

IOU Respect 2024

Building a Culture of Peace



03.08.-15.08.2024
Berlin & Warnemünde

Welcome to IOU Respect 2024!

Congratulations on being chosen to represent your country in Hostelling International's IOU Respect intercultural exchange program in Germany – taking place in Berlin and Warnemünde/Baltic Sea!

We look forward to working with you to ensure an effective and valuable exchange that will supply you with skills to help increase tolerance and intercultural understanding in your community and our world.

Please familiarize yourself with all of the information presented in this document prior to your arrival to the program.

Also, please make sure that all documents are submitted by the deadline so that we can ensure your participation.

The IOU Respect leadership team is excited about the combined skills, talents, experiences and enthusiasm of all of this year's participants, and we are confident that this exchange will be a meaningful, valuable experience for all.

Thank you for your commitment to Hostelling International and its educational outreach programs.

Sincerely,

Your IOU Respect Program Committee members/ Project coordinators:

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France	Sandrine Bot	sandrine.bot@hifrance.org
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Participant Orientation Packet

IOU Respect 2024: Building a Culture of Peace!

Welcome to IOU Respect 2024!

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About IOU respect: Program history, context, goals

Shortly after 9/11, 2001, representatives of the Canadian, German, and American Hostelling International associations recognized a clear need to exercise HI's mission of building peace through bringing people together in order to close the gap between the cultures of youth from Western countries and predominantly Muslim countries. The best way to accomplish this, they decided, was through a cross-cultural international exchange program, which eventually came to be called IOU Respect.

This initiative was consistent with a worldwide campaign supported by HI, entitled "Youth Hostelling for Peace and International Understanding". The belief that hostelling has a contribution to make toward building a better world represents the motto of the campaign. In launching the effort, HI president Harish Saxena stated that: "Youth hostels feel that they too must find a response to the dramatic, violent conflicts that tear cultures and nations apart. Our responsibility is to make our own contribution to intercultural dialogue, and to educate for peace."

For two weeks beginning on August 3, 2024, four young people plus one group leader from Egypt, France, Germany, Lebanon, Tunisia and the United States will gather in Berlin for the 14th IOU Respect program. Participants will live and learn together, with the Youth Hostels Berlin-Ostkreuz, Warnemünde-Rostock and Berlin-Wannsee as their base for exploration and discovery.

Program Goals

The IOU Respect program strives to inspire participants to become active world citizens who work for peace and positive change in their communities and in our world. Through dialogue sessions, team-building exercises, and group travel, participants will:

- Increase knowledge about other cultures
- Develop intercultural communication skills
- Foster attitudes that promote mutual understanding
- Encourage action for constructive intercultural exchange beyond the life of the program

Participants will meet the goals of the IOU Respect program by participating in the 3 parts of the program.

Program Content

Participants will meet the goals of the IOU Respect program in the following ways:

1 - Pre-Exchange

Participants from each country will engage in at least one preparatory meeting led by their team leaders or coordinator. The meeting may be in person or virtual. The goals of the meeting(s) is to:

- Create a plan for completing program preparations, including interviews and posters.
- Plan for a culture night including food and activities from their home country.
- Learn about cultural norms from each participating country.

2 - Exchange

- Sightseeing excursions and social outings will foster unstructured communication and opportunities to learn about Chicago and US culture.
 - Share information about your country with the group in a variety of ways.
 - Regular dialogue sessions include, but are not limited
- Introspection and Identity
 - Discrimination, Privilege, Stereotyping
 - Religion and Ethics
 - Human Rights (including Gender Equality)
 - Active Citizenship (Ambassador building & Civil Society/Youth Movement)
 - Open Space
 - Evaluation and Personal Reflection
- Participants are encouraged to carry on discussing dialogue session topics during free/down time.
 - Visit to social service institution/s and talk/s with social activists to learn how peacebuilding occurs locally.
 - Shared accommodation at the hostel will promote interaction among participants.
 - National groups will work together to create a project plan for how to share what they learned from IOU Respect in their own communities.

