

# BAO VEST 2.0

10 - 13 February 2022

# GUIDE

# Contents

⊥ •	BAO VEST	3
2.	This Is How It Works: The BAO VEST Principles	5
3.	Consent (aka "the 11th Principle")	8
4.	How to get to BAO VEST	9
5.	Practical Advice and Considerations	15
6.	Legal Disclaimer	19
7.	Covid Plan	20
8.	Snow Survival Guide	22
	Get Involved: Art Grants, Volunteer Shifts,	26
WO.	rkshops and Performances	
	Exhausted from Searching?	29

## 1. BAO VEST

There is a legend that deep in the snowy alps lays a cabin where some lost travellers sought shelter a long time ago.

As they stepped outside to check if the weather had cleared up one of them discovered some lights glowing through the snow. They went closer and suddenly there was fire and music, all kinds of colors and creatures. The heavens seemed to have opened. So they danced, laughed and dreamed up a new world.

When the travellers woke up the next day with a dizzy head but feeling revitalised, the storm had subsided and there was no sign that anything exciting might ever have happened. With sudden ease they found the path to the next town and wondered: was it all a dream? Could it have been reality?

What the travellers didn't know was that in this land in the mountains, far into the vast white otherworldliness, where the peaks are covered in snow all year round, there was little Panda Bao who decided to build his own place at this most beautiful spot, distant from civilisation – just for some days. The snow was smooth, his little speakers played his best sound and his light installation skills were sophisticated. And as all clever panda bears he knew what to do when stepping out into dark nights and so he put on his most beautiful fluorescent vest to be seen in the dark.

And it were the reflections of this vest that had guided the travellers to this new world on the white canvas that only snow can provide. And so they started to create.

All of us are travellers. Whether lost on our paths or striding into the future with confidence. So let us come together in the spirit of taking a step of the path to celebrate that we exist, that we have each other and our shared love for wonder. And like in the story all signs of our adventure shall vanish.

BAO VEST is a yearly or so get together of people that are somehow connected through, or interested in Burning Man and its regional sister events like Nowhere. Although BAO VEST is not an official Burning Man event it remains inspired by the famous 10 principles. BAO VEST is about coming together and celebrating our bonds. It's about connection, art and inspiration. This will be the 11th episode of our adventure in the snow.

Here you can do anything. No, it's even better: If you decide not to

do anything, you'll freeze. The sun sets in the west, and when you bao down, the rays of the setting sun will caress your newly created world and might tenderly float down your back and kiss your butt.

And you can always simply take off your vest and upgrade to being a  $\underline{V}$ est  $\underline{I}$ gnoring  $\underline{P}$ erson.

## Explanation Attempts for BAO VEST:

- Build As Only Virgins, Eagerly Summoning Together
- Build Authentic Origami Various Elaborate Shit Talk
- Brexit After-party Organising Valiant Eager Snow Taboos
- Brexit Alters People... Very Eager to Start new Tribe
- Big Ass Orgy Virgins Eat Snow Together
- Be Above Others Virgins Eat Snow Together
- Best Alpine Orgasm Vests Eased Temperature
- Beating All Others Very Exquisite Special Touches
- Buzzing All Over Volunteering Entails Sexy Times
- Build Adamant Obedience Volunteer Elaborated Supply Techniques
- ... tbc by you?

# 2. This Is How It Works: The BAO VEST Principles

BAO VEST generally follows the principles of Nowhere. Please read them if you are unfamiliar with them (There will be a test at the entrance and you don't wanna be "that" person).

#### Self-expression

Be the person you are. Be the person you want to be. We respect and value you, and expect the same from you. You have the freedom to be yourself. Become who you are.

#### Self-reliance

You are responsible for you, mentally and physically. Bring what you need, give yourself what you need — and ask others for help when you need it.

#### No Commerce

Forget about money — there's nothing to buy. By removing commerce from our community, we create co-operation and participation. We plan ahead and work together. We live without money to remind us of what's really important.

#### Leave No Trace

From dust to dust, we leave only footprints.

We care for the environment, and we take care of our home. We clean up after ourselves; we leave nothing behind; we leave no trace we were there. From dust to dust, we leave only footprints.

#### Participation

Get involved — This event is what we make it. The more you do, the more you get back. When you join others in play and in work, you are part of it. Your contribution is more valuable than you realise.

#### Inclusion

Everyone is welcome at our event. We welcome everyone for their unique contribution to our community. Include others as you want to be included, with respect, consideration and tolerance.

#### Gifting

We give our time, effort and gifts freelv.

