**Magdeburg Hike**

2-6 October, 2019

**Address**: Nachtweide 77

39124 Magdeburg

Time of starting daylight is a. 6.30 and getting dark is 20.00

This Hike will be the Hike number 12 after 3 years, and the last for this year. I think it should be a bit of celebrating this!! Not only party but maybe as special souvenirs, games with numbers 12, ..**any ideas** !!?

Number of participants: max. 100 ( *I would prefer to have max. 75. Participants*)

Number of groups (of 100) : 8 groups of 12 participants

**Topic of the Hike** is just for fun and imagination, it is optional (better in the group but also with each other): **Imagine your life at 2112** !! (cloths, transportation, children, music, photos, technology, hospitals, hike. etc.). The topic should be followed by each group, they should find out when to discuss it. Results could be shared in the last evening, as sketches, or stories, or drawing .. !

**Tasks to do through the stay:**

Cooking, preparing food, dish washing, cleaning .

Day 1: Cooking (Kitchen group as Volunteers?), preparing breakfast (group 1), and lunch to take (group 2) , dish washing breakfast (group 3), cleaning (group 4), dinner preparing (group 5), dish washing (group 6) .

Day 2: Cooking (Kitchen group as Volunteers?), preparing breakfast (group 7), and lunch to take (group 8) , dish washing breakfast (group 1), cleaning (group 2), dinner preparing (group 3), dish washing (group 4) .

Day 3: Cooking (Kitchen group as Volunteers?), preparing breakfast group (6), and lunch to take (group 4) , dish washing breakfast (group5), cleaning (group 1), dinner preparing (group 7), dish washing (group 2) .

**Program:**

**Wednesday 02. 10**

gathering from 16.00 O’clock

preparing the places for sleeping

dinner at 19.00

20.30 introduction of participants (with Lamma)

12.00 Sleeping

**Thursday 03. 10**

Wake up at 6.30

7.10 – 7.25 yoga / silence group !

7.30-9.00 breakfast, washing, and cleaning

9.15 max. walking (13.30 lunch)

a. 18.00 back home

18.00-19.30 free time and preparing dinner (could this time includes Meditation to whom who likes)

19.30 dinner

21.00 evening together

12.00 light off

**Friday 04.10**

Wake up at 6.30

7.10 – 7.25 yoga/ Silence group

7.30-9.00 breakfast, washing and preparing

9.15 max. walking (13.30 lunch)

a. 17.00 back home

17.00 – 19.30 free time. (could this time includes Meditation to whom who likes)

19.30 dinner

21.00 evening together

12.30 light off

**Saturday 05. 10**

Wake up at 7.30

8.10 -8.25 yoga

8.30-10.00 breakfast, washing and preparing

10.00 walking for a short time,

13.00 lunch

a. 14.00 getting back through the city (better in groups, each group takes own way and maybe to let it find something special in the city related to number 12 !! and tell about it the evening ??

20.00 dinner

21.30 party? Or evening together

2.00 light off ?

**Sunday 06.10 : Leaving**

8.00 wake up

9.00 – 12.00 breakfast , cleaning , and

Leaving a. 14.00 o’clock

**Food:**

**Wednesday 2. 10:**

Dinner , Soup

**Thursday 3.10:**

Breakfast as usual

Lunch (take away) (Sandwiches or same canes?)

Dinner: burgle be hommus with Salad

**Friday 4.10:**

Breakfast as usual with boiled eggs

Lunch (take away) (Sandwiches or same canes?)

Dinner : Spaghetti

**Saturday 5.10:**

Breakfast as usual

Lunch (take away) (Sandwiches or same canes?)

Dinner : Spaghetti

Rice and green beans in tomato sauce

**Sunday 6.10:**

Breakfast (rest)

**Possible walking roads**

*To Umfleuthe Külzauer forst: about 8 hours go and back*

*To colbitzer Lindenwald*

*To Jahrtausendturm Magdeburg, Stadt park,*

**What we should find out?**

If we are allowed to party and till when?

If there is speakers?