

METHODS IN THE „INHABITATION" PHASE

Moving into the tree house

The move into the tree house represents the final completion of the necessary building measures. The participants move into the tree house the evening before the first night, initially only with the items needed for sleeping. The berths have been coordinated by the participants in a plan drawn up on their own responsibility. This enables the participants to move into the tree house as harmoniously and quietly as possible in what tend to be rather cramped living conditions. After the common evening conclusion on the tree house, the first night on the tree house begins.

The move-in is a special point in several respects: The work of one's own hands and efforts can now be used - it is done. The effort gives way a little bit to relaxation. The group processes shift their focus, among other things, to living together at a limited distance and to the fact that there is hardly any space for retreat on the tree house. It is important that there are new rules for using the tree house and that the tree house may be used without PPE.

24 hours (on the tree house) Day

A special experience for the participants is the typical day immediately following the first night, which is spent 24 hours on the tree house with as little interruption as possible (e.g. 10 a.m. until the same time the following day). Not only sleeping, but the entire camp life takes place on the tree house. This also includes meals including washing up as well as the free time and thus the settling in on the tree house.

This day is supplemented by partly obligatory and partly optional challenges that the participants can face. An example of a (mandatory) challenge is that all participants take their luggage from the tents to the tree house so that the tents are empty. This completes the move to the tree house. Usually the challenges are structured in such a way that a time budget is provided for the completion of a task, which may leave the tree house for fulfilment. The difference between time budget and time required is credited to the time account of the participant group. For example: time budget 10 minutes per participant => total time with 25 participants = 250 minutes; time required 200 minutes; credit to the time account for free disposal 50 minutes. From this earned time, the necessary time can be spent by the participant outside the tree house (toilet, showers etc.). Two employees are available at the tree-house entrance to record the times and to act as contact persons who are always available. An initial stock at free disposal of about 1-2 hours is recommended.

One elementary challenge after emptying is the dismantling of the tents, which are now no longer needed. By dismantling the tents, the move into the tree house is made final, the symbolic bridge on the way back is torn down. This is at the same time a challenge to entrust oneself completely to the tree house as a (weather-protecting) accommodation, but also a help in courageously looking ahead and not mourning the option of the tents as accommodation.

Further possible challenges result from possibly necessary remaining work on the tree house as well as the requirements of the camp (depending on the circumstances e.g. fetching water) and the creativity of the employees. Despite the challenges, the day is characterized by a lot of time on the treehouse with little movement, which makes regeneration possible. At the same time the day is designed as a challenge for the large group, which can only be mastered together.

However, the 24-hour day fulfils an important function not only for the participants, but also for the employees: Since only few staff resources are required to look after the participants, this creates free space for the employees. This can be used for preparatory measures for the program of further leisure time, but also for agreement, coordination and reflection. If necessary, residual work on the tree house can also be carried out. If necessary, this day also offers special free space for the regeneration of employees in order to be able to organise the further days with full strength again.

Workshops:

An elementary component of the second leisure phase are workshops, in which participants choose one from a selection of offers for each workshop phase. In this way, the participants can organise their time according to their individual interests and focal points. Examples of workshops are:

- carving & woodworking
- Paracord bracelets knot
- Build a seesaw
- Let's Talk Workshop: Exchange on questions about God and the world
- Storage construction: building useful extensions to the storage equipment
- Music / Worship
- build high course (see visitor day)

Find your project:

Participants are asked to find a project on which they will work for about two hours each over 3-4 days. The project can be of a handicraft nature, such as building a shelf for the tree house. It can also be the writing of a camp song. What unites the projects is that the participants are asked to find a challenge for themselves, which they want to tackle and work on over a longer period of time. They experience self-efficacy and goal orientation as well as setbacks if a project cannot be realized directly as intended. The choice of projects should be as free and independent as possible. The only essential prerequisite for suitability is that the project represents a challenge for the participant that is appropriate to the available time frame.

Visitors' Day:

The Visitors' Day is the day when parents and families as well as the interested public can experience and discover the tree house. An important motto is that it is the participants' tree house and therefore it is also the participants who show and demonstrate their tree house.

With the existing tensioning sets, a high wire course can also be set up, with which every visitor can safely climb the height. The course is planned and built by the participants in workshops. The course enables the visitors not only to visit the tree house, but also to become active themselves and to get an impression of being at high altitude. To be able to offer this experience especially to their own parents and siblings fills the participants with pride, as it is "their" created offer and not simply a task prescribed by the employees. The employees support the participants in all aspects of the Visitors' Day and pay particular attention to compliance with all safety aspects. Wherever possible, however, the employees are in the background in relation to the participants.

The Visitors' Day thus also contributes to strengthening the perceived self-efficacy of the participants and offers the opportunity to proudly show the entire tree house and the individual work performed there. In order to give the participants the necessary freedom to do so, it has proven to be a good idea to assign one half of the time of the two-hour visit to a fixed task and leave the other half for free design and especially for the encounter with one's own family. It is possible for the parents of the participants to give the possibility of the visit already one hour before the public. Services during the Visitors' Day are the coordination of the parking lot, the guidance and supervision on the tree house, the supervision of the course as well as, depending on the occasion, a small café business with cake donations from the parents and coffee cooked on the fire.