



General practical information

Seminar [Poster](#):

<http://stavangeraikido.files.wordpress.com/2011/01/bachratystavanger25-28aug20111.pdf>

[Facebook](#) event:

<http://www.facebook.com/event.php?eid=115421378531781>

Jacqueline:

+47 - 98 25 06 28 (mobile phone)

Jacqueline.vonarb@uis.no

Money

Please arrange for some cash in order to pay before your first session (Friday).

Fjords-trip (ca NOK 550), Barbeque Saturday evening (NOK 100), Seminar (NOK 400-600)

You may pay in EUR if more convenient (divide prices by 8 to get EUR).

Weapons

-Coming by plane? there will be weapons on loan for 'flying' aikidoka

-Coming by car? We'd appreciate you bringing extra weapons (especially bokken)

Food

Let me know if you are vegetarian/vegan or have food allergies!!! ASAP!

Mountain trip: all food will be provided (bring snacks if you want/need some)

Barbeque: Meat/Fish and side dishes provided (kr 100,-). Bring your own drinks!

Dojo: there's a Kiwi shop up the street (50m) open from 7-23 (weekdays) 9-22 (Saturday)

There is a mini-bank in the kiwi-shop

From the airport

Unless you got a message saying you're being picked up, please take the airport shuttle (called "[Flybussen](#)") to Stavanger – takes ca 25 mn, NOK 95 one way / NOK 150? for a return ticket.

Get off at the station called "Atlantic Hotel". To the left of the hotel entrance, find the Narvesen kiosk.

To the left of Narvesen, around the corner there is Personal Trener Service. The dojo is in there.

The dojo is NOT the seminar hall, but people are welcome to sleep there for free.

Seminar Hall – how to get there?

As you know the event is moved to Hundvågshallen.

Get there by bus:

Bus nr 1 leaves from Klubbgata (stop nr 40, behind the Domkirken/Cathedral)

Walk to the bus stop from dojo: 5 mn

Ride to Hundvågshallen: 11 mn – Cost: 26 kr each way

[See map of route](#)

[Reiseplanlegger online](#) (enter from "Stavanger Byterminalen" to "hundvågshallen")

Get there by car:

See the map: <http://tinyurl.com/Dojo-Hall-Jac>

A. Our dojo

B. Hundvågshallen

C. Jacqueline's place (where the Barbeque will be Saturday night)

Accommodation

-Those of you who have received a spot in a private house have been notified.

-Please bring a **sleeping bag** and a **sheet** (for the mattress), dojo / private home / mountain

- Those staying in the dojo bring a **sleeping pad** .

There is a fridge, a microwave and a water cooker in the dojo kitchenette. You will, however, have to get water from the bathrooms.

Note about the dojo – Personal Trener Service is a place of business during the day.

We would like to keep a good standing with the owners who were generous enough to allow for overnight stays. Therefore a few ground rules to respect:

- There will be a “key master” & responsible person to help ensure common knowledge of “rules”
- NO using weightlifting equipment or bicycles, we have no rights to them.
- Use your own towels – the red ones are for paying customers ONLY.
- Sweep water from shower
- You can hang things to dry in the changing rooms overnight, but NOT during the day!
- Keep changing rooms free of aikido-stuff during the day.
- Keep your stuff together, nice and tidy & rolled away against a wall in the dojo during the day.
- Keep kitchen area clean and utensils washed up AT ALL TIMES!
- Use paper/plastic wear provided by JuShinKan, write your name on it and re-use!
- Quiet in the dojo from 23.00, lights out at 24.00.
- Those wishing to talk more may do so in the reception area.
- The dojo shall be locked at night, and when all aikidoka are out (unless house staff is present).
- Sweep the dojo before you leave Sunday (necessary equipment in back room in men’s changing room}

Mountain Trip

We put all the costs together: transportation, food, accommodation – and divide by attendees.

Estimate, all inclusive: ca 550 NOK

Cars will leave the dojo at 17.00 sharp. Be ready 15 mn before!

One car will go via the airport, pick up time there 17.20 (for people landing between 15.50 and 17.00).

Car trip will take ca 2 hours.

Ca 19.00 – check in, settle in room, start dinner

Ca 19.30-21 Bokken practice

Dinner

06.30 wake up / pack up

07.00 breakfast / wash up

08.15 leave to Øygaardstøl

09.00 start walking! Back to car ca 15.00, back in town ca 17.00 – Pizza!

19-21 practice at hundvåghallen

Tough, eh? But that’s the way uh-huh, uh-huh... we like it!

Packing for mountain trip

Your luggage can stay in the cars.

We will bring food for the lunch (also for vegetarians...), but if you like, bring cookies, nuts & raisins, chocolate, etc.

Bring good walking shoes (jogging shoes may be a bit too “thin”...), preferably water proof.

Bring a wind proof jacket, preferably water proof also (or additional rain gear)

Bring a day-back-pack big enough for:

- Water bottle (you will get one)
- Change of inner clothes (thin wool if you have)
- Warm sweater or fleece
- Rain gear
- hat, scarf and gloves

(maybe not necessary, but you’ll be glad to have them if they are!)

The weather is a bit unpredictable this time of year, and in the mountains, the weather can change rapidly. Better have a little too many clothes, than too little. Safety prevails!

Remember, even if we see ocean water at the bottom, we’ll be at 1000 meter altitude. Can be windy, can be rainy, you never know!

Forgot something? Send me a mail: jacqueline.vonarb@uis.no or call me +47 98 25 06 28