

# Universal Bunker Guidebook

Produced by the United Nations

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# Overview

On April 23, 2031, the human population will move underground in an attempt to give the Earth a year to heal. With resource extraction and emissions low, the biosphere is able to take a moment to reset. While both individual and collective private bunkers are allowed, this guidebook is for individuals staying in publicly funded community bunkers. Within, guidelines for community organization, activities, and communication are laid out. At the end of the booklet, instructions for re-entry on April 23, 2032, are also included.

# Schedules

## Lighting

Within the public bunkers, artificial sunlight systems will run on 24.3 hour cycles to maintain consistency with surface time. Lighting will adjust accordingly to mimic seasonal changes, sunrise, and sunset. We will no longer be following a daylight savings system after it was overturned in 2028.

Artificial sunlight hours will follow these timelines:

*April: Rise at 6:30am, Set at 7:30pm*

*May: Rise at 6am, Set at 8pm*

*June: Rise at 5:30am, Set at 8:30pm*

*July: Rise at 5am, Set at 9pm*

*August: Rise at 5:30am, Set at 8:30pm*

*September: Rise at 6am, Set at 8pm*

*October: Rise at 6:30am, Set at 7:30pm*

*November: Rise at 7am, Set at 7pm*

*December: Rise at 7:30am, Set at 6:30pm*

*January: Rise at 8am, Set at 6pm*

*February: Rise at 7:30am, Set at 6:30pm*

*March: Rise at 7am, Set at 7pm*

Bunker artificial sun lighting will be on for these given hours and then ambient lighting is available to citizens until 11pm. After that, only small personal lighting is allowed until 5am to allow neighbors to sleep.

## Meals

Breakfast and dinner are served as community meals in the dining halls in 3 hour chunks. Recommended times are breakfast from 7am - 10am and dinner from 5pm - 8pm, although times are adjustable according to community preferences. Lunch and snacks are served in grab-and-go manner with tables available for seating.

Meals can be created by a designated chef team or by a rotation of citizen teams based on individual bunker preferences.

## Work

Bunker inhabitants should schedule their days along a 6hr, 6hr, 12hr model. While not consecutive, each citizen should spend the following amount of time on each activity:

*6 hours of community service, maintenance, and production. This can include cooking, technology maintenance, engineering, and other specialized jobs.*

*6 hours of education and community engagement. This includes schooling, educational workshops, and community activities.*

*12 hours of sleep and personal time.*

# Lifestyle

It is understood that sharing an enclosed space with strangers for a year requires certain lifestyle guidelines. While we understand that these may not all be applicable to everyone, they are recommendations for a year of co-existence.

*Personal Hygiene: Showers will be available for all citizens of the bunker as well as soap, toothpaste, and other personal hygiene products. The showers are limited to 2 minutes of water usage per person, one shower a day unless there is an unforeseen circumstance where an additional shower may be required.*

*Light: As mentioned in the lighting section, 'lights out' will be from 11pm to 5am every night. Small personal headlights and reading lights may be used during these hours only if they are in individual bunks with privacy curtains pulled.*

*Noise: Quiet hours are also from 11pm to 5am, although a neighbor can request someone lower their volume outside of these hours if needed.*

*Bunk Maintenance: Each resident is expected to maintain their living area. No food should be left out that might attract pests. All items that could be tripped on should be removed from passage ways.*



# Communication Modes

## Intra-Bunker Communication

Each bunker is equipped with a small printing press (risograph) that can be used to produce a community bulletin if wanted. Enough ink and paper for the production of two community bulletins per month for a year.

All Bunker meetings will occur weekly for residents to attend.

## Inter-Bunker Communication

For personal communication between bunkers, individuals have to set up an appointment to utilize the UBCN (Universal Bunker Civilian Network) communication channel. Messages for telegram communication can also be submitted via paper forms.

Official messages are communicated on the UBN (Universal Bunker Network).

# Health and Wellness

Each bunker will be fully staffed with a medical team. Flu and COVID vaccines are highly encouraged. All medical services are free of charge.

Each resident is encouraged to speak with one of the in-house therapists at least once a month.

# Education

Children under the age of 18 will attend scheduled school shifts 4 days a week. Classes will be grouped by first level (1st-5th grade), second level (6th-9th grade), and third level (10th-12th grade). Education in the third level will be self directed with support systems as needed.

Daycare and babysitting services are available 7 days a week for children not in school.

Once a week, adult citizens will attend a briefing on various environmental education materials.

# Alarms and Warnings

Alarms will ring throughout the entire bunker. If a drill is occurring, 24 hour notice will be given. All alarms will announce the level, sound beeps, and flash lights.

The levels of alarm and next steps are as follows:

*Level 1 - One long beep that repeats, green flashing lights.*

- Small, easily manageable emergencies such as: flooding from toilet/sink/shower, contained fire, low level earthquake in certain areas.
- Continue activities unless specifically called for.

*Level 2 - Two long beeps that repeat, yellow flashing lights.*

- Inner bunker emergencies that require evacuation from a specific area. Such as flooding, structural issues, etc.
- If in a designated area, evacuate to a different section of bunker. The area will be sealed off as the emergency is addressed.

*Level 3 - One short beep that repeats, orange flashing lights.*

- Multi area emergency or inner bunker danger.
- Shelter in place in the common area that will be announced through inner bunker comms.

*Level 4 - Constant short beeps, red flashing lights.*

- Large scale emergencies that require evacuation from bunkers and early emergencies to the surface.
- Follow emergency surface return protocol.

# Return

Return to the surface is planned for April 23rd, 2032. Citizens will return to the surface in the late afternoon to help with sunlight adjustments.

Citizens are able to return to their previous dwellings, although access to the bunker will remain open as long as needed.

It is recommended that citizens wear sunscreen for the first couple of months that we are back on the surface to minimize sun damage.

More information to come.



UBN Emergency # 999  
UBN Non-Emergency # 888

