



1st EUROPEAN SSEHV CAMP 2020

“GOD, our true friend”



“It is the duty of parents to sow the seeds of spirituality in the children from their early years”

- Sathya Sai Baba

Dearest Parents,

A heartfelt Om Sai Ram and loving greetings to each one of you!

We are very pleased to invite you to the upcoming 1st European SSEHV Camp 2020 in Greece. The meeting will take place in **Sai Prema, near Athens** from **Friday June 26th until Sunday July 05th**. The camp is dedicated to parents and children in the age of few months to 15 years old. The purpose of the meeting is to experience joy and spiritual uplift, to teach and learn, to bring out our inner talents, to grow together, to help parents being better parents and to help children grow into better human beings.

The programme will consist of workshops, singing, dancing, drawing, playing, being in nature etc. We invite you all to share this experience of joy with us and to be part of the 1st European SSEHV Camp 2020! To participate, please fill in the registration form which can be found [here](#). The registration closes on **31st May 2020**. We would like to inform you that Sai Prema has the capacity to lodge a maximum of 60 people.

We are very happy and look forward to having you in sunny Greece!

With Sai Love,

Manos

on behalf of the Coordinating Committee (Manos, George and Marta)



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|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Date | Friday, June 26 th (arrival) to Sunday, July 05 th (departure after lunch). We will be celebrating Guru Poornima on Sunday morning, July 05 th . It is possible to leave on Monday July 06 th . |
| Venue | Sai Prema, Markopoulo / Athens, Greece |
| Participants | Parents and Children (age 0 - 15) |
| Registration & Registration Deadline | To register for the meeting, please fill in the registration form which can be found here . > > Registration deadline is May 31st! < < < |
| Accommodation | Will be provided in Sai Prema premises |
| Costs | The proposed contribution to cover accommodation, meals, transportation from and to the airport and rides to the seaside is 270€ per adult/child from 5 years old for 10 days, paid upon arrival. In case of participants with difficult finances a reduction can be discussed. Children up to 5 years - no costs. Families who are coming with more than 1 child that is older than 5 years, will have 50% discount on kids' costs. |
| Getting there ... | Athens can be directly reached from many European cities by plane, bus, train or car. You will be informed how you can reach the airport or the venue of Sai Prema. The participants who arrive or depart between 1 a.m. and 6 a.m. have to cover the extra cost of a taxi. |
| Programme | Workshops for parents, Human Values activities for children, singing, games and much more :-) (A proposed daily programme can be found on the next page). |
| Other | Those who have a European driving license are kindly asked to bring it along with them. In case of a big number of participants, we will need your assistance as we may not have enough local volunteer drivers. Thank you |
| Contact | For any questions or suggestions regarding the timeframe, accommodation or travel, please send an e-mail to ssehvcamp@gmail.com |



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SAI PREMA, 26/06/2020 - 05/07/2020

DAILY PROGRAMME

| TIME | ACTIVITY |
|---------------|----------------------------------------------|
| 07:00 - 07:45 | Morning prayers for teachers-parents-helpers |
| 08:00 - 08:30 | Prayer - Gymnastics - Silent Sitting |
| 08:45 - 09:45 | Breakfast |
| 09:45 - 10:30 | Cleaning of kitchen and rooms |
| 10:30 - 11:30 | Human Values activities |
| 11:30 - 12:00 | Break - Fruit |
| 12:00 - 13:00 | Human Values activities |
| 13:30 - 14:30 | Lunch |
| 14:30 - 15:00 | Cleaning of kitchen and dining room |
| 15:00 - 16:00 | Silence - Rest |
| 16:30 - 18:30 | Swimming |
| 18:30 - 19:30 | Rest |
| 19:30 - 20:30 | Dinner |
| 20:30 - 21:00 | Cleaning of kitchen and dining room |
| 21:30 - 22:00 | Night Prayers for adults |
| 22:00 | Sleep |

