

European YA & SSEHV CAMP

Athens, Greece

16 - 24 August 2025



"The mind alone is responsible for all the sorrows and difficulties as well as happiness of the human beings. Several people consider the mind as very bad and call it 'monkey mind'. In My opinion, it is not monkey mind; it is 'mankind'. It is always kind. It is the mind that gives you joy and happiness. It is again the mind that causes you worry and sorrow. If only you can keep the mind in proper state, nothing can be bad. You consider the mind also as divine. Then you will always be happy. "

SSS vol.40, World Youth Conference, 28th July 2007, Sathya Sai Baba

“Master the Mind, Be a Mastermind”

Dearest Young Adults, parents and children,

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

We are very pleased to invite you to the upcoming European Sai YA & SSEHV Camp 2025 in Greece. The camp will take place in **Sai Prema**, near Athens, Greece, **from Saturday 16th of August until Sunday 24th of August**. The camp is for Young Adults and for parents and children in the age of a few months to 13 years old.

Participants of the European Sai YA camp and of the European Sai SSEHV Camp will enjoy time and activities together, whilst also having adjusted programmes for their respective groups.

The purpose of the camp is to experience joy and spiritual uplift, to teach and learn, to bring out our inner talents, to grow together, to help us be better human beings.

The programme will consist of workshops, singing, dancing, drawing, playing, being in nature, swimming etc. We invite you all to share this experience of joy with us and to be part of the European Sai YA & SSEHV Camp 2025! To participate, please fill in the registration form which can be found [here](#). **The registration closes on July 15th 2025**. We would like to inform you that Sai Prema has the capacity to lodge a maximum of 50 people.

We are very happy and look forward to having you in sunny Greece!

With Sai Love,
Marta, Milica, Mariel, Pavel

(on behalf of the SSSIO Organising Team of Zones 6 and 7)



Sathya Sai International Organisation | Zone 6 & 7



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Dates	Arrival on Saturday 16th August, departure on Sunday 24th August. The official programme will start on Sunday 17th and end on Saturday 23rd August.
Venue	Sai Prema, Markopoulo / Athens, Greece You can find the location of Sai Premam in Google maps .
Participants	Young Adults (age 18 - 40), Parents and Children (age 0 - 13)
Accommodation	Will be provided in Sai Prema premises
Costs	The proposed contribution to cover accommodation, meals, and transportation to the beach is 350€ per adult , paid upon arrival. Children up to 5 years – no costs . Participation for children from 5 to 13 years old is 50% of the participation fee.
Getting there ...	Athens can be directly reached from many European cities by plane, bus, train or car. The transportation from and to the airport is an extra cost of 30 € on arrival and 25 € on departure. For a late drive between 12 am and 6 am it is 40 € each ways.
Programme	Workshops, singing, games, swimming, shared meals, morning yoga and much more :-) A general draft of the proposed daily programme can be found on the next page.
Contact	Please send any questions or suggestions regarding the timeframe, accommodation or travel, via email to: eurocamp@sathyasai.org You can also find additional information on the webpage.
Medical information	Please check if you need additional medical insurance if you are traveling to Greece. In case you do, our recommendation is to arrange it before traveling to Greece.
What to bring?	Bedsheets and towels.



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Registration	<p>To register for the camp, please fill in the registration form, which can be found here.</p> <p>*** Please register before July 15th 2025 ***</p>
Important information	<p>*Please do not buy train/plane tickets before receiving confirmation from the Camp Organising team about your application.</p> <p>*A visit to Athens will be organised and is an optional activity. The visit will include: a walk through ancient Athens, a visit to the Acropolis for those who are interested, free time for shopping and will end with a vegan dinner in Athens.</p> <p>The cost of the visit to Athens is not included in the camp participation fee. Please bring additional money for this visit (Acropolis ticket 20€, dinner is approx. 20€/person, return metro ticket 2,6€).</p> <p>* Our programme includes a trip to Sounion one afternoon (entrance ticket to the Sounion archeological site is 10-12€ and is not included in the camp's participation fee).</p> <p>* Staying in Sai Prema is possible from Thursday 14th August till Tuesday 26th August, due to other Camps and meetings. The cost of staying additional days in Sai Prema is 20 €/person/day. This includes accommodation but food is not provided.</p>





DAILY PROGRAMME

TIME	ACTIVITY
07:00 – 07:45	Morning prayers & bhajans
08:00 – 08:30	Gymnastics/Yoga
08:30 – 09:30	Breakfast
09:30 – 10:00	Cleaning of kitchen and rooms
10:00 – 12:30	Swimming
12:30 - 13:00	Return from beach
13:00 - 13:30	Time for shower
13:30 – 14:30	Lunch
14:30 – 15:00	Cleaning of kitchen and dining room
15:00 – 16:00	Silence - Rest
16:00 - 16:30	Fruit break
16:30 – 18:30	Human Values activities/Study circle
18:30 – 19:00	Rest
19:00 – 20:00	Dinner
20:00 – 21:00	Cleaning of kitchen and dining room
21:00 – 22:00	Bhajans
22:00	Sleep

