



PRACTICAL INFORMATION

**Winterretreat with Dungsey Gyetrul Jigme Rinpoche
from 27 December 2015 to 3 January 2016**

- **Location**

Ripa International Center

Landguet Ried,

Hilfligweg 10, CH-3172 Niederwangen (Bern), Switzerland

www.ripa-international.com, Mail : info@ripa-international.com,

In case of emergency, call: +41 (0)31 981 03 77

Welcoming will be on 27/12, starting from 4.00 P.M.

- 6.30 P.M.: dinner (included for people on full-board. To be added on the registration form for people on half-board who exceptionally would like to take dinner this first night).
- 8.00 P.M: Welcome meeting and general information.

Departure will be on 3/01 after breakfast or after lunch for those who can assist in cleaning.

- **Itinerary**

By car

Highway Nr.27 Bern - Fribourg, exit nr. 11 Niederwangen (see the link below)

<http://route.search.ch/3172-niederwangen-bei-bern/Hilfligweg-10> or

<http://www.maps.google.ch>

GPS : Hilfligweg 10, Köniz

By train (and from the airport)

Link with the indicator of SBB (Swiss railway company) www.sbb.ch

- **From Basel to Zurich**

Intercity or Interregional (IC or IR) to the central station of Bern. Change in the station of Bern – S-Bahn Nr.1 (direction Fribourg) or S-Bahn Nr.2 (direction Laupen) to **Niederwangen**.

- **From Geneva**

Intercity or Interregional (IC or IR) to Fribourg. Change in the station of Fribourg – S-Bahn Nr.1 direction Bern to **Niederwangen**.

- **From the station of Niederwangen**

By foot (20 minutes) to the International Ripa Center/ Landguet Ried Hilfligweg 10, 3172.

A shuttle service is available on reservation from **Niederwangen** station (recommended if you have luggage, because there is a steep hill)

Please indicate the exact hour of your arrival at Niederwangen on your registration form (and reconfirm by mail).

- **Translation**

Teachings sessions are in English with a simultaneous translation in French, in German and in Spanish, with wireless earphones-system. Possibility to get earphones with a deposit of 50 €/50 CHF.

- **Please, don't forget to take with you :**

Some warm and comfortable clothes; some elegant outfits should also be included for the ceremonies.

Your practice texts

For the dormitories: a flashlight is recommended

The center provides the participants with quite a few cushions and yoga mats. If you have your own equipment, we encourage you to bring it with you, so the material of the center can be used for the new-comers.

- **Family**

It is parents' responsibility to organize the care of their children. However, the RIC can promote contacts between parents to better organize themselves. Please, contact us.

- **Photos**

During the event, photos and videos are not allowed in the seminaryroom/temple.

People who received an official authorization from the Ripa Masters are encouraged to indicate it in their registration form. They should also get the authorization from the Ripa Council. In any case, all the photos that were taken will be considered by the Ripa Council within one month. The reproduction rights of the photos taken during the retreat belong to the Ripa Masters, represented by the Ripa Council.

- **Copyrights**

Rinpoche owns the copyrights of his teachings and audio or video recordings are strictly prohibited. Ripa International Center or Padma Ling associations may grant special authorization on request.

- **Insurance**

The insurances of Ripa International Center and Landguet Ried do not cover accidents, sicknesses, lost luggage or personal belongings. Please check your own insurance coverage before leaving.

- **In case of cancellation**

Up to 1st December 2015: Fully refunded with a deduction of 30 CHF to cover office charges.

Up to 7 December 2015: 50% refund

After 7 December 2015: No refund.

Please inform us as soon as possible if you must cancel, so that others may participate. In exceptional circumstances, it is possible to deviate from these rules. The decision will be taken after written and reasoned request.

We recommend you the purchase of travel insurance, with full refund, in the event of illness, to cover 100 % of incurred costs (for instance Allianz global assistance).