



Welcome to ECCNA35!

TOGETHER FREE

**Platzspitz Park
Zürich, Switzerland
19th to 21st July 2019**

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Welcome to ECCNA 35!

The Swiss fellowship of Narcotics Anonymous welcomes you this year to celebrate our recovery in Zurich’s Platzspitz Park.

Together we can achieve our wildest dreams, as our theme “Together free” suggests: together we can find a new way of life, a clean life, free from drugs.

One of our wild dreams was to hold a convention in this park in order to make Narcotics Anonymous better known in Switzerland. Over four years ago the first workgroup began organising this event for 2019, when Narcotics Anonymous celebrates 30 years in Switzerland, and we are excited that it is now finally happening, together with all of you. Thank you to all who support us in carrying the message to the still suffering addict.

Worldwide NA holds more than 70,000 weekly meetings in 144 countries; in Switzerland we currently have over 60 meetings, in four languages: Italian, French, English and German. We will have members visiting from more than 50 countries this year and will provide simultaneous translation into as many as six languages.

We wish you a wonderful weekend full of recovery and love with friends old and new.

The ECCNA 35 Organisation Committee

Friday 19th July

Main Tent		Auditorium
13.00 – 14.00		
My NA way	Mats E. (SE) Sevil S. (TR)	
15.00 – 16.00		14.30 – 16.30
Principles over personalities	Andres de C. (BR) Monika J. (US/CH)	Informationsveranstaltung für Fachpersonen
17.00 – 18.00		
What keeps me clean	Caroline P. (CH) Remi M. (NL)	
19.30 – 21.00		19.30 – 21.00
Promise of freedom	Viktor J. (SE) Karin B (US)	Promise of freedom (live feed)
21.30 – 22.00		
Celebration of recovery		

There is a marathon meeting in Werk 21 from 14.00-22.00

Dynamo	
14.30 – 16.00	YAIR EDM workshop for young addicts
17.00 – 18.00	Young members meeting Audrey D. (FR) Growing up in recovery Valentin R. (FR)
19.30 – 21.00	Viktor J. (SE) Karin B. (US)

Saturday 20th July

Main Tent		Auditorium
07.30 – 08.30 Yoga in the pavillion		
09.00 – 10.00 Just for today (Share meeting)		10.00 – 11.00
11.00 – 12.00 New friends in NA <i>Chris B. (CH)</i> <i>Paola C. (IT)</i>		Speaker lottery Young members and oldtimers
13.00 – 14.00 The art of doing service <i>Monica A. (NO)</i> <i>Werner S. (CH)</i>		12.00 – 13.00 German meeting: Was mich clean hält
15.00 – 16.00 Crazy but clean <i>Edytha K. (PL)</i> <i>Marc L. (DE)</i>		14.00 – 15.00 LGBTQ+ The joy of recovery
17.00 – 18.00 Platzspitz: how I left <i>Anna J. (SE)</i> <i>Pete W. (GB)</i>		15.30 – 16.30 Men's meeting
19.30 – 21.00 Together free <i>Hedi L. (DE)</i> <i>Benjie W. (US)</i>		17.00 – 18.00 Platzspitz: how I left (live feed)
21.00 – 21.30 Cleantime countdown		19.30 – 21.00 Together free (live feed)
		21.00 – 21.30 Cleantime countdown

There is a marathon meeting in Werk 21 from 10.00-midnight

Dynamo	
10.00 – 11.00 Farsi meeting	
12.00 – 13.00 French meeting <i>Jessica G. (CH)</i> <i>Michael H. (CH)</i> La puissance de la gratitude <i>Marion S. (CH/FR)</i> <i>Maxime R. (CH)</i>	
14.00 – 15.00 Young members meeting <i>Martina S (GB)</i> <i>Stephen M (GB)</i> Relationships <i>Diede H. (NL)</i> <i>Samuel P. (SK)</i>	
15.30 – 16.30 Women's meeting <i>Raf N. (CH)</i> <i>Betty H. (US)</i>	
21.00 – 03.30 NA rocks the floor Concert and DJs (in Dynamo Saal)	

Sunday 21st July

Main Tent

08.30 – 09.30

Yoga in the pavilion

Meditation in the park

10.30 – 11.30

Carrying the message *Roland W. (US)*
TBA

12.30 – 14.00

Where my higher power *Karl-Peter B. (DE)*
wants me to go *Lucia C. (BR)*

14.00 – 14.30

Country recognition

Welcome to the European Delegates Meeting (EDM)

