

Measures Neurodivergence

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
- Possibility to specify needs such as medication refrigeration, rest requirements, stimulus reduction, physical rest or special nutrition
- Preferred places at the bed exchange

Information

- Our website is also available in Easy Language
- 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 for arrival and departure
- Contact persons from the inclusion team on site

At the camp

Infrastructure

- Extra camp area with short distances to toilets, water, programme tents and kitchen
- Low-stimulation tent areas
- Designated retreat tents with peace and quiet, shade and mattresses or loungers if required

- Large, high-contrast and sans serif signage with symbols
- Simple camp guide (large print, simple language, digital)
- Loan of noise-cancelling headphones and regulation aids

Communication

- Permanent availability of the inclusion team
- Visual communication and METACOM materials can be borrowed from the information tent
- Sunflower buttons as optional identification signs for invisible disabilities
- Buttons for social interaction ('I feel like chatting' / 'I need some peace and quiet')
- Sensitisation of programme designers to neuro-inclusive design (through information material)
- Information on the lack of stimuli in site planning (e.g. quiet tent areas, short distances)
- Telegram group for structural information (e.g. meal times)

Programme design

- Standardised daily structure with clear times and long breaks
- Varied programme content
- Information about programme content with reference to stimulus level, language used and prior knowledge
- Participation in the camp should take place without pressure to perform
- Lying options also in workshop tents
- Problem-free participation over short periods of time or with interruptions

After the camp

Feedback

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

⚠ Remaining barriers

- Unpredictability: Even with a structure and plan, there can be spontaneous changes (e.g. programme postponements, weather changes)
- High social density: Many people in a confined space can cause sensory overload or social pressure - even in quieter areas.
- Loudness: Despite quiet zones, noises such as music, announcements or crowds of people cannot be completely avoided at a camp.
- Communication barriers: Not everyone at the camp is sensitised to neurodiverse needs or communication.