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| RIPA INTERNATIONAL CENTER Registration form - Summer Retreat 2019From 20/07/2019 to 10/08/2019 |  | Ripa International CenterLandguet Ried,Hilfligweg 10, CH-3172Niederwangen (Bern)  |
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| You may either complete the form below by hand and send it by post, or fill it out directly on your computer and send it to: registration@ripa-international.com.CONTACT INFORMATION

| Last Name |       |
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| **First Name** |       | [ ] M [ ]  F |
| **Address**  |       |
| **Zip code + City** |       |
| **Country** |       |
| **E-mail address** |       |
| **Phone number** |       |
| **Age** |       |
| **Name and age of child** |       |

How did you learn about this retreat? [ ] newsletter, [ ]  friends [ ] website [ ]  press [ ]  others      RETREAT FEES (please indicate your choice)

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|  | **Member**(PL, SH, RL, RR) | **Non-member** |
| **Module 1**20 – 26 July  | [ ]  220CHF / [ ]  185€ | [ ]  290CHF / [ ]  245€ |
| **Module 2**27 July - 2 August | [ ]  220CHF / [ ]  185€ | [ ]  290CHF / [ ]  245€ |
| **Module 3**3 – 10 August | [ ]  230CHF / [ ]  195€ | [ ]  295CHF/ [ ]  255€ |
| **Full retreat** (M1+M2+M3)20 July-10 August (-30%) | [ ]  470 CHF / [ ]  395€ | [ ]  615 CHF / [ ]  520€ |
| **2 Modules** (-20%)Please indicate which onesM1[ ]  M2[ ]  M3[ ]  | [ ]  360 CHF / [ ]  305€ | [ ]  470 CHF / [ ]  400€ |
| **Enrichment Gesar empowerment** 4 August *(if not participating in any of the modules)* |  [ ]  35 CHF / 30€ | [ ]  45 CHF / [ ]  40€ |

*Minimum fees to support the costs at a price that is affordable for all – You can support the event and those in financial difficulties through an additional donation. See below*MEMBERSHIP (please mark)

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| I am already a member of[ ]  Padma Ling (PL) [ ]  Ripa Ladrang (RL), [ ]  Ripa Russia (RR)[ ]  Shambhala (SH) | [ ]  I am a RIC supporter |

[ ]  I would like to become a Ripa member. Please send me a subscription form to the above-mentioned address.ACCOMmODATION: Food and lodging are offered as a package. Men and women shall be accommodated separately, except for a couple or upon request to be with a specific friend. I would like to share my room with:            **MODULE 1: PUBLIC TEACHING ON SELF-COMPASSION**

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|  | **20 - 26/07/2019 6 nights** |
| *Prices in Euro & Swiss francs (CHF)*  | **Half-board\*** | F**ull-board\*** |
| [ ]  Hotel room with private bath / 2 or 3 beds | [ ]  534 CHF/ [ ]  477€  | [ ]  594 CHF/ [ ] 530€ |
| [ ]  Standard room with shared bath/ 1 bed | [ ]  528 CHF / [ ]  471€ | [ ]  588 CHF/[ ]  525€ |
| [ ]  Standard room with shared bath/ 2 or 3 beds  | [ ]  426 CHF/ [ ]  380€ | [ ]  486 CHF/ [ ]  434€ |
| [ ]  Dormitory |  [ ]  305 CHF/ [ ]  272€ | [ ]  365 CHF/ [ ]  326€ |
| [ ]  Camping | [ ]  240 CHF/ [ ]  214€  | [ ]  300 CHF /[ ]  268€ |

**Non-residential participation during module 1**During module 1only, there is the possibility to attend as an external participant. In that case the following costs for meals (choose as appropriate) apply:

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|  | External meals  |
| Breakfast x 5 | [ ] 50 CHF / [ ] 40 Euros |
| Lunch x 5 | [ ] 100 CHF / [ ] 90 Euros |
| Dinner x 5 | [ ] 75 CHF / [ ] 65 Euros |

[ ]  I pay the non-residential fee of 50 CHF / 45€ **MODULE 2: YESHE TSOGYAL DRUPCHÖ**

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|  | **27/07 – 2/8/2019 6 nights** |
| *Prices in Euro & Swiss francs (CHF)*  | **Half-board\*** | F**ull-board\*** |
| [ ]  Hotel room with private bath / 2 or 3 beds | [ ]  534 CHF/ [ ]  477€  | [ ]  594 CHF/ [ ] 530€ |
| [ ]  Standard room with shared bath/ 1 bed | [ ]  528 CHF / [ ]  471€ | [ ]  588 CHF/[ ]  525€ |
| [ ]  Standard room with shared bath/ 2 or 3 beds  | [ ]  426 CHF/ [ ]  380€ | [ ]  486 CHF/ [ ]  434€ |
| [ ]  Dormitory |  [ ]  305 CHF/ [ ]  272€ | [ ]  365 CHF/ [ ]  326€ |
| [ ]  Camping | [ ]  240 CHF/ [ ]  214€  | [ ]  300 CHF /[ ]  268€ |