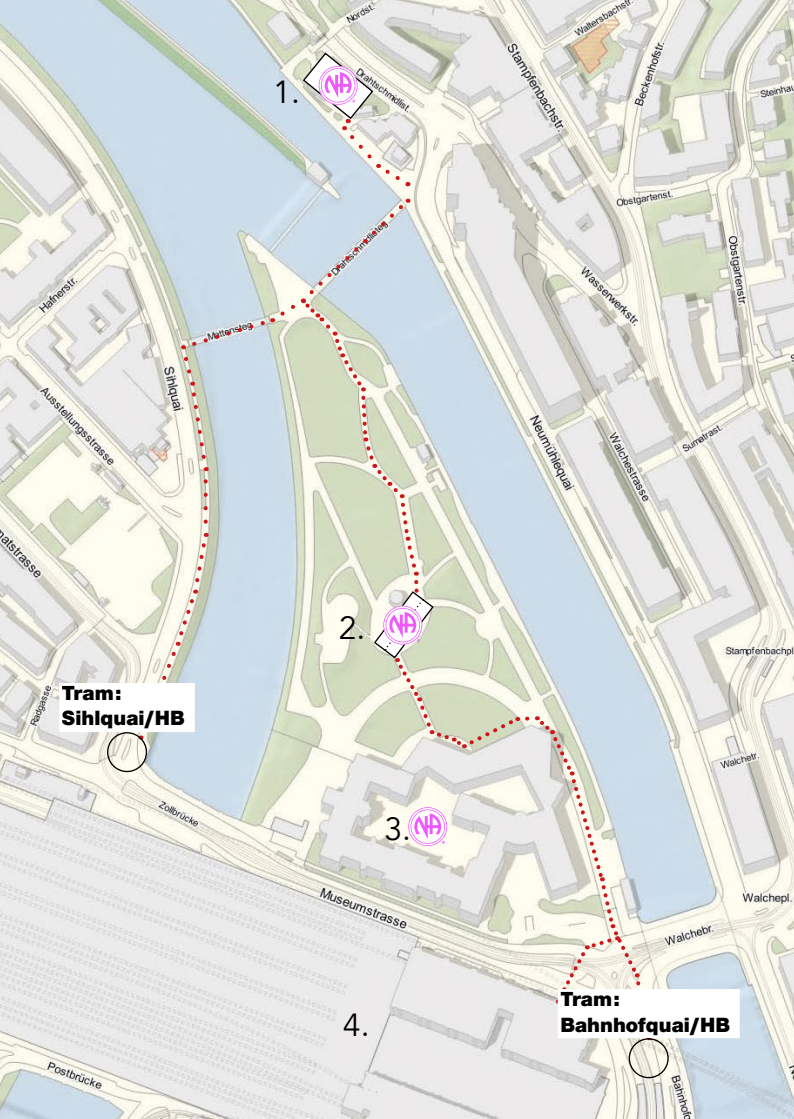
The EDM is a zonal forum made up of geographically related communities that has one clear mission.

Mission Statement

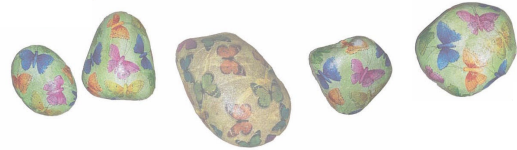
“The EDM is a European based forum of multi-lingual and multi-cultural NA communities inside and outside Europe, whose mission is to further their common welfare and unity, support their growth and help them fulfill their primary purpose of carrying the NA message to the still suffering addict”

The EDM will take place at Röntgenstrasse 80, from Thursday, 18.7. to Sunday, 21.7. from 09.00 am.

Guests are welcome.



