



## 4<sup>th</sup> EUROPEAN SAI YOUNG ADULTS CAMP 2022

*'Life is a Challenge, Meet It.  
Life is Love, Share It.'*

*"Man is beset with joys and sorrows and has to bear with them as with heat and cold. To live in the world completely free from troubles is not possible. Recognising the difference between good and bad, you have to lead a balanced life. Students sorely need such understanding and capacity for adjustment. Once they develop right understanding, adjustment will be easy to accomplish."*

Sathya Sai Baba, Summer Course 1991

Dearest Sai Young Adults,

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

We are very happy to invite you to the *4<sup>th</sup> European Sai Young Adults Camp* that will take place in *Sai Prema, Athens* from *Monday 15<sup>th</sup> August (arrival) to Sunday 21<sup>st</sup> August (departure) 2022* under the theme **'Life is a Challenge, Meet it. Life is Love, Share It'**.

The programme will include daily spiritual practices such as meditation, prayers and devotional singing, physical exercise, inspiring workshops, being amidst nature and at the seaside, excursions, shared meals and other uplifting activities.

We invite you all to share this experience of joy with us, along with other fellow YAs, and to be part of the *4<sup>th</sup> European Sai Young Adults Camp 2022!* To participate, please fill in the online registration form which can be found [here](#). In the next two pages, you will find more specific details about the programme.

We are very enthusiastic about sharing yet another incredible camp together and look forward to having you in sunny Greece!

With Love,

Lorenzo, Milica, Kalai, Konstantin

*(Zones 6, 7, 8 YA Coordinators respectively, on behalf of the Camp Organising Team)*

Dates	Monday August 15 <sup>th</sup> ( <i>arrival</i> ) to Sunday August 21 <sup>st</sup> ( <i>departure</i> ), program of the camp will be organized from Tuesday August 16 <sup>th</sup> to Saturday August 20 <sup>th</sup> 2022.
Venue	Sai Prema, Markopoulo (nearby Athens), Greece
Participants	Sai Young Adults (18 - 40)
Registration & Registration Timeframe	To register for the meeting, please fill in the registration form, which can be found <a href="#">here</a> .  * * * <b>Please register before July 31<sup>st</sup></b> * * *
Accommodation	Will be provided in Sai Prema premises ( <i>max. 70 participants</i> )
Costs	The voluntary contribution to cover accommodation, meals, transportation from and to the airport as well as rides to the seaside is <b>€220</b> per participant for 7 days and will be paid upon arrival.
Getting there ...	Athens can be directly reached from many European cities by plane, bus, train or car. You will be picked up from and be taken to the airport by volunteer drivers. The participants arriving by train or bus will first be directed to take the metro to meet us at the airport where they will then be picked up.  <i>(The participants who arrive or depart between 1 a.m. and 6 a.m. will have to cover the extra cost of a taxi).</i>
Covid prevention measures	The participants are kindly requested to take protective measures before and while travelling (including wearing a face mask on the

	airplane) while going to the camp. Carrying upon arrival a negative Covid test taken in the previous 48 hours would be highly appreciated.
Programme	A proposed daily programme can be found on the next page.
Other	Those having 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 <a href="mailto:yasummer.camp@gmail.com">yasummer.camp@gmail.com</a>
Important information	<p>*Please don't buy train/plain thicket before receiving confirmation from Camp Organizing team about your registration.</p> <p>* Please do not arrive before Monday 15<sup>th</sup> August as Sai Prema premises will not be available beforehand as other camp will be taking place in Sai Prema.</p> <p>* Staying longer in Sai Prema after 4<sup>th</sup> European Sai Young Adult Camp is a possibility for those who wish to extend their permanence.</p>

## 4<sup>th</sup> EUROPEAN SAI YOUNG ADULTS CAMP 2022

‘Life is a Challenge, Meet It.  
Life is Love, Share It.’

*Camp's objective:* Coming together of young adults across Europe and other countries, studying the Sathya Sai's spiritual teachings, experiencing the bliss of collective spiritual practices, getting inspired and treasuring lessons for practical implementation in the daily life.

### Daily Programme

06:30 – 08:00          Meditation & Morning Prayers

08:00 – 08:45          Physical exercise

08:45 – 09:30	Breakfast
09:30 – 10:00	Cleaning of dining room, kitchen and rooms
10:00 – 12:30	Swimming ( <i>ladies &amp; gents separately</i> ), personal study, field work
.....	
13:30 – 14:30	Lunch
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14:30 – 15:00	Cleaning of dining room and kitchen
15:00 – 16:30	Rest
16:30 – 17:00	Fruit
17:00 – 19:15	Workshop / Inspirational Talk
19:45 – 20:30	Dinner
20:30 – 21:00	Cleaning of dining room and kitchen
21:00 – 21:45	Devotional Singing & Meditation
22:00 circa	Sleep

Note: in the spirit of mutual collaboration and service, every day we will have rotational teams of YAs who will lovingly assist in help cleaning the kitchen & the dining area after meals. 😊



Om Sai Ram  
Love All – Serve All