3 - Post-Exchange

Participants will enact their project plans for sharing what they learned from IOU Respect.

Participants will create a plan for staying in touch and ensuring that everyone will be able to share best practices for promoting intercultural understanding and peace in their communities.

Through assessments and multiple check-ins with participants after the exchange, leaders will evaluate the effectiveness of the exchange and how successfully the exchange created a group of young people who will work for the Hostelling International mission of peace through intercultural understanding and for building a better world

About the venues and Germany

Berlin

Berlin is the **capital** and a state of the Federal Republic of Germany. With around 3.8 million inhabitants, it is the most populous city in Germany and, at 892 square kilometers, the largest municipality in Germany and the most populous city in the European Union.



Source: <https://de.wikipedia.org/wiki/Berlin>



The city has the third highest population density in the country. Around **4.8 million** people live in Berlin and around 6.3 million in the Berlin-Brandenburg metropolitan region. The city-state consists of twelve districts. In addition to the rivers Spree, Havel and Dahme, there are smaller watercourses as well as numerous lakes and forests in the urban area.

(Rostock-)Warnemünde

The Baltic seaside resort of **Warnemünde**, officially „Seebad Warnemünde“, is a district in the north of the Hanseatic city of **Rostock** in Mecklenburg-Vorpommern.

The Warnow flows into the Baltic Sea here and gave Warnemünde its name; it was first mentioned in Danish documents in 1195. It has belonged to Rostock since 1323. For centuries, Warnemünde was primarily a small harbor and fishing village, until the tourist bathing industry began around 1821. With a sandy beach up to 150 meters wide, the seaside resort has the widest sandy beach on the German Baltic coast.

Source: <https://de.wikipedia.org/wiki/Warnem%C3%BCnde>



YH Warnemünde

Germany



Official language	German
Capital	Berlin
Form of government	Parliamentary federal state
Head of state	Federal President Frank-Walter Steinmeier
Head of government	Federal Chancellor Olaf Scholz
Area	357.588 km/2
Population	84,7 million
Currency	Euro (EUR)
National anthem	Das Lied der Deutschen (Dritte Strophe) <i>Song of the Germans (third verse)</i>
Time zone	UTC+1 CET UTC+2 CETS (March to October)
License plate number	D
Internet-TLD	.de
Telephone area code	+49


Source: <https://de.wikipedia.org/wiki/Deutschland>



Germany



Germany / Do & Don'ts aka understand a German...

1. Do not arrive late for an appointment. Please, be punctual. Do not let other people wait for you. It is considered to be impolite.
 2. During formal greetings, use your right hand for a handshake and maintain eye contact. For close friends, hugs are all right, too. -just with consent
 3. When you are about to eat, it is very typical to say "Guten Appetit" (enjoy your meal) first. When having a drink, it is polite to say "Prost" (cheers) first.
 4. In Germany, it is common to pay a tip at the rate of approx. 10% in restaurants or pubs. This means you are satisfied with the service. It is not required though.
 5. Do not expect too much small talk. However, if there is, one typical subject is the weather for sure. Do not be offended if Germans are very direct and straightforward in expressing their wishes and opinions. Sorry, but we cannot help it, we do not mean to be rude ;-)
 6. In Germany, you have to pay deposit for bottles with a special sign on them: When you bring these bottles back (to certain machines in supermarkets), you are refunded with 8-25ct per bottle. Non-returnable bottles are marked with the words: "Kein Pfand". In major cities, it is common to place Pfand bottles next to the trash bins, so that people in need can grab them and get the Pfand for themselves.
- 
7. Germans care about the environment very much. Do not litter! Please, separate your garbage – you will find different containers to dispose of.
 8. We take red traffic lights very seriously, please, do only cross the street when the traffic lights are green. This also applies when you are facing an empty road. It even applies at 2 a.m. Be aware of bikes – they don't stop for you and there are special bike lanes next to the sidewalk, so be careful!
 9. There are many regulations in Germany. Some important rules are: You are not allowed to smoke under the age of 18. You are not allowed to drink alcohol under the age of 18 in general, but you are allowed to drink beer or (sparkling) wine at the age of 16. Always have your ID/ copy with you.
 - 10. It is perfectly fine not to know all the rules/laws. So, if you are not sure about something or have any questions: just ask.**

Directions to Berlin-Ostkreuz (Arrival) & from Berlin-Wannsee (Departure)

The Youth Hostel Berlin-Ostkreuz is located in the city district „Berlin-Friedrichshain“.