1. Dynamo, Werk 21 and Disco

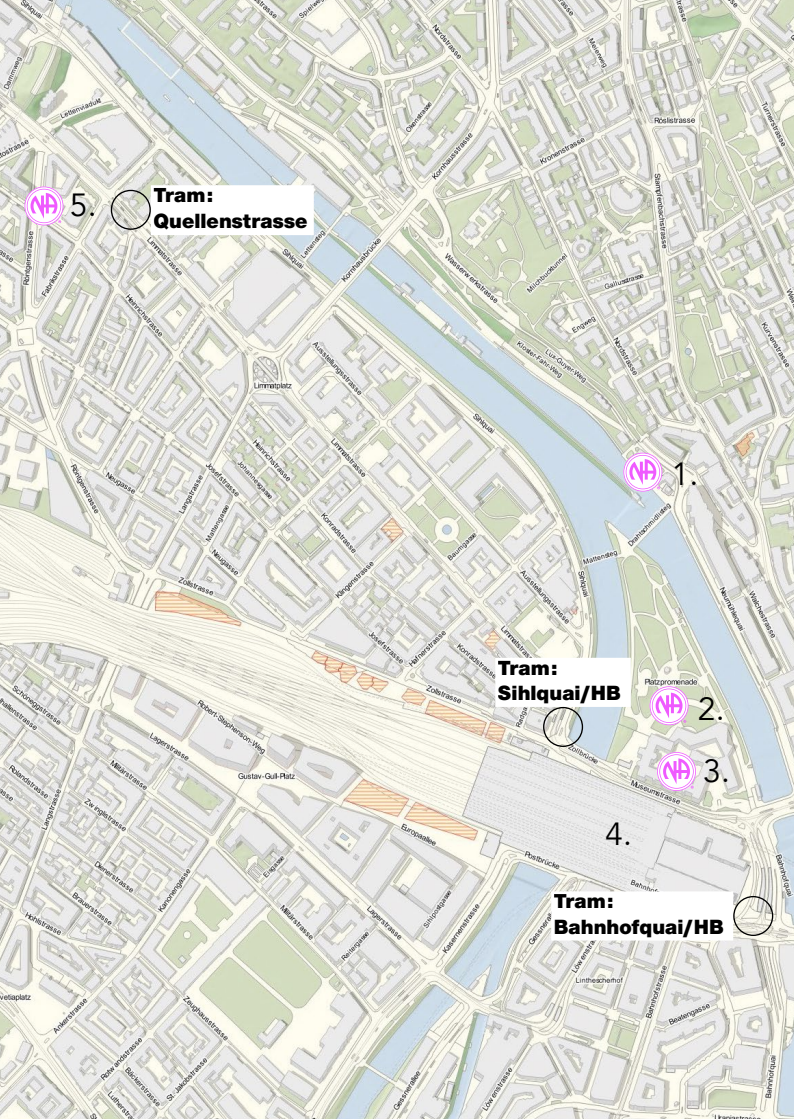


Please take this route by foot
(follow the stones!)

2. Main tent

3. Registration
Info desk
Auditorium
Catering

4. Zurich Main Station



5. EDM, Röntgenstrasse 80
Take tram number 4, 13 or 17 to
the stop Quellenstrasse.
From there St. Josef's Church is
visible, which is where the EDM is
taking place.

1. Dynamo, Werk 21 and Disco

2. Main tent

3. Registration etc.

4. Zurich Main Station

Zurich: How to get around

Zurich has one of the best and busiest public transport systems in the world.

We suggest you make use of it to enjoy our wonderful city.

Tickets for Public Transport

We suggest you purchase a day ticket (valid for 24hrs). This allows for unlimited travel by tram, bus or cable car within Zurich. To get around the city you need a ticket for Zone 110. The airport or Uetliberg are outside of this zone. If you wish to travel between 1am and 9am on Friday or Saturday, you will need to purchase a night-supplement "Nachtzuschlag" at the ticket machines.

Tourist Information

The closest tourist information office is inside the main station, next to the convention. They are open from 8am to 8.30pm and close at 6.30pm on Sunday.

Taxi and Uber

Zurich has several taxi companies as well as Uber.

Food

Zurich has many great restaurants for all tastes. Check the prices before you choose an establishment. Whilst Zurich is a great city, it is also expensive. The convention catering is a low-cost, high quality alternative available to our members.

Registration

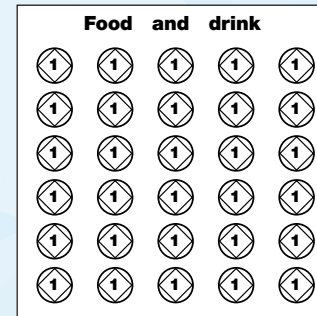
Opening times:

Friday at 10.00
Saturday at 8.00
Sunday at 9.30

Registration: 35 EUR

Party ticket: 10 EUR

Food and drink card: 5–30 EUR



* Food & drink cards and party tickets can only be purchased at the registration desk.

* Food & drink cards are non-refundable.

* There is an information desk at registration. Please come here if you have any questions.

Want to be a speaker?!

SPEAKER LOTTERY:

YOUNG MEMBERS AND OLDTIMERS

**10 to 11 o'clock on Saturday
in the Auditorium**

If you are under 25 and have one year clean
or longer

OR

you have more than 20 years clean

PLEASE write your name, age and clean time
on a piece of paper and drop it in the

«SPEAKER LOTTERY» BOX

(paper and box at the information desk).

