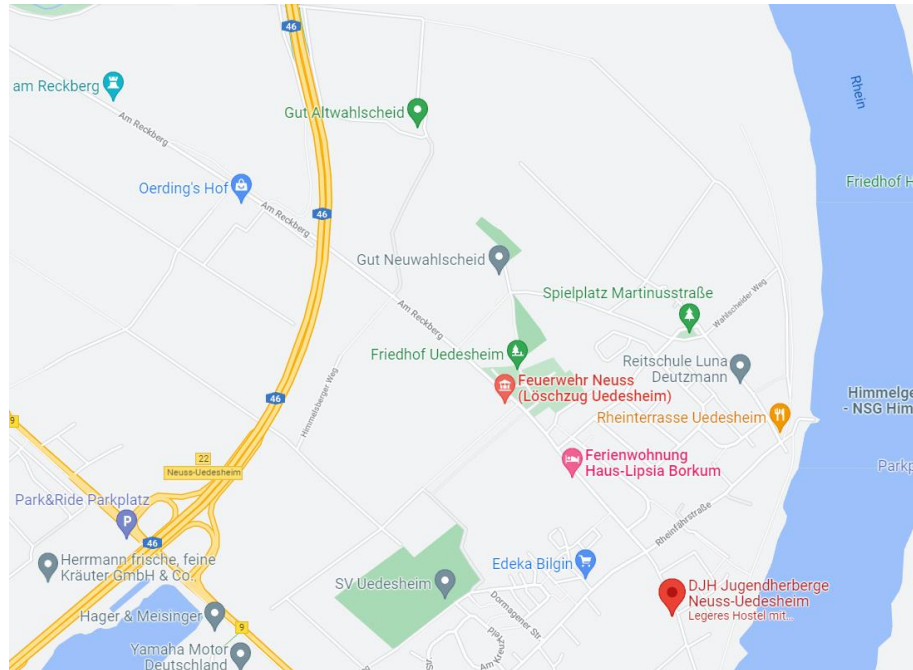
As the German Youth Hostel Association sees it as its mission to foster peaceful relationships between young people from all over the world, annual youth encounters such as “Future of Europe” are organized.

Our partners:

- |                                  |                               |
|----------------------------------|-------------------------------|
| • Estonia/ Seiklejate Vennaskond | • Poland/ MOBAD & Alimuradova |
| • France/ FUAJ                   | Organisation                  |
| • Latvia/ Rasio Perspektiva      | • Portugal/ MOVIOJEM          |

# Accommodation

## Youth Hostel Neuss



Source: Google Maps, Homepage of JH Neuss-Uedesheim



## Transportation and directions

### How to get to us

#### **From Düsseldorf Central Station (Hauptbahnhof)**

At Düsseldorf Central Station (Exit Konrad-Adenauer-Platz), take **the tram STR 709 direction Theodor-Heuss-Platz** (the tram leaves once an hour at 12:18, 13:18...) and get off at the **Station Stadthalle/Museum**. Keep walking ahead until the crossing **Europadamm/Oberstraße**. At the crossing, turn right into **Oberstraße** and cross the street. There is a bus station. Take the **bus 851 direction Neuss Deichstr.** You have approx. 5 minutes to get from the train to the bus. Get off at the **station Neuss Macherscheider Str.** Walk left to the crossing **Rheinfährstraße/Macherscheider Straße**. There, turn right into **Macherscheider Straße**. You will find us on the right hand side after approx. 200m. The travel time is about 55 min. Single ticket (EinzelTicket Erwachsener) is 6,10€, to be bought at Düsseldorf Central station. Travelling with Taxi will cost approx. 32€ and takes about 15-20 minutes.

