



Taoist Tai Chi Society of Great Britain

General Information - Lok Hup Ba Fa Workshop

05-09 April 2017, UK National Centre, Marionville Road, Edinburgh EH7 6AQ

Welcome / Fàilte: We want you to enjoy your visit to Edinburgh. As members of the Society we encourage you to treat the workshop venue as a family home. If you see a housekeeping job which needs doing, please find out how you can best help. Although there are often volunteers at workshops specifically to help run things, helping out with the chores is very much part of the workshop ethos of working together and looking after each other.

Accommodation:

Accommodation for 5 nights Tuesday to Saturday is available (2 nights Friday to Saturday for weekend participants), but not included in the workshop. Sunday night can be booked at extra cost by those who need it. Accommodation is to be booked before Fri 03 March, and will be at a nearby block of serviced apartments, 750m away, 10 minutes walk. Each apartment sleeps 4-6 people, in 4 single beds plus a sofa-bed and fold out-bed in the living room.

Details of off-site shared rooms will follow with confirmation of your workshop booking. However, your accommodation may not be finalised until you arrive.

Accommodation is limited. If we are unable to provide this, you may need to arrange your own accommodation at short notice. If you want to come a few days before the event or stay a few days longer then please arrange your own accommodation for that.

If you need to be accommodated with another participant, please make this clear on your booking form. We will do our best but cannot guarantee it, so couples are advised to pack separate luggage.

Breakfast for all participants will be at the Centre each day of the workshop from 07:00.

Registration:

Registration will be at the Centre on Tuesday until 20:00, where lunch and dinner will be available by donation. Registration will re-open on Wednesday around 08:30, and again on Saturday morning for weekend participants. Payment by cash or cheque in GB Pounds is ideal. We are currently unable to accept payment by card.

Travel:

Getting to the Workshop from your arrival point: You can get to the Workshop by public transport (map and details to follow with confirmation of your workshop booking):

- Airport to City Centre (Waverley Bridge) - the 100 bus, every 10 minutes, costs £4.50 each way (£7.50 open return). Tickets can be bought in advance. See www.lothianbuses.com/airlink
- Airport to City Centre (St Andrew Square) – trams, every 10 minutes, cost £5.50 each way (£8.50 open return). Tickets can be bought at any tram stop. See www.edinburghtrams.com
- Airport to Centre/ flats direct – taxi costs about £20.00-25.00. Shared between 7 or 8, it's cheap.

Although the distances are very short, at peak arrival times we will have volunteers at key points to guide you.

- Waverley Bridge/ Station to Princes Street - 2 minute walk ; St Andrews Square to Princes Street - 5 minute walk
- Princes Street to Meadowbank Sports Centre - local LRT 19 or 34 bus, takes 15 minutes, cost £1.60 per trip. (Get change on the 100 bus or the tram). See <http://www.lothianbuses.com> for a simple journey-planner with times and maps.

Car travel: For route information see Google Maps for: [EH7 6AQ](http://www.google.com/maps?q=EH7+6AQ). Map details to follow with confirmation of your workshop booking. There is ample private car parking available at the Centre. Cars may be parked overnight at the Centre at your own risk.

At the Centre:

Facilities for people with disabilities: The Centre is a single storey building with level access to all facilities, and there is an accessible toilet.

Catering: Meals between Wednesday breakfast and Sunday lunch are included. Meals before the workshop are available by donation, from Tuesday dinner. The kitchen will cater for vegetarians. There will also be a plain (steamed) food option, necessarily bland to avoid all allergens. Members requiring special diets may need to supply their own food, but please tell us about your needs on your booking form, and we will do our best. There will be no entry to the kitchen.