

# Measures Chronic diseases

Here you will find a list of the measures we want to implement for the System Change Camp 2025. We will endeavour to achieve all of them. But we cannot guarantee it. If you need specific support, please let us know in advance of the camp by registering. Then we can adjust accordingly. Also let us know if you are missing anything that you need to take part in the camp and we will endeavour to provide it. You can find our contact details under "Barrier-free registration".

## Before the camp

### Low-barrier registration

- Registration of individual support needs
  - via encrypted form:  
<https://cryptpad.fr/form/#/2/form/view/aLptCttgQmld4KGfN1G1i9PhDnW+YVKBxsVFq9UuxSU/>
  - by phone: every Tuesday, 14:00-16:00 on +49 163 9799864
  - by e-mail: [campfueralle@system-change-camp.org](mailto:campfueralle@system-change-camp.org)
- Possibility to specify needs such as medication refrigeration, rest requirements, stimulus reduction, physical rest or special nutrition
- Preferred places at the bed exchange

### Information

- Information about the site on our website (e.g. site plan, location of quiet zones, shaded areas)
- Information about the programme on our website (incl. meal and break times)
- Support with packing through checklists
- List of barriers on our website

### Arrival and departure and orientation

- Support person on arrival and departure
- Contact persons from the inclusion team on site

## At the camp

### Infrastructure at the camp

- Extra camp area with short distances to toilets, water, programme tents and kitchen
- Extra quiet camp area
- Designated retreat tents with quiet, shade and mattresses or loungers if required
- Fridge for medication
- Noise-cancelling headphones available to borrow

## **Mobility**

- Possibility of assistance (e.g. carrying loads, accompaniment in case of exhaustion)
- Loanable aids such as folding chairs, wheelchairs, etc.

## **Catering**

- Allergy kitchen that takes allergies or intolerances into account
- Free drinking water at several locations

## **Programme design**

- Varied programme content
- Clear programme booklet with instructions
- Participation should take place without pressure to perform
- Lying options also in workshop tents
- Easy participation over shorter periods of time or with interruptions
- Reserved seats in the front row

## **Communication**

- Permanent availability of the inclusion team
- Sunflower buttons as optional identification signs for invisible disabilities
- Awareness team can provide support in the event of health crises, pain episodes, exhaustion, etc.

## **After the camp**

- Opportunities for feedback via email or telephone so that we can improve our offer in subsequent years

## **⚠ Remaining barriers**

- Mobility: We endeavour to make the site as accessible as possible. However, we cannot guarantee short or well-paved paths for everything.
- Weather:
  - Rain: The camp takes place outdoors. Although all programme points and important locations are covered, too much rain can make the paths difficult to walk on.
  - Heat: We have taken some measures to counteract the heat, such as lots of trees, covered tents and sufficient drinking water. However, we can't do more in hot weather.
- Quiet: The camp is a busy place. Absolute peace and quiet will not be possible there despite hearing protection.