#### **From Düsseldorf – Airport**

In front of the airport, get on **the train RE 6 direction Köln HBF** until the stop **Neuss Hbf**. The train leaves once an hour at 12:57, 13:57... There, exit the train station to **Theodor-Heuss-Platz** and take the **bus 851 direction Neuss Deichstr.** You have ca. 15 minutes between getting off the train and getting on the bus. Get off at the **station Neuss Macherscheider Str...** Walk left to the crossing **Rheinfährstraße/Macherscheider Straße**. There, turn right into **Macherscheider Straße**. You will find us on the right hand side after approx. 200m. The travel time is about 70 min. A single ticket (EinzelTicket Erwachsener) is 6,10€. Travelling with taxi will cost approx. 52€ and take half an hour.

#### **From Cologne-Bonn – Airport**

At the Cologne-Bonn-Airport, take the **train S 19 direction Düren**, which leaves once an hour at 12:44, 13:44... and get off at the stop **Köln Messe/Deutz**. There you have a 15 minute waiting time and will take the **train S 11 direction Düsseldorf Flughafen Terminal** until the stop **Neuss Allerheiligen**. Here you only have a 5 minutes layover. Between the two parking lots is the **bus station Allerheiligen**. Take the **bus 850 direction Deichstr.** Get off at the **station Neuss Macherscheider Str.** Walk left to the crossing **Rheinfährstraße/Macherscheider Straße**. There, turn right into **Macherscheider Straße**. You will find us on the right hand side after approx. 200m. A single ticket (EinzelTicket Erwachsene) is approx. 7,80€ and the duration of the journey is about 85 minutes. Going with a taxi will take about 40 minutes and cost 110€.

#### **From the central bus station (ZOB)**

The central bus station as well as the FLIXBUS station is right next to the **Düsseldorf Central train station**, so you can follow the directions from above.

#### **By car (via A57 Autobahnkreuz Neuss)**

From the **highway cross Neuss**, take the **A 46 direction Düsseldorf** and take the next **exit Neuss Uedesheim**. Merge left **direction Dormhagen (Koblenzer Str. /B 9)**. After about 1km, turn right onto **Macherscheider Straße**. The youth hostel will be on the right hand side.

## Facts about the European Union

**1951:** France, the Federal Republic of Germany, Italy, Belgium, the Netherlands and Luxembourg found the “European Coal and Steel Community” (ECSC). The ECSC reduces the business rivalry between those six countries and abolishes tariffs on any coal and steel products.



**1957:** The “European Economic Community” (EEC) is founded because the member states of the ECSC intend to implement those special conditions for coal and steel products also for further products like fish or agricultural products. Furthermore, those six countries found a research group to do research on electricity generated by nuclear power.

**1975:** The European Court of Auditors is founded to monitor the expenses of the ECSC and the EEC.

**1992:** Six other states have joined the ECSC and the EEC since 1957. To guarantee an efficient system, the three different bodies (ECSC, EEC and the European Court of Auditors) are combined into a new body, the “European Union”. That is decided by the signing of the “Treaty of Maastricht”. The “EU” is born!

**2002:** A new currency is implemented, the Euro. The idea of a Europe-wide currency is written down in the “Treaty of Maastricht”.



**2013:** More and more countries are joining the “European Union”. Altogether, the EU consists of 28 member states in 2013.

**2016:** The majority of the citizens of the United Kingdom vote to leave the European Union in a referendum called “The Brexit” (a neologism of Britain and Exit). This is a harsh setback for the European Union. The negotiations for the Brexit conditions starting in 2017 will take up to two years.

**2019:** Due to the poor handling of negotiations, the United Kingdom still has not left the European Union and has to take part in the European elections. After the UK and the EU agreed to a second delay, Brexit is due to happen on 31 October; however this deadline is not met as well.

**2020:** The UK officially leaves the EU on 31<sup>st</sup> January 2020. Germany has the presidency of the Council of the EU from 31<sup>st</sup> July 2020 - 31<sup>st</sup> December 2020 after Croatia's turn. Also, the Youth Strategy and the YOUTH ACTION GOALS are part of that period. The priorities of Germany's presidency are driven by its motto: “Together for Europe's recovery”. It focuses on six main areas: 1. overcoming the consequences of the coronavirus crisis for the long-term as well as economic and social recovery, 2. a stronger and more innovative Europe, 3. a fair Europe, 4. a sustainable Europe, 5. a Europe of security and common values, 6. a strong Europe in the world. The German presidency will focus directly on overcoming the COVID-19

pandemic. Fighting the spread of the virus, supporting the European economy to recover and reinforcing social cohesion in Europe.