We give to help others and because it makes us feel good. From a cold beer to digging out a tent pole to a small badge, our gifts are from our heart.

#### Co-operation

Together we are stronger.

From how we work together to how we communicate, co-operation is at our core. If we can make life easier, we will. If we can make life better, we will. Together we are stronger.

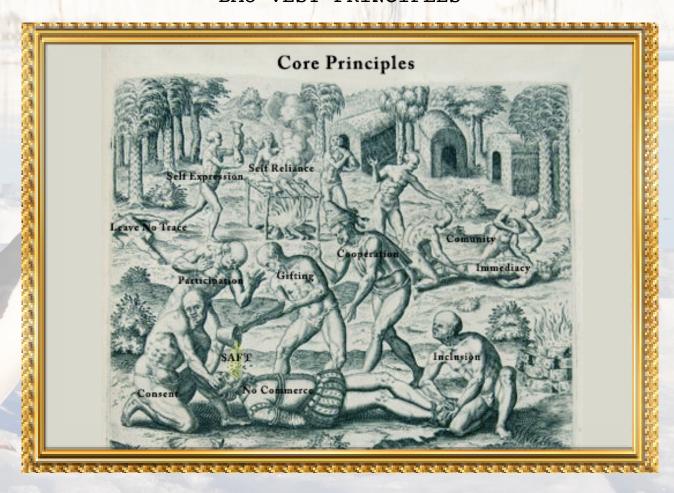
#### Community

A family of individuals, we look after each other. A diverse group of separate self-reliant beings, we are united in our need to be part of something larger than ourselves. Community, others, self — united by tolerance and joy.

#### **Immediacy**

Make now count. All this will soon be gone, so enjoy now. Experience, participate, be. This is all there is, so enjoy.

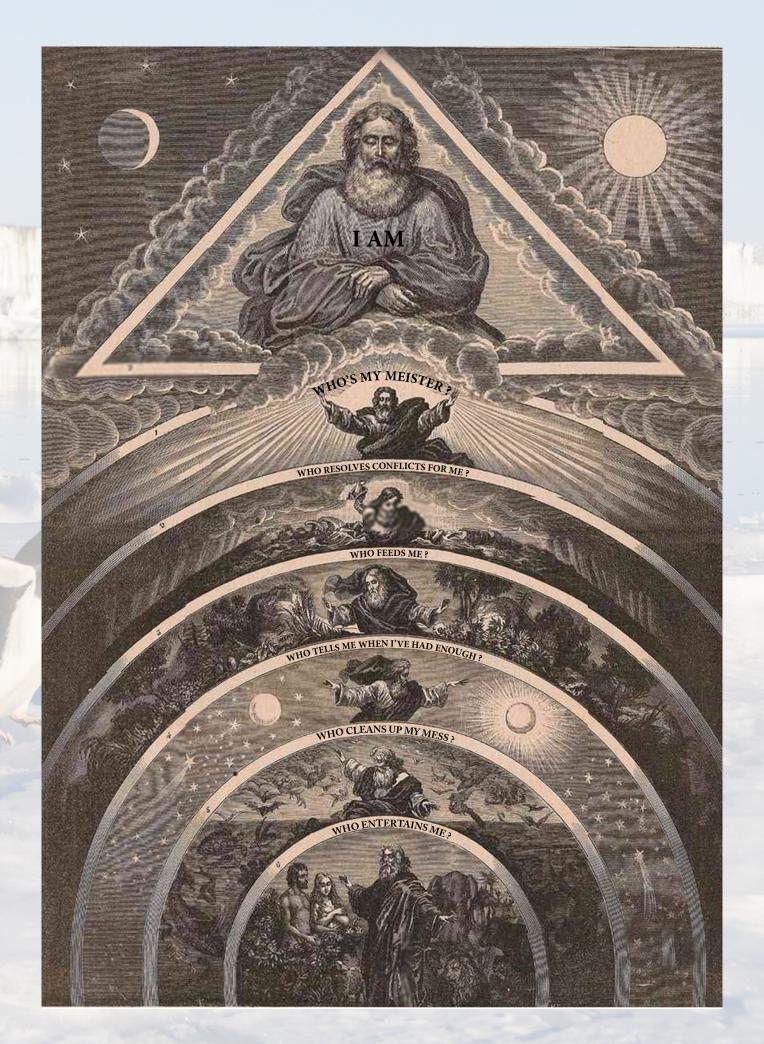
### BAO VEST PRINCIPLES



#### Be a Meister!

We believe that everyone is a Meister! Your personal space bubble has a radius of two meters, it follows you, you're the Meister of it. Make sure everything within your realm is going smooth and no one is harmed. Remember: Volunteering is fundamental for our event. All participants are encouraged to contribute to BAO VEST. Set up a structure on the snow field (Shnaya) that provides comfort and shelter, bring art, perform, help in the various fields of volunteering like greeting people at the gate or cleaning the toilets.