- Teamers should arrive by August 1st, 2024.
- Participants may arrive on August 3rd, 2024 until 2:00 pm.

Both, participants and Teamers, are responsible for making their own way to the hostel. The hostel Berlin-Ostkreuz is easy to get to via public transportation.



← Jugendherberge Berlin-Ostkreuz

Marktstr. 9-12

10317 Berlin

Phone: +49 30 2005092-0

info@JugendherbergeBerlinOstkreuz.de

<https://www.jugendherberge.de/en/youth-hostels/berlin-ostkreuz>



Jugendherberge Berlin-Am Wannsee

Badeweg 1

14129 Berlin

Phone: +49 30 8032034

jh-wannsee@jugendherberge.de

<https://www.jugendherberge.de/en/youth-hostels/berlin-am-wannsee/>



NOTE:

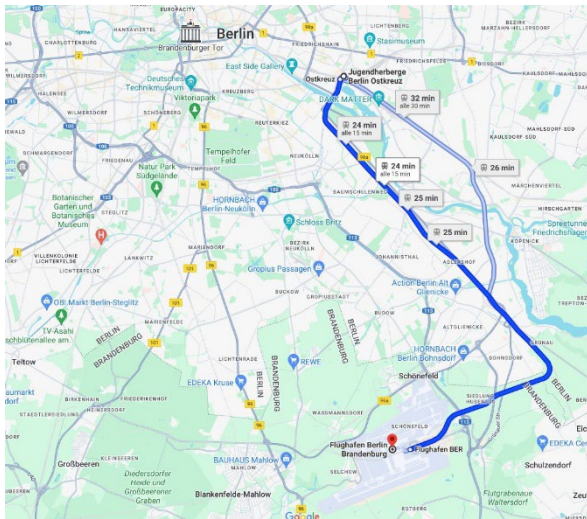
You will have 3 meals (breakfast, lunch, dinner) provided by DJH. There will be bed sheets but no towels (please bring it by yourself). Usually our Youth Hostels have no washing machine/laundry possibilities but if needed we will find solutions.

From Airport Berlin-Brandenburg (BER) to YH Berlin-Ostkreuz

By Train:

Take the **FEX19833/FEX19835/FEX19837/RB23** (Train Ticket Berlin-ABC)

Train route:



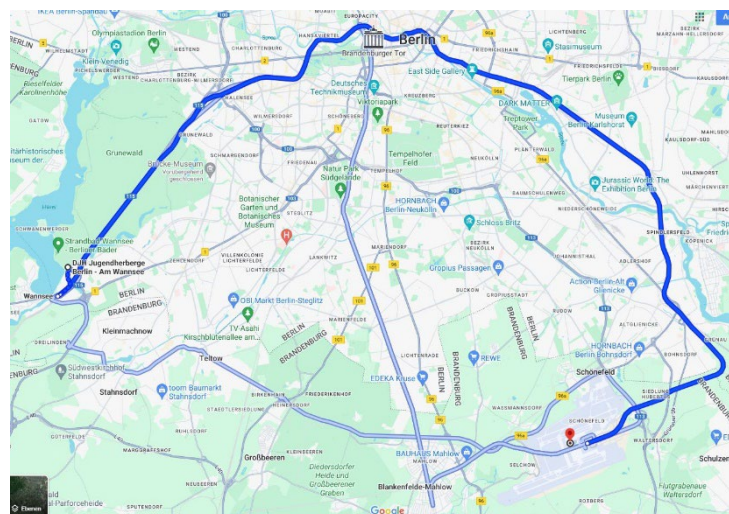
Route from the train station to the YH:



