THIRD SEADATANET TRAINING COURSE
16-19 June 2008

1. VENUE

The event will be held at the:

UNESCO/IOC Project Office for IODE
Wandelaarkaai 7/61
B-8400 Oostende, Belgium
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2. ARRIVAL IN BELGIUM

Please check your air ticket carefully and verify where your travel to Belgium terminates:

BRU - (BRUSSELS AIRPORT- ZAVENTEM www.brusselsairport.be).

For those arriving at Brussels Airport (BRU in the air ticket) to reach Oostende you will have to take the train as follows:

Arrival is on the second floor of the airport (LEVEL 2). The train terminal is on LEVEL -1. Please take the lift or elevator to level -1 for the train. Buy a ticket to Oostende (it will cost about 15 Euro). If at the time of your arrival the ticket office is closed you can buy a ticket from the conductor in the train.
You will take a first train to Brussel Zuid (Bruxelles Midi), where you will have to change to another train for Oostende. There are frequent trains from the airport to Brussel Zuid (Bruxelles Midi) - about every quarter of an hour.

Departure times for the Oostende train from Brussels Zuid (Bruxelles Midi) is usually once per hour. Consult the monitors at the station. Oostende is the final stop for this train so you will not miss this stop. More information on trains can be found via http://www.b-rail.be/main/E/index.php.

ZYR - BRUSSELS MIDI - BRUSSELS ZUID (arrival by train)

For those arriving at Bruxelles Midi (Brussel Zuid) Station you can take a train directly to Oostende (cost about 15 Euro). The train times are usually once per hour. It is the same train that persons arriving from the airport shall take.

NOTE THAT YOU WILL TRAVEL FROM PARIS AIRPORT (http://www.paris-cdg.com) TO BRUSSELS MIDI BY THE HIGH SPEED TRAIN -THALYS (the train station, wherefrom this Thalys high-speed will leave, is located in Terminal 2 of the Charles de Gaulle airport).

3. ACCOMODATION

Most participants have been booked at the:

Golden Tulip Bero Hotel
Hofstraat 1A
8400 Oostende, Belgium
Tel: +32-(0)-59-70 23 35
Fax: +32-(0)59-70 25 91
Email: info@hotelbero.be
Url: www.hotelbero.be

Please also note that all rooms are booked with guarantee on late arrival so don't worry even if your plane is late. The bookings as they have been made will have to be honoured from the moment you arrive in Oostende.

If it was not possible to book you at the Bero then we will send you details on your hotel or you can contact us.

The Bero hotel is about 15 minutes walk from the train station (see red circle on the enclosed map). If you do not have much luggage then you can walk the distance easily. Otherwise the cost of taxi from the train station to the hotel is about 5 Euros.

4. LOCAL TRANSPORT

The hotel is located in the city centre close to many restaurants, cafes, shops, and near the beach.

Transportation will be provided from the Bero Hotel to the UNESCO/IOC Project Office for IODE and back during the working days. If you are staying in another hotel then please come to the Bero Hotel every morning to catch transport there.
If you missed the transport or prefer to travel to the Office on your own then you can reach the project office as well by the tram (direction 'Knokke') from the railway station or from the city center near the Kursaal (filled green circles on the map). The price of the ticket is about 1 Euro. You should leave the tram at the first stop after the railway station at 'Weg naar Vismijn' (empty green circle). Then follow the 'Vismijnlaan', in the direction of 'Vismijn' (green arrows on the map). The walk should take approximately 15 minutes.

You can also take a taxi near both tram stops. The cost is approximately 10-12 Euro.

5. MEALS

A breakfast is provided by the hotel and included in the room price.

Lunch and two tea breaks will be provided at the Project Office every working day of the training course. We will request you to pay for all meals on the first day (amount to be communicated later).

A welcome reception will be offered by IOC/IODE on Tuesday 17 June between 17h30 and 19h30 at the Project Office.
Filled green circles – tram stops
Empty green circle – nearest tram stop to the Project Office