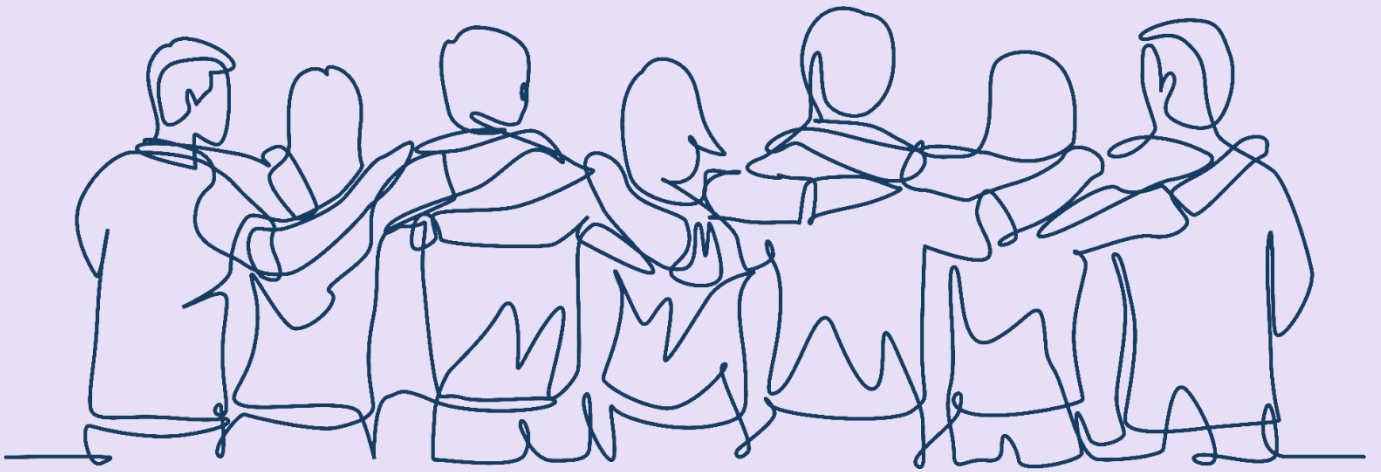


# **LOW-BARRIER CONCEPT SYSTEM CHANGE CAMP 2025**



# TABLE OF CONTENTS

1) <a href="#">Introduction</a> .....	3
2) <a href="#">Ableism definition</a> .....	4
3) <a href="#">Goal setting</a> .....	4
4) <a href="#">Registration &amp; contact</a> .....	5
5) <a href="#">Individual assistance programmes</a> .....	6
6) <a href="#">Communication &amp; access to information</a> .....	7
7) <a href="#">Program design &amp; scedule</a> .....	9
8) <a href="#">Infrastructure &amp; site planning</a> .....	11
9) <a href="#">Ambition &amp; outlook</a> .....	13

# INTRODUCTION

Hello dear person! :)

Nice that you have found your way here. Below you will find the concept for the barrier reduction of the System Change Camp 2025 in Frankfurt am Main. In this concept we want to inform you about the measures we will proactively implement to enable people with disabilities to participate in the camp. Our concept does not claim to be complete and is primarily based on our own experience gained at the System Change Camp 2024 and in other contexts. Therefore, please question our concept where it is not conclusive for you and feel free to point this out to us. We hope the concept helps you to get an overview of whether participation in the System Change Camp is possible for you.

All our programmes can be used and booked free of charge.

You can find our online form for registering support requirements in advance here:

<https://cryptpad.fr/form/#/2/form/view/aLptCttgQmld4KGfN1G1i9PhDnW+YVKBxsVFq9UuxSU/>

If you have any questions, please contact us at [campfueralle@system-change-camp.org](mailto:campfueralle@system-change-camp.org)

## ABLEISM DEFINITION

"A closed system of thought and behaviour that manifests itself in various forms within society and institutions. Non-disabled people are privileged in this system. This means that they have social and structural advantages over disabled people that oppress disabled people.

Non-disabled people have the power of interpretation over life and the characteristics that they ascribe to disabled people. These can have both positive and negative connotations, but always follow stereotypes. The means of attribution are, for example, language, laws, objects of all kinds and social relationships.

