



Taoist Tai Chi Society of Great Britain

General Information – International Workshop

18-22 April 2018, UK National Centre, Marionville Road, Edinburgh EH7 6AQ

Welcome / Fàilte: We look forward to welcoming you in Edinburgh. Please treat the workshop venue as a family home. Eyes see, hands do, as Mr Moy taught us, so if you see something which needs doing, don't hesitate to ask. All help is appreciated.

Accommodation:

Accommodation is available Tuesday to Sunday, and is not included in the workshop cost. This 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. Please book before Sun 18 March.

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 from around 17:00-20:00, where dinner will be available by donation. Registration will re-open on Saturday around 08:30. Payment by cash or cheque in GB Pounds is ideal. We are currently unable to accept payment by card. Pre-payment by BACS is available, and will be outlined when we confirm your booking.

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 runs every 10 minutes or so. Tickets can be bought in advance. For details and prices see www.lothianbuses.com/airlink
- Airport to City Centre (St Andrew Square) – trams run every 10 minutes or so. Tickets can be bought at any tram stop. For details and prices 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 about 15 minutes. For details and prices, including a simple journey-planner with times and maps, see <http://www.lothianbuses.com>

Car travel: For route information see Google Maps for: [EH7 6AQ](http://www.google.com/maps/place/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 Tuesday dinner – please give a donation. The kitchen will cater for vegetarians. There will also be a plain (steamed) food option - please choose this option if there are foods that you need to avoid. Members requiring special diets may still need to supply their own food, but please tell us about your needs on your booking form, and we will do our best.

Public health: If you are sick or have a cold, please stay at home, to avoid contaminating other people at the workshop