

OVEREATERS ANONYMOUS – Dutch Intergroup-  
ANNUAL CLOSED RETREAT



**Bacharach, Germany**  
**20th -22nd September 2024**  
**“YOU ARE NOT ALONE”**



**1 GENERAL INFORMATION**

Held at Burg Stahleck Youth Hostel (Jugendherberge), a beautiful fairy-tale castle above the town of Bacharach on the Rhine River. Retreat activities start on Friday evening and last until Sunday at lunchtime. All meetings and activities are in English. This is a closed retreat, which means it is open to compulsive eaters and anyone who wants to stop compulsively overeating. However there will be an open part at the retreat for anyone who is interested in OA (family, partners, friends, etc)

**2 INFORMATION ABOUT THE HOSTEL**

- ♥ The rooms hold up to 4-8 people.
- ♥ Bed linen is provided but you must bring your own towel.
- ♥ Food is typical “youth hostel cuisine” and is served buffet style with a vegetarian option. Unfortunately, the hostel is unable to accommodate food choices beyond that.

**3 PRICES**

**Retreat registration fee**

- ♥ Registration fee for retreat activities: € 10,50. Everyone must pay this **in addition to** any food and accommodation costs below.

**Accommodation and food**

- ♥ Shared room & full board at the castle for the whole weekend: € 79,40, Sunday lunch included
- ♥ Shared room & full board at the castle for the whole weekend: € 76,30, Sunday lunch excluded
- ♥ Separate costs for shorter visits:

One night: € 39,70

Breakfast: € 8,50

Lunch: € 9,10

Dinner: € 10,50

**NEW THIS YEAR** - This year, you are able to make your 7th tradition payment before the retreat. If you wish to do this online before, please make this as a separate payment to your registration and food payments, using the reference 7th Trad.

It is also possible to make a 7th Tradition payment online during the retreat, or in cash.

**Please remember to bring cash for literature and any additional drinks or other things you may wish to purchase at the hostel.**

#### 4 **REGISTRATION PROCEDURE**

- ♥ STARTING DATE REGISTRATION IS 1<sup>st</sup> MAY 2024.
- ♥ Registration fees are non-refundable, but you can ask someone else to take your place.
- ♥ Please note, we have booked 50 beds in the hostel. If the 50 beds are booked you can choose to book a hotel or apartment in the village or if you prefer, you can go on the waiting list.
- ♥ Registration is complete when we have received your form and confirmed your booking as well as receiving your registration payment.
- ♥ DEADLINE FOR ROOM BOOKINGS IS 14th July 2024: You need to have sent in your registration form and paid for your room by then.

#### 5 **REGISTRATION INFORMATION**

If you want to register for the Bacharach Retreat, please fill out the form following this link:

#### **[Bacharach retreat registration form](#)**

- 1) After you have submitted your registration, you will receive a confirmation e-mail of your registration
- 2) This e-mail confirmation will contain details for how to make the payment.
- 3) Please make all payments by bank transfer to the account (account number will be provided once you have registered), quoting the payment reference given in the registration confirmation email.
- 4) Money must be in the account by 14th July 2024

#### 6 **FURTHER ACCOMMODATION OPTIONS**

You can't make reservations for single or double rooms, so if you want to stay in a single or double room, we recommend booking a room in a hotel in town. If you do not want to stay at the hostel (or if you wish to register later), there are several other hotels in the town of Bacharach (the castle is a 15-30 minute walk up the hill from the town). You will still need to pay the € 10,50 registration fee. When you stay outside of the hostel, there is a possibility to have your meals at the hostel (for prices, see above).

Information packs (directions, program, etc.) will be sent out to registered participants approximately 6 weeks before the retreat (mid-August).

Any additional questions? Please contact: **[bacharachretreat@gmail.com](mailto:bacharachretreat@gmail.com)**

If you're unable to complete the form online, please email **[bacharachretreat@gmail.com](mailto:bacharachretreat@gmail.com)**

Please tell people at your meeting about this retreat and forward this information to your fellows who might be interested.

\* PLEASE NOTE every attendee must pay the registration fee € 10,50

\*\*Also possible to make lunch packages during breakfast. People who make lunch packages may not use anything from the lunch buffet; The hot meals, salads and deserts are only available for people who do not have a lunch package;

**The personal information you have completed in this document will be saved in accordance with our Data Protection Statement and the GDPR. A copy of our privacy statement is available on request. If you wish your data to be removed, please email the request to [bacharahretreat@gmail.com](mailto:bacharahretreat@gmail.com)**