



livingdegrowth



„ Living, Learning and Working together- Community Building for Degrowth Society“ in Witzenhausen/Germany, 31.-05-7.06

In this course we will explore via different methodologies, approaches and experiences, as well as from the evaluation from already ongoing (transition) projects in a small town in Germany, Witzenhausen, which suffers from big debt payments, the power of community and ways of community building. The Goal of our course is, to develop creative ways of thinking, being and doing, so that instead of scarcity the „Buen Vivir“ comes in full power in our communities.

We start from the „I narrative“, explore our (gender) roles and our body (language), then shift to the next level, and explore ourselves within the generational context, and different ways of living constructs. We explore historical and also critical aspects of community building. In the next step we will go to the community level (village, small town, barrio) and explore aspects around city development and civil participation on a theoretical as well as academic level, as well as hands-on projects which already run in Witzenhausen and evaluate them in the context of degrowth discourse and the level of success for community building. Every morning starts with a "Council"- a strong method for community building.

The course will be taken place on the [Jugendburg Ludwigstein](#), which is a very interesting historic place, and has a strong link to community building, as the "Wandervögel", a reformist youth movement in the early twenties of the last century bought it and started to restaurate it. The second part takes place in the center of the city in the „Transition House“ from Transition Town. The central point of the course will be a yurt in a public part. There will be a lively exchange between the course participants, inhabitants of Witzenhausen and students of the organic agriculture faculty with an rich cultural programm.

Organisational and emergency contact

(if you have any questions about logistics, travel, if you arrive late, if you get lost,...):

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Burg Ludwigstein

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E-Mail info@burgludwigstein.de

<http://burgludwigstein.de>

	Sunday, 31.05	Monday, 01.06 <i>„Getting to know each other and the content“</i>	Tuesday, 02.06 <i>„Learning from history“</i>	Wednesday, 03.06 <i>„Circle Experiences“</i>	Thursday, 04.06 <i>„Transition in theory and practice“</i>	Friday, 05.06 <i>„Contact Improvisation as a tool“</i>	Saturday, 06.06 <i>„Community as Learning place“</i>	Sunday, 06.06 <i>„Train the Trainer“</i>
8:00-9:00	Welcome!	BREAKFAST						
9:00-10:00		Council	Council	Introduction Women/Men Circle	Council	Council	Council	Council
10:00-13:00	Welcome!	World Café „Community Building“	Historical and critical approach to communities in past and present	Women/Men Circle Experience Exchange about Circle Experience	Market Place of Transition and Community Projects in Witzenhausen Region	OPEN SPACE	Community Learning and Intergenerational Issues	Train-the Trainer Part 1
13:00-15:00		LUNCH and BREAK						
15:00-18:00	Arrival Time	Approaching the Sources of Degrowth	Transition Movement- Introduction and critical reflection	Leaving to Witzenhausen, building up the yurt in public park	Reflective Working Experience in Community and Transition-related Projects	OPEN SPACE	Creative „degrowth maniac“ presentation	Train-the – Trainer Part 2
18:00-19:00	DINNER							
19:00-20:00	Organisational Issues and Welcoming	"Networking globally to act locally -building communities of practice across scales with GROWL"	Maniac Degrowth Reflection of the day	Maniac Degrowth Reflection of the day	Maniac Degrowth Reflection of the day	Dancing Exploration „These moments of real encounter“	Degrowth Debate: " Economic localisation as an alternative to the debt crisis"	
20:00-22:00	Welcoming Ritual	Folk Dance with „Kultur Initiative“	Contact Improvisation and transformation of society- a dancing speech	Introduction to „Jurtenwesen“ - building yurts for „buen vivir“ Singing circle with Svadesha	Drumming Circle and Monochord Massage Technique Degrowth Party in Students Club			Contact Improvisation Workshop

- Burg Ludwigstein
- Transition House
- Yurt/Unipark or University Room H13, if it is raining
- Witzenhausen City
- Zeichensaal

Programm Notes:

Welcoming Ritual (Helge Bartels, Katja Mangold)

Arriving at the moment, at a very special place, rich of history an new stories to be told...Welcome!