From YH Berlin – Am Wannsee to Airport Berlin-Brandenburg (BER)

By Train:

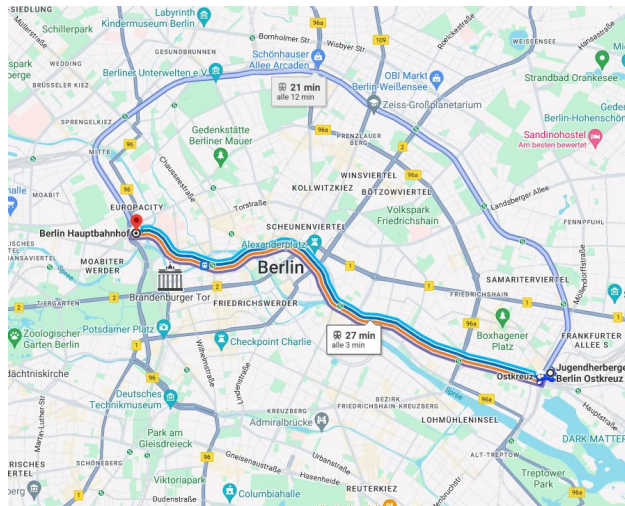
Take the **S5** from Nikolaistraße to Ostkreuz, then change and take **FEX19833/FEX19835/FEX19837/ RB23**



From YH Berlin–Ostkreuz to Central Train Station Berlin

By Train:

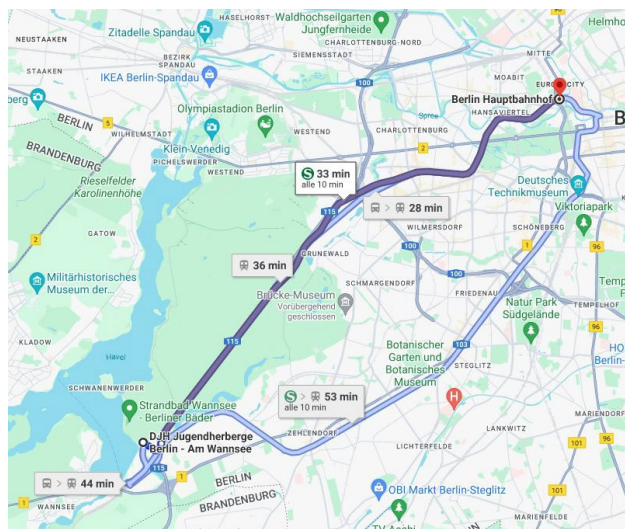
Take the **S3/S5/S7/RE7**



From YH Berlin – Am Wannsee to Central Train Station Berlin

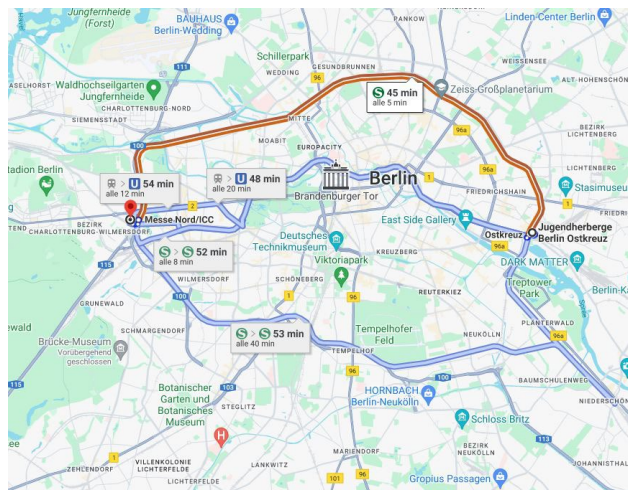
By Train:

