



SUMMER STAGE

Grand Master PHAN HOANG



Summer Stage

with GRAND MASTER PHAN-HOANG – www.vovietjournal.org

SUMMER TRAINING SESSION 22-26 JULY 2009

at HOTEL AXIS OFIR (at the beach), Esposende, Portugal

(about 30 minutes from Porto)

STAGE VIETTAICHI and STAGE VO-VIET

ORGANIZED BY TRAN-SU VOVIET PORTUGAL. OPEN TO ALL

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COST:

BOTH STAGE (VO-VIET AND VIETTAICHI) :

- 50 euros (registration form sent before 25 June 2009)
- 70 euros (registration form sent after 25 June 2009)

ONE STAGE (VO-VIET OR VIETTAICHI)

VO-VIET

VIET TAI CHI

35 euros (registration form sent before 25 June 2009)

50 euros (registration form sent after 25 June 2009)

Registration is now open. Limited number of participants, closing without notice.

Visit: www.vovietjournal.org

REGISTRATION FORM

(to be sent via email: f.sousa@transuvoviet.com or Fax +351227459846)

Name: _____

Association/Country: _____

Telephone: _____

E-mail: _____

Date: ____/____/____

IMPORTANT NOTICE:

-As usual, participants take full responsibility when attending this Stage, the organizer is free from any responsibility should an accident occur.

-Training sessions will take place either in Hotel Axis Ofir luxurious room, or at the surrounding private green spaces, or at the beach.

VO-VIET PROGRAM

22 JULY - Wednesday

19:30 Registration/ Information/ Welcome message
20:00 -20:45 Session with the Grand Master
21:00 Dinner (optional)

23 JULY - Thursday

19:00 - 21:30 Training session

24 JULY - Friday

10:00 - 12:00 Training session
12:30 -13:30 Optional training

25 JULY - Saturday

09:00 - 11:00 Training session 11:30 -13:00 Team work
17:00 20:00 Training session
21:00h GALA Dinner (optional)

26 JULY - Sunday

08:30 - 10:30 Training session
11:00 - 12:30 Training session
13:00 Closing Ceremony / Certificate

VIET TAI CHI PROGRAM

23 JULY - Thursday

10:00 - 12:00 Training session
12:30 - 13:30 Optional training

24 JULY - Friday

08:00 - 09:30 Optional training
19:00 - 21:30 Training session

25 JULY - Saturday

08:00 - 09:00 Training session 11:00 -13:00 Optional training
18:00 - 2000 Training session

26 JULY - Sunday

08:00 - 10:00h Training session 10:00h-11:00h Team Work
11:30 - 12:30 Training session
1300 Closing Ceremony / Certificate

ADDITIONAL INFORMATION:

Meals and accommodation will be on account of each participant and the reservations should be done directly with the hotels. July is high season in Ofir and the demand is very strong, especially for the Youth Hostel (Pousada Foz do Cávado).

Special rates at the Axis Ofir Hotel for our stage participants are only guaranteed until June 30 (please refer our CODE 2009TSVV).

LODGINGS- There are many possibilities, please explore.

- Camping Park <http://www.roteiro-campista.pt./Braga/fao-moldura.htm>
- Youth Hostel http://juventude.gov.pt/Portal/Lazer/en/PFoz_Cavado.htm 15 € per person (twin)
- Axis Ofir Beach Resort - <http://www.axishoteisegolfe.com/ofir/hotel.php?lang=en> e-mail reservas@axisofir.com
- Special rate per day for our participants: 35 euros per person (twin); 60 euros (single) -please refer code 2009TSVV. Buffet Breakfast included.
For lunch or dinner: 15 €
- Gala Dinner 30 €
- **Low cost flights to Porto**

<http://www.edreams.com/> - <http://www.momondo.com/> - <http://volareweb.com/>
http://www.advances.com/mirror/IT_Voli.cfm?ref=2008072501&langue=it
<http://www.viajar.com/viajes/vuelos>
<http://www.ryanair.com/> - <http://www.airberlin.com/> <http://www.easyjet.com/>

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