Council (Helge Bartels)

Council is a modern practice derived from many ancient forms of communicating in a circle. Sometimes referred to as "Listening Circles," council utilizes a center, a circle, and a talking piece to create an intentional space in which to share our stories. The practice of deep listening without judgment fosters an atmosphere of respect for ourselves and for others and promotes empathy, dissolving barriers to cooperation, understanding and community. We will start every morning with a council and learn throughout the course different techniques within the council method, to deepen our knowledge and enabling ourselves to carry this experience to our home communities.

World Café on Community Building (Silvia Hable)

Collecting ideas, wishes to learn more and different experiences from Course Participants regarding „Community“ and its related topics. Open questions and upcoming ideas for further and deeper exchange will be recorded and can be dealt later on in the course.

Approaching the Sources of Degrowth (Gualter Baptista)

Peer-to-Peer Teaching and Critical Writing/Reading Method, based on texts of recognized degrowth authors. Understanding the six main sources of ongoing degrowth debate.

People will divide in six different subgroups (maniacs of degrowth), where they will stay for the rest of week. One of the groups will be in german language, due to the complexity of the topic and some participants just have basic english knowledge.

First they will get a deeper understanding of the chosen source and its historical context, later in the course, there will be every evening half an hour exchange and →

Critical Reflection of the Degrowth Maniacs (Gualter Baptista)

Within the small group of „Maniacs“, they will evaluate the days experience regarding its relation towards the degrowth source in a fish bowl discussion.

This helps to understand the relevance of course topics and ongoing transition projects towards its goal for more community and degrowth society and helps to bring abstract ideas from authors in correlation with practical and understandable examples.

What is GROWL? "Networking globally to act locally - building communities of practice across scales with GROWL" (Gualter Barbas Baptista, Project Coordinator of GROWL)

A workshop with a short presentation about the GROWL-Living Degrowth Project, how to participate, what it means, where it will go...

Folk Dance (Bianca Kranz)

Being at an historical place at Burg Ludwigstein, which was founded by the „Wandervögel“, we also like to inspire ourselves by the still lively culture of the „Bünde“, who use the castle for their meetings. One important part of their community life is singing and dancing together, especially line- and folk dances. Bianca Kranz from the KulturInitiative will introduce to us some of these dances.

Historical and critical approach towards community building (Susanne Rappe-Weber/ Sabine Knappe)

Guided visit through the Archive of the German Youth Movement from the early 20th century.

The tour is focused both on the positive intensions and impacts of the „Wandervogel“ and youth movement, as well on the critical points, where Community Building can overturn in elitism, nationalism or exclusivness.

Women's communities in the 1920s in Germany (Input by Sabine Knappe)

Based on the experiences of girls and young women in the youth-movement at the turn of the 20th century, the idea of settlements in the countryside and the influence of the modern women's movement and their concept of spiritual motherliness lead to the foundations of two communities in the midst of Germany. 'Loheland' and 'Schwarzerden' were founded by young women to widen their intellectual, emotional and professional horizon. They established courses in gymnastics and workshops for arts and crafts, built up small agricultural units to produce their own food, held summercamps for children to support their health and established schools for young women, educating them in social work. I will try to explain the motivation and the practical execution of these two community-foundings.

Transition Movement and critical reflection (Farid Melko)

Introduction to Transition Movement and its principles. Linked to the morning experiences, participants will critically evaluate the uprising new social movements, like Transition, Urban Gardening and similars. What is new, where are parallels to reformist movements in the past? Which are the threats these kind of new community movements bring with them? What can be done for prevention?

Participants will work with collage technique.

Contact Improvisation and Transformation of Society (Heike Pourian, Eva Daubert)

A danced speech- inspired by the thoughts of Charles Eisenstein

Our world entered in crisis and Contact Improvisation (CI) could be one possible help, to find the way out of this crisis. CI opens the possibility of a space for exploration and play, where we can experiment physically in a way our minds would not be able to think or plan.