Take the **S7**



From YH Berlin–Ostkreuz to Central Bus Station Berlin

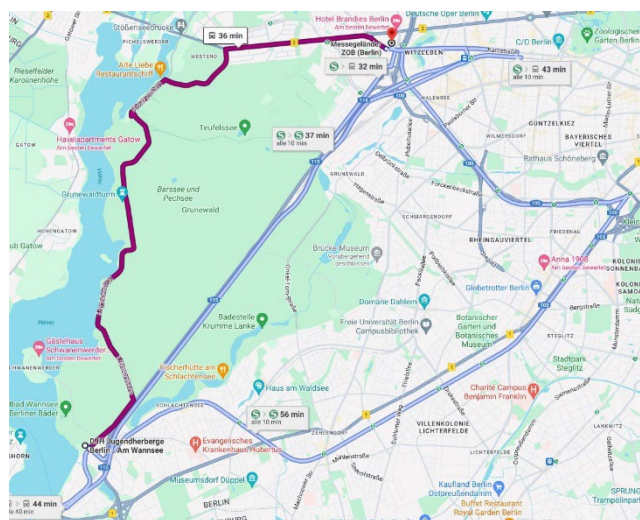
By Train: Take the **S41/S42**



From YH Berlin – Am Wannsee to Central Bus Station Berlin

By Bus:

Take the **Bus218** from Badeweg



IOU Respect Rules and Policies

As a participant of IOU Respect, and representative of your country's hostelling association, you are expected to demonstrate a high level of respect for fellow participants, the hostel facility, and the environment through the exchange.

Violation of these rules may result in disciplinary action up to and including being required by program leaders to immediately return to your home country/city at your own expense. Each participant will agree to the rules above by submitting a signed participant contract (separate document) to his/her Teamer prior to the beginning of the program.

As an exchange participant, you must return the following documents/information (including Teasers)- to your country coordinator

Information	Required Documents
ABOUT YOU <ul style="list-style-type: none"> ● Name ● Phone ○ Agreement to use WhatsApp ● Address ● Country of Residency ● Country of Citizenship ● Birthdate ● Email 	Document <ul style="list-style-type: none"> ● Copy of Passport (Germans= ID/Person) ● Contract (participant or team leader) ● Liability and Release ● Medical and Insurance <ul style="list-style-type: none"> ○ Do you have travel medical insurance
TRAVEL <ul style="list-style-type: none"> ● Flight Information <ul style="list-style-type: none"> ○ Arrival, Date, Time, Airline ○ Return - Date, Time Airline 	ADDITIONAL INFORMATION <ul style="list-style-type: none"> ● Food Preferences - <ul style="list-style-type: none"> ○ No pork, Vegetarian, Vegan, Poultry/Fish only, Fish only, Gluten Free, etc.

Contract (Participant or Team Leader)

- Agree to Rules of the Program and Understand Penalties for Non-Compliance
- Emergency Contact Information
- Use of Digital Communication and distribution of email, whatsapp, photos
- Financial Responsibilities

Liability Waiver and Release

- Waive the right to sue DJH for any reason
 - DJH and Partner Organization own all submissions and work completed within the program

Accident insurance/ Health insurance/ Liability insurance (by DJH for the whole group)

Accident insurance:

An accident is "a sudden external event that affects the body and causes involuntary damage to the insured person's health".

The insurance includes capital payments in the event of death, disability (permanent consequences) and, depending on the agreement, hospital days and convalescence benefits.

Health insurance:

Includes reimbursement of costs incurred when visiting a doctor, dentist or hospital, as well as the associated costs for medication. This requires the original invoices and, if applicable, the prescriptions with receipts for prescribed medication with a pharmacy invoice.

Furthermore, the costs incurred for inpatient treatment and the return transportation of an ill or injured travel participant are also covered.

You should never organize return transport yourself.

Liability insurance:

Liability insurance is there to check the claims of an injured party and, if they are justified, to pay the corresponding compensation.

At the same time, however, this insurance also provides the important "defense protection" if the claims are unjustified and will then defend against them.