If your name is drawn we would like to hear
you speak at this meeting for five minutes!

If you don't want to share in English, please
bring a translator to the microphone.

PHOTOS, VIDEOS & SOCIAL MEDIA

We recognize that it is a common practice for
members to take photos and videos at NA
events and post them on social media networks.

We do not believe this to be in conflict with our
Traditions as long as the photos and videos are
not made available to the general public and
people in the photos have consented to the
posting.

Please be considerate of our guiding principles
and the anonymity of others as you take and
share photos and videos.

For more information, please see the service
pamphlet **Social Media and Our Guiding
Principles.**

Fachveranstaltung

Um NA in der professionellen Suchtbehandlung in der Schweiz bekannter zu machen, haben wir eine grosse Zahl von Fachpersonen an die Fachveranstaltung am Freitag Nachmittag eingeladen. Ziel ist es, den Besuchern dieser Veranstaltung NA näher zu bringen damit leidende Süchtige die professionelle Hilfe in Anspruch nehmen den Weg zu uns finden können.

Diese Veranstaltung ist für Fachpersonen jeder Art die in der Schweizer Suchthilfe tätig sind. Unsere Mitglieder sind selbstverständlich willkommen, wir möchten Euch aber bitten, den eingeladenen Gästen den Vortritt zu lassen. Die Platzzahl ist beschränkt.

Die Veranstaltung dauert ca. 2 Stunden.

Fachvortrag

Oliver Neubert, MSc in Addiction Studies, King's College London wird einen Vortrag zur aktuellen Studienlage und der Integration von 12-Schritte Programmen in professionelle Behandlungssettings halten.

NA-PI

Unser PI Komitee wird im Anschluss an den Vortrag eine Präsentation über NA machen. Die eingeladenen Fachleute werden anschliessend die Gelegenheit haben im Zelt dem Meeting beizuwohnen.

Bei Fragen zu dieser Veranstaltung könnt Ihr Euch gerne an pr@narcotics-anonymous.ch wenden.

Young Addicts in Recovery

YAIR EDM Workshop

How to reach out to young addicts

Friday, 14.30 - 16.00, in Dynamo

Young members meeting

Growing up in recovery

Friday, 17.00 - 18.00, in Dynamo

A young member speaks at the main meeting

Promise of freedom

Friday, 19.30 - 21.00, in the Main tent

Speaker lottery

Young members and oldtimers

Saturday, 10.00 - 11.00, in the Auditorium

Young members meeting

Relationships

Saturday, 14.00 - 15.00, in Dynamo

Meetings in Zurich

A comprehensive list of meetings in Switzerland can be found online:
www.narcotics-anonymous.ch

Monday

19:30-20:30 (German, open) *PUK Klinik, Lenggstrasse 31, 8032 Zürich*

Tuesday

12:30-13:30 (German, open) *Cramerstrasse 11, 8004 Zürich*

19:45-21:00 (German, open) *Cramerstrasse 7, 8004 Zürich*

Wednesday

12:30-13:30 (English, closed) *Schanzengasse 25, 8001 Zürich*

18:30-19:45 (German, open) *Röntgenstrasse 80, 8005 Zürich*

Thursday

19:30-21:00 (German, open) *Bullingertreff, Bullingerstrasse 9, 8004 Zür.*

Friday

19:00-20:00 (English, open) *Bullingertreff, Bullingerstrasse 9, 8004 Zür.*

19:00-20:30 (German, open) *Eidmattstrasse 16, 8032 Zürich*

Saturday

13:15-14:30 (German, Men) *Bullingertreff, Bullingerstrasse 9, 8004 Zür.*

17:30-18:45 (German, open) *Röntgenstrasse 80, 8005 Zürich*

21:00-22:00 (German & English) *Steinwiesstrasse 24, 8032 Zürich*

Sunday

11:00-12:15 (English, open) *Quartierzentrum, Hohlstrasse 67, 8004 Zür.*

16:00-17:30 (German & English, Women) *Röntgenstrasse 80, 8005 Zürich*

**This meeting only takes place on the 2nd and last Sunday of the month*

18:00-19:30 (German, open) *Sihlquai 240, 8005 Zürich*

Nar-Anon



EURO-NARATHON 2019
“WORLD UNITY”
JULY 19TH - JULY 20TH, 2019
ZURICH

SPEAKERS, WORKSHOPS, AND FELLOWSHIP
LOCATION:
LANDES MUSEUM, ZURICH, SWITZERLAND

If interested in attending and/or need more information,
please email:
euronarathon2019@nar-anon.org

In the spirit of cooperation, not affiliation, ECCNA 35 provides space for Nar-Anon to hold its European Convention meetings and activities throughout the weekend.