**2022:** Because of the ongoing Ukraine-Russia conflict, the EU has imposed several heavy sanctions on Russia, including import and export, tourism and finance.

## The European Parliament

Each member state of the European Union is represented in the European Parliament (EP). The EP has two places of work, one in Strasbourg (France) and one in Brussels (Belgium). Furthermore, the EP has its administrative headquarters in Luxembourg.

The EP has three main tasks:

**1. Legislation:** The EP doesn't have the power to pass own laws, but the EP needs to be consulted for each elected period. In addition, the EP has a veto power against legislative initiatives.

**2. Budget:** The EP and the Council of the European Union have the power to decide over the budget of the EU. However, if the EP and the Council of the European Union cannot agree on the budget plan, the EP has the power to decide about the budget plan without the Council of the European Union.

**3. Control:** The EP has to control the other EU bodies. Therefore, the EP has the right to bring an action into the European Court of Justice.

## Parties in the EP

The EP has 705 delegates (31 delegates fewer than the German Bundestag). Those 705 delegates belong to eight different parties and are from 27 countries (20.02.2022).

First of all, there is the EPP (**European People's Party**). Each delegate of the German party CDU/CSU is automatically a delegate of the EPP. This party has very Christian and conservative basic values. Overall, the EPP has 177 delegates in the EP and is the strongest represented party.

The S&D (**Socialists & Democrats**) is the second strongest represented party in the EP with 145 seats. Their political opinion is very similar to the basic values of the German SPD. Every SPD delegate in the EP is automatically an S&D delegate.



Thirdly, the ECR Group (**European Conservatives and Reformists Group**) has no identical party in the German Bundestag. Nevertheless, the ECR holds 64 seats. Therefore, they are the fifth strongest party in the EP. Dieter Plehwe, a political scientist classifies the ECR as the "fundamental opposition against Europe".

"**Renew Europe**", formerly known as the ALDG (Alliance of Liberals and Democrats Group) has a lot in common with the German party FDP. Overall, Renew Europe has 101 delegates in the EP, which makes it the third largest party in the EP.





Fifth, there is GUE/NGL (**Confederation Group of the European United Left/ Nordic Green Left**). This party is the most communistic and left party in the EP. The German “Linke” and the GUE/NGL have many basic values in common. They have 39 delegates in the EP and are the sixth strongest party.

Sixth, the Greens/EFA (**Greens/European Free Alliance**). This party fights for a more sustainable Europe and for better environmental protection. Each German delegate of the “Bündnis90/Die Grünen” is automatically a member of the Greens/EFA. They hold 73 seats in the EP and are the fourth strongest party represented in the EP.



Lastly, there is the ID (**Identity and Democracy**), formerly known as the ENF (Europe of Nationals and Freedoms). The ID currently holds 64 seats in the EP, which makes it the fifth most represented party in the EP along with the ECR. Dieter Plehwe classified them as “right wing-populists and right wing-extremists” and the party is the European equivalent to the German AfD. They are the EU-sceptics and the right wing-populist in the EP.

The last group of members in the EP are the 42 “Non-Inscrits”, who do not belong to any of the recognized political parties.

### European Council

The heads of government of the member states form the European Council. Those heads of state hold “European Summits” in Brussels every six months. The European Council is a superordinate institution, trying to make compromises between the European Union member states and giving impulses for the future development of the European Union. Furthermore, the European Council has many other tasks. Those can be found in the 15<sup>th</sup> Article of the European Treaties. Moreover, the European Council deals with the “Common Foreign and Security Policy”. Nevertheless, resolutions made by the European Council are not legally binding. However, the heads of state have a trendsetting role in the Europe-policy of their own countries.