It is therefore important never to accept them in advance, but rather to refer to the existing liability insurance. It is helpful if photos of damaged property are submitted and the names and addresses of witnesses are recorded. All associated invoices and documents should be kept in a safe place.

If the person responsible for the damage is known by name and has private liability insurance, the damage must be reported to this insurance company in advance, as the group liability insurance is only liable to a subsidiary extent.

Health and Safety

Health:

Please make sure that you take care of yourself during travel, otherwise you will miss out on the amazing experience! Please keep these factors in mind when preparing for the program.

- Make sure to protect yourself: Stay hydrated, use sunblock, wear sunglasses and a hat. Bring bug spray to protect against mosquito bites.
- Prescription Medications - Bring enough of your prescription medications to last through till the end of your visit.
 - Bring them in the original bottles, along with a copy of your prescription.
- Over the Counter Medications - Bring medicine for headache, cold, diarrhea (you never know how your body will react to another country's food or water), or other minor illness with you.
 - Please make sure to bring medications with you or prepare to purchase during your visit.
 - You can easily purchase any over-the-counter medications as needed during the program, there is a pharmacy is within walking distance of the hostel.
- If you ever feel unwell, please let the program leadership know immediately.

Safety: → ***** **Emergency calls: Fire brigade/Ambulance: 112 - Police: 110 *******

No matter where you travel, informing yourself of local dangers and nuisances is a good idea.

<https://www.berlin.de/en/news/8714184-5559700-police-publish-overview-of-organised-cri.en.html>

Berlin is relatively safe for tourists, but tourists can be a target for theft. Always be aware of your surroundings, just as you would for any city, and try to avoid situations that appear to be unsafe. In contrast, Warnemünde is relatively safe.


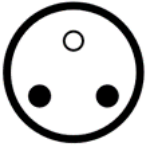
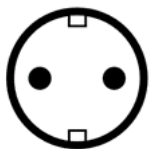
Program Safety

- Stay in contact with your team and team leader. Make sure that someone knows your destination
- During free time, be responsive to messages. Please try to respond quickly to messages from your team so they know you are safe.
- Bring photocopies of travel documents of travel documents and credit cards and keep them separate from the originals, along with key telephone numbers to contact banks for credit card replacement.

Public Safety

- Make sure your phone is charged when you leave the hostel. Carry a spare charger just in case.
- Use common sense and stay aware of your surroundings.
 - Do not walk alone at night; it is best to walk in groups of 2 or more.
 - Do not become intoxicated when exploring the city; be alert and be aware when exploring.
- While on public transportation, keep usage of phones and headphones to a minimum, and keep expensive electronics out of sight.
- Be careful with your belongings. Keep passport and money in a money belt.
- Avoid wearing/bringing expensive jewelry.
- Avoid looking “lost” while walking. If you need to check a map, please go into a building and find your way before going out again.
- Obey walk signals when crossing streets. Drivers can be aggressive and may not stop.
- Avoid large public demonstrations.
- Carry the hostel name/address and program leaders' phone numbers with you at all times in case you get lost.

Packing List Suggestions

• Flip-flops/slippers	
• Little disinfection fluid/ gel	
• Hiking or Outdoor shoes (we will be walking a lot, so bring comfortable ones)-please no Chucks they need to be rain proof	
• Small Pillow (if you like/on demand)	
• Little Backpack/bag for day trips	
• Masks (FFP2/KN95) on demand	
• First-aid-kit & pharmacy for yourself (official first aid is provided)	
• Music/Songs (Traditional music from your home country would be great)	
• Something that represents political engagement for you	
• 2 pictures of you which you like (better not an official one)	
• Some pocket money or credit card (to withdraw money)	
• Identity card or Passport (and a copy)	
• Health Insurance card and vaccination record (copy)	
• Small guest presents for new friends 😊	
• Emergency-Cookies/ Cracker	
• Writing materials	
• Material for the prepared issues/cultural eve	
• Small kit (containing toothbrush, toothpaste, shampoo, etc.)	
• Waterproof clothing like a rain jacket	
• Swimwear	
• Hoodie/ Jacket	
• Clothing for sun and rain	
• one small towel	
• one big towel (for swim)	
• At least one pair of jeans/ cotton pants for fireside & bonfire	
• Small padlock (if you want to lock your suitcase)	
• Clothes for sun/rain/wind (its crazy summer in Germany)	
• 0,5l bottle for water refill (you can drink tap water)	
• Sun hat or something to cover	
• A scarf etc. for church visit and/or when its getting cold	
• Charger & Adapter (we have C,D,F in Germany)	
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Typ C</p> </div> <div style="text-align: center;">  <p>Typ D</p> </div> <div style="text-align: center;">  <p>Typ F</p> </div> </div>	