**MODULE 3 – ENRICHEMENT GESAR DRUPCHÖ**

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|  | **3 – 10 /08/2019 7 nights** |
| *Prices in Euro & Swiss francs (CHF)*  | **Half-board\*** | **Full-board\*** |
| [ ]  Hotel room with private bath / 2 or 3 beds | [ ]  621 CHF/ [ ]  554€  | [ ]  691 CHF/ [ ]  617€ |
| [ ]  Standard room with shared bath/ 1 bed | [ ]  615 CHF / [ ]  549€ | [ ]  685CHF/[ ]  612€ |
| [ ]  Standard room with shared bath/ 2 or 3 beds  | [ ]  496 CHF/ [ ]  443€ | [ ]  566 CHF/ [ ]  505€ |
| [ ]  Dormitory |  [ ]  353 CHF/ [ ]  315€ | [ ]  423 CHF/ [ ]  378€ |
| [ ]  Camping | [ ]  280 CHF/ [ ]  250€  | [ ]  350 CHF /[ ]  313€ |

[ ]  I am on half-board, but would exceptionally like to eat on the evening of my arrival on [ ]  20 July [ ]  27 July [ ]  3 August10 CHF / 9 € for each dinner[ ]  I will participate in the Enrichment Gesar empowerment only and will have lunch on 4 August – Price 20 CHF / 18 € **Important: staying an extra night during the summer retreat**Staying an extra night between two modules of the summer retreat is only possible if the participant is actually attending two consecutive modules and needs accommodation for the night of 26 – 27 July and/or 2 – 3 August. If for example you are attending only module 3 and you wish to arrive one day earlier, the extra night cannot be confirmed automatically, but upon availability only.[ ]  I will arrive before the beginning of the full retreat and/or depart after the end of the full retreat, or will participate in two consecutive modules and need to add one or more extra nights, as follows:[ ]  19-20 July [ ]  26-27 July [ ]  2- 3 August [ ]  10- 11 August Please add the price of the extra night or nights on the table of the last page:

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|  | **Half-board\*** | **Full-board\*** |
| [ ]  Hotel room with private bath / 2 or 3 beds |  [ ]  87 CHF / [ ]  78€ | [ ]  97 CHF / [ ]  87€ |
| [ ]  Standard room with shared bath/ 1 bed |  [ ]  87 CHF / [ ]  78€ | [ ]  97 CHF / [ ]  87€ |
| [ ]  Standard room with shared bath/ 2 or 3 beds  |  [ ]  70 CHF / [ ]  63€  | [ ]  80 CHF / [ ]  71€ |
| [ ]  Dormitory |  [ ]  50CHF /[ ]  45€  | [ ]  60 CHF / [ ]  54€ |
| [ ]  Camping | [ ]  40 CHF /[ ]  36€  | [ ]  50 CHF / [ ]  45€ |

For people with a low income, a financial reduction is possible. Please send us your application by e-mail and attach the necessary proof documents.MEALS: All meals are vegetarian.Half-board: breakfast, lunch or full board: breakfast, lunch, dinner. Do you suffer from any food allergies or sensitivities? If so, which one[ ]  Gluten [ ]  Lactose [ ]  Vegan Others      CHILDREN’S FOOD AND LODGINGChildren: No charge up to 5 years. 50 % for children up to 9 years. 70 % for children from 10 to 16 years.CHILDREN’S PROGRAMME/BABYSITTING**1st week (from 20 to 26/07)** subject to confirmation.If the number of children is sufficient, the center will organize a parallel programme for them during the first week of the retreat. (an additional cost might be added).[ ]  Yes, I wish my child to participate to an activity parallel programme.Name of the child:       Age:       Language:      We will confirm the programme as soon as possible.In case the number of children is not sufficient, we will put you in touch with others parents and facilitate contacts with a nanny.**2nd & 3rd weeks** I need to get in touch with others parents for taking care of my children during the day yes [ ]  /no [ ]  for (names and age of the children):KARMAYOGAPlease note that all participants are expected to contribute to the organization and well-being of the community.During the retreat, I offer my help for:[ ]  Lamaseva (household and service of Rinpoches) [ ]  Dharmaseva (rituals and Gompa) [ ]  Sound [ ]  Shop[ ]  Household (general cleaning; kitchen help)Before or after the entire retreat (not in between modules)[ ]  1 day before retreat (19 – 20 July) [ ]  1 day after retreat (10 – 11 August)We will select a volunteer team and contact you in advance.At the end of the retreat, we kindly ask each participant to remove the bed linen and put fresh ones on the bed in their place.TRANSLATION: I don’t understand English and need a translation into my language, which is:       [ ]  I would like to use a translation headset for a deposit of 50 €/ 50 CHF (payable on-site and to be recovered at the end of the retreat). TRAVEL INFORMATION:* + **ARRIVAL**: Date      \* Time:      \*
	+ **DEPARTURE**: Date      \* Time:      \*