### **European Commission**

The European Commission has its seat in the Belgian city Brussels. It is also a supranational body of the EU and has the single source of initiative in the legislative procedure. In addition, the European Commission has the right of action at the European Court of Justice. Furthermore, the European Council has many other tasks, which can be found in the 17<sup>th</sup> and the 244<sup>th</sup> Article of the European Treaties. For instance, one of those tasks is the administration of the EU budget. The European Commission is considered the executive body of the European Union.

### **The European Court of Justice**

The European Court of Justice is the highest judicial body in the European Union. Its seat is – as the administrative headquarters - in Luxembourg. It “shall ensure that in the interpretation and application of the Treaties the law is observed” (article 19 paragraph 1 Treaty of Lisbon). Both, the European Court of Justice and the General Court of the EU are forming the judicative in the political system of the European Union.

# EUROPEAN YOUTH GOALS

These goals are incorporated in the **EU Youth Strategy 2019-2027**. As a result, eleven European Youth Goals were developed. These goals reflect the views of European youth and represent the vision of those active in the EU Youth Dialogue:



#1 CONNECTING EU WITH YOUTH



#2 EQUALITY OF ALL GENDERS



#3 INCLUSIVE SOCIETIES



#4 INFORMATION AND CONSTRUCTIVE DIALOGUE



#5 MENTAL HEALTH & WELLBEING



#6 MOVING RURAL YOUTH FORWARD



#7 QUALITY EMPLOYMENT FOR ALL



#8 QUALITY LEARNING



#9 SPACE & PARTICIPATION FOR ALL



#10 SUSTAINABLE GREEN EUROPE



#11 YOUTH ORGANISATIONS & EUROPEAN PROGRAMMES

## Considered in all areas of life:

- Cultural
- Political
- Social
- Economical

More: <https://youtu.be/pTkbW1ZXQ9Q>

[https://ec.europa.eu/youth/policy/youth-strategy/youthgoals\\_en](https://ec.europa.eu/youth/policy/youth-strategy/youthgoals_en)



## Facts about Germany

**Germany has 83 Mio. citizens and is composed of 16 federal states, called “Bundesländer” (see map). There are differences among the states, such as in language with different dialects (as you probably know it from your country).**

**Berlin - with 3.6m people from 40 different ethnicities - is the capital and one of three federal city-states in Germany.**

**Language:** The only official language in Germany is German. However, with exception for mainly older people, almost everyone speaks English or French (which they learned in school). In Berlin and other federal states of the former German Democratic Republic, you find many Russian speakers, because that was the 2<sup>nd</sup> official language in the GDR.

**Withdrawal Money:** Since 2002, the currency in Germany is the Euro (€). Paying with your credit card is also a possibility in shops or restaurants. Still, we would advise you to ask first if it is possible to pay with your credit card, since many places only accept debit cards. You will find many ATMs though, making it possible to withdraw money nearly everywhere. You should check with your bank beforehand, whether they charge extra fees when withdrawing money abroad.

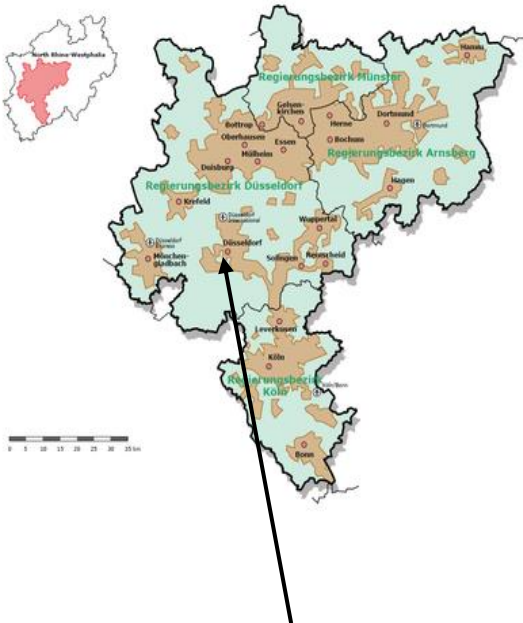
**Religion:** 2/3 of the German population are Christians. The ratio of Catholics and Protestants is nearly balanced. You will find more Protestants in the north and more Catholics in the south of Germany. If you would like to attend a church service, just look for a nearby church on Sunday morning. Furthermore, ca. 4 million Muslims and around 100,000 Jews are living in Germany (most of them in Berlin & North Rhine Westphalia), so if you would like to attend service at a mosque or a synagogue, you will most likely find one, too.