The Sustainable Development Goals (SDGs) of the United Nations

In the year 2000, the leaders of 189 countries agreed on a vision for the new millennium. They wanted to end extreme poverty in all of its forms and therefore they formulated the eight Millennium Development Goals (MDGs) with the intention to achieve them within the next fifteen years.

Later, in the year 2015 the countries agreed on new 17 goals, the “Sustainable Development Goals” (SDGs), to finish the work they have already started in 2000.



It is up to you(th) to support the implementation of those 17 goals!

EUROPEAN YOUTH GOALS

These goals are incorporated in the **EU Youth Strategy 2019-2027**. As a result, eleven European Youth Goals were developed. These goals reflect the views of European youth and represent the vision of those active in the EU Youth Dialogue:



#1 CONNECTING EU WITH YOUTH



#2 EQUALITY OF ALL GENDERS



#3 INCLUSIVE SOCIETIES



#4 INFORMATION AND CONSTRUCTIVE DIALOGUE



#5 MENTAL HEALTH & WELLBEING



#6 MOVING RURAL YOUTH FORWARD



#7 QUALITY EMPLOYMENT FOR ALL



#8 QUALITY LEARNING



#9 SPACE & PARTICIPATION FOR ALL



#10 SUSTAINABLE GREEN EUROPE



#11 YOUTH ORGANISATIONS & EUROPEAN PROGRAMMES

Considered in all areas of life:

- Cultural
- Political
- Social
- Economical

More: <https://youtu.be/pTkbW1ZXQ9Q>
https://ec.europa.eu/youth/policy/youth-strategy/youthgoals_en



Additional Fixed Program Elements

DIALOGUE SESSIONS

Main program element. Must follow the policies contained in the protocol agreement.

CULTURAL NIGHT

Cultural night should occur at the start of the program. The night is the happy celebration of each country and its culture.

Participants bring and share typical food (bring recipes), and play typical music, show typical dances, wear typical clothes. It is an opportunity for participants to share their perspective of their national culture with the other participants.

COUNTRY EXHIBITION

Each delegation has to prepare an exhibition about its country, which will be displayed on a wall. The goal is to help educate other participants about your country and the people who live there, while keeping the theme of “building a culture of peace” in mind.

These presentations should not be recorded or videotaped; no external visitors are allowed.

Displays include maps, posters, collages. Participants may also interview people from the country. People who are interviewed are quite representative of the diversity of the country. Participants can also prepare a video, drama performance ... Creativity is welcome.

Participants should answer questions about values, feelings, life in the country, important society issues:

- What do I really like about the country/society I live in?
- What does really bother me about the country/society I live in?
- National identity values and crisis facing immigration
- Division and solidarity in our society
- Violence and security in our society
- Human fundamental rights

CLOSING EVENT

At the end of the program is a Closing Event. This is an opportunity to invite external guests (including CEO's of the Partner, and Guest) Associations as well as National Coordinators/Liaison. During the closing event, external guests can meet with the participants to learn about the programs, ask questions, and also enjoy a good time.

TOURISTIC ACTIVITY

Participants are usually keen on sightseeing, visiting spots of the town. Going to famous places is easy for them; they can do it by themselves during free time. But an alternative guided tour can be interesting, for example the discovery of an “ethnic area” with an inhabitant as a guide.