At the centre of the interpretations is the evaluation of people and their bodies according to performance, determined by the non-disabled dominant society. Ableism therefore also directly affects the living environment of non-disabled people'

*Translated according to Andrea Schöne from 'Behinderung und Ableismus' (2023)*

## GOAL SETTING

The System Change Camp is a place for diversity. Our aim is to enable all people - regardless of individual abilities, disabilities or social backgrounds - to participate in a self-determined, equal and enjoyable way. To ensure this, we rely on comprehensive structural measures as well as targeted individual support programmes.

## REGISTRATION & CONTACT

We disseminate information about barriers at the camp and our measures to remove them as early and as widely as possible via our channels. We provide information with pictures and descriptions of all important processes in and around the camp. In this way, we want to ensure that our offer is accessible to a wide audience. The website is available in German and English in both easy and accessible language and is screen reader compatible.

So that we can adapt our offer to the different needs in the best possible way and prepare ourselves, we ask you to register your support needs in advance. We have set up an online form for this purpose, in which a wide range of information can be entered. The data is encrypted and only accessible to people from the Barrier-free Camp working group. We also offer the registration of support needs by e-mail and during weekly telephone consultation hours. These are every Tuesday, 14:00-16:00. The number for this is +49 163 9799864.

Many of the measures listed here can also be taken up spontaneously by people without prior registration, but we cannot guarantee all of them, e.g. we need as much information as possible in advance for the planning of personal assistance.

Our working group is also available for queries and comments via the above-mentioned channels, both before the camp and up to one month afterwards. After the camp, we will gather feedback in order to improve our programme in the future.

# INDIVIDUAL ASSISTANCE PROGRAMMES

We offer several individual assistance formats to promote accessible participation.

## **Everyday life assistance**

Everyday assistance supports participants in their everyday camp life, e.g. by pushing a wheelchair to event locations, handing over objects, chopping food or accompanying them between camp locations. This support is provided either regularly by fixed contact persons or flexibly via an assistance telephone.

## **Nursing assistance**

We provide nursing assistance to help with body-related care activities. Depending on individual needs, this includes help with general hygiene (e.g. brushing teeth, washing, going to the toilet, dressing and undressing), the use of aids (e.g. splints, corsets) or transfers, e.g. between wheelchair, bed and shower chair. Caring skills are helpful, but not necessary, which is of course communicated transparently to the participants in advance. Preparatory training by people with nursing skills and continuous support from the local coordination team, which is also experienced in basic care, ensure appropriate implementation. In order to create continuity and trust, care assistants are invited to fulfil this role over a longer period of time. The minimum is two consecutive days.

## **Buddy system**

Buddies act as social and emotional carers. For example, they provide support in structuring the day, provide guidance when the patient is overwhelmed, remind them to take their medication or help them arrive at the camp. Here, too, we endeavour to ensure continuity through tandems lasting at least two days. The tandem is organised in advance or directly on site by the coordinator.

## **Arrival and departure assistance**

To reduce mobility barriers, we provide assistance with arrival and departure on request. This primarily includes travelling to and from the event within Frankfurt. We can arrange transport services, organise shuttle journeys ourselves and accompany people on public transport.

## **Assistance animals**

People with assistance animals, such as guide dogs for the blind, are expressly welcome at the camp. We provide rest and retreat areas for the animals and coordinate the specific implementation in advance.

# COMMUNICATION & ACCESS TO INFORMATION

Low-barrier access to information and communication is crucial for self-determined participation. We rely on a variety of complementary measures:

## **Auditory aids and assistive technologies**

We rely on technical solutions such as automated subtitling to support deaf and deafened people. Induction loops ensure better acoustic transmission when using hearing aids. Participants are invited to bring and use their own assistive technologies.

## **Visual, written and digital communication**

We ensure that information is accessible not only verbally, but also visually and in writing. This includes visual notices in central locations and digital notification via a telegram group, e.g. when food is available. METACOM materials and written-based exchange tools are available for loan in the information tent. Our camp guide is available in various formats - including large print, digital versions and a version in plain language. Among other things, it contains orientation aids for the surroundings, visual descriptions and information on supporting structures.

## **Orientation and acoustic signals**

We use acoustic signals at key points such as the food counter and workshop areas to help people find their way around the camp. These help people with visual impairments or concentration difficulties in particular to recognise important transitions in the daily routine.