**Identification:** You have to carry your passport with you at all times (or at least a copy). It must be valid for at least the next four months. If you are a citizen of an EU-member state, you will just need your valid identity card instead of your passport.

**Electricity:** The supply voltage in Germany is 230 Volt and the frequency is 50Hz. Please check the label on your electronic devices. If it indicates 100-240V and 50/60Hz, you will not have any problems when charging it in Germany. Remember to bring an adapter for the outlet, should your country have different ones.



## Neuss and the Rhein-Ruhr-Area



The Rhein-Ruhr-Area spreads through the middle of North Rhine-Westphalia (see map) and is one of the most densely populated areas in Germany with several major cities such as Cologne (4<sup>th</sup> largest city in Germany), Düsseldorf (the state's capital) and Bonn (the FRG's capital 1949-89). Over 10 million people live here!

This is due to the heavy industry in the 19<sup>th</sup> and 20<sup>th</sup> century and the fact that lots of the cities located here were or still are important trading cities, due to the proximity to the rivers Ruhr and Rhein which have been used for trading since the middle ages.

The Rhein-Ruhr-Area alone is responsible for 15% of Germany's GDP.

Neuss itself is located in close proximity to Düsseldorf and is one of the country's oldest cities, celebrating its 2038<sup>th</sup> birthday in 2022. Even though it is located so close to Düsseldorf, Neuss still has a lot of beautiful nature and is located directly at the River Rhein. It joined the Hanseatic League in 1980.

Since Neuss is directly situated at the Rhein, there are many opportunities for hikes, bike rides or just hanging out, enjoying the nature and the view of the river. Neuss also has a **botanical garden**, which is especially beautiful in spring and summer. The town also has a **rose garden**, a romantic escape in the city centre with many different types of roses.

As the town is over 2000 years old, naturally, historical places are a must-visit, especially for those interested in the Roman Empire, because Roman soldiers founded Neuss in 16 BC due to its strategically beneficial location.

Historical monuments to visit are the "**Obertor**", the last remaining city gate with the "**Obertorkapelle**". The "**Bluturm**" is also worth a visit and used to be part of the city's walls as well. You can also go to the **Reckberg**, which provides a reconstruction of a roman defense tower.

The historical highlight of Neuss is the "**Quirinus Münster**", a huge catholic basilica and the town's landmark.

Looking at the art and culture scene of Neuss, the museums "**Clemens Sels Museum**" and "**Museum Insel Hombroich**" are worth mentioning, showing old and contemporary pieces and paintings. Another art installation in Neuss is the "**Turm Neuss**", which is located in the city centre on the Theodor-Heuss-Platz.

An event that Neuss is very known for is its **Schützenfest**, sharpshooters fair/festival that is traditionally celebrated in almost every town in Germany. Sadly, this year's Schützenfest is in August - maybe an event for a future visit!

The closest city to Neuss is Dusseldorf, the state's capital. Some fun things to do here are to walk along the **Rhein promenade** or the "**Königsallee**" – a big shopping street with all the expensive designer shops you could ever imagine.

You can get the best view over the city from the "**Rheinturm**", the regional TV tower located directly at the Rhein shore. Here, you cannot only look over the city but get a good snack as well in its restaurant and café.

