



Dear participant,

Thank you for joining us at the summer camp “Compass for Climate Chaos”, a four days journey through emotions related to the climate crisis. We are looking forward to meeting you there. Here is some important information, so read it carefully.

### **when?**

from the **20th of June**, arrival at 6pm (we will have dinner together) until the **24th of June**, 2 pm (we will have a last lunch together).

### **where?**

At Makværket, a cultural center in an old ceramic factory.  
The address is : Teglværksvej 30, 4420 Regstrup.

Makværket is a cultural and environmental collective in progress: a growing, self-organised, voluntary community of people working practically and theoretically for the increasingly necessary cultural, social, environmental and economic transformation of society.

### **How to get there?**

You should take the train from Copenhagen Central Station, direction Kalundborg, until Knabstrup Station. It takes approximately 1hour.

From there, there is 30 minutes of walk in the Danish countryside. There will be someone getting you at the station and walking with you to the venue if you are in the train leaving at 16.47 from Copenhagen.

### **Accessibility**

Makværket is not the most accessible space, unfortunately. It could be possible to come with a wheelchair, or be picked up at the station but let the organizers know and we will try to accommodate some special needs.

### **Health insurance**

You will need private health insurance or an EU reciprocal health card to get health cover in Denmark. We strongly recommend you to get this before traveling.

### **Dietary information**

All of the food we provide at the course is vegan and organic. Let us know in advance if you have any food allergies/dietary needs. Bear in mind that cooking for a big group of people can get quite complex, so we ask you to only share with us dietary needs rather than preferences.

### **what to pack?**

- Your sleeping bag and bed sheets. There will be rooms of 8 people but you are welcome to bring your tent if you prefer sleeping alone.
- Towel and hygiene equipment.
- Clothes for 4 days. The weather should be fine, but bring maybe a rain jacket just in case.
- A blanket to sit on outside
- A torch
- A watch. You will be encouraged to turn off your phone and be present in an analog way!
- A waterbottle
- Ear plugs/ eye mask if you sleep lightly
- Pyjamas/night clothes
- Slippers or indoors shoes for inside the building

### **Toilets and washing**

There are communal toilets and a shower inside Makværket, with individual cubicles. The venue has the bathroom under renovation, so it will be a bit challenging to shower everyday.

## what?

The program here under is to give you an idea of what is going to happen, but it's not detailed to give you a sense of surprise. If you wish to know more, contact [emmeline@noah.dk](mailto:emmeline@noah.dk).

DAY1: Opening circle and welcome

DAY2: Coming from gratitude

Grounding in the place, meditation, compass & tea

DAY3: Honouring our pain for the world

Theory, meditation and emotions, creative practices, snuggling

DAY4: Seeing with new eyes

Self-care, harvesting, making soup

DAY5: Going forth

Dancing, engaging, moving forward

## what to be aware of in advance?

This is an activist camp, arranged by workers from Friends of the Earth. We are not therapists nor psychologists. We are aiming to create a room for bringing feelings related to the climate together, find people who share the same worries and concerns to work with emotions and reconnect to hope and empowerment. We have therefore to stress that if you have severe anxiety or mental distress, we do not have the capacity to offer you a safe space and ask you to be aware of your own needs and capacity for self-care.

## what do you commit to?

By joining, you commit to attend to the full program, as the spiral work requires to go through each steps after another. It is very important to shape a group dynamic which is not interrupted by people coming and going. We hope you understand.

## daily tasks

We ask that everyone taking part in the course is available to help out with a small number of designated tasks to assist with the smooth running of the course and contribute to the temporary community we will build together.

## alcohol policy

We encourage the participant to try a detox camp, but if you wish to drink alcohol, they will be alcoholic drinks to buy at the venue with your own money. Bring cash (Danish kroner).

## reclaiming Attention

We would like to create an environment where we can give each other, and our learning, our full attention. To support each other to reclaim our attention, we will be asking that no online activity, phone calls, or text messaging happens in the shared spaces at Makværket.

If you are able to, we encourage that you do all your necessary e-mailing and internet work before you arrive, and that you negotiate "time-off" from other commitments.

The internet access at Makværket is limited. It is possible to get phone signal for most networks outside of the building but phone signal inside the building is very poor.

## contact

[emmeline@noah.dk](mailto:emmeline@noah.dk)

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Please get in touch if you have any doubts, so we can make arrangements and accommodate your needs.

Thanks and see you there,

the NOAHs team

