

# Welcome to our web site!

We would like to give you a brief introduction to our project in Preddöhl. Preddöhl is a little village in Brandenburg, Germany, about halfway between Hamburg and Berlin (from Berlin, it takes about 1.5 hours by car or train).

In 2008, we - a team of experienced female self-defence teachers and young social workers undertook to open an accessible guest house and retreat centre. In Germany, this meant bridging a big gap, for this is one of the very rare places where women and girls (and men and boys) with and without disabilities can come together in a safe, comfortable, loving and respectful setting, to do different activities, as well as to just relax and enjoy.

An old cow stable on the premises of our little farm was converted into the guest and seminar house, which now has accommodations for up to 34 people in 6 different bedrooms, each with a bathroom. All bed-and bathrooms are wheelchair-accessible and children-friendly.



The entire second floor is a very big, bright room for different activities like martial arts, dancing or theatre. This upstairs room is also used as a dining hall, where we serve various daily meals to guests who opt for room and board (you may, of course, also use our newly modernised kitchen and prepare meals for yourself). You can reach this floor via elevator.



The premises offer a wide range of settings with delightful hidden nooks, and everybody's welcome to stroll around and explore. There is a big field for outdoor activities, sports, or just hanging out and relaxing. You can also pitch your tent, look up in the night sky and admire the million stars visible overhead. A campfire area invites you to soak in the atmosphere, or enjoy a round of singing and homemade bread.



You can also find a herb garden on the grounds, and many secluded spots to sit. You can meet a lot of animals strolling around on the farm. The cats, rabbits, and guinea pigs like to be petted, and you can have a great laugh watching the chicken and ducks. All of the sheep like visitors, the ponies and horses invite you to go horseback riding, and the sled dog pack is eager to take you on a tour.



The animals are part of our education concept. Through the contact with the animals, children, especially, can work on and refine their social abilities like patience, sensitivity and self confidence. Here some of our offers:

- self defence courses and empowerment trainings
- various workshops concerning health and relaxation
- different activities with the animals like sled-dog tours, horseback riding, and empowerment training through working with the animals.

All activities are for women and girls (and men and boys) with disabilities as well as for those without. You are also welcome to come here and use the farm and the guest and seminar house for you own ideas and activities.



You can get further information via e-mail:

**[info@preddoehl-international.de](mailto:info@preddoehl-international.de)**

or by phoning

**0049-(0)33986-50445.**

We will do our best to answer all your questions.

**Welcome to Preddöhl!**