

Belgium Summer Course 2009

Welcome to 2009 summer training in Belgium with World Champion Junior Lefevre, in association with Khalsa Karate Confederation. The course will cater for both forms Kata and Kumite.



Arrival / Boarding

We will all meet at St Pancras International. Please liaise with each other on how to arrive and it has been suggested to go in groups, individually or by minicab or buses. Departure time is below so please ensure you leave in plenty of time!!! Please ensure you all bring your valid passports or you would loose fare. Check in 45 mins before boarding!!!!

From: St Pancras International To: Liege
Date: Monday 10 August 2009 Time: 08:34 Class:
Standard
From: Liege To: St Pancras International
Date: Friday 14 August 2009 Time: 18:59 Class:
Standard

Contact details - Eurostar Group Sales Eurostar (UK) Ltd

3rd Floor, Kent House, 81 Station Road
Ashford. Kent TN23 1AP

Annie.leyser@eurostar.co.uk

T 0870 6000 777

If there are any problems or anyone is late please ensure that I have all your numbers so that I can contact all incase of an emergency. My contact number is 07917 673 039, if you do not already have.

Train times on the 10th :

- 08.34 leave St Pancras arrives Brussels Midi 11.29
- 9 minute walk to Midi B for our train to Leige Guillemins which departs at 11.57 (IC510 final destination Eupen) arrives 13.00 .
- Liege Guillemins to Liege Palais (IC910 Final destination Hestal) departs 13.16 arrives 13.22 .
- Its then approx 11 min walk to Liege Opera (or 4 min taxi

Train times on the 14th :

- Walk or taxi from Leige Opera to Palais –
- Leige Palais to Liege Guillemins departs 16.38 (IC939 final destination Tournai) arrives 16.44.
- Liege Guillemins to Brussels Midi departs 17.00 (IC539 Final destination Ostend) arrives 18.03.
- 18.59 leave Brussels Midi arrives St Pancras 19.56



Check IN/OUT

On arrival we will need to check in. Approx check in time is 2pm. As afternoon class starts at 2.30pm we may decide to go straight to training depending on how everyone feels and then check in.

IBIS LIEGE

CENTRE OPERA

Place de la république

Française, 41

4000 Liège

Belgique

Tél : 00 32 4 230 33 33

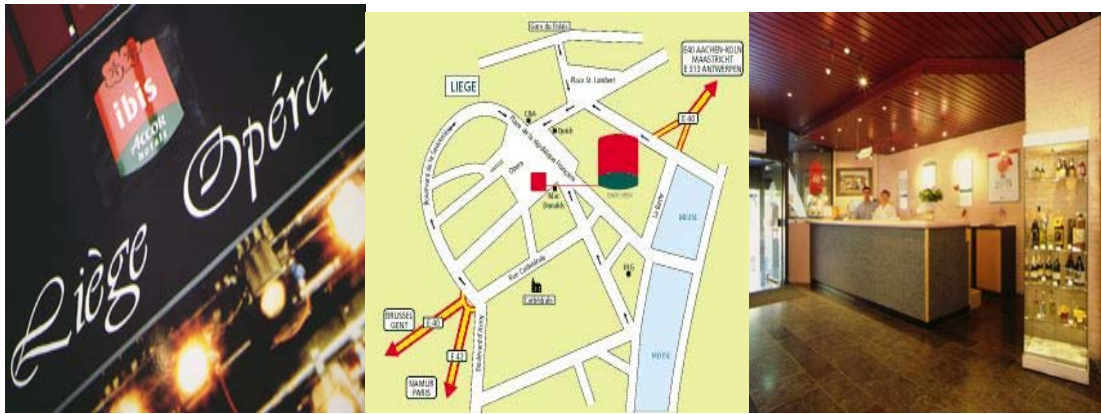
Fax : 00 32 4 223 04 81

E-mail : h0864@accor.com

GPS : N 50° 38' 36.13''

E 5° 34' 17.84''

IBIS hotel is off good standard and is only a 5-8 min cab ride to the Dojo whilst being in the middle of the main shopping centre!!!!.



