



# Information for Retreats at the *Taoist Tai Chi*<sup>TM</sup> European Centre

## Hygiene measures

We are mask friendly so feel free to wear one to protect yourself and others. Sanitising measures regarding food, cleaning, etc, are in place.

If you get any symptoms of illness before travelling stay at home to avoid infecting other participants. Transferred retreat contributions will be repaid if requested.

## Requests to participate

You need a recommendation from your Branch Council in order to participate in the retreat.

Your online registration will be confirmed automatically by Google. If you don't receive confirmation, it means there was a problem so please contact us at the email address given on the poster, or by phoning the centre on +44 (0) 1206 576167.

## Volunteering

If you would like to learn more by volunteering, please talk with your Branch Council.

For retreats, volunteers will be invited by the board. Talk with your Branch Council members to learn more about these opportunities.

## Transport

The address is: *Taoist Tai Chi*<sup>TM</sup> European Centre, Bounstead Road, Blackheath, Colchester CO2 0DE

By car: There is plenty of car parking available.

By air: Stansted Airport is the closest airport to the Centre. Stansted arrivals can book coach travel between Stansted Airport coach station and Tollgate retail park (Stanway), on the outskirts of Colchester, and request pickup from there.

First Bus coaches between Stansted Airport and Tollgate retail park are numbered X20; tickets available on the bus or in advance. See [X20 Colchester to Stansted Airport | First Bus](#).

By train: We can pick up from Colchester North Railway Station, which is about 15 minutes' drive away from the centre and is on the main line out of Liverpool Street Station in London.

## Accommodation

Accommodation at the Centre is in dormitory rooms; bedding is provided, just bring a towel.

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

To give yourself the best possibility of accommodation at the Centre it helps to book early; otherwise, you may have to make your own arrangements elsewhere.

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

Please bring clean shoes to change into when in the Centre (no bare feet or socks).

Alternative accommodation can be found at:

[www.visitcolchester.com/places-to-stay/b-and-bs](http://www.visitcolchester.com/places-to-stay/b-and-bs)

You'll need to arrange your own transport to and from your accommodation and the centre.

## Catering

For participants who can't/don't eat the regular or vegetarian meals provided, and/or have allergies, the kitchen provides plain meals (plain food with nothing added). We try, but do not guarantee, the plain food is allergen free.

If none of the food options is suitable or sufficient for you, please bring your own food. There is a microwave you can use.

Enjoy all the meals at your own risk, and please keep to the meal type you requested so that there is enough food for everyone.

## Payment

Please pay in advance, by BACS to:

- Taoist Tai Chi Society GB

- Sort code: 80-91-28

- Account number: 06020422

The amount due will be advised once your request is confirmed