Even if you are not visiting any sights or monuments in Neuss or Dusseldorf – what you can always do is just have a stroll around the Rhein or town itself, rent bikes or go to a little café. Although Neuss is not the biggest nor most famous city in Germany, it gives very good insight on how life in Germany is for the majority of us that do not live in major cities, hence you get the best sneak peek into German culture and day-to-day life.

## Weather

The weather in Neuss is very similar to all Central European countries. In May, the temperatures usually are somewhere between **10-19°C**. So definitely bring a light jacket – it cools down more than you think once the sun has set.

## Opening Hours of shops

**Monday-Friday:** ca. 8am-10pm (shops in the city from 10am)

**Saturday:** 9am-4pm (supermarkets differ, up until 10pm is possible) A huge majority of shops are closed on Sundays. You can buy some items (mainly food and beverages) at gas stations, train stations or at bakeries.

**\*\*\*\*\* Emergency calls: Fire brigade/Ambulance: 112 – Police: 110 \*\*\*\*\***



## Map of Germany (16 federal states and their capitals) and the neighboring countries



Source: wikipedia.org

## Dos and Don'ts in Germany

1. Do not arrive late for an appointment. Please, be punctual. Do not let other people wait for you. It is considered to be impolite.
2. During formal greetings, use your right hand for a handshake and maintain eye contact. For close friends, hugs are all right, too. -> not in Corona times though
3. When you are about to eat, it is very typical to say "Guten Appetit" (enjoy your meal) first. When having a drink, it is polite to say "Prost" (cheers) first.
4. In Germany, it is common to pay a tip at the rate of approx. 10% in restaurants or pubs. This means you are satisfied with the service. It is not required though.
5. Do not expect too much small talk. However, if there is, one typical subject is the weather for sure. Do not be offended if Germans are very direct and straightforward in expressing their wishes and opinions. Sorry, but we cannot help it, we do not mean to be rude ;-)
6. In Germany, you have to pay deposit for bottles with a special sign on them: When you bring these bottles back (to certain machines in supermarkets), you are refunded with 8-25ct per bottle. Non-returnable bottles are marked with the words: "Kein Pfand". In major cities, it is common to place Pfand bottles next to the trash bins, so that people in need can grab them and get the Pfand for themselves.
7. Germans care about the environment very much. Do not litter! Please, separate your garbage – you will find different containers to dispose of.
8. We take red traffic lights very seriously, please, do only cross the street when the traffic lights are green. This also applies when you are facing an empty road. It even applies at 2 a.m. Be aware of bikes – they don't stop for you and there are special bike lanes next to the sidewalk, so be careful!
9. There are many regulations in Germany. Some important rules are: You are not allowed to smoke under the age of 18. You are not allowed to drink alcohol under the age of 18 in general, but you are allowed to drink beer or (sparkling) wine at the age of 16. Always have your ID/ copy with you.
- 10. It is perfectly fine not to know all the rules/laws. So, if you are not sure about something or have any questions: just ask.**



# The Sustainable Development Goals (SDGs) of the United Nations

In the year 2000, the leaders of 189 countries agreed on a vision for the new millennium. They wanted to end extreme poverty in all of its forms and therefore they formulated the eight Millennium Development Goals (MDGs) with the intention to achieve them within the next fifteen years.

Later, in the year 2015 the countries agreed on new 17 goals, the “Sustainable Development Goals” (SDGs), to finish the work they have already started in 2000.



**It is up to you(th) to support the implementation of those 17 goals!**

## Important vocabulary

**Write down new words you learned!**

[illegible]