## **Reducing language barriers**

We attach great importance to language accessibility when designing the programme. Programme designers are asked to speak slowly, clearly and with appropriate pauses and to verbalise visual content. Participatory content in particular should be deliberately moderated in such a way that it is understandable and inviting for people with learning difficulties or language barriers.

## **Low-threshold contact design**

To facilitate social interactions, we provide buttons with clear statements such as 'I'd like to chat' or 'I don't want to be approached'. This form of non-verbal communication makes it easier for people with social interaction barriers in particular to interact safely with their surroundings. We also use the sunflower symbol - the so-called sunflower lanyard - in the form of buttons to draw attention to invisible disabilities. It signals a possible need for consideration without those affected having to explain themselves.

### **Accessibility and telephone counselling**

We offer fixed weekly telephone counselling appointments before the camp. Here, participants can ask questions and register individual needs in a barrier-free manner.

During the camp, there is a working group telephone that can be reached at all times during the day and in the evening, which can be used to contact the coordination team. Participants will receive the telephone number when registering their need for support, on arrival or in the information tent.

After the camp, we offer a regular telephone consultation hour to obtain feedback, follow up questions and provide feedback.

### **Website and public relations work**

To raise awareness of our offer, we communicate our support programme in advance via various platforms, both online and offline. Before the camp, we provide extensive information about camp life, the programme and how to get there to make it easier to plan.

In addition to publishing on our social media channels, we will be working with influencers in the field of inclusion to reach a wider audience. Our website is available in German and English in both accessible and easy-to-read languages.

# PROGRAM DESIGN & SCHEDULE

## Schedule

The camp follows a clear and consistent daily structure. There are three workshop time slots (11:00-12:30; 14:30-16:00; 16:30-18:00). The workshops have a standardised length of 90 or 180 minutes. There are sufficient breaks in the morning, at lunchtime and in the evening. The lunch break is extended to two hours to allow for rest and regeneration in addition to eating.

There are pre-reserved and marked seats in the workshops. These are in the front row, making it easier to absorb information visually and acoustically. People can borrow seats with backrests at the information tent.

In order to facilitate participation in the work at the camp, we mark programme points and shifts (e.g. food preparation, info point shift) with information on barriers and communicate these in advance.

## Programme content

The programme includes a variety of formats to cater for different needs and preferences. We have creative, physically active or relaxing programme items, among others. The programme is largely determined and communicated in advance of the camp. In our app, people can put together their own personal programme, save it and be reminded. There is also a PDF of the programme to download and print out. We also display the programme large and clearly legible on boards near the information tent. It contains information on the type of content and barriers, such as language level, language and prior knowledge required.

Speakers receive suggestions in advance on how to make their content accessible. We offer 1-2 professional workshops for programme designers to go into more detail. Aspects that are particularly important to us:

- We sensitise people to the fact that participation in content is always voluntary and that individual breaks may be taken. Exposure to content should be organised in a barrier-free manner. This applies in particular to activities with other people.
- Sudden loud bursts of music or bright changes in lighting should be avoided or announced in advance.
- Different communication channels are used to break down barriers for deafness, deafness, hearing loss, speech and communication impairments.
- Simple language is a good means of achieving greater comprehensibility if the programme organisers so wish.
- Hand signals in plenary sessions, such as the need for pauses, speech comprehension or speaking contributions, are explained and used in group discussions. Only one person should speak at a time.
- It is possible to express agreement in a less stimulating way by applauding in DGS or snapping instead of clapping.

- We are respectful and patient with people who follow different communication patterns or have reduced resilience.
- We lend noise-cancelling headphones and regulation aids.

### **Low Barriers Day**

The 'Low Barriers Day' will take place on 22 August. On this day, the focus will be on the topic of activism and disability. We create spaces for exchange and networking and offer workshops on barrier reduction. We specifically offer programme content in easy or simple language to facilitate access for people with learning difficulties. The evening and cultural programme is designed by and for people with disabilities.

To draw attention to our programme on this day, we will advertise it at residential, work and leisure facilities for people with disabilities in Frankfurt and the surrounding area.

There will be well-marked people at the camp on this day who are trained and can help visitors. This includes, for example, orientation, programme and food.