It could help to overcome dogmatic beliefs from capitalism. „When you get more, I will lose“. But who wins and who loses, when we support each other, leaning on each other?

Eva and Heike have developed a danced speech, which is based on improvisation, the thoughts of Charles Eisenstein for a world where beings are more connected to each other and the moment. The audience is surrounding them in a circle. They are invited to participate actively in the process. Afterwards there will be an exchange in small groups.

Introduction Women/Men Circle (Helge Bartels, Elisabeth Lämmer, Lara-Carola Rüter, Milena Wilkening)

Ella, Lara, Milena and Helge will present their experience in gender-specific talking and experience circles and its contribution to community building processes

Men Circle Experience (Helge Bartels) and

Women Circle Experience (Elisabeth Lämmer)

A space for aligning experiences in a gender-specific context, afterwards gender-mixed critical exchange about this experience, and its connection to the discourse of buen vivir and degrowth

Public Event: Building a yurt for the community of Witzenhausen (Jurtenwesen)

The collective <http://jurtenwesen.de>- concept and possibilities of yurt construction has its premiere in Witzenhausen!

Jurtenwesen from Bremen/Germany dreams of yurts and facilities to revive the beautiful roundroom of the yurt. They buildbuild, work and learn to create places for people, dreams and deeds.

„For us it is a major concern this undertaking in devote to the common good, and so we invite everyone inclined people cordially to it to participate with their own dreams and deeds.“

Participants will help to build up the yurt in the university park in the center of Witzenhausen, which will serve for the rest of the week as a base for the course, as well as a meeting point between locals, course participants and students (who are also kind of locals, but form their own community apart from Witzenhausen citizens)

Public Event: Marketplace and Mapping of local Transition and Degrowth Related Projects

Several alternative collectives, enterprises and projects existing in the region of Witzenhausen will introduce themselves on a kind of marketplace in the Transition House, which serves as incubator and meeting point for several initiatives. Participants will get to know the different groups, their aims, problems and hopes and evaluate later on their connection towards community building and degrowth with the focus on food sovereignty.

Also these modul serves for the groups in Witzenhausen itself as a strengthening moment for community building. This will be forced by the approach of critical mapping, included in the process of Transformap, where the upcoming alternatives and possible synergies will be mapped during the marketplace. (There are plenty alternatives: <http://transformap.co/>)

Public Event: Reflective Working Experience in Transition and Degrowth Related Projects

During the afternoon people will split in several working groups within projects, which helps to build community, with a focus on food related projects. Some questions are given on the way to reflect during the work. Each project will introduce its principles in the beginning, than hands-on workshops will start. Possible Projects are:

- Give Away Shop
- Community Supported Agriculture Freudenthal
- Intergenerational Garden Project
- Intercultural Garden Project
- Bicycle Repair Place

- Sound-Workshop „Klangraum“

Public Event: Drumming Circle and Monochord Sound Massage (Chris Noll, Johannes Baehr)

In community it is important to exchange emotions and energy peacefully and in an harmonical way. We all consist of vibrating matter. When drumming we need to listen to the sounds around us and we can try to harmonize the rhythm patterns of other people to our own patterns. We will try to compose a complex rhythm, in which everyone will take his/her part for a major context.

Monochord Sound Massage as an facultative offer is an amazing method of soundmassage with monochords, which surrounds the whole body and mind, tuning in and harmonizing disorders of humans.

Public Event: Degrowth Party

The self-organized international Students Club in Steinstrasse is reserved for us on Thursday Evening. It is up to us, how we want to use the space, well known DJ Leon is up to support the party with good sounds.

Open Space (Silvia Hable)

As we- in the tradition of Joseph Beuys and the social plastic- believe, that everybody is an expert, we want to keep at least some space in the course, where participants can offer, exchange and explore topics and questions which have no other space or have been rising during the course. We will gather Friday morning to collect offers. The afternoon is up to you!

