

# Registration form

## Winter retreat at Ripa International Center

From 26/12/2016 to 01/01/2017

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](mailto:registration@ripa-international.com).

### CONTACT INFORMATION

|                       |  |
|-----------------------|--|
| Last Name             |  |
| First Name            | <input type="checkbox"/> M<br><input type="checkbox"/> F |
| Address               |  |
| Zip code + City       |  |
| Country               |  |
| E-mail address        |  |
| Phone number          |  |
| Name and age of child |  |

How did you learn about this retreat?

newsletter,  friends  website  press  others

### RETREAT FEES (please indicate your choice)

|                                | Member (PL, SH, RL, RR)               | Nonmember                              |
|--------------------------------|---------------------------------------|--|
| Participation to the teachings | <input type="checkbox"/> 185€ /200CHF | <input type="checkbox"/> 270€ / 295CHF |

*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)

|   |   |
|---|---|
| I am already a member of<br><input type="checkbox"/> Padma Ling (PL)<br><input type="checkbox"/> Ripa Ladrang (RL),<br><input type="checkbox"/> Ripa Russia (RR)<br><input type="checkbox"/> Shambhala (SH) | <input type="checkbox"/> I am a RIC supporter |
|---|---|

I would like to become a Ripa member. Please send me a subscription form to the above-mentioned address.

Ripa International Center  
Landguet Ried,  
Hilfligweg 10, CH-3172  
Niederwangen (Bern)

## General Information

The retreat is open to all.  
It starts at 4 pm on  
26/12/2016 and ends after  
breakfast on 01/01/2017

Closing date for  
registration: 15/12/16

## Retreat rules

- The retreat is residential and must be attended in its entirety.
- The retreat will be held in full silence.
- All participants shall refrain from sexual activities, alcohol, tobacco and drugs.
- It is advisable not to kill (even insects etc.).
- For security reasons, lighting candles and burning incense in the rooms are not allowed.

## 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:

| LODGING  | 26.12.16 – 01.01.17 6 nights         |                                      |
|--|--------------------------------------|--------------------------------------|
| Prices in Euro or Swiss francs (CHF)                                 | <input type="checkbox"/> Half-board* | <input type="checkbox"/> Full-board* |
| <input type="checkbox"/> Hotel room with private bath / 2 or 3 beds  | 485 € / 534 CHF                      | 539 € / 594 CHF                      |
| <input type="checkbox"/> Standard room with shared bath/ 1 bed       | 539 € / 594 CHF                      | 593 € / 654 CHF                      |
| <input type="checkbox"/> Standard room with shared bath/ 2 or 3 beds | 437 € / 480 CHF                      | 491 € / 540 CHF                      |
| <input type="checkbox"/> Dormitory                                   | 237 € / 261 CHF                      | 291 € / 321 CHF                      |

I would like to rent bed linen: 6 CHF / 6 € per week

I am on half-board, but would exceptionally like to eat on the evening of 26/12 for an additional 10 CHF / 10 €

I am on half-board, but would exceptionally like to have lunch on 01/01 for an additional 13 CHF / 13 €

For people with a low income, a financial reduction is possible. Please send us your application by e-mail and attach the necessary 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 LODGING

Children: No charge up to 5 years. 50 % for children up to 9 years. 70 % for children from 10 to 16 years.

I would like to get in contact with other parents for daily child care during the day

yes, for (names and ages of children) /no

## Details and information about Board:

- Hotel 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 and towels are not included.

## Family:

Unaccompanied 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.

## KARMAYOGA

Please 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 household)
  - Sound
  - Shop
  - Household (general cleaning; kitchen help)

- Before or after retreat:
  - 1 day before retreat
  - 1 day after retreat

We will select a volunteer team and contact you in advance.

At the end of the retreat, each participant is required to remove the bed linens 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 5 CHF/€ per trajet for the shuttle applies.)

- I'm travelling by car** from                      and have extra place for (number of persons).

## 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 external use in flyers and on the website of RIPA  yes  no

## 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 before December 26 are welcome to help with the necessary preparations. Ripa International will bear the costs 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.

## Translation

Sessions will be in English with simultaneous translation in German, French, Spanish and Russian.

## PAYMENT

Please fill in:

|   |                              |                             |
|---|------------------------------|-----------------------------|
| Total amount of fees for seminar  | €                            | CHF                         |
| Total amount of fees for accommodation  | €                            | CHF                         |
| Monthly contribution for « Ripa Supporter Program »   | €                            | CHF                         |
| I deduct this supporter amount from the retreat fees  | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| I offer this amount to financially less privileged people   | <input type="checkbox"/> yes | <input type="checkbox"/> 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 rent bed linens   | €                            | CHF                         |
| I would like to take the shuttle on arrival and departure (10 CHF/€)  | €                            | CHF                         |
| I am on half-board, but would like to have dinner on the 26/12  | €                            | CHF                         |
| I am on half-board, but wish to have lunch on 01/01   | €                            | 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 accepted

Account holder: RIPA INTERNATIONAL CENTER / Hilfligweg 10 / CH-3172 Niederwangen

Name of Bank: UBS / Postfach, 8098 Zürich

SWIFT/BIC: UBSWCHZH80A Clearing: 0235

For 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: Payment of your account must be made in cash upon arrival**

Date:

Signature:

## Payment

Retreat 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 **in cash** upon arrival.

## Donations

Aware 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

Please, refer to the cancellation conditions indicated in the practical information.

With my signature I agree to the circumstances and to the conditions, as indicated on both the registration form and in the detailed flyer.

Your registration will be confirmed by letter or by mail as soon as the registration form and the payment have been received.