Merchandise

The merchandise subcommittee looks forward to welcoming you in the tent next to registration.

We really hope that you like the merchandise we created for you as a reminder of a hopefully wonderful and enlightening convention.

There will be different articles of clothing, mugs and other beautiful items.

We are open from 10am til 8pm.

Your preordered items are ready for you to pick up easily after registration.



Literature



The shop is open several times a day.

Just look out for the literature cart.

**Important:
We accept only cash in CHF or EUR**

Catering Information

Why do we have a “food & drink card”?

We want to give NA Members a special offer on food and drink. The location is a public property everybody can join.

Why no cash at the food and drink stand?

We can serve you much faster and more efficiently.

Who can get a “food & drink card” and how?

Only registered participants can get a “food & drink card.”

They can be bought at the registration desk.

Where to get food and drink?

There will be a catering tent with separate queues for “FOOD” and “DRINKS & SNACKS”.

At the party please use your “food & drink card.”

Here there are also no cash sales.

Ice cream Offer „Platzspitz“



Ice coffee
2.00



Minions
2.00



Apple sorbet
2.00



Twister
2.00

Catering Offer „Platzspitz“

Food and Drink

Food

„Rösti“ potato hash brown with diced bacon (Swiss speciality)	6.00
„Rösti“ potato hash brown with vegetables (Swiss speciality)	6.00
„Quiche“ savoury tart with onion and bacon	3.00
„Quiche“ savoury tart with mushroom and sweet potato	3.00
Carrot and ginger soup	3.00
Couscous (bulgur wheat) salad	4.00
Wrap (salad, grapes, walnut, beetroot, bulgur wheat)	4.00
Sandwiches with cheese	3.00
Sandwiches with ham	3.00
Sandwiches with cheese and ham	3.00

Snacks

Croissant, danish pastry (only in the morning)	1.00
Apple plunder	2.00
Nut pastry	2.00
Brownie	2.00
Blueberry muffin	2.00

Drinks

Still water	0.51	2.00
Sparkling water	0.51	2.00
Coca-Cola	0.251	1.00
Coca-Cola Zero	0.251	1.00
Sparkling apple juice	0.251	1.00
Sinalco (orange lemonade)	0.251	1.00
Energy drink	0.251	2.00
Coffee	0.201	1.00
Tea (several kinds)	0.201	1.00

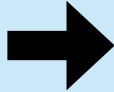
Rubbish

Please help us keep the park, museum and Dynamo building clean.

Throw whatever rubbish you have into the appropriate bins.

Thank you for your cooperation!

Cigarette butts



Ash trays



Plastic



PET bin



Normal rubbish



Wastebasket



Near the food and drink area.

Once to twice a day there will be animations running for your kids.

There will also be make-up, drawing, bubbles and painting.

Please note that we can assume no liability for the children.

Catering Offer „Bar Dynamo“

Drinks

Sparkling water	0.5l	3.00
Coca-Cola	0.5l	3.00
Ice-T	0.5l	3.00
ClubMate	0.3l	4.00
Redbull	0.3l	4.00
Coffee	0.20l	1.00
Tea (several kinds)	0.20l	1.00

Food & Snack

Apple plunder	2.00
Nut pastry	2.00
Brownie	2.00
Blueberry muffin	2.00
Wrap (salad, grapes, walnut, beetroot, bulgur wheat)	4.00
Sandwiches with cheese	3.00
Sandwiches with ham	3.00
Sandwiches with cheese and ham	3.00

**food & drink card
no cash**

NA Rocks the Dance Floor Concert & Dance

Doors open at 9pm

10:30pm Jukebox Heroes (CH)

(jukeboxheroes.ch)

DJ Raphaël Delan (CH)

(Delan Records, CH)

DJ Milan aka TRANSISTOR 808 (D)

(analogflash records, D)

Closing time at 3:30am

Translation

All meetings in the main tent are in English and will be translated into 6 languages: German, French, Italian and three more.

You can listen to the translations directly from your smartphone's browser or with the Interaction App:

<https://www.eccna.eu/translations>

Event name: ECCNA35



For German, French and Italian there are also translation devices available in the main tent.

Please consider using 4G data connection to listen to translations if this is possible for you. In case you don't have 4G data available in Switzerland, we also provide free internet access to listen to the translations. To use it you need to login using your mobile number.