[ ]  **I’m travelling by train and need a shuttle service from Niederwangen** (Please indicate the exact time of arrival and departure otherwise we will be unable to come and pick you up – An extra charge of 3 CHF/€ per traject for the shuttle applies.)[ ]  **I’m travelling by car** from       and have extra place for      (number of people).PERMISSION FOR USE OF PHOTOS: I give authorization to the organization to use for non-commercial public distribution all images taken in the activities at the Center as well as the recordings and publishing of photographs for both internal and xternal use in flyers and on the website of RIPA [ ]  yes [ ]  no PAYMENT

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| Total amount of fees **for retreat fees** |       **€** |       **CHF** |
| Total amount of fees for **accommodation** |       **€** |       **CHF** |
| Total amount for **extra nights** |       **€** |       **CHF** |
| Monthly contribution for **« Ripa Supporter Programme »** |       **€** |       **CHF** |
| **I deduct this supporter amount from the retreat fees** | [ ]  **yes** | [ ]  **no** |
| **I offer this amount to financially less privileged people** | [ ]  **yes** | [ ]  **no** |
| By example, if the amount of your monthly contribution is 50 € / you can deduct 50 € from the retreat fees, 2 times a year (summer retreat and winter retreat) |
| **I wish to make a donation** |       **€** |       **CHF** |
| Total amount for food and lodging for children |       **€** |       **CHF** |
| I would like to take the shuttle on arrival and departure (6 CHF/€) |       **€** |       **CHF** |
| I am on half-board, but would like to have dinner on the day of my arrival (20 July / 27 July / 2 August – 10 CHF/9 € per meal) |        **€** |       **CHF** |

I transfer       CHF (retreat & donation) and       CHF (accommodation) =       CHF I transfer       € (retreat & donation) and       € (accommodation) =       € Use SEPA TRANSFER to avoid additional costs. Checks will not be acceptedAccount holder: RIPA INTERNATIONAL CENTER / Hilfligweg 10 / CH-3172 Niederwangen Name of Bank: UBS / Postfach, 8098 ZürichSWIFT/BIC: UBSWCHZH80A Clearing: 0235For transfer in Euro from Europe or other countries:IBAN: CH77 0023 5235 1309 4260 M For transfer in Swiss Francs from Switzerland:IBAN: CH12 0023 5235 1309 4201 B**IMPORTANT: only cash payments are accepted upon arrival.**Date:      Signature:      |  | General Information * This registration form concerns the whole retreat from 20/7 to 10/8

**IMPORTANT**: Each programme starts the day of your arrival at 4 pm and ends on the last day after lunch. It is indispensable to engage in the totality of each module. Closing date for registration: 10/07/18Retreat rules* Conditions :

**- Module 1 –** Open to all **- Module 2 & 3-** Refuge and have received a Ripa lineage initiation* The retreat is residential and a module must be attended in its entirety.
* All participants shall refrain from sexual activities, alcohol, tobacco and drugs during the whole length of the retreat.
* Not to kill (even insects etc.).

Details and information about BoardHotel rooms (2 or 3 beds) with private bathroom: Rooms in the main house. Bed linen and bath towels are included.Standard room with shared bath (1 to 3 beds): Rooms in the main house and in the brick house. Some have a sink inside the room. Toilets and showers are shared in common. Bed linens and bath towels are included. Dormitory: either on the top floor of the main house, in the Mantra room, or in « Stöckli ». Shared toilets and showers. Bed linen is include, but towels are not.Non-residential participationThe retreat is offered as a residential package. In case you have to lodge outside the retreat premises, a non-residential fee of 50 CHF / 45€ for the week (10 CHF / 9€ per day) is applied to cover for the common use of infrastructures and daily beverages (water, herbal teas, etc).FamilyUnaccompanied minors must provide written parental consent.All families are welcome, but parents are responsible for the care of their children. They should organize the childcare amongst themselves.Help and Participation in community tasks* All participants are expected to contribute to the common tasks.

Please, specify the field where you want to help.* Those who can arrive one day before July 20 are welcome to help with the necessary preparations. Ripa International will bear the costs of one night of meals and accommodation and, if possible, will offer transport from the train station in Niederwangen to the center. Many thanks for those who will be able to participate to tidying and cleaning up at the end of the retreat.

TranslationSessions will be held in English with simultaneous translation into German, French & Spanish. Russian upon demand.PaymentRetreat fees must be paid fully upon registration (100%).The lodging fees may be paid fully (100%) or a deposit of 50% - The remaining 50% must be paid **only in cash** (Euros or CHF) upon arrival.DonationsAware that Swiss prices are costly and represent a big financial effort for most members of our European Sangha, our center strives to maintain rates as low as possible, whilst ensuring that its events break even. To this end, we make a special appeal to those participants who can contribute with a donation so that least privileged members may also take part. We thank you in advance!Cancellation**Till June 30:**Refund with a deduction of 30 CHF/€ to cover the administrative costs.**Till July 8:**Refund of 70 %**As of July 9:**Refund of 50 %**No show:**Refund of 30%With my signature I agree to the circumstances and to the conditions, as indicated on the registration form.Your registration will be confirmed by letter or by mail as soon as the registration form and the payment have been received. |