To learn how to participate, go to chapter 9.



# 3. Consent (aka "the 11th Principle")

In the open and experimental environment we are trying to create, it is crucial that you always check with others before practicing your self-expression.

Be aware that people from different cultures and generations come together. What's OK for you might not be for somebody else. And how can you know if you don't ask?

Consent isn't just about sexual actions but anything involving another person or their personal belongings.

Remember: A no is a no, always. Even if a yes has been expressed earlier! On the flipside, however, a yes is a yes and why would you go for anything less than "Hell, YES!"?

### Photo Consent

Consent also applies to photography:

Anybody who is identifiable in a photo you take has to be asked for consent. Consent for publishing a photo publicly, especially on social media, has to be explicitly given.





# 4. How to get to BAO VEST

Important Information on Trains, Buses, taxi, parking, campervans, shuttles, transportation and more!



Find all the information you need in the "arriving by car" or "arriving by train" sections. The more you read, the more you know and all your questions will be answered - no matter if you are coming from the yeast or the vest.

>> Please be as quiet as possible in the village, the campervan parkings and Suhouse!

## Arrival by Car

In general it is recommended to come by train as there is very limited parking! And by "limited" we mean: unpleasantly few parking spaces.

At the very least you might have to park in the nearby village (Dieni) which will mean 2-3 km

walking (or taking the train for one stop and walk a little less) and paying CHF 15.00 per day or even having to park in the next village after Dieni and taking the train back (see "arrival by train" section).

If you do come by car, please offer ride shares in the <u>respective section</u> in our organisation spreadsheet!

Also, if you are looking for a ride, there is a <u>section for that</u>, too. If your car needs parking for the duration of the event make sure to read the parking section further down!

#### **BAO VEST Address:**

Lager Vacanza, Sutcrestas, 7189 Tavetsch (= Tujetsch)

It is recommended to drive via Chur & Disentis because the Oberalp pass is closed in winter.

If you really want to come via Andermatt there is a car transport by train from Andermatt to Sedrun.

www.matterhorngotthardbahn.ch/en/winter/journey/car-transport/oberalp/

You can drive to the unloading zone to unload. Do NOT drive further than the unloading zone — you will damage the surrounding golf course and get stuck!

The trailer prohibition sign in Dieni is only for trucks. Cars up to 18t are allowed to tow a trailer.

Trucks heavier than 18t are generally not allowed.

#### The last 500m

If you need help with transportation on the small, snow-covered path between the unloading zone and the BAO VEST site (known as "the last 500m") fill out the <u>placement form</u> and we'll support you with our VeryEloborateSnowTransportation-Quad and some transportation sledges.

If the VEST quad is not at the unloading zone you need to walk to the site and find the VEST quad driver.

The VEST quad is mainly for transporting larger projects and NOT personal luggage.

Having said that, if you are lucky and the VEST quad driver is available, and you include some bribery in the process, you might get help with personal stuff. But in general: bring your own sledges or carry your things.



#### Parking

As already mentioned parking is very limited. Try not to come by car! There is an option to park your car in Dieni, the nearby village which is about 2-3km from our site, but even the parking spaces there are limited!

If you need to park you car you will have to buy an official car park ticket for the so-called "Blaue Zone" ("blue zone") parking, which consists of parking spaces that are - surprisingly - marked with blue lines on the asphalt. The car park ticket costs CHF 15.00 per day.

However, this ticket has to be bought at the local village authorities during office hours. Benjamin, our LOCO-Meischter (to understand what LOCOs are please refer to <u>chapter 5</u>) has offered to buy these parking tickets collectively and in advance. To get your parking ticket please fill in the <u>parking form</u>. For any questions you may have you can reach Benjamin on +41 79 237 62 92.

Please adhere to this procedure. There is no free public parking. If you car is parked anywhere else in the village it will get towed.

After parking your car, you need to organise yourself on how to get back to site. More information on this can be found in the "Arrival by Train" section.

#### Campervans

If you want to bring a campervan you need to have a campervan ticket and fill out the <u>placement form!</u>
Each campervan needs one person with a campervan

ticket, all the others sleeping in the campervan need a regular outdoor ticket.

