

Awareness Trips English Version

This awareness concept is specifically designed for trips organized by university groups (e.g., freshmen trips). It complements existing awareness concepts within university groups and addresses the unique challenges of traveling and living together, particularly in shared accommodations.

Awareness Concept for University Group Trips

1. Addressing the Specifics of Trips

- **Shared Living and Sleeping Spaces:**

- **Shared Bedrooms:** Special attention is paid to the dynamics in shared bedrooms to ensure safe spaces and privacy for everyone.
- **Shared Bathrooms:** Measures are implemented to ensure respectful and inclusive use of shared bathroom facilities. For creating safer spaces, it may be useful to designate, for example, a FLINTA* bathroom and an all-gender bathroom.

- **Prolonged Proximity:**

Traveling and living together for several days can increase the likelihood of conflicts or uncomfortable situations. The awareness team is trained to recognize and de-escalate such dynamics early.

- **Avoiding Dependencies:**

Power dynamics (e.g., between older and younger participants) may become more pronounced on trips. The concept should minimize the risk of power abuse through clear rules and sensitization.

2. Structural Setup

- **On-Site Awareness Team:**

- **Composition:** At least two awareness team members (depending on group size) join the trip and are available as contact persons throughout the trip —alternatively, this can be arranged in shifts.
- **Visibility:** The awareness team wears easily recognizable markers (e.g., buttons or armbands) and is consistently accessible.
- **Awareness Contact Persons Before the Trip:**
At least one designated contact person is available before the trip to address questions or concerns (e.g., regarding accommodations or special needs).

3. Preventative Measures

- **Before the Trip:**
 - **Code of Conduct:**
 - A code of conduct is formulated that clearly outlines respect, inclusion, and appropriate handling of boundary violations. This is communicated to all participants before the trip.
 - Contents: Zero tolerance for discrimination, harassment, abuse of power, or inappropriate behavior.
 - **Communication of Awareness Structure:**
 - All participants receive information about the awareness team, their responsibilities, and how to seek support in case of problems.
 - The contact details of the awareness team are shared in advance and prominently displayed on-site.
 - **Spaces for Privacy:**
 - Efforts are made to ensure the availability of retreat spaces (e.g., individual rooms or areas participants can use if needed).
 - Participants can indicate in advance if they prefer not to stay in shared bedrooms.
- **During the Trip:**
 - **Awareness Presence:**

- The awareness team conducts regular check-ins and maintains a visible presence.
- Retreat spaces are clearly marked and supervised throughout the trip.
- **Guidelines for Shared Spaces:**
 - Participants are sensitized on how to respectfully use shared bedrooms and bathrooms.

4. Handling Incidents

- **Support for Affected Individuals:**
 - Affected individuals can reach out to the awareness team anonymously or directly at any time.
 - The awareness team provides information on available support and options for action without exerting pressure.
- **De-escalation and Documentation:**
 - Incidents are documented confidentially and anonymously, provided the affected individual consents.
 - In serious cases (e.g., violence or (sexual) harassment), the affected individual is involved in deciding further steps, such as excluding a person.
- **Immediate Measures in Case of Escalation:**
 - An affected individual can always be brought to a safe space.
 - If necessary, the person responsible for the incident may be excluded from the trip venue to ensure the safety and well-being of others.

5. Follow-Up

- **Reflection After the Trip:**
 - A debriefing session with the awareness team and organizers is held to analyze incidents and identify areas for improvement.
 - Feedback from participants is gathered to further develop the awareness structure.

- **Continuous Improvement:**

- The concept is revised after each trip to address specific challenges better.
- Networking with other university groups promotes the exchange of best practices.

6. Resources and Support

- **Training and Workshops:**

- The awareness team undergoes training before the trip on topics such as discrimination, (sexual) harassment, de-escalation, and power dynamics.

- **Optional: Cooperation with Counseling Services:**

- Local counseling centers and organizations are involved or their contact details clearly communicated to provide expert knowledge and strengthen awareness efforts.

7. Public Outreach

- **Transparent Communication:**

- The university group's social media channels and trip descriptions include clear references to the awareness concept and its structures.

- **Building Trust:**

- Regular communication on respect and inclusion helps raise participants' awareness and build trust in the awareness structures.
→ Consider a poster or handout with the awareness concept at the trip location (a template for this can be found on the AStA website)