Exploration on „these moments of real encounter..“ (Katja Mangold)

In community with other people we often face the challenge and question of how we can be close to each other and still respect our own space, borders and limitations.

How can we find an authentic and respectful contact with other beings?

How much closeness or how much distance towards other persons feels right in any moment?

Can we practice a state of awareness which helps us to be in contact with ourselves as well as with others at the same time?

There is a chance for moments of real encounter if we allow ourselves as well as others to be true to ourselves.

We will be guided through different experiences of contact, activate our senses, become aware, have moments of reflection and exchange, whilst always being encouraged to communicate and listen in a very sincere and still respectful way!

Our senses, our curiosity, our awareness, our reflexive capacities are all very invited!

Contact-Impro Jam with guided Warm-Up (Katja Mangold)

In the Jam format we have the opportunity to get to know the dance form of Contact-Improvisation from within, as a participant. The warm up will help you to connect with yourself, your body and the floor as a reference in space. From there we start our careful, maybe playful, maybe silent... journey.

In Contact- Impro we often share weight by leaning towards each other and fall together through space as we allow ourselves to get off balance, We carefully listening to the reflexes of our and the other bodies. Though we travel together through space yet anytime we can freely choose to continue our dance on our own or with someone else. Also being an observer can be an active, involved role during a Contact-Jam

Community Learning and Intergenerational Approach (Silvia Hable)

Reflective walk with stations on the way around our perception of learning and relation within the generations.

Creative Reflection of Degrowth Maniacs (Silvia Hable)

In plenary we will first draw a kind of landscape with the moments from the past week and then collect a range of presentation methods, then the small „maniac“ groups will mix up, so that there are in each presentation group is one representative from each degrowth source. It is up to the groups, what and how they will present, to show their experience they made during the seminar

Public Event: Economic localisation as an alternative to the debt crisis (Francois Schneider, Stephanie Ristig Bresser, Gualter Barbas Baptista)

The idea of localisation is a key idea of degrowth. Localisation is about being connected with our direct environment with all our senses and it is also about reducing the distance between the places where we produce things and the places where we use things. It challenges globalisation. But is localisation about closure? Francois Schneider will give us an input about degrowth and open localism, Stephanie Ristig-Bresser about the idea of RE-Conomy, a transnational project to stimulate local economy for a transition society. Moderated by Gualter Barbas Baptista. Local community policy makers are actively invited to join the evening and debate, since Witzenhausen suffers a big debt crisis and austerity measures as well as a democratic crisis resulting from this.

Closing Ritual (Helge Bartels, Katja Mangold, Silvia Hable)

Train-The- Trainer (Silvia Hable)

In this last part, everybody who wants to be a Trainer on Degrowth is invited to participate. We will learn more about the philosophy of GROWL, learning types, ways of presentation and explore different methods.

Information about trainers:

Helge Bartels

Dipl.Soz.päd, outdoor trainer, initiatic Prozessbegleiter (Visionquestleader)

„I accompany you gently and respectfully through stages of change . I do not want to change, I accompany you going to address just as you are . In a protected environment , you can store long outdated beliefs in order to re- experience the adventure of life flexibly and autonomously.“

Silvia Hable

Active in Social and Ecological movements since early youth, Silvia engages since more than 5 years in the Transition Town Movement and experiences different aspects of community building every day. She works as a kind of allround tasker in different projects with a special focus on the managment of Transition House and Public Relations. Very critical on institutional learning, she gained knowlegde until now mainly throughout exchange with other people and as an auto-didact. Organizer of last years Degrowth Conference in Leipzig, active in international GROWL team and one of the course organizers from Witzenhausen GROWL Course.

Also in the board of the German Transition Network e.V., working as journalist for OYA (<http://oya-online.de>) and local journal as well as trainer and facilitator on agricultural and community building issues, mother of two children and loves music jams, especially percussion.

Katja Mangold

Student of Organic Agriculture, Organizer of dance -events and workshops as the weekly Contact- Jam in Witzenhausen

Organizing local food supply for the Food Coop "Schöpfkelle"

Co-organizer of the GROWL-Course Witzenhausen, especially involved in the conception of the course and the coordination of the local food supply which involves diverse activist groups which enrichen the course with their fresh foods and inspiring work. Involved in the women circle of Witzenhausen.

