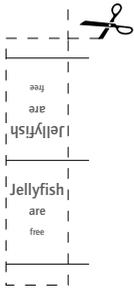
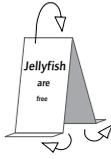


INSTRUCTION

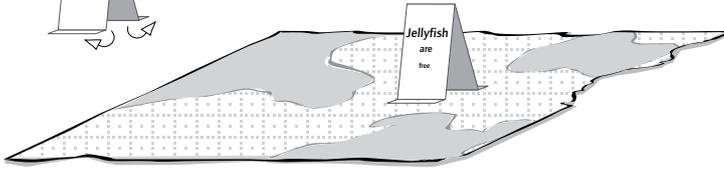
1



2



3



You have to live with it. Everyone will recognise your german accent.

Photographs prohibited. Preserve the images in your head.

Jellyfish are free

Jellyfish are free

Reduce speed.

Do not think too much.

And listen to the sound of the water.

And listen to the sound of the water.

You cannot sleep; too many thoughts are rattling around your brain.

Don't you think, you have to sing more often?

Enjoy the sweet and sour flavour of a raspberry tea while picking berries in the lush dense forest.

Do not panic. Sometimes it definitely feels as if you are far away from anywhere: there may be no one in sight for hours.

Above, a black sky studded with innumerable stars.

Have you ever heard the silence?

You are insignificant in this great surrounding.

But today black clouds hang low to the ground, hiding the mountain from view.

Want to get involved in some competition sport events?

You are in the right place at almost every weekend during the summer. Check the info board for details.

But for this moment there is only the sun on your back, you feel home through and through and the free winds are all around.

Hidden dangers: the power of the surf can fluctuate as a result of the varying slope of the seabed.

Crystal clear waters - capture the sound of the collapsing waves. Did you ever imagine calming down was so easy?

Too many impressions pass by. Just take some with you. Otherwise it will become more a frustration than a pleasure.

Sometimes you will be dripping with perspiration and cannot believe you are doing this for fun.

Turn right and then walk the beach a couple of meters, lie down on the sand, close your eyes, use your beginners knowledge of relaxation through self-hypnosis and float away.

Enter this world on your own risk.

Wonderful: There are no dangerous animals or plants around.

But once in a while you wish it would be different to add a little adventuresome flavour.

Sometimes some persuasion is needed to know that being solitary enhances the experience.

Rumours have spread that tell about sharks in this only day.

After some weeks out here it is likely to happen that you wake up during the nights finding yourself fantasising about heaps of...

wholemeal bread thumpthick topped with a layer of Nutella. coarse

Visually spectacular, breathtaking, undiscrible - we would suggest this view ahead has to be called one of the finest in the world.

We have about 300 terms for different shades of green. We can teach you the basic differentiating factors.

There is something mystical about walking through these forests. It is easy to imagine spirits watching over all your moves.

Weather conditions change rapidly. A sunny day can turn into a freezing whiteout within hours. Always carry both warm and waterproof gear.

Always use 30+ sunscreen, making sure you apply it half an hour before exposure.

Though your skin will answer with a variety of pimples it will one day hopefully appreciate this procedure.

Cyclists! Great: no cars on the roads, - hence you cannot get run over by a truck. But: no cars, no sealed roads.

Be aware that gravel road means about the opposite of the nicely geterte german Funter-Körmung.

