

## GUEST HOUSE INFO RULES

### General

· Light switches:

Ground Floor: Directly to your left when you enter the guesthouse are most of the switches, the rest are hiding around the various poles in the room look closely and follow the cabels.

First Floor: Go up the stairs turn right and in the room behind the sinks are the light switches.

Second Floor: Directly to the left as you reach the top of the stairs.

- Return anything you have "borrowed" or removed from its original place. Especially lamps, kitchen appliances and tools.
- Use only designated guest firewood for outdoor fires, the house or sauna.
- Read cleary the instructions for the compost toilets. Toilet paper goes inside the toilet.
- Please bring in all furniture when it rains that should not be outside
- Park your cars in the main parking area as you enter the property.
- Respect private areas. There are many private homes, gardens and yards. Do not wander through without asking.
- Please TAKE ALL FOOD WITH YOU when you leave do not leave us ANYTHING without asking in the refrigerator, empty all compost buckets.

### Safety and Health

- No fire anywhere upstairs in the guesthouse or the dance studios. If there are not enough lamps please ask someone.
- Please no smoking in the Kuhstall-studio or on the veranda of the studio.
- Please do not leave cigarette butts or any trash on the ground.
- Do not leave food out because of animals and mice.
- Check for ticks, they are tiny and may carry Lymes disease and or Boreliosis. Please be informed about the consequences and check 2 to 3 times a day.
- First Aid boxes are found downstairs near the cooking area, upstairs in the Speicher dance studio and in the Kuh Sthall studio.
- The oven in the sauna and in the guesthouse gets very hot! Do not touch! There is no railing around them. Please take care.

### Environment

- Conserve water. When possible please use the garden water for dish washing etc.
- Separate all garbage! Look closely at the garbage system.
- "Gelber Sack" is a yellow garbage bag with an ecological symbol on it; almost all plastic packaging goes into this garbage bag, plus cans. Look for the symbol!
- Bottles, glass, returns, paper separated.
- Food debris. All left overs, even cooked foods, tea bags and breads, no meat.

- Normal garbage is what is left over, including meat scraps.
- COMPOST is located behind the guesthouse and another is down towards the greenhouse on the left.

## **Accommodation**

- Sheets and towels are available they are in the large armoire on the first floor of the Speicher guesthouse. After your stay, clear beds and leave soiled sheets in the designated baskets.

## **Children**

- First get a map of the area and know where is what. There are many children living on the Gut. They are free roaming and sometimes go into the village. Please do not leave special favorite candies, knives or medicines lying around.
- The Gut is in a constant state of renovation, notice where the construction sites are. There are a few danger zones to know about.
- Children should know Cars drive through from the village.
- Be aware of the canal in the village if your child cannot swim. Be aware of the tree house in the large chestnut tree. Children are not allowed downstairs in the Kuh Sthall workrooms, or any of the buildings that are ruins. Be aware of the veranda on the baraka roof. The roof is NOT SAFE! No climbing on the roof. Children should stay out of the baraka. children should not climb down the fire exit door in the Kuh Sthall studio.
- The windows are low in the first floor of the guesthouse, watch toddlers.
- Please put diapers directly in the large garbage can outdoors.

## **Recreation**

- There are many beautiful walks and lakes in the area to swim. We recommend a walk to the Oder River; on arriving walk along the river towards Stolper and after a half hour is a small fresh swimming hole on the left. The small house on the left of the road is the sign. Partstein See has a huge camping area & playground, and you must wear a bathing suit. On the opposite side of the Parstein is a nude swimming area. Look for directions and info for the nature walks in the area in the speicher office. There are bikes to rent for 2 euro per day.