If you don't have a campervan ticket you will need to park your van in Dieni (see parking section abovce)!

There are two campervan parkings: one in the unloading zone and one next to Suhouse.

If you arrive with a campervan find the "Locos" upon arrival (ask at gate).

They will tell you where to park.

## Arrival by Train

You can take the train to either "Dieni" or "Tschamut-Selva".

Check <a href="www.sbb.ch">www.sbb.ch</a> for the best connection and prices (take a look at the Supersaver/Sparbillet options!)

Check <a href="https://www.matterhorngotthardbahn.ch/en/winter/bahninformationen/verkehrslage/">https://www.matterhorngotthardbahn.ch/en/winter/bahninformationen/verkehrslage/</a> for an update on whether all the trains are running (especially from Andermatt there are sometimes interruptions due to avalanches)

Dieni is the train station that is a bit further away but in the village (so you have some civilisation/shops there).

Tschamut-Selva is the train station that is a bit closer to the site but in the middle of nowhere.

You can then either walk to site, take the bus or a taxi or organise a pickup yourself.

The last train from Andermatt to Tschamut-Selva (or Dieni) departs at 19:28.

The last train from Disentis departs at 19:14 but there are buses from Disentis later than that and they pass the unofficial bus stop "Selva" in between Dieni and Tschamut-Selva. Check out the bus section for more info on this.

#### Walking

From Tschamut-Selva it is ca. 3km (ca. 40min) walking distance along the road.

From Dieni it is ca. 3.5km (ca. 50min) walking distance along the road.

From the unofficial bus-stop "Selva" it is a ca. 1km walking distance (ca. 15min).



#### Bus

The phone number of the bus company is +41 79 681 76 23.

After 20:00 there are no trains but a bus from Disentis (= Disentis/Mustér). This bus normally only goes to Dieni, but you can call

the bus company (at least 1h in advance) if you want to go further than that.

Further means they would drive to Tschamut-Selva and you can ask if it is possible to let you out at the unofficial bus-stop "Selva", which is in between Dieni and Tschamut-Selva.

The schedule times for this bus leaving Dissentis are: 20:22, 21:22, 22:22

On Friday and Saturday night there is even one later bus departure

leaving Disentis at 23:22 but you will need to call the bus company until 22:00 if you want to get on one of them — again tell them you want to go to Selva.

If you're more than about 7 people travelling together you need to call them in advance for any departures as they are small.

#### Taxi

The taxi office is situated in Disentis, which is around 20min away from the stations Dieni and Tschamut-Selva, so you will need to call them in advance.



Telephone number of Taxi Sedrun: +41 81 949 12 50

The taxi driver can fit up to 8 people in his car. He has a trailer, but you need to tell him if he needs to bring it.

The taxi fares depend on whether he already is in the area or if he needs to come from the taxi office.

If he needs to come from the taxi office it will cost around CHF 35.- for the trip from the train stations to the unloading zone. If he is already in the area (or for a second drive due to too many people or luggage) it will be way cheaper.

If you need his service after 23:00 you will need to book him in advance!

#### Organise a Pickup Yourself / Shuttle

We generally do not provide shuttles or shuttle drivers.

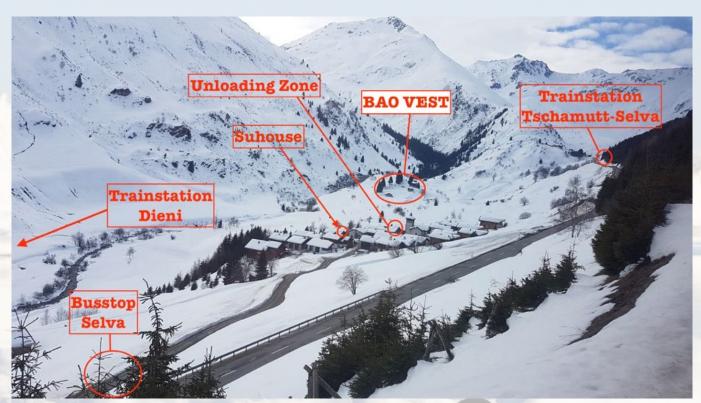
There will be no cars parked in the unloading zone other than the registered campervans and the emergency car (that will not be available for shuttles) — and the shuttle car (if we find one).

#### The Last 500m

The last 500m consist of a little road covered with snow. If you have loads of luggage and need help with transport, please check the "Arrival by Car" section for information about the last 500m.