Sabine Knappe

„My name is Sabine. Today I am studying Ecological Agriculture in Witzenhausen. More than 20 years ago I studied history with the focus on women's history. My connection with communities and degrowth: When I started studying here, I founded a mobile kitchen in nearby Kassel for supporting community-gardens by using their vegetables and to introduce recipes and the pleasures of producing own food in a delicate way. Nowadays this kitchen is part of Transition Town e.V. in Kassel. Originally it was part of the art-event documenta. Personally I am looking for a community to live in to practice an enriched way of life together with others.“

Susanne Rappe-Weber

Director of Archive der Jugendbewegung on Burg Ludwigstein

Farid Melko

Student of Organic Agriculture Science, Board Member of Transition Witzenhausen e.V. and Transition Network e.V., Musician and Yoga Teacher, Bike Traveller

Heike Pourian

Born in 1967, Mother of two teenagers, working in the field of Dance- and Theatrepedagogy, teaching Contact Improvisation since 1992 for a very brought public, as well in universitys as also on the plane lawn. She like to tranfer the experiences from contact improvisation to other fields of society. Living in Nürnberg.

Eva Daubert

Therapeut for Feldenkrais Technique.

Heike Pourian and Eva Daubert have both been involved in somatics for many years, Eva with a focus on the Feldenkrais Method and Heike with a focus on Contact Improvisation. Together they are curious to find out what movement awareness could have to do with the transformation of society. Since they came across the books by Charles Eisenstein this has become a lot clearer for them. In 2014 they developed a danced lecture on this issue, that they have shown for several audiences since. Quoting a comment from the audience they call it "too good to be true?"

Elisabeth Lämmer, Lara-Carola Rüter, Milena Wilkening

organising since the beginning of 2014 a women circle in Witzenhausen and want to share their experience

Oliver Schmid

Social Worker from Bremen, organiser of the education and community Building project „Jurtenwesen“

Johannes Baehr

born in 1966, has tried quiet some projects in the past, living in community is his wish. So finally he founded the Klangraum Project in 2007 in Witzenhausen to open up a space for sounds and social benefit, exchange, learning and healing, having creative actions. He wants to offer the world of healing sounds and frequencies to anyone interested. After 30 years of studies and trial he found an amazing method of soundmassage with monochords, which surrounds the whole body and mind, tuning in and harmonizing disorders of humans. Another ideal of him is to spread love through musical and visual performances in churches and other places. He is carpenter and has a workshop for music instruments and other craftwork.

Christian Noll

grown up in the Werra-Meissner Region, is musician, artist and wood crafter. Born in 1987, he is now living in a small village Schönhagen, where a community of farmers and crafters is working for sustainability and organic seeds production. he is also gardener and organizer for the demonstration garden there. Since 2013 he is working together with Johannes Baehr for the Klangraum Project in Witzenhausen. We are producing music instruments like drums, flutes and monochords and organizing many cultural activities like concerts and light performances in combination with sound massage at festivals and other occasions. Right now he offers the drum circle and spiritual music jamsessions. He likes to think about ecology, spirituality and music, permaculture and community living and acting from the heart.

Francois Schneider

A degrowth researcher and activist. Since 2001, he is active in the development of the degrowth concept and debate in France and Europe with publications, speeches, marches, organisation of events. Founding the research group Research and Degrowth in 2006, he initiated and organised the first and second scientific conference on degrowth for Sustainability and Equity in Paris in 2008 and Barcelona in 2010. He is involved in the project Can Decreix, a degrowth relay at the french-spanish border putting into practice ideas around degrowth where volunteers are welcome.

Stephanie Ristig-Bresser

Works for the german-wide Transition Network, lives in Hannover, coordinates the Re-Conomy Campaign in Germany amongst 100 other things, journalist, writer, project manager, mother of a son...

