



While packing suitcase

please don't forget:

- important drugs and medical documents, for example diabetic card
- (if you need) available walking frame, wheel chair, crutches or similar
- alarm clock, hair dryer, umbrella
- bathing costume, -trunks, -shoes, bathrobe
- hiking boots or for outdoor physical training
- comfortable clothes for relaxation exercise / gym clothes
- Warm, fluffy robe
- Pyjamas (2-3 pairs)
- Slippers (not slip-ons)
- Electrical converter
- Sneakers
- Shorts (with elastic waist-band)
- Sweat pants
- Loose-fitting clothing
- Shirts/sweaters that button down the front
- Toiletries including soap, shampoo, conditioner, lotion, toothpaste
- Small pair of scissors (for opening bags of food, etc.), nail file
- Face cloths

MORE SUGGESTIONS

> Phone

You can purchase a German SIM phone card at a shop in Bad Elster or the surroundings

> Laundry

There is a laundry room on-site.

> Computer

Download movies before you come so that you have some entertainment.

> German language phrase book or app

makes contact easier
(as not everybody of the staff is using the English language very well).

> Books, papers if you like them.

> Your room has television including some programmes in these languages:
English, French, Spanish, Arab, Korean.

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*You have a question?
We advise you gladly.*