# Overview





## 5. Practical Advice and Considerations

#### Date and Duration of the Event:

The event will take place from the 10th until the 13th of February. Build will start on February 5th, strike will be from 13th to 15th of February.

If you plan to be there for build please fill in the build sign-up form!

## Transport (Introducing LOCOS)

This year we are introducing LOCOS.

LOCOS are responsible for: Logistics, Location, Coordination, Controlling.

They ensure smooth on the last 500m and on loading/unloading unloading zone.

This involves stuff sledge), VEST quad sledges, emergency Remember that there at the unloading zone campervan-ticket).

Check the <u>How to get to</u> information on where

For build you can through the <u>build sign-up</u> form. For strike there are shifts in the <u>shift plan</u>.

transportation logistics site and coordinate and the

like: Räupli (motor (offroad golf cart), shovels, car, maybe shuttles etc. is NO parking available

(only if you have a

BAO VEST section for more to park your car.

sign up as a LOCO the event itself and for

## Sleeping Situation:

LOGISTICS LOCATION

COORDINATION CONTROLLING

We are trying to gradually change into a winter-outdoor event. There are still houses, but there is a limited number of mattress tickets. There is very little space in these houses. The indoor-tickets are meant for people who could not manage to come to this event otherwise. If you have the necessary gear, toughen up and camp in the snow! The vital information for winter camping is <u>featured in chapter 8</u>.

## Check-in and Sleeping during Build

As you all know there are various sleeping arrangements for BAO VEST. You either have a camping ticket, which means you will sleep in a tent, a yurt, an igloo, a campervan, or have made your own sleeping arrangements somehow. Or you have acquired a bed ticket, which means you will have a bed available to sleep in during the event from Thursday 10th until Sunday 13th. You will need to bring a sleeping bag.

#### Arrival during build

The small house is available to sleep in for people coming early to help with build. Please note that there is only limited space and this space is dedicated to people working. Build time is not party time. We get up early in the morning to work. There will be food served to volunteers during this time and there will be a bed to sleep in. If you come for build you must fill out the <u>build sign-up form</u>.

If you come on Wednesday already for the event you are welcome to do so but please note that there are no beds in the small house yet for anyone other than build crew members (and the big house won't be open yet). You will have to be fully self-reliant concerning your food and sleeping arrangements.

On Thursday morning everybody needs to move out of the bedrooms completely and go to gate between 10:00 and 12:00 for check-in. Please bring your ticket. You will then receive your wristband and can sign up for your bed if you have a bed ticket.

#### Arriving on Thursday 10th or after

Make sure you come to gate upon arrival. If you have a ticket for a bed in the offsite house you can leave your luggage there and then come and check in at gate. If you have a bed ticket you will need to sign your name on a list. That way we can make sure everybody can find their sleeping space.

### Kitchens

We do not feed you any longer! There are two clean, open, communal kitchens (c.o.c.k.). The c.o.c.k.s are very small and there are many of us. This has strong potential for a cluster fuck. To avoid gigantic waiting lines, we advise you to organise in groups, bring very simple (one pot) or preferably even pre-cooked meals to reheat or bring food

that doesn't need cooking at all. There will be no space to store your food in the houses, bring smart solutions to store it outside (boxes etc.).

#### Outdoor Infrastructure

A dedicated team is working on this year's temple. We are excited to see the outcome of this projects. To add to the infrastructure of our shnaya, feel free to bring your art-sledges, party yurts and art installations. For art grant applications, go to chapter 9.

Please note that open fires and camp fires are forbidden on most parts of the site. Check with <u>fire safety</u> before planning to bring you stove or fire bowl.

#### Houses

There are two on-site houses (small and big) on the site.

During build (Sat. 5-2 - Wed. 9-2) build crews can sleep in the small house (30 places) on site during that time. Please fill out the <u>build sign-up form</u> if you want to help with build or plan to arrive early for building your project/ camp.

On Thursday 10-2 the big on-site house will open its doors and everyone with a outdoor or campervan ticket who worked during build and slept in the small on-site house will need to move out of said house.

If you have an on-site house ticket you can choose if you want to stay in the small house or move to the big house (choice of rooms/beds on first come, first serve basis).

On Sunday 13-2 (start of strike) the big on-site house will be cleaned and everyone staying for Monday/ Tuesday and strike will need to move to the small on-site house.

On Tuesday 15-2 the small on-site house will be cleaned and closed and strike will end.

## Camps

If you plan to set up your own camp, please get in contact with <u>placement</u> as soon as possible!