# INFRASTRUCTURE & SITE PLANNING

## **Sleeping facilities**

Most visitors to the camp sleep in their own tents. We have several options to break down barriers to camping. We have two large sleeping tents on the camp with 10 camp beds, laid out with floor mats. The tents will have a power connection so that ventilators can be operated and electric wheelchairs can be charged. We will organise lifts for transfers if required.

We are also organising a solidarity bed exchange for people who cannot sleep in a tent at the camp. People from Frankfurt make their accommodation available free of charge. We make sure that people with disabilities or chronic illnesses are given preferential access. Individual needs (e.g. peace and quiet, pets, accessibility) are enquired about in advance and taken into account during the placement process.

## **Site planning**

Paths are planned to be wide and level and fitted with floor plates if required. High-contrast markings on steps and obstacles increase safety.

There are tent areas in particularly quiet locations for people with sensory sensitivities. There are also tent areas with extra short distances to sanitary facilities, food outlets and event locations. People with limited mobility or disorientation can benefit from this. There is a free car park near the camp with around 30 spaces (probably often full). Opposite the car park there is a multi-storey car park where you can park for €16 per day. We try to place the low-barrier camp areas as close as possible to the car park.

## **Signage, plans and markings**

We create a clear site plan on which all important locations such as rest areas, sanitary facilities, retreats and accessible routes are clearly marked. These are provided both digitally and in paper form and contain clear symbols for accessible routes.

The signage on the camp is in large, high-contrast and sans serif font to increase legibility. We also use pictograms to convey information in a language-independent and easily understandable way.

## **Food**

There is a 'kitchen for all' (Küfa) for all participants at the camp at fixed times in the morning, at lunchtime and in the evening. Large quantities of food are prepared here. Allergies and food intolerances of any kind can be catered for by prior arrangement. There is a separate serving area and crockery for this “allergy kitchen” to avoid cross-contamination. The food counters are barrier-free.

## **Health infrastructure**

Trained paramedics are always present on the premises to be able to act quickly in emergencies and treat minor injuries. If desired, people can leave emergency medication and emergency contacts when registering their need for support to ensure fast and good care.

We also offer safe and accessible cooling facilities for medication.

To reduce the risk of infection with droplet-borne diseases, we recommend that all participants only attend the camp if they are symptom-free (e.g. cold, gastrointestinal, etc.) and are happy to take a COVID-19 rapid test in advance. If symptoms occur during the camp, participants are requested to go to the paramedics and take measures to protect themselves from infection. If necessary, FFP2 masks and/or rapid tests will be issued for self-protection and protection of others.

For people with a high need for infection protection, we reserve toilets that should be used by as few people as possible. The relevant cubicles are clearly marked for all camp participants and people make their own judgement as to whether they are affected.

## **Safety and emergencies**

Escape routes are accessible or manoeuvrable (e.g. with a wheelchair) and clearly signposted.

We work together to develop an emergency protocol for different situations and groups of people affected. This is based both on personal individual contacts such as assistance and on general infrastructure measures such as accessible escape routes or a special focus on accessible camp areas.

## **Awareness and psychosocial support**

There are daytime and evening awareness teams for emotional first aid. They offer support in the event of psychological crises and emotional emergencies and are trained to be sensitive to discrimination. The awareness staff have varying degrees of experience in awareness work and are usually not trained psychotherapists. They also have several quiet retreats available for discussions.

## AMBITION AND OUTLOOK

We would like to expressly encourage all participants to openly share their individual support needs with us and to actively participate in the System Change Camp. Our aim is to work together to create a place where diversity is not only accepted, but experienced as enrichment and where solidarity and mutual support are a matter of course. We are committed to not only recognising barriers, but to actively and collectively breaking them down - both during the camp and beyond.

For us, this means that reducing barriers is an ongoing process that requires constant reflection and further development. We are open to criticism, feedback and new perspectives in order to continuously improve our programme and respond even better to the needs of all participants.

Please send us an email to [campfueralle@system-change-camp.org](mailto:campfueralle@system-change-camp.org)

We look forward to lively, respectful cooperation, inspiring dialogue and working together to find new ways to make participation a success for everyone. Only together can we change structures and promote genuine inclusion - at the System Change Camp and beyond.