Gualter Barbas Baptista

Gualter Barbas Baptista holds a degree in Environmental Engineering and a doctoral degree in Environmental Sciences, specialized in Ecological Economics and Political Ecology. He is actively engaged in civil society movements around environmental, climate justice, food and economics discourses since more than 15 years and has accumulated experience in agile methodologies by working with grassroots communities on hybrid techno-social projects.

As the Director of Ecobytes he works as project and events manager for several non-profit organisations in the fields of transition and degrowth. Currently he is working as the international coordinator of the EU education project "GROWL - Learning More, Growing Less" (<http://community.net/growl>). He teaches at the University of Kassel on "The Limits of Growth: Perspectives for Agriculture" and is a member of the Editorial board of the journal "Ecología Política" (<http://ecologiapolitica.info>).

Emre Özkapı

He studied Computer Programming Associate Degree Program at İstanbul University, he joined after İstanbul Chamber Of Commerce Technical High School – Computer Hardware department. Since 2000 worked on IT job positions such as Software Developer for Security Firms, Freelance IT Consultant, Webmaster and Web/PHP Programmer and joined Ecobytes in 2014. Currently studying bachelor on Philosophy - Anadolu University. His main focus of expertise and work include cinema, video activism , translation and philosophy. He has been producing movies, mostly documentaries, since 2003 and working as a editor, director, and producer on various projects, screened on local and international festivals, TVs and online platforms around the world. He's focused on combining his IT and cinema knowledge in order to use FLOSS tools/software on cinema and video activism.

One of his general motivations on producing movies is contributing to the rivers which all may have meet in an ocean that do not have any kind of image rather than the ones which are shot and transformed into the images, Cinema/images against cinema/images. Briefly a life without movies: that might have seen as a problem with the ones who has dialectic beliefs.

Information about places

Burg Ludwigstein:

Ludwigstein Castle (German: Burg Ludwigstein) is a 15th-century castle overlooking the river Werra and surrounded by beautiful woodland. It stands southwest of the town of Witzhausen in North Hesse. Founded in 1415 the castle's buildings today were built in the 16th and 20th centuries.

The Wandervogel and German Youth Movement joined its history when they joined together to save the castle. They bought the castle, renovated it, and founded a memorial for the Wandervogel that were killed in the First World War. The group that was founded in 1945 still takes an active part in the history of the castle and in its support.

The castle's youth education centre (Jugendbildungsstätte) offers both daily programs and weekend seminars, ranging from ecological topics to music and political education. Also on site is the Archive of the German Youth Movement with its own library and special collection to be studied.

Witzenhausen

Witzenhausen is a small town in the Werra-Meißner-Kreis in northeastern Hessen, Germany with a population of approx. 15.000 people. It was granted town rights in 1225, and until 1974, it was a district seat.

The University of Kassel maintains a satellite campus in Witzhausen at which is offered the ecological agricultural sciences programme, which is unique in the country. This also puts Witzhausen among Germany's smallest university towns. Furthermore, a teaching institute (DEULA) for environment and technology, agriculture, horticulture and landscaping.

Cherries are traditional in Witzhausen, which has led to the yearly Kesperkirmes, or "Cherry Fair" (Kesper is a regional name for the cherry; the standard German word is Kirsche), at which a Cherry Queen (Kirschenkönigin) is chosen.

General Aspects

The entire seminar will be held in English language. If this makes you feel uncomfortable at any point during or prior to the seminar, please get back to us. Please be aware that we are interested in a respectful and cooperative seminar atmosphere. We try our best to enable it and would like to ask you to do the same. GROWL has an awareness team that will be present at the course and that we will presented to you at the beginning. If you feel uncomfortable with your role in the group and/or you need support in a conflict with another person, please don't hesitate to let them know. Also Helge Bartels, as an experienced Visionquestleader, takes place in the course as emotional support. You can always come up to him, and make an

appointment for talking.

