



Infosheet International Workshop Helmond

Registrations are automatically confirmed. In case you don't receive a confirmation e-mail contact us at registration@taoist.nl or phone to the TTCS Centre (check first your spam-box). If you want to change or add something afterwards, please e-mail or phone us.

Cancellation. If you have to cancel for any reason, please let us know as soon as possible. Especially in case of a heavy cold, flu or a virus it is better to stay at home instead of contaminating other participants. Already transferred workshop contributions will be repaid.

Pick ups and drop offs will be arranged from Airport Düsseldorf Weeze and can be arranged from Helmond 't Hout train station. Members arriving at other airports are asked to take public transport to Helmond 't Hout train station which is 1 km walking distance from the TTCS Centre.

E-tickets for trains to/from the Eindhoven and Amsterdam Airports can be booked at registration and are non-refundable. Tickets will be sent by e-mail and need to be printed on A4 format before traveling. Eindhoven Airport < > Helmond 't Hout cost € 7,- single fair. Amsterdam Airport < > Helmond 't Hout cost € 12,- single fair after 9am and € 21,10 before 9am.

Journey planner, traveling from Amsterdam and Eindhoven Airport by train, please use the app 9292 or go to <http://www.9292.nl/en>. From Düsseldorf International Airport use the app DB Navigator or go to http://www.bahn.de/p_en/view/index.shtml.

Arriving by car, to avoid any parking annoyance in the residential area near the TTCS Centre, parking is only allowed in the designated parking area on the other side of the Europaweg. Parking at the Centre is limited but can be used for drop offs and pick ups.

Accommodation is dormitory style in bunk beds.

If you require a bottom bunk bed due to health problems, please indicate this on your registration form. There is also a wheelchair accessible room, toilet and shower. Don't forget to bring your own towel. A flashlight might be a handy thing in a dark sleeping room.

If sleeping with other people in a room is difficult for you please book your own accommodation.

Meals, the kitchen provides steamed meals (with nothing added) especially for participants who can't eat the regular and vegetarian meals provided. If none of the food options are suitable or sufficient for you, you have to arrange your own food. There is a microwave which can be used. The kitchen is during the workshop out of bounds to participants unless specifically invited in.

Since there is always a lot of work to do, we are very happy with your help before and after the workshop.

TTCV Centrum Nederland, Mierloseweg 140, 5707 AS Helmond 0492 769032

Fung Loy Kok®

Fung Loy Kok Taoist Tai Chi®