



Information for the Taoist Tai Chi™ European Centre

By car: See maps and directions provided. There is plenty of car parking available.

By air: Stansted Airport is the closest airport to the Centre and we endeavour to pick up anyone who lands there. There are airport buses from Heathrow or Gatwick that will bring you to Stansted for the pick-up. When your travel arrangements are confirmed, you will be told of the airport pick up point and given an emergency phone number.

Pickup at Stansted will generally be from the mid-stay car park, reached by using the mid-stay bus (free).

Please have a Taoist Tai Chi™ logo clearly visible for the pick-up.

By train: Colchester North Railway Station is only about 15 minutes away and is on the main line out of Liverpool Street Station in London.

By bus: Colchester Bus Station is also close by.

Pick-ups can be arranged from train and bus.

Accommodation will be either on-site or off-site, in shared rooms; bedding is provided, just bring a towel. If you need a bottom bunk, please indicate this on your booking form.

If you book early, it is more likely that we can arrange accommodation for you; otherwise you may have to make your own arrangements.

If camping, you'll need to provide your own bedding but we do have a limited number of bed mats.

The Centre is a single storey building with level access to all the facilities. There are wheelchair-accessible toilets and showers.

Please bring indoor shoes to change into when in the Centre (no bare feet or socks please). The practice hall is carpeted, and participants often sit on the floor during workshops.

There are fire exits throughout the building and, for your own safety if you are staying at the Centre, please familiarise yourself with the fire procedures that are displayed on the dormitory doors.

Please note that smoking is not allowed anywhere in the building.

If you decide to leave the Centre, please let the organisers know before you leave and when you arrive back.

Catering: With the plain (steamed) meals, our kitchen volunteers will do their utmost to respect the specific dietary needs listed by participants by eliminating the 14 allergens and any other food stuff that participants have drawn our attention to. However, this cannot be guaranteed, as the kitchen team constantly handles a wide variety of food products.

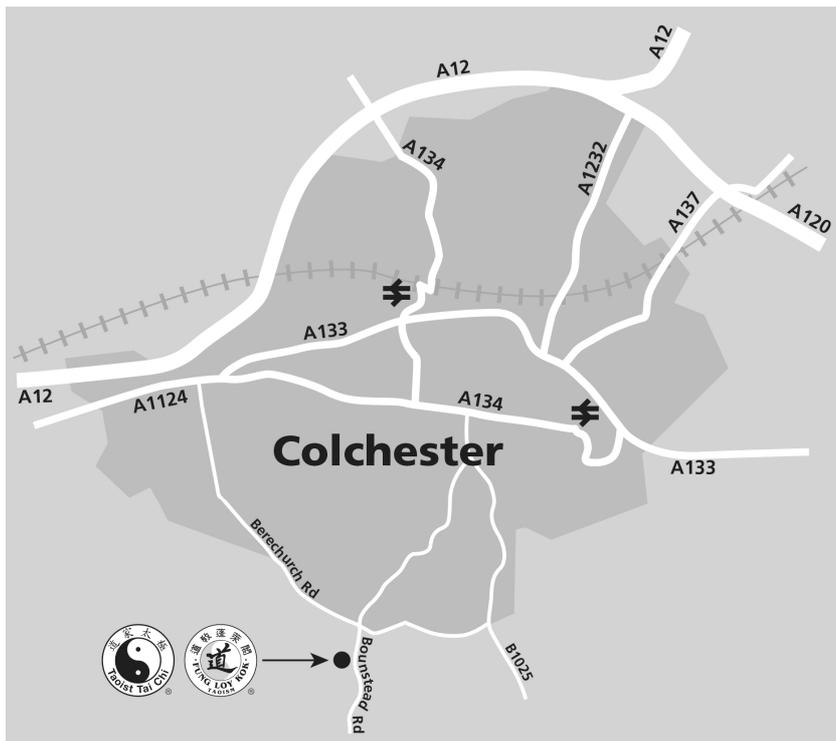
Please enjoy all meals, but at your own risk, and please stick to the meal type you requested on your booking form so that there is enough food for everyone.

Bookings: Your booking will be confirmed within several days of receipt. If you don't receive confirmation, it means we didn't get your booking so please contact us at the given email address (see poster) or by phoning the centre on +44 (0) 1206 576167.

Help: Workshops would not be possible without the work that is done by volunteers before and after. If you can come earlier or stay longer and help out that would be greatly appreciated and valued.



Directions to the European Centre, Colchester



From the A12 take the Cambridge exit (formally the A604) and follow signs to Mersea (B1025) then straight across the two mini roundabouts and turn right at the traffic lights into Straight Road.

Continue past the mini roundabouts until you reach the double mini roundabout and then turn left and then right into Gosbecks Road. Still follow the road to Mersea.

At the end of Gosbecks Road you will come to another set of double mini roundabouts and this time turn right and then left into Berechurch Hall Road.

Continue along until you come to crossroads with K D Radcliffe (formerly the Maypole Pub) on your right, which is on the corner of Bounstead Road. Turn right, and the Centre is about 300 metres on your right.

For satellite navigation, the full address of the Centre is:

*Taoist Tai Chi*TM European Centre, Bounstead Road, Blackheath, Colchester CO2 0DE