

## Herzogenhorn Training Centre

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| <b>Please don't forget</b>                                      |   |
| <b>Shower gel</b>   | Please bring your own.  |
| <b>Hairdryer</b>  | Please bring your own if required.  |
| <b>Kobudo weapons (as required)</b>                             | 2 tanbo, 2 tonfa, 2 sai, 2 kama, 1 tanto (to be carried in the aircraft hold, not in hand luggage)  |
| <b>Tai Chi weapons (as required)</b>                            | Fan, sword (a telescopic sword is well suited for air travellers)   |
| <b>Towels</b>   | Changed daily from Monday to Friday after breakfast.  |
| <b>WhatsApp group</b>   | Photos etc. from the course can be uploaded here.   |
| <b>Room allocation from Sunday, 2 August</b>                    | Room allocation on the day of arrival is available <b>from 4 pm</b> .<br>Arrival is possible from 7 am.<br>If, contrary to expectations, there is a problem with your room, please report it to reception on the day of your arrival!   |
| <b>Meals (buffet)</b>   | Breakfast 08:00 – 09:00<br>Lunch 12:00 pm – 1:00 pm<br>Dinner 6.00 pm – 7.00 pm<br><br>Specific dietary requirements (allergies, vegetarian, etc.) should be indicated on the registration form. Upon arrival, these can be discussed separately with the kitchen.  |
| <b>Drinks + Snacks</b>  | Drinks and snacks can be purchased at the bar between <b>08:00 and 20:00</b> . A corkage fee will be charged for drinks brought from home.<br><b>After 8 pm</b> , drinks and other items are available from vending machines. Please record your purchases in the register and pay for them at breakfast. |
| <b>Fruit</b>  | Available free of charge in the restaurant.   |
| <b>Spring water / Free</b>                                      | Is provided on the table during meals and can be filled into your own water bottles at the bar.   |
| <b>Payment options</b>  | Cash<br>Debit card / Maestro<br>Mastercard / from 10 EUR<br>Visa / from 10 EUR  |
| <b>Quiet hours</b>  | In the interests of all guests, please observe the quiet hours from <b>10.00 pm to 7.00 am</b> .  |
| <b>NO mobile phone reception</b>                                | Accommodation is in the "wilderness"  |
| <b>Wi-Fi password</b>   | A Wi-Fi access code can be purchased at the counter for €6 per week. One code is required per device code is required.  |
| <b>Sauna</b>  | Use of the sauna must be booked at the reception desk at least 1 hour in advance, as the sauna requires time to heat up. The sauna is heated for 3 hours; the cost is €40. The fee must be paid at the reception desk upon booking or can be added to the final bill.                                     |
| <b>Room check-out on the day of departure Saturday 8 August</b> | Rooms must be vacated <b>by 10:00</b> am on the day of departure.<br>Please remove the bed linen and place it together with the towels outside the respective room door in the corridor.  |
| <b>Return of keys on 8 August</b>                               | At the offices of Butokukai Germany   |
| <b>Lost keys</b>  | €150  |