



Frans Hike April.2020 Stuttgart

Things to know about the Hike:

Frans` Hike is an activity that aims to bring people together without considering their backgrounds, beliefs such as their religions.

The hike is not a trip or a picnic, it is a long walk, it is exhausting, where you can face hot and cold weather. But at the same time, it is the spirit of a group, it is joy, peace, love, music, humility and Simplicity, nature, friends and experience.

This hike will be in Germany in the city of Stuttgart, From 10 to 15 April 2020.

Hike Schedule:

- **First day:** Arrival, Prayers For Frans (The prayers is to commemorate father Frans and includes rituals from all the different religions, everyone is welcomed to join "believers and non-believers"), general meeting where we will talk about the hike and the days we are going to spend together.
- **Second day:** The Hike will start with a walking distance of around 32 to 35 km.
- **Third day:** A day off from hiking, Break day, Telematch games, a free platform and exciting Workshops.
- **Fourth day:** Hiking continues with a walking distance of around 28 to 30 km.
- **Fifth day:** Walking distance will be around 20 to 22 km and Photolangage.
- **Sixth day:** Closure of the hike.

Hike Place:

- The Hike will begin in **Schorndorf** on the 10th of April 2020 at 16:00 PM in the address below:

Karl-Wahl-Sporthalle

Schlichtener Straße 37

73614 Schorndorf

Prayer at the following address:

Evangelische Stadtkirche

Kirchplatz, 73614 Schorndorf



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- On the 11th and 12th of April we will be staying in the address below:

Sporthalle BSZ

Heidenheimer Str. 1, 73529 Schwäbisch Gmünd

- Last place will be in Aalen on 13th, 14th & 15th of April till 13:00 PM in the below address:

Weidenfeld Halle

Steinbeisstraße 8, 73430 Aalen

- Friends who can't join us on the first day, it is very important to inform us, so we don't count them in the sleeping places for the first night.
- Friends who wants to join us on the second day, the 11th of April, they must arrive and be there (address given above) before **07:00 AM** so they can be with us before the hiking begins.

Arrival:

On Arrival, please communicate with one of the Hike Team, to guide you where to put your bags.

Needed Stuff:

- Sleeping bag.
- Isolation mattress (placed under the sleeping bag)
- Dish, Spoon, fork and Cup (**Necessary for Every Person**).
- Pack bag that can fit all your personal stuff (this bag you have to take it with you during the walk (hike) where you can put food and water. Your large bag will remain at sleeping places)
- Comfortable shoes (Very important to be suitable for hiking, it should be with high legs that covers your ankle. Sports shoes, sandals or slippers are not suitable for hiking)



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- Sandal (optional). (To be worn after walking, as our shoes will be dirty, and we have to leave them outside the sport halls).
- Jacket.
- Rain cover (important for you and your backpack). The weather is not stable and unpredictable at all.
- First aid.
- Water flask or water bottle. Every person should have 2 liters of water.
- Flashlight (Optional).
- Personal needs (towels, tissues, wipes, soap, toothbrush and toothpaste... etc.)
- Tent (Optional), there is a place for camping. (Info. below)

Food Meals:

We will provide simple and enough food for everyone, therefore if you have any special food needs please inform us.

Notes:

- There is a possibility for leaving luggage in sleeping places. We recommend bringing the necessary needs only.
- There will be a children's group.
- Pets are welcome.
- Please do not enter the sleeping room with your hiking shoes.
- Sleeping places are in the gym hall and there is a possibility for camping in school yard.
- There is a possibility to take a shower, but the number of bathrooms is few compared to our number.
- The hike is about joy and gathering, so if you have the talent to play an instrument or sing, please share it with us, and bring your musical instrument with you if possible.
- The Registration Fees includes breakfast, lunch and dinner for all the days of the hike.
- Please make sure not to leave your valuable belongings or any important documents when you leave your bag in the sleeping hall.
- Hike's organizers and team members are not responsible for personal health **insurance** and travel insurance, it is the responsibility of each person himself. Each person is responsible for himself and his needs, especially the people who have special health issues.
- There will be a team of doctors and professionals who will take care of your physical and mental health.



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Frans's Hike Rules:

- 1- Please respect the culture and traditions of the host city and neighborhoods.
- 2- Keep surroundings and places you use clean (empty bottles and cigarettes etc. should be in their proper place).
- 3- Respect the privacy of others.
- 4- Commit to the overall hike program including all activities, wake up, sleeping and eating times.
- 5- "Hashish" Weeds or any other legal or illegal drugs are strictly prohibited during the hike.
(Alcohol use in moderation is allowed, the violation of any part will be fined, any violation from any part will lead to a fine payments, which means the person would have to pay a fine, and in case the violation occurred again the person would be banned from attending two hiking, if the fine wasn't paid before the following hike the person won't be allowed to join).
- 6- If you have any questions please ask your Team leader (which will be named on the first night of the hike).
- 7- Please take part in services and tasks like cleaning, cooking...etc. (there will be a sheet provided with all the tasks allocated to your team).

P.S.: For any questions please contact us through email: contact@franshike.com

Peace and love from the Frans hike Team!