



## *A Few Notes for Everyone Staying on our Site*

### *What is ZEGG?*

ZEGG is more than just an educational or seminar centre. In 1991, the ZEGG community started to turn this site into a place for holistic, integrated learning and community living. About 100 residents now live and work here.

The ZEGG gGmbH is a self-administered non-profit, with the community organising the reception, the kitchen and the care of the seminar guests.

Site care and management is guided by the principles of permaculture and an ecological economy.

During your stay as a guest here you can gain a first impression of our way of living in a social-ecological project..

### *A place to learn about love*

In ZEGG you have the chance to experience a variety of contacts with other people – from a moving conversation or a profound group experience through to intimate, erotic encounters.

Many people come to ZEGG to explore forms of relationship which unite freedom and commitment. For this to succeed, our heart needs to be alert and our mind clear. We also need to question things we previously took for granted.

Perhaps you would like to try out something new. Especially when it comes to sexual encounters, we ask you to be careful with yourself and with others.

Staying in ZEGG can have a catalytic effect for processes of personal transformation and healing. Please be aware of this and take advantage of the opportu-

nity in a manner which is good for you.

We cannot offer any therapeutic counselling or support. No seminars or visits in ZEGG can replace any such support you may need.

### *Donations to ZEGG*

We need your support to continue the development and expansion of our educational centre, making it fit for the future. For example, we recently undertook comprehensive renovation and fire protection measures in our main building.

Financing ZEGG is a joint effort between residents, guests, friends and supporters. If you want to contribute, or if you have related questions, please ask your seminar leader or the staff at our Reception.

Donations to the ZEGG Bildungszentrum gGmbH are tax-deductible.

### *Your stay with us*

We are happy to hear your feedback. Talking to our guests helps us to develop our ideas further.

A very practical contribution we ask you to make during your stay is to help with the washing up. Please sort and dry some dishes and cutlery after your meal. Additionally, guests in some seminars are asked to work one shift in the washing-up team.

Staying in ZEGG can help you 'recharge your batteries', make new friends and find inspiration.

Please help us to ensure the site remains a place of beauty and gratitude!.

Have a nice stay!

The ZEGG community

## Other Useful Information ...

### Fire and smoking

In our region, Brandenburg, there is often a severe forest fire risk from Spring to Autumn. So lighting fires or even candles is strictly forbidden. There are no exceptions as the smallest spark can cause a big fire – whether indoors or outdoors.

Please do not leave any glasses or bottles outside. The magnifying effect of sunlight passing through glass can cause a fire.

Smoking is strictly forbidden on the whole property. The only exceptions are clearly indicated by the presence of ashtrays: (e.g. in front of the Dorfkneipe pub and near the telephone building).

If the fire alarm sounds, gather at the campus, which is the assembly point for all guests. Do not act on your own: we have a site fire brigade who are trained to deal with this.

If you discover a fire, sound the alarm by pressing the red alarm button in the red telephone house. This little building is between the San Diego and the Restaurant. The fire alarm is opposite the entrance.

### First aid

Contact points are in the Restaurant or the Dorfkneipe pub. First aid kits are in the kitchen, in the Dorfkneipe, in the San Diego Café and in the main corridor of the main 'Uni' building.

### Parking

We wish to have as little motorised traffic as possible on the ZEGG site, so the guest parking lot is below the site, opposite the main entrance gate. Please do not park around the back entrance to the site.

### Telephone and internet

A free public telephone for landline calls is located in the small red building in front of the Restaurant. Please switch off your mobile phone during all events. The use of mobile phones is also taboo on the village square and in the Restaurant - including its terrace. Whenever you do use your mobile phone please make sure you are not disturbing other people.

Internet access is available in the Internet Cafe via LAN cables and computers, during daytime also via WiFi.

### Money and valuables

Take good care of your possessions. Money and valuables can be left for safe-keeping at our Reception. Unfortunately, we cannot look after your larger valuables (laptops, cameras etc.).

### And when the spark of love wants to be kindled?

There are spaces especially for you to find some privacy. Please ask your group leaders or the staff in the Dorfkneipe and San Diego.

Condoms protect you! We strongly advise the use of condoms. They are available in the Dorfkneipe, village shop and San Diego.

### Water and wastewater

We use drinking water from our own wells. The water quality is very good, and you can drink from all our taps. Please use this natural resource with care and awareness; we live in an area with low rainfall.

To ensure that our closed water cycle with constructed wetland can work properly, please use organic soaps and do not throw anything other than our toilet paper into the toilet (e.g. no wet wipes or tampons).

### Pond (fire-fighting reservoir)

Bathing is at your own risk! Children should be accompanied at all times near the pond.

To minimise the burden on our ecological cleansing system in the pond, please:

- always have a shower before bathing
- ensure that children under 5 wear a swimming nappy or trunks
- please do not enter the reed area

### Ecology

You are very welcome to sample the herbs, fruit and wild berries that our edible landscape provides. However, please be careful as you pick from the plants that nourish you and please show your children how to be careful, too.

### Drumming and music in the open air

Please do not play instruments that can be heard all over the site. Instead, please ask to use our seminar rooms – our residents and neighbours will be very grateful!

### Bus, rail and taxi

Timetables for local bus and train services can be found in the entrance hall to the ZEGG restaurant. The information hotline numbers are also there.

### Lost property

This can be given to and collected from the ZEGG Reception. If you later notice that you left something here, please send an e-mail to [fundsachen@zegg.de](mailto:fundsachen@zegg.de)

*We wish a pleasant stay!*