#### Please note:

- each camp needs to have a fire extinguisher
- neither electrical heaters nor cookers are not allowed
- we order firewood centrally. if you need wood to heat up your oven please get in touch with cyril: <a href="mailto:cyril.leplattenier@gmail.com">cyril.leplattenier@gmail.com</a>!



## 6. Legal Disclaimer

#### General:

This event is wholly organised by volunteers, everybody is a participant and a volunteer (see "2. Principles"). Our budget is very limited.

#### Therefore, kindly note:

- You are attending BAO VEST at your own risk and you are responsible for your own health and safety.
- There is no medical team on site.
- · You are responsible for your own medical and accident insurance.
- · Be prepared to look after yourself in case of an emergency.
- We take no responsibility for any injuries or damage / loss of property.
- We take no responsibility for any actions of the participants or content of the event.
- THE ORGANISERS THE VEREIN ZUR FÖRDERUNG DER BURNER SZENE SCHWEIZ ("VFBSS", A SWISS ASSOCIATION) AND ANY VOLUNTEERS HEREBY EXCLUDE ANY LIABILITY AS FAR AS PERMITTED BY SWISS LAW.
- The contract between the ticket holder and the VFBSS is governed by Swiss law.

#### OUTDOOR SURVIVAL

- Please read our Snow Survival Guide carefully (chapter 8)!
- If you plan on camping outside, please be especially aware of the risks and familiarise yourself very carefully with the needs in respect to equipment and skills. This is especially important to know for participants who have never been to the mountains or in a snowy environment. Extreme cold is potentially more dangerous than extreme heat.

## 7. Covid Plan

The event will be held under the current "2G+" regulations (don't worry about that weird "2G+" abbreviation if you don't speak German).

Hence, only people who are vaccinated or recovered from Covid-19 are allowed to participate in the event. Additionally, a negative test result as proven by a valid test certificate must be provided for the whole event upon entering the premises.

Please be aware that you will be denied entrance to the event if you fail to provide two valid certificates.

#### FAQ:

1. What does 2G+ mean?

2G+ means that you have been vaccinated or recovered from Covid-19 and can additionally show a certificate for a negative test result.

2. Can I be exempt from providing a negative test result certificate upon entering?

No, everyone, regardless of their vaccination or recovery status needs to provide a negative test result certificate when entering the premises. You can be exempt from any additional testing during BAO VEST 2.0, if you have been vaccinated or recovered within the last 120 days.

3. Do I have to test every 24 hours when at BAO VEST 2.0?

Yes, according to the 2G+ regulations you will have to possess a valid negative test certificate throughout BAO VEST 2.0. If you, however, have been vaccinated or recovered from Covid-19 in the last 120 days you are exempt from any further testing during the event.

- 4. Do I need a negative test result certificate to come to the build?

  Yes, you will need a negative test certificate to come to the build.
- 5. I will come to the build, then go home and come back for BAO VEST 2.0, do I need to provide another negative test certificate when reentering the premises?

Yes, if you leave, you must test again to reenter.

6. Where can I get tested before arriving?

You can get tested at your local test centre, pharmacy or doctor.

7. Can I get tested on-site during the event?

Once the tickets are sold and the amount of tests that need to be made is known a testing strategy will be announced.

8. I have a foreign certificate; will it be valid in Switzerland and for BAO VEST 2.0?

Yes, if you have a certificate which can be read with the EU Covid certificate app, it will be accepted by the Swiss Covid Certificate App too. Currently the EU recognizes certificates from 33 countries, please check here for more information: <a href="https://ec.europa.eu/info/publications/commission-implementing-decisions-eu-equivalence-covid-19-certificates-issued-non-eu-countries">https://ec.europa.eu/info/publications/commission-implementing-decisions-eu-equivalence-covid-19-certificates-issued-non-eu-countries</a> en

9. How can I be absolutely sure that my certificate will work?

Go to the App store and download the Swiss Covid App called "COVID CERTIFICATE CHECK" (it has a green logo) and scan your certificate. If it turns green you're good, if it turns red you can apply for a Swiss certificate through this website <a href="https://covidcertificate-form.admin.ch/foreign">https://covidcertificate-form.admin.ch/foreign</a>

## 8. Snow Survival Guide

- Hello, it's Switzerland, I'm cold in winter, especially during night.
- Bring warm clothes, don't turn into a popsicle. Wear lots of layers, onions are never cold.
- Insulation is the word, especially for your feet. Wear good shoes (no plastic sole), socks are warm too.
- Keep yourself warm and dry, cuddle puddles are a great way for "radiative" heat transfer.
- · Eat enough! Energy keeps you warm.
- Drink a lot, but don't eat snow! Melt the snow and drink it molten.
- Never eat yellow snow!
- Alcohol and other substances may alter your sensitivity to cold. Don't fall asleep drunk outside, hypothermia doesn't ask for consent.
- Put sunscreen on and use sunglasses, you don't want to be that sunkissed.
- Don't venture outside by yourself. It's boring anyway.
- If you consider camping YOU MUST READ our camping guide.