Below is a list of facilities check in/out and what the hotel has to offer. From the telephone order I do believe the breakfast is included and you can take food away if required!!!

Payment will be required as and when you booked your rooms. Please ensure that you have all confirmed your booking as any issues on the day may result in no rooms available!!!! (Please clarify before we arrive).

General :	Parking, Pets Allowed, Bar, 24-Hour Front Desk, Non-Smoking Rooms, Rooms/Facilities for Disabled Guests, Elevator, Safety Deposit Box
Services :	Laundry, Dry Cleaning, Internet Services, Fax/Photocopying, Wi-Fi/Wireless LAN
Internet:	Wireless internet is available in the entire hotel and costs EUR 5.00 per hour.
Parking:	Public parking is possible on site and costs EUR 10.00 per day.
Check In:	14:00 hours
Check Out:	12:00 hours
Cancellation Policy:	If cancelled up to 19:00 on the date of arrival, no fee will be charged. If cancelled later or in case of no-show, the first night will be charged.
Children and Extra Bed Policy:	All children are welcome. All children under 12 years stay free of charge when using existing bedding. All children under 2 years stay free of charge for cots. There is no capacity for extra beds/cots in the room.
Deposit Policy:	No deposit will be charged.
VAT and city/tourist taxes:	VAT is included. Service charge is included. City/tourist tax is included.
Meal Plan:	Buffet breakfast costs EUR 14.00 per person.
Pets:	Pets are allowed. Charges may be applicable.
Accepted credit cards:	The hotel reserves the right to pre-authorise credit cards prior to arrival. American Express Visa Euro/Mastercard Diners Club

Training

The dojo is situated in Rue De Winston Churchill and is a stunning fully matted dojo!!! All students must be on time, ready in clean gi, all pads, gumshields and chest /groin guards. No shoes must be entered into dojo!!! Please ensure you bring water and food however Freddy Leferve may make food if required ie pasta, spaghetti (please give orders for food day before) Drinks can be purchased at the dojo.



Training times are listed below –

Monday: 15H30 a 16H30 kata

Monday : 16H45 a 18H00 kumité

Monday : 19H00 a 20H30 Techniques

Tuesday : 10H00 a 11H00 kata

Tuesday : 11H15 a 12H30 kumité

Tuesday : 14H30 a 15H30 kata

Tuesday : 15H45 a 17H00 kumité

Wednesday : 10H00 a 11H00 kata

Wednesday : 11H15 a 12H30 kumité

Wednesday : 14H30 a 15H30 kata

Wednesday : 15H45 a 17H00 kumité

Wednesday : 19H00 a 20H30 Techniques

Thursday : 10H00 a 11H00 kata

Thursday : 11H15 a 12H30 kumité

Thursday : 14H30 a 15H30 kata

Thursday : 15H45 a 17H00 kumité

Friday: 09H00 a 10H00 kata

Friday: 10H00 a 11H00 kumité

Others –

Travel Insurance – Please insure that you have all necessary travel insurance. Post office booklet is attached otherwise see below links to compare prices.

www.cheaptravelinsurance.com/ or
www.moneysupermarket.com/travelinsurance/

Money – Belgium will only Euros. All major credit cards will be accepted and some debit cards.

Dojo Insurance – speaking to Junior I would advise everyone to get there own insurance as Juniors insurance will only cover licenced users of the Belgium Karate Federation. Please ensure **YOU ALL DO THIS** and discuss best rates between yourselves!!!

Sites to visit – For parents who would like to do some sight seeing whilst students are training please see sites of interest.



Royal theatre – Near centre



Le Perron



Liege Park



Princes Palace

Notes :

Enjoy SENSEI SAT!!!!

