

# Skanda Vale Switzerland

## Invitation to the Fideris Seminar 3. – 6. June 2010

Dear friends of Skanda Vale Switzerland

We are happy to invite you to this year's June seminar.  
There are 3 different options to choose from:

**Seminar A - Thursday 3. – Friday 4. June**  
**Seminar B - Saturday 5. – Sunday 6. June**  
**Seminar C\*\* - Thursday 3. - Sunday 6. June**



\*\*This seminar can only be attended by people who live at least 400km away from Fideris.

The seminars can be attended by adults and young people aged 15 and over.

All applications (or cancellations) must be received by 21. May 2010.

### Accommodation

You can either stay in the seminar house or in the Hotel Arflina (about ½ hour walk away, however transport via landrover is available).

Hotel reservations must be made directly under the No. 0041 (0) 81 332 1304.

### Costs

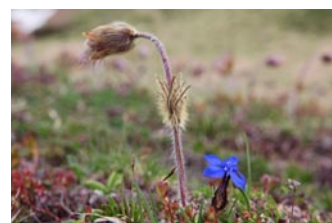
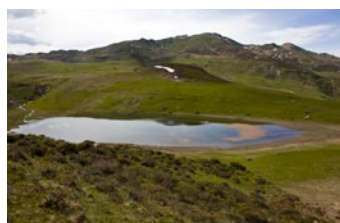
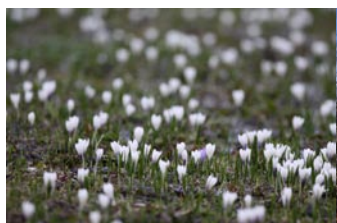
|   | <b>Seminar A or B</b> | <b>Seminar C</b> |
|---|-----------------------|------------------|
| Per adult, staying in house including meals           | CHF 252.-             | CHF 292.-        |
| Per adult, not in house including meals               | CHF 232.-             | CHF 232.-        |
| Per student (15-17), staying in house including meals | CHF 70.-              | CHF 110.-        |
| Per student (15-17), not in house including meals     | CHF 50.-              | CHF 50.-         |

An extra night in the house (before seminar starts) costs CHF 20.-

Included in the price are the travel costs of the Swamis and members of the community.

Payments have to be made at the seminar in cash (CHF/Euro or £).

If you cannot afford the costs but would still like to attend a seminar, please contact Natalie Cattaneo-Sweeting at least 2 weeks before seminar A. You can reach her in the evenings between 19.00 and 22.00 either at home on 0041 (0) 41 740 5216 or on her mobile 0041 (0) 79 311 6249, or send an email to: [n.cattaneo@bluemail.ch](mailto:n.cattaneo@bluemail.ch). (Don't forget Switzerland is one hour ahead.)



## Travelling to Fideris

### Insurance

Travel and health insurance is your own responsibility.

### Arriving in Fideris

**IMPORTANT** when flying please make sure that you arrive on the day before the seminar starts i.e. Wednesday for seminars A and C, or Friday for seminar B. It is recommended that you arrive in Zürich not later than 17:00 (the journey from the airport to Fideris takes between 2 – 3 hours depending on means of transport).

### By train

For an online timetable go to [www.sbb.ch](http://www.sbb.ch) (choose option 'en' at top of page for English).

The train station is inside the airport in Terminal 2. Take the train from Zürich airport to Zürich main station (Zürich HB), then to Landquart and then to Fideris station (press the stop button on the train to get out at Fideris). The meeting point is at Fideris Station at 21:10 where the landrover will come and pick you up and bring you to the seminar house or to Hotel Arflina.

### Arriving on the morning of the seminar

The latest train you can catch departs from Zürich main station at 07:37 and you will arrive in Jenaz at 9:07. This train does not stop at Fideris Station, so get out at Jenaz which is one stop before Fideris. The meeting point is Jenaz Station at 09:10 and the landrover will come and pick you up and bring you directly to the seminar house for the start of the seminar at 10:00.

### Departure

Return flights should not be booked to depart earlier than 20:00 on the Sunday, in order to give you ample time to travel from Fideris to the airport. After the seminar has finished at approx. 15:00, the landrover will bring you back to the station in Jenaz where there will be a train departing for Zürich at 15:51.

Travelling at other times is your own responsibility and must be organized independently.

For further information or enquiries please contact Natalie Cattaneo-Sweeting in the evenings (except on Thursdays) between 19.00 and 22.00.

Home: +41 (0)41 740 52 16

Mobile: +41 (0)79 311 62 49.

(Don't forget Switzerland is 1 hour ahead!)

Email: [n.cattaneo@bluemail.ch](mailto:n.cattaneo@bluemail.ch)

**Please note: new email address.**



Please do not book your flight before your application has been received and accepted. We will then send you a confirmation and further details about the seminar.

We hope to see you soon!

**Application form for the Fideris seminar 3. - 6. June 2010**

**All applications must be received by 21.May 2010**

**Seminar**

- Seminar A** Thursday 3. - Friday 4. June
- Seminar B** Saturday 5. - Sunday 6. June
- Seminar C** Thursday 3. - Sunday 6. June

**Accommodation and transport**

- Seminar House                       Hotel Arflina
- Landrover needed from Jenaz Station on Thursday / Saturday morning at 09:10
- Landrover needed from Fideris Station on Wednesday / Friday evening at 21:10

|           |  |          |  |
|-----------|--|----------|--|
| Surname   |  | Forename |  |
| Street    |  | Town     |  |
| Post code |  | Country  |  |
| Phone No. |  | email    |  |

Allergies/Comments.....

Date ..... Signed.....

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**Application form for the children´s pooja on Sunday 6. June at 15.00**

| Surname | Forename | Age |
|---------|----------|-----|
|         |          |     |
|         |          |     |
|         |          |     |



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**Applications must be sent to:**

Natalie Cattaneo-Sweeting, Unterdorf 8, 6312 Steinhausen, Switzerland.

Tel: +41 (0)41 740 52 16, Mobile: +41 (0)79 311 62 49.

email: n.cattaneo@bluemail.ch

Please note: new email address.

**The deadline for applications is 21. May 2010.**