## Camping Guide

#### Tent

For snow camping, you ideally want a "mountaineering tent" (or "4-season tent") that's easy and quick to set up in frigid conditions. These tents are a bit heavier than 3-season backpacking tent but offer better snow/wind protection.

A typical mountaineering tent features:

- Dome shape and an extra-strong pole structure.
- · Mostly solid fabric (instead of mesh) for more warmth and strength.
- Dual doors for easy access even in bad weather
- Extra guy lines for more stability in high winds
- A "gear attic" to stow small items and free up floor space
- Large vestibule(s) for wet-gear storage or a sheltered cooking area.

#### Ground cloth

A ground cloth protects your tent from any water that might seep from the snow through the tent floor. Any tarpaulin will work, but a tent "footprint" (sold separately) is lightweight and is custom cut to fit your tent's dimensions.

#### Sleeping pad

These provide both cushioning and insulation. For winter camping, be sure to use two full-length pads to keep from losing body heat on snowy surfaces. Pads are rated by R-value, the measurement of insulation, ranging from 1.0 to 8.0. The higher the R-value, the better it insulates. Tip: Use a closed-cell foam pad next to the ground and a self-inflating pad on top to get the best insulation from the cold ground. The foam pad also serves as insurance in case the self-inflating pad gets punctured.

#### Sleeping bag

Make sure you use a bag that's rated at least 10°C lower than the coldest temperature you expect to encounter. You can always vent the bag if you get too warm. Cold— and winter—rated bags are supplied with generous amounts of goose down or synthetic insulation. Down is the most popular choice due to its superior warmth—to—weight ratio. Just make sure to keep it dry (when wet, down loses much of its insulating ability) or use the new water—resistant down bags now on the market.

Winter bags are also distinguished by their draft tubes behind the zippers, draft collars above the shoulders and hoods to help keep the heat in the bag.

#### Sleeping bag liner

Using a bag liner adds extra warmth, minimizes wear and helps keep your bag cleaner. The extra layer can add 4° to 8°C of warmth.

## Clothes to Bring

#### Hats

You lose a significant percentage of your body heat through the top of your head. Follow the old mountaineering saying: "If your feet are cold, put on a hat." Consider windproof models such as those made from Gore Wind Stopper fabric.

#### Gloves & Mittens

Another must. Take extras, too, in case they get wet.

#### Goggles

Always protect your eyes from sun and wind. There are different lens tints for various weather conditions. Snow blindness is a thing! Bring shades.

#### Socks

Wear a thin, snug layer next to your skin and a second layer over it, both made of merino wool or a synthetic fabric. The thickness of your second sock is determined by your boot fit. An extra-thick sock will not keep your feet warm if it makes your boots too tight. Take extras.

Worst-Case Scenarios: What Can Happen to You in the Snow?

#### Hypothermia

This is the body's temperature decreasing due to exposure to the cold conditions. It can be life threatening. A person can become hypothermic without even noticing it.

#### Symptoms:

- 1. Shivering.
- 2. Slurred speech.
- 3. Non-communication.
- 4. Lethargy.

#### Frostbite

This happens in cold-weather conditions. Frostbite is a freezing of the tissues usually on the fingers, toes, nose or face. It is a result of heat being lost faster than the blood can circulate. In severe cases, appendages may have to be amputated.

Tip: Use chemical heat packs to help stay warm and to avoid getting frostbite.

#### Symptoms:

- 1. Numbness to an area.
- 2. Loss of sensitivity to touch.
- 3. Tingling that feels like burning.
- 4. Shivering.
- 5. Skin appears red and then white-to-purple

#### Dehydration

Even when the temperature is low, you can still get dehydrated and that's not good for your kidneys, heart or brain. So drink plenty of water—even if you're not thirsty. Drink before you become thirsty.

Tip: Keep the fluids flowing in freezing weather with an insulated reservoir and tubing. In extreme cold, leave the reservoir at home and use a water bottle cover for your bottle. Turn the bottle upside down. (Water freezes from the top down, so by turning it right-side up you'll be able to unscrew the cap and drink.)