## What you need to bring

• <b>masks (FFP2/KN95)</b>	
• <b>Small disinfectant for yourself</b>	
• <b>Outdoor shoes (we will be walking a lot, so bring comfortable ones)</b>	
• Small Pillow (if you like)	
• <b>Backpack for the day trip</b>	
• <b>Flip-flops</b>	
• First-aid-kit & pharmacy for yourself (official first aid is provided)	
• Music/Songs (Traditional music from your home country would be great)	
• Something special from your region	
• Special legends, fairy tales, histories from your home country	
• Some money or credit card (to withdraw money)	
• <b>Identity card or Passport (and a copy)</b>	
• <b>Health Insurance card and vaccination record</b>	
• Small guest presents for new friends	
• Emergency-Cookies/ Cracker	
• <b>Traditional stuff (for instance a flag or cloths)</b>	
• <b>Writing materials</b>	
• <b>Material for the prepared issues</b>	
• <b>Small kit (containing toothbrush, toothpaste, shampoo, etc.)</b>	
• <b>Waterproof clothing like a rain jacket</b>	
• Swimwear	
• If needed, small dictionary (English)	
• <b>Clothing for sun and rain</b>	
•	
•	
•	
•	
•	
•	
•	
•	



# Program

Day	Date	Morning 09:00-12:00	Lunch 12/12:30	Afternoon 14:00-18:00	Dinner 18/18:30	Night 19:30/20:00	Sleep
Mon	23	Travelling to Germany	serve yourself	Introductory Session+ presentation program/Aims/ F&Q/ Wishlist	YH	Get together after dinner	YH
Tue	24	Cpt. Logbook & Dialogue session (DS) 1 Me & Europe/ YOUTH GOALS	YH	Explore Neuss & continue with Youth Goals in small groups & presentation	YH	Me & Europe +introduce your country (country exhibition)	YH
Wed	25	DS 2 - Racsim, right wing parties, Hate speech in Europe	YH	Europe-Café (different topics)	YH	(inter)cultural night with games etc.	YH
Th	26	DAYTRIP	Sandwich/ on the road	DAYTRIP	YH	Movienight? Mellow eve	YH
Fri	27	Dialogue Session (DS) 3- decided by participants/ Youth Future opportunities	YH	Dialogue Session (DS) 4 - Sustainable Europe, Fair Trading etc.	YH	Art Pizza- Workshop// Karaoke?	YH
Sa	28	Workshop FAIRTRADE	Hansetag	Explore the Hanseday	YH	PARTYnight & Good Bye (bonfire)	YH
Su	29	Final Feedbackround & Filling in YOUTH PASS (+pics)	YH	Travelling or free time	xx	xx	

Dialogue Sessions/ content
Day trip/ project visit
Workshops/ intercultural exchange
fun acitivity

## FAQ

### Corona and hygiene

**Rooms:** the Youth Hostel rooms will be dormitories of mostly four-beds occupied by only two people. Please be flexible. It is a youth encounter and we always have to consider the circumstances due to the pandemic **hygienic concept** → pdf.

**Insurance:** please take care of your own one or ask your organization to take care of insurance for the duration of the project

**Travel reimbursement:** there is none in this exchange. However, travels of the program like a day trip is included.

**Meetings:** we have different meetings a day. In the beginning, the end and in between there are also meeting times. Please be on time and inform the others of your group.

**Emergency:** see page 23. The Youth Hostel also has its emergency exits and plans.

**Food:** we mostly will have the meals e.g. at the youth hostel or on the way to our program. Three meals a day are provided. Anything extra is up to you.

**FB group:** Any changes will be noted down in our facebook group, so stay tuned <https://www.facebook.com/groups/futureofeurope/>

This group will help to keep in touch and get know the others too. If you have not yet, please enter the group! ☺

### Questions?→

1. Your teamer
2. Aila (facilitation)
3. Miriam (coordinator DJH)

## Important for Emergencies

### You should:

- Make a copy and a picture with your phone from your passport/ ID and store them separately from your original ID/ passport.

Maybe the „Emergency Ready App“ is of any interest for you: with this App you can find the next shelter, police station or ER and send an SOS. It also contains first-aid-videos (available in Appstore).

