

THANK YOU FOR REGISTERING FOR THE INTERNATIONAL GENUINE CONTACT™ SUMMER ACADEMY 2010!

Some helpful information...

PREPARATION FOR THE WORKSHOPS:

Birgitt and Ward ask you to do two activities:

1. Pre-workshop date: As announced previously all participants are asked to attend a pre-workshop date with themselves on **June 21st at 8 a.m. EST** for two hours. During those two hours design your creative expression of consciousness. Please journal notes of anything that you are 'noticing' during these two hours. Please be aware that all workshop registrants and the workshop leaders are working on this task at the same time! The creative expression from each person is to be shared on the morning of Day One of the workshop.

If you are not sure about the time we have set up a doodle-poll where you can check your appropriate time-zone: <http://www.doodle.com/ddrt4abm8g2mnnqy>. Choose your place and press 'update'. For Germany, Austria and Switzerland the time is 14.00 - 16.00 / 2 - 4 p.m.

2. Please choose a historical or current person whom you admire. Then do enough research about this person that you have sufficient data from which to role play this person during the workshop. When you come to the workshop, please bring a hat, scarf, or some other form of dress-up that can go over your clothing to signify that you are in the role of this person that you have chosen. The role play will begin after lunch on day one. Please take approx. one hour of time for this task.

WORKSHOP HOURS:

Module 1 **The power and result of holistic thinking and action** will begin at 9:00 a.m. on Monday, June 28th and run 9:00 a.m. to 6:00 p.m. each day. It will end at 6 p.m. on Wednesday, June 30th.

Module 2 **Designing for organizational breakthrough** will begin at 9:00 a.m. on Thursday, July 1st 9:00 a.m. to 6:00 pm, ending at 4:00 p.m. on Friday, July 2nd.

The International Mentoring Circle **New Consciousness – Challenges and Chances** will begin at 9 a.m. on Saturday, July 3rd until 5:00 p.m. and run 9:00 a.m. to 4:00 p.m. on Sunday, July 4th.

Each day there will be a 1,5 hour lunch break which will include about ½ hour of individual class related work.

The Summer Academy will take place on the Herzberg, Haus für Bildung und Begegnung Herzberg CH-5025 Densbüren, Tel. +41 (0) 62 878 16 46, mail info@herzberg.org, web <http://www.herzberg.org/>

WORKSHOP ATTIRE:

Please wear comfortable casual clothing. There will be opportunity throughout the day to be outside, so please bring appropriate outdoor wear (probably we have some cool evenings as we are in the mountains...). There is opportunity for walking in the surrounding area, so don't forget your hiking shoes.

FOOD AND BEVERAGES, ACCOMMODATION:

Your Accommodation includes full-board (Breakfast, three-course lunch, two-course dinner). Water is on the table, one coffee/tea after the meals is also included. Other drinks will be charged directly with the hotel. There will be fruits, vegetables and dips, cakes, coffee and tea available throughout the day on all days. You can pay cash by Visa, Master, Eurocard, AmericanExpress or by EC card.

Rooms are plain and very quiet. The food is cooked with fresh organic products from the eco-farming neighbourhood. Solely vegetarian diet is also available. Breakfast is ready from 7.30 a.m., Dinner will start at 6.30 p.m.

If you haven't booked your room yet – please do so!

W-Lan is available in the Cafeteria area. There is also the possibility to watch TV in the Cafeteria!

LOCATION:

Enjoy the beautiful surrounding of the Herzberg with it's breathtaking view at the Swiss Alps. The environment offers longer and shorter routes for hiking and jogging. A library, table tennis and musical instruments are at your disposal for creative and sportive activities. In the surrounding you will find beautiful nature: hedges, deciduous forest, flowering meadows, deer, birds, salamander, frogs... So don't forget a mosquito-repellent, umbrella/raincoat, Hiking Shoes, Flashlight!

TRAVEL ARRANGEMENTS:

We have setup a doodle poll <http://www.doodle.com/rra8b7pnf3fg2vam> for participants to offer possibilities for a ride and/or to search for a ride. Please contact each other to arrange for meeting-points and meeting-times. If you are looking for help, please contact us.

This is the way to Herzberg



With public means of transport:

If you arrive by plane, take the direct train from Zurich Airport to

1. **AARAU** (leaves 17 minutes on the hour) and there change to the bus to FRICK (til station STAFFELEGG - up on the mountain - please ask for the bus, it's not easy to find); Travel Time til here is approx 70 minutes or to
2. **FRICK** (leaves 4 minutes after the hour) and there change to the bus to AARAU (til station STAFFELEGG - up on the mountain). Travel Time til here is approx 2 hours.

If your flight ends in Basel, there is a bus from the airport to the train-station (15 Min). From the train-station take the Train to FRICK (leaves 13 minutes after the hour) or to Aarau (leaves 13 minutes on the hour), from there the rest of the journey is as mentioned above. Travel Time from train-station til Staffelegg is approx 50 minutes (Frick) or 60 minutes (Aarau).

From the Post bus stop Staffelegg: 15 minutes walk up to Seminarhouse Herzberg or with Herzberg shuttlebus (has to be ordered in advance at <mailto:info@herzberg.org>).

Please do check departure times for more trains and buses and your transport connection under <http://www.sbb.ch/en/index.htm>.

Motorized:

Motorway A1, Exit Aarau east: Motor road T5 to Aarau and Exit Telli. Direction Basel/Frick. Drive trough Rombach and Küttigen until before Staffelegg-Passhöhe you turn left (sign Herzberg), turn left again.

Motorway A3, Exit Frick: Direction Aarau through Ueken, Herznach and Densbüren. Right after Passhöhe Staffelegg turn right (sign Herzberg), after passing the farm Gatterhof, turn left again. Parking right in front of the house.

Coordination for GPS User: Staffelegg-Passhöhe

Herzberg is reachable within 45 minutes from Zürich, Bern, Basel or Luzern.

A map of the region you will find at google.maps, insert Herzberg CH.

If you are on your ride and need any help please contact Sabine on Mobile +41 / 79 / 7877088.

LANGUAGE:

The Workshops will be facilitated in English; in small groups, people choose their preferred language.

ACTIVITIES DURING OUR WEEK AT THE HERZBERG:

We have some activities planned during the Summer Academy week:

- o Concert with the Swiss Artist [Stefan Faesch](#) on Saturday Evening (3.7., no additional costs)
- o There are activities planned like a grill party, torch-light walk, raclette party
- o There will be the opportunity for having a fire outside if we/you wish to do so.

Participation in any of these activities is of course voluntary.

SHORTCUT – for easy packing your bag:

- o Flashlight
- o casual clothing
- o appropriate outdoor wear
- o hiking shoes
- o mosquito repellent
- o payment by cash, credit card or EC-card

CONTACT

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We are looking forward to welcome all of you at the Herzberg!

Warmest regards from the Organizing Team of the

5th International Genuine Contact™ Summer Academy 2010

Maya, Monika, Ralf, Sabine, Sylvia

SEE YOU SOON!