



Infosheet International Taoist Retreat Helmond

Registrations will be confirmed. If you don't get a confirmation within a few days, please contact us.

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

Contributions can be done in cash upon arrival but we prefer contributions done in advance by bank transfer. (name: Fung Loy Kok Taoist Tai Chi Nederland, *IBAN: NL62 INGB 0000 0707 81, BIC: INGBNL2A*). Make sure the payment done by bank transfer is received by us before the start of the retreat. If not, we will ask you to pay cash and we will refund the bank transfer when received.

Pick ups and drop offs will be arranged only from Airport Weeze Niederrhein (NRN). Participants arriving at other airports are asked to take public transport to Helmond 't Hout train station which is 800 meters walking distance from the FLKTTC Centre. Pickups can be arranged from Helmond 't Hout train station upon request. If you don't know your arrival time, please call us when you are arriving at Helmond 't Hout train station and we will come to pick you up.

E-tickets trains to/from the Eindhoven or Amsterdam Airport can be booked at registration and are non-refundable. Tickets will be sent by email about 10 days ahead of the retreat and need to be printed on A4 format before traveling. Eindhoven Airport < > Helmond 't Hout cost € 7,58 single fair. Amsterdam Airport < > Helmond 't Hout cost € 11,50 single fair (no travel allowed during peak hours mon-fri 6:30-9AM & 4-6:30PM) or € 22,40 (travel allowed during peak hours mon-fri 6:30-9AM & 4-6:30PM).

Arriving by car, to avoid any parking annoyance in the residential area near the FLKTTC 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 pickups.

Accommodation is dormitory style in bunk beds. If sleeping with other people in a room is difficult for you please book your own accommodation. If you require a bottom bunk bed due to health problems, please indicate this on your registration form. Don't forget to bring your own towel. A flashlight might come in handy. There is also a wheelchair accessible room, toilet and shower.

Meals. The kitchen provides regular meals for all. If you don't eat meat you can choose for the vegetarian option. If you can't eat one of these meals, please choose one of the steamed options. If none of these options are suitable or sufficient for you, you have to bring your own food. There is a microwave which can be used. The kitchen is during the retreat out of bounds for 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 retreat.