

How to prepare - Jugendkonferenz 2019

- **Presentation of Delegation for Sunday, 27.10.2019**

During this workshop, each group prepares a poster about their home and home town.

So please prepare:

- Pictures of the participants
- Pictures of your town

- **Introduction into the topic, Sunday, 27.10.2019**

Please prepare the following questions regarding sustainability at home:

Yourself and your family:

Waste:

- How much waste are you producing / is your family producing throughout the week (plastic, residual waste, paper, glass,...)
- What is happening with your waste?
- Do you find it important to separate waste?

Food:

- How do you and your family manage your weekly grocery? What do you buy?
- Where do you buy your food/ groceries?

Energy:

- How much electricity and water do you consume per day? (e.g. cooking, showering, charging your cell phone...)

Your home town:

Waste:

- Is waste being sorted?
- Are there containers or places where waste can be stored? Give examples

Food:

- How is your home town handling expired food?
- Are there health food stores or regional supermarkets?
- What about foodsharing?

Energy:

- Do you know if your hometown is working sustainable regarding traffic, water, electricity?

You will have time to prepare a poster in Ravensburg, so there is no need to bring something readymade! But if you have material you will need for the presentation, please bring it with you.

- **International buffet for Monday 28.10.2019**

We want to prepare an intercultural buffet for dinner so **please bring:**

- Typical dishes, sweets, etc.
- Decoration for the table of your delegation

We have the possibility to store food in a fridge. We have kitchens, if you want to prepare a warm dish – please let me know if you need to use the kitchens!!

If you need any ingredients that you cannot carry with you, but know for sure that you can buy it in Germany, you can buy here! Send me a list of those ingredients before your arrival!!

About quantity: the last times there was so much food, we had to throw away a lot. **We don't want to do this anymore.** When there is a lot of different dishes to try, nobody will eat a whole plate of one dish only and not try the rest! So when you plan on your dishes, please think of an average family of **five to six people!** I repeat: **WE DON'T WANT TO THROW AWAY MASSIVE AMOUNTS OF FOOD AFTER THE DINNER.**

- **Cultural contributions**

Each group has the possibility to share even more of their culture. We will have three evenings, where the cultural contributions will take place: **Sunday, Monday and Tuesday.** We are 11 groups, so each evening will see 3-4 groups with their cultural contribution. On the first evening in Ravensburg we will draw the day for each delegation.

Please prepare a short song, sketch, theatre, dance with your group, that you want to share with the rest of the group. Inform me about what you need (music, laptop, etc.), so that everything is ready!

Please don't think too conservative: we want to experience the culture the young people actually live!

Each group then has **5-10 minutes** to present themselves.

What to bring - Jugendkonferenz 2019

1. We are sleeping on **inflatable camping** mats, for a comfortable week **bring:**
 - **Sleeping bag or warm blanket and pillow** (please inform us if any participant cannot bring his/her own sleeping bag!!)
 - **Towels**
 - **Flash light** (so you don't have to wake the whole room, when going to the bathroom at night)
2. **Enough clothes** for a week: October is a tricky month in Germany, it might be quite nice, but it can also rain or be very windy. Be prepared and bring warm clothes and an **umbrella**
3. The sports hall of the school can be used, so if you want to do some sports in your free time, bring sports clothes and shoes.
4. Anything that adds to the **good mood:** music instruments, costumes, CDs, games etc...
5. Don't forget your **tickets, passports, money** (if you want to do some shopping), and **health insurance card**
 - >> Within the European Union your national health insurance card also is a European Health Insurance Card and allows you to get medical treatment wherever in the EU you are (check the back of your national card).
 - If you come from a non- EU country, please remember to take out a health insurance for the week you spend in Germany and bring the confirmation.