As an interesting, inspiring and pleasant seminar is also depending on your contributions, it would be great if you would bring material regarding the topic of the seminar which we could share (books, movies, dresses and the like) and stuff which enriches our common free time (instruments, music etc.)

The whole seminar will be filmed by Emre. We will inform about this issue in the very beginning to figure out if people don't want to be filmed.

Organisational advices

The whole course is designed to show a broad range of approaches towards community building, as well from academic, practical, spiritual, artistic and social sides. The aim of the course organisers was from the very beginning not just to design a course, but use the happening itself for strengthening local community structures and Transition Projects. So the women circle was founded in the beginning of 2014 to be able to transmit already some experience now in June 2015. Also a bread baking collective is being founded during the last weeks to be able to provide participants with fresh bread, made from whole meal from the Transition Food Coop „Schöpfkelle“. There are more links and more people attracted to Transition Witzenhausen because of the course. On the other side, we see our participants not just as participants, but the whole course a community experience, which means nobody is just consuming, but also contributing actively.

On the first evening possible tasks are given to participants, which are absolutely necessary to make the whole course working.

Food Notes

Involved partners: Solidarity Kitchen Rantamplan, Food Coop Schöpfkelle, Community Supported Agriculture Freudenthal and Dorfgarten Hebenshausen, UnverGessbar- the edible city project...

We will play with the diversity , try our best! to get local organic supply for our foods, challenge our existing structures, get into contact with other activists, bake our own bread, collect wild herbs, get inspired! enjoy best food, mainly vegan and as local as possible.

Logistics/ What to bring

The first half of the week (Sun-Wed) we will stay at Ludwigstein Castle. We have made a reservation of 30 beds there but we would encourage you to bring your own tents to save some money for the general organisation. Please let us know as soon as possible if you bring your own tent or if you need a bed. If you sleep in a bed, please bring your own bed sheets, otherwise you have to pay yourself to rent some at the castle.

The second half of the week (Wed-Sun) we will stay in the centre of Witzzenhausen. Again, the people that bring tents can access a nice camping site surrounded by nature near the city centre. The others will be provided beds by local people. The course will take place at the Transition House and the university campus in Witzzenhausen, both located nearby and very central.

We expect the weather to be good, Witzzenhausen is a pretty sunny place. Anyway, be prepared for a mix of rain and sun, around 15-25 degrees. The nights can still be cold (5-10 degrees). Please bring good shoes and clothes that can get dirty (garden work, hiking,...)

At Ludwigstein castle, there is a sauna that we have booked for Monday evening and an indoor swimming pool we can use, so please bring a bathing suit and towels.

In the Burg Ludwigstein is a sauna and a indoor swimming pool, we can use, so please bring your bathing cloth with you.

Childcare

Children are as much as possible included and welcome in the course activities, as well as we try to set up the course in children-friendly environments, which stimulate autonomous exploration and organic interaction. But even though there might be methods, where younger people can get easily bored. Therefore childcare is part of the daily tasks which is shared among participants.

Arrival/Departure

Please, if you have not yet done so, let us know your exact arrival and departure time and place here in Witzzenhausen so that we can organise the transport to and from the seminar venues. Let us know as well if you plan to come by car or some other way than train. You will get more information about your arrival and pick-up as soon as we know when you arrive.

The main and only train station in Witzzenhausen is called "Witzzenhausen Nord".

The main and only train station in Witzzenhausen is called "Witzzenhausen Nord". If you arrive there on 31st May, please walk down to the Transition Town House, Brückenstraße 20, D-37213 in Witzzenhausen. It is about 15 mins walk from the station, downhill. Just follow the signs "Zentrum" (city centre), then you cross the bridge over the Werra river and you walk straight into Brückenstraße, pedestrian zone, no cars. Our house is the third house on your left.

If you arrive by car you should come to the parking lot behind the transition house, situated at Stubengasse. We will all meet and greet at the transition house and you will be taken from there to Ludwigstein Castle or you can pick one of our bikes and cycle around 9km to the Castle (steep hill in the end, beautiful landscape, yet there is probably some glyphosat in the fields...)

Maps



