

AIKIDO

and holiday

INTERNATIONAL SUMMER SEMINAR

Dirk
MÜLLER

Roberto
MARTUCCI

1th - 6th JULY 2012
FOLLONICA (Tuscany)
ITALY



www.aikidosummer.com

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INTERNATIONAL SUMMER SEMINAR

A week full of Aikido and sea, a relaxing holiday and a pleasant practice in the beautiful scenery of the Tuscan sea.

An event for students of every degree and federation.



The seminar will take place on the large tatami of the Dojo that is inside the "Golfo del Sole" village, a touristic complex leaning on the seaside with apartments, bungalows, a hotel, recreational and sporting activities, restaurant, swimming pool, minimarket and one kilometer of equipped and reserved beach.

TIMETABLE LESSONS

from **Sunday 1st of July** to **Friday 6th of July**

10:30 to 12:30 and 17:30 to 19:00

Possible timetable variations will be decided on the spot

SEMINAR FEES

€ 130 full seminar

€ 100 with reductions.

Payment is on site at the beginning of the seminar.



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~ Accomodation ~

"Golfo del Sole" Village

Inside the village there are three-room apartments each with 4/5 single sleeping accommodations for the participants.

These apartments, which are located in the park next to the dojo, are provided with a kitchen with crockery and linen.

The access to the beach and all other services offered by the "Golfo del Sole" village are included.

As per our agreement with the Village, all bookings arriving after the 31st of January will be dealt by the Village.

Tel : +39 0566 72111 Website: www.golfodelsole.com



Other structures in the area

As an alternative it is possible to recur to other types of accommodations on ones own, both in the Village or in other structures in the area.

Those who haven't an accommodation inside the village can of course attend the classes in the dojo but have no access to the beach, showers or enjoy other services of the "Golfo del Sole" village.

Camping Tahiti (200 m) - www.campeggiotahiti.it

Hotel Boschetto (600 m) - www.hotelboschetto.it

Il Girasole Village (600 m) - www.villaggioilgirasole.it

Villaggio La Madonnina (600 m) - www.villaggiolamadonnina.it

Hotel Lido (1000 mt) - www.hotellidofollonica.com



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~ How to get there~

Principal airports near Follonica

Pisa airport

From Pisa airport there is the direct railway line that connects Pisa Airport to Pisa Central Station. From Pisa Central Station you can take trains to Follonica station.

Official website for Pisa airport <http://www.pisa-airport.com>

Rome Fiumicino airport

From Rome Fiumicino airport there is a direct railway line, the Leonardo express train, that connects the airport to Rome Termini Station. Another train connects Rome Fiumicino airport to Rome Tiburtina Station. Rome Tiburtina Station is connected with Rome Termini Station by Metro B (Laurentina direction)

Official website for Rome Fiumicino airport <http://www.adr.it/fiumicino>

Rome Ciampino airport

From Rome Ciampino airport there are trains and buses that connect the airport directly to Rome Termini Station.

Official website for Ciampino airport : <http://www.adr.it/ciampino>

By train from Follonica station:

The railroad station is about 100 km far from Pisa and 200 km far from Rome and it is 4 km far from the village. In front of the station there's a taxi rank and a bus stop line 1 which departs every hour to the village.

NOTE - There is also line 4 in the months of July and August (tickets can be bought at the bar in front of the station).

From Rome Termini Central Station: you can find trains to Follonica.

For the timetable of all trains go to the website <http://www.trenitalia.com>

