# Internal Regulations

To ensure the smooth running of workshops, it is essential to follow the rules below.

#### Daily Schedule

The start of each study or workday must be respected. To maintain the flow of courses/workshops and adhere to the established program, we kindly ask all participants to be ready on time to ensure sessions begin as scheduled.

07:15–08:00 Breakfast 08:15 Morning circle 08:30 Session 1 10:00 Break 10:30 Session 2 12:00 Lunch 14:30 Session 3 16:00 Break 16:30 Session 4 18:00 End of the day 18:45–20:00 Dinner

Respect for the Location

To preserve the beauty and tranquility of the site, please avoid any form of material pollution (e.g., litter, cigarette butts) or noise pollution (e.g., shouting, excessive use of phones, loud music after 10 PM). Refrain from making noise in the camping and sleeping areas, as some individuals may rest during the day. Do not use the snooze function on alarms.

Smoking is prohibited indoors, around flammable materials like hay or straw, and near people who are eating. If you smoke, ensure that you do not disturb non-smokers. Non-smokers are encouraged to communicate immediately if cigarette smoke bothers them.

#### Behavior

Organizers reserve the right to exclude participants in cases of serious disturbances that hinder the smooth running of workshops/courses. Event costs will be refunded proportionally to the remaining days, with no additional compensation.

The abuse of alcohol or the use of narcotics is not tolerated. All participants must be tolerant and considerate of one another.

## Books, Games, and Musical Instruments

Ermitaj has a variety of books, some games, and musical instruments. Please request permission before using them. Handle them with care (e.g., do not fold book pages). Stay near the location where you borrowed them and always return them immediately after use.

## Meals and Service

Access to the kitchen is restricted to the cooks. Participants may be asked to assist with tasks such as setting the table or washing dishes. Please try to avoid food waste. Thank you for your understanding.

## Special Conditions Due to Ermitaj's Off-Grid Setup

Since Ermitaj is off-grid, please observe the following:

Leave high-energy appliances (e.g., hairdryers) at home. Avoid wasting electricity (turn off lights, unplug devices when not in use). Use water sparingly, limiting consumption (e.g., short showers, no waste). Use biodegradable hygiene products (soap, shampoo, etc.).

The organizer reserves the right to occasionally restrict water and electricity usage if resources become scarce.

At Ermitaj, the only reliable network is Telekom and Digi. The village has good signal coverage from Digi and Telekom, while other operators offer weak or no signal. A 4G router will be available, but signal strength is inconsistent. For urgent needs, it may be necessary to go to the village for better-quality Wi-Fi.

## General Comfort

The conditions are not those of a 3-star hotel!

Over the years, we have hosted young mothers with infants, people with disabilities, and older participants; all have managed and appreciated their stay. This is not a survival or bushcraft camp but rather a slightly enhanced camping experience!

Those accustomed to comfort may find the conditions somewhat challenging. However, this is an opportunity to grow: initial discomfort often turns into pride (feedback from a 60-year-old participant who had never camped before).

For ecological and water supply reasons, toilets are compost toilets.

Safety

Each participant agrees to ensure their safety and that of others by adhering to safety instructions.

Ermitaj houses materials, animals, and professional equipment. Some areas are not safe. Therefore, the following rules must be respected: Treat animals gently and kindly. Be cautious around areas with water. Do not light fires near buildings, hay, straw, or wood. Use workshop tools carefully and follow instructions provided by instructors or organizers. Do not use tools without the instructor's or organizers' approval.

Maps detailing potential hazards will be provided at the beginning of the workshop.

#### Pets

It is preferable to come without pets. If you wish to bring a pet, please seek prior approval. Participants bringing pets are fully responsible for any potential damage, material or physical. If the pet significantly disrupts the event and no solution can be found, organizers reserve the right to exclude the participant. Event costs will be refunded proportionally to the remaining days, with no additional compensation.

## Insurance and Liability

Minors are entirely the responsibility of their legal guardians. Ermitaj declines any liability regarding them.

Participants are encouraged to have liability insurance.

Participants are solely responsible for their decision to attend the event and come to Ermitaj.

#### Health

The event is suitable for any healthy individual. Each participant must assess whether they are in appropriate condition to attend.

Please inform us of any allergies or medical issues.

## Photos and Videos

Photos and videos may be taken during events for various publications (e.g., annual reports, newsletters). If any participant does not wish to appear in these publications, they have the right to notify the organizers.

#### Content

The announced workshop/seminar content may be adjusted to match participants' experience levels or due to weather conditions.