VOLUNTEERING AND/OR FIELD VISITS

The purpose of this moment is to meet/discover an organization involved in a social/humanitarian activity. It can be only an exchange time with one of the “leader”; or, if possible participants take part in an activity. The “working on the field” time seems easier (and also less superficial) to organize when the action is not linked directly with beneficiaries. For example: “beach or garden cleaning”, “restoration projects or restoration of historical monuments”, “sorting clothing”.

Otherwise, all kind of social topics are interesting.

OUTDOOR/SPORT ACTIVITIES

Sport is absolutely necessary in the program since young people have a lot of energy. There are usually a lot of possibilities, like going to the pool, cycling, running, outdoor games, climbing. Participants should be encouraged to play team sport and create intercultural teams.

FREE TIME

At least two evenings and one afternoon are required. Participants really need this free time since they usually feel the program is quite intensive.

PRAYER TIMES

We have to dedicate special time for prayer such as Sunday morning for Christians, Friday for Muslims.

Free time is then allocated to non-practicing.

IF YOU NEED TIME FOR YOURSELF LET YOUR TEAMER/US KNOW-NOT JUST DISAPPEAR...please take care about your mental health.

Participant Contract

IOU Respect: Participant Contract

By accepting an invitation to participate in Hostelling International's IOU Respect international exchange, participants agree to show respect for all program participants, including leadership, and the program by adhering to the following rules of conduct.

As a participant of IOU Respect, I agree to do the following:

1. Demonstrate respectful behavior towards other participants, team leaders and youth hostel staff at all times. This includes showing respect for the social norms in all the participating countries, especially the norms of the host country.
2. Participate fully in all required program activities, cultural evenings, and outings. In particular, I will attend all dialogue sessions in their entirety.
3. Be on time: Return to the youth hostel by midnight each night and be on time for all dialogue sessions and other program activities.
4. Respect the environment: dispose of all trash in a trash bin, and make efforts to conserve water, recycle where possible, etc. (according to the regional rules of the host country.)
5. Limit time spent doing personal work, calls, email, social media, etc. to designated free time only.
6. Understand free time is unsupervised (though team leaders will be reachable by phone)
7. Be considerate: Avoid playing loud music or making excessive noise during the quiet hours at the youth hostel.
8. Sleep in my assigned room only. Rooms will be assigned by the host country. Avoid entering youth hostel rooms belonging to other participants including members of the opposite sex.
9. Smoke only in designated areas, and only during free time. Dispose of cigarette butts in the appropriate trash bin.
10. Respect youth host hostel rules and country legislation regarding the drinking of alcohol.
11. Not use illegal drugs at any time during the program.
12. Be responsible for my own belongings/valuables.
13. Avoid unnecessary dangers and risks to my safety, like walking alone at night, participating in protests, hitchhiking, etc.

14. Understand that if I swim it is at my own risk. It is strongly recommended to be accompanied by another member of the program. Do not swim alone
15. Ensure that I have my own travel, liability, and health insurance that is valid in the program host country.
16. Understand that should unforeseen circumstances lead to the cancellation of IOU Respect and I decide to travel to the program host country anyway, Neither Hostelling International nor the National Youth Hostel Associates are responsible for me in any way.
17. Give Hostelling International the right and permission to use any photograph, video, voice recording, quotes, interview stories or any other likeness they have of me and/or created by me for any purpose and in any and all media now or in the future.
I am aware that all content which was produced during the program belongs to the partner associations.
I also grant HI the right and permission to use my name in connection with photographs, videos, voice recordings, quotes, interview stories or other likenesses if it so chooses.
18. I will use online tools as well as other cloud solutions to submit required information and contribute to the evaluation process of the program.

I understand that if I violate the rules above (or any additional rules of the program) it may result in disciplinary action up to and including being required by National Coordinator of the host country to immediately leave the program (return to my home country/city) at my own expense.

I, _____, hereby acknowledge that I understand the rules as stated above and agree to adhere to these rules at all times during the IOU Respect program.

Signature of participant

Date

COUNTRY: