



IBU CONGRESS IN SWEDEN 2010

Schedule friday

Presence announcement	kl.18.00
Training	kl.19.00–21.00
Evening objektives	kl.21.00–22.00

Saturday

	Breakfast	08.00–09.30	
	Presence announcement	09.30–10.00	All
Soke	Training	10.00–12.00	Child 7-12
Soke	Training	10.00–12.00	Adult and +15 years
	Lunch	12.00–13.30	All
Soke	Training	13.30–15.00	Adult and +15 years
	Pause	15.00–15.15	All
Soke	Training	15.15–16.30	Adult and +15 years
Minami Special	show	16.30–17.30	Adult and +15 years
	Barbecue Dinner	19.00–21.00	Adult and +15 years
	History telling in the bar...	21.00–?	Adult only

Sunday

	Breakfast	08.00–09.30	
Soke	Training	09.30–11.30	Adult and +15 years
	Lunch	11.30–12.30	All
Soke	Training	12.30–13.30	Adult and +15 years
	Closure	13.30–14.00	All

The Congress includes:

Breakfast, Lunch and dinner. Training from Friday to Sunday.
 Transports from and return to STHLM central.
 Accommodations in our dojo. Bring sleep bag and lying bases/pillow.
 Barbecue in Saturday night with beer and wine. A bar with self coast
 Prices during the evening. Free water during training.

Hotel room

<http://sv.hotels.com/ho191374/quality-hotel-winn-haninge-sverige/>
 From 90 euro per night (single room), 123 euro per night (double room)
 The hotel is 5 kilometers from the congress hall. Transport can be arranged.