A good way to determine if you're drinking enough is to check the colour of your urine. If it's dark, you are dehydrated. If it's pale in colour, you're doing a good job hydrating!

Other symptoms of dehydration in extreme temperatures:

- · Increased heart rate.
- Dry mouth.
- · Dizziness.
- Muscle cramps.
- Confusion.
- Weakness.

Stay warm! Eat enough! Drink water!

# 9. Get Involved: Art Grants, Volunteer Shifts, Workshops and Performances

Funding Art (fArt)



Do you want to bring an installation or a performance to our event but your project requires financial assistance? Whether you want to dazzle people's minds with deeper insights, show off your skills or just bring something that looks pretty, we welcome it all!

### Art Grant Needed?

- 1. Read the manual first.
- 2. Fill in the (f)art grant application from only afterwards.
- 3. Still questions? >> Fart.vfbss@gmail.com

# Placement Registration

You got a ticket for BAO VEST and you will bring your camp, your tent, your art installation, sauna, hot tub or other project? Awesome!! Please fill in the online registration form so we can sort out your placement.

#### Note:

- Electricity on site is limited. Gas- and wood-based heating and cooking systems are strongly recommended. (Ok, one more try: we'll kill you if you use electricity to heat up anything. understood?)
- · Small art installations do not need to apply for placement.
- In addition, if you plan to come early, we ask you to fill in the <u>build</u> sign-up form.

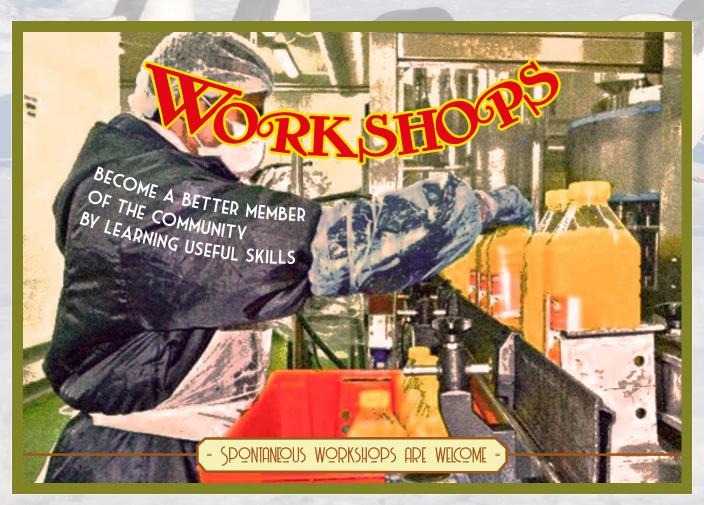
## Volunteering: The Meisterplan

Be a meister! As every year there is a <u>volunteer shift plan</u>. There will also be a printed-out version during the event at the SnowInfo.

## Workshops & Performances

If you want to hold a workshop or give a performance at our event you may contact our workshop lead Bogoy: <a href="mailto:bogoy@gmx.net">bogoy@gmx.net</a>, +41 76 384 48 20
He will help you coordinating the requirements of your workshop or performance in terms of time, space, electricity, sound system or whatever other respects there might be.

To make things easy for him please enter the details and requirements of your workshop or performance in the workshop sheet.



#### SnowInfo

For information, help, guidance or just some entertainment during the event SnowInfo is where to go!

Here you will find somewhat current workshop details, amazing knowledge on volunteering for shifts and other important tasks, mostly not fake news on anything going on, possibly reliable ways to coordinate ride-sharing, but most certainly friendly (for exceptions please consult the in-depth fineprint stored safely away from site) support by our *enthusiastic* overly-happy kind-of-acceptable uhm... people at SnowInfo!

Due to popular demand we will also bring back the Bang4Bed program - essentially unchanged but cheaply rebranded for the new market.

Come see SnowInfo and join Flirt4Yurt! Winter is cold and dangerous - help each other stay warm!

SnowInfo is also where lost commodities might turn up once more!
Unfortunately the lost and found business is not very lucrative, so we dream of selling things to the highest bidder... but we are open to bribery - being a corrupt pawn shop and such.

#### Location:

Because Gate is a priority this year and also needs to be 24h, SnowInfo and Gate have been merged!

We really need to have the gate shifts covered - so if you are on the fence which shift you want to volunteer for, please sign up for gate!



# - Exhausted from Searching?



Looking for that one specific link that you once stumbled across somehwere in this guide which seemed to have disappeared now? Chances are you will find it here: <a href="https://www.vfbss.org/links">https://www.vfbss.org/links</a> (though not guaranteed...)