### Embassies in Germany

Estonian Consulate in Bonn +49 228 60 46 917

Latvian Consulate in Bonn +49 228 249 9810

French Consulate in Dusseldorf +49 211 8285 460

Polish Consulate in Cologne +49 221 937 300

Portuguese Consulate in Dusseldorf +49 211 138 780

**Contact your teamer and/or the facilitation first if you have a problem!**

### Emergency contacts

**Miriam Wolters**  
(DJH & Logistics)

+49 151 17620861

**Aila Noeren**  
(Team Germany)

+49 15159256661

**General  
Emergency  
Number**

112

# Hygiene Rules in the Youth Hostel

## HYGIENE RULES



### Wash hands thoroughly

Wash hands for at least 20 – 30 seconds with plenty of soap (palms, back of the hand, fingertips, space between fingers, thumbs, fingernails, wrist). Only touch tap with the elbow or a disposable towel. Dry hands thoroughly with a clean cloth. Support children and people in need of assistance if necessary.



### Wash hands frequently

Wash hands when entering and leaving the youth hostel; before and after eating or going to the bathroom; and after touching other persons or surfaces.



### Do not touch your face

Keep your hands away from your face. Use gloves if necessary (make sure to put them on and take them off correctly).



### Cough or sneeze hygienically

Cough and sneeze into your elbow or a disposable tissue. Turn away from other people, wash hands directly afterwards.



### Cover up wounds

Use plasters, bandages or creams; wash hands before and after handling.



### Keep a distance

At least 1.5 m, always wear a protective mask if not possible.



### Pay attention to cleanliness

Regularly clean clothes and shoes, towels and any items you have brought. Separate used items, e.g. in laundry bags or plastic bags. Do not share items such as cutlery, towels or toys.



### Treat foods hygienically

Wash thoroughly before consumption (fruit, vegetables, snacks), store packaged. Keep a distance from other people in the dining room.



### Ventilate well

Ventilate rooms regularly and several times a day. If possible, leave windows open when leaving a room. Do not forget to switch off the heating.

Source: BZgA, infektionsschutz.de

## FURTHER INFORMATION

### Masks

#### What types of mask can I use?

Only FFP2 and medical masks with CE marking are permitted. Makeshift masks, scarves or shawls are not sufficient.

#### When do I have to wear a mask?

When the minimum distance of 1.5 m cannot be kept in public areas; in public transport; in restaurants and dining rooms (the mask may be taken off when seated); and wherever there is a sign requiring it. Please always remember to carry a mask with you. Children below the age of 6 are usually exempt\* from the obligation to wear a mask.

\* As regulations vary, please inform yourself of the applicable regulations at your destination.

### Suspected Corona infection – What now?

**Symptoms:** Fever, shortness of breath, cough and fatigue

1. Put on disposable gloves and cover mouth and nose with a mask. Return to your room in the youth hostel immediately. Keep at least 1.5 m distance from other people.
2. Contact youth hostel staff by telephone. They will inform the competent health authorities. Wait for feedback from the youth hostel.
3. Stay calm, do not leave the room, drink a lot of water, record symptoms if necessary.

## HYGIENE SIGNS AT DJH



Bitte  
Hände  
desinfizieren

Please  
disinfect  
hands



Bitte  
Abstand  
einhalten

Please  
keep a distance



Bitte  
Maske  
tragen

Please  
wear a  
mask



Karten-  
zahlung  
bevorzugt

Cashless  
payment preferred



Bitte  
Nies-  
Etikette  
beachten

Please sneeze  
into your  
elbow



Bitte nur  
eine Person oder  
Familie

One person  
or family only



Bitte  
vor Abreise  
Fenster öffnen

Please  
open windows  
before checkout



Bitte auf der  
Treppe  
immer rechts  
halten

Please keep  
to the right  
on stairs

## NOTES



Deutsches Jugendherbergswerk  
DJH Hauptverband e.V./  
-German Youth Hostel Association-

Leonardo-da-Vinci-Weg 1

32760 Detmold

Tel.: 05231/7401 131 or 130

Fax: 05231/7401 225

E-Mail: [hauptverband@jugendherberge.de](mailto:hauptverband@jugendherberge.de)

Redaktion:

Bundesfreiwillige in der Abteilung für Internationale Arbeit der  
DJH-Hauptgeschäftsstelle

