International Training Camp
after the International Masters Bremen 2009

Venue/Location: **Olympic Training Centre Hanover**

Date: **Sunday, 22 March 2009 - Thursday, 26 March 2009**

Schedule: **Sunday, 22 March 2009:**
Arrival from Bremen after the International Masters Bremen at about 9:oo pm
(Dinner in Hanover)

Monday, 23 March 2009 – Wednesday 25 March 2009:
Training (mainly Randori) in the morning and the afternoon (session ca. 2,5 hours)

Thursday, 26 March 2009:
Last training-session in the morning until about 11:3o am after the training session
departure.

Costs: in Youth-Hostel: 240 EUR - this price includes accommodation and full board from dinner on Sunday until breakfast on Thursday (26 March).

ETAP-Hotel: to be informed early 2009

Accommodation: Youth-Hostel Hanover (generally four -six bed rooms)
ETAP-Hotel Hannover Central (double bed rooms)