Travel & practical info for your stay at “Land Aan Zee”

**Address:** Meeldijk 11a, 4328 NE Burgh Haamstede, The Netherlands

**Phone number:** +31(0)111852348

**Website**: [www.landaanzee.org](http://www.landaanzee.org)

# Travel info

## By car

* We encourage you to carpool with other participants if possible. It's fun, cheaper, and better for the environment. We will put you in contact with other workshop participants 2 months before the start of the training to connect.
* Estimated time to travel by car (without traffic jams):
	+ From Amsterdam: 2 h
	+ From Schiphol Airport: 1h 30 min
	+ From Rotterdam: 1 h 15 min
	+ From Eindhoven: 2 h
	+ From Antwerp: 1h 15 min
	+ From Brussels: 2 h
	+ From Paris: 4 h 45 min
* **Parking**: There are parking spaces at the venue. If the parking is full, you can leave your luggage at the venue in the old barn and park your car at the end of the street (Meeldijk) in the public parking lot of Burghsluis. When you leave the venue, go to the left on the street (Meeldijk) towards Oosterschelde, left again and immediately right. The walk to the venue will take 10 min.
* There are charging points for **electric cars** available on the domain.

## By public transport

* **Fly to Amsterdam Schiphol (the Netherlands) or Brussels Airport (Belgium).**

From the airport you can take a train + bus + shuttle OR train + taxi (see below)

* **Train to Middelburg** (The Netherlands).

see [www.ns.nl](http://www.ns.nl) for info and tickets

Some examples

* + Paris (Gare du Nord) - Rotterdam - Middelburg: 4h 23 min
	+ Paris (Gare du Nord) - Antwerpen Centraal - Roosendaal - Middelburg: 4h 38 min
	+ Brussels Airport – Antwerpen Centraal – Rotterdam – Middelburg: 3h 10 min
	+ Brussels Airport – Antwerpen Berchem – Roosendaal – Middelburg: 2 h 40 min
	+ Brussels Airport – Breda – Roosendaal – Middelburg: 2h 55 min
	+ Amsterdam Schiphol – Rotterdam – Middelburg: 2h 10 min
* **Bus & shuttle from Middelburg train station to venue (35 min bus + 7 min car ride)**

see [www.9292.nl](http://www.9292.nl) for info and tickets

Take **bus line 133** **direction Oude-Tonge Busstation**. The bus goes every hour (on weekdays and Saturday), every 2 hours on Sunday (might be more frequent in high season)

Take **Bus stop “Dorp, Westenschouwe”** (13 stops – 35 min). This bus stop is 3,5 km (45 min) walk from the venue.

**From the bus stop, take a** **free shuttle** **to the venue**

Please send a message to the venue via email admin@landaanzee.org or whatsapp Liselotte (owner) at +32 477 893543 or Karen (admin) at +31 6 53134823

at least 24 hours ahead of time, with your ETA (estimated time of arrival)

* **Taxi from Middelburg train station to the venue (about 37 min)**

see <https://taxilivo.nl/en/> - tel +31 (0) 118 63 58 00 - info@taxilivo.nl

Price: +/- 90 euro for 1- 4p or 115 € for 4-8 p

If you plan to take a taxi, we encourage you to share a taxi with other participants as much as possible. We will put you in contact with other workshop participants 2 months before the start of the training.

# What to take with you?

* For RCTC training: your RC workshop manual (incl. Firo elem B questionnaire) and RC book
* For TK retreat: TK exercises
* Slippers or socks. Shoes are not allowed inside the building. Garden clogs are provided for those who want to quickly go into the garden or swimming pond.
* Large bath towel and bathrobe for use in sauna, swimming pond (in the garden), the nearby see-arm (800 m) and on the beach (20 min with bike). The towels in your room are not intended for that use. Towels and bathrobes are available for rent in the venue.
* Bathing suit
* Comfortable clothing (think of yoga, walking, exercising, cycling, relaxing, dancing, sunbathing,...)
* Warm clothing, depending on season.
* Personal toiletries: Land aan Zee provides soap and shampoo. Please only use ecological and biodegradable products!
* Bring your own water/thee drinking bottle or buy one at the reception.

# Your stay

Land Aan Zee wants to contribute to the well-being of people, animals and the planet.

## Meals and drinks

* The venue offers **vegetarian/vegan meals**. The chefs use fresh, organic and healthy regional products as much as possible.
* **Special dietary requirements** (gluten-free, lactose-free...) can be discussed with the chef to see what is possible. No additional charge will be charged.
* **Water, coffee and tea** are provided as standard with meals and in between. Meals are served at fixed times.
* **No alcohol** is offered and you are asked to refrain from consuming alcohol on the venue.
* **Other non-alcoholic drinks and little snacks are available for a fee**
* There is a restaurant ‘t Oliegeultje at 15 min walking distance that serves meat, fish and alcohol

## Sharing is caring

* At Land Aan Zee they find it very important that we all together take care of the “home” they create for us. They ask all visitors to lend a helping hand before and after meals (setting tables, clearing, washing dishes, etc.). And at the end of your stay you are kindly requested to take of your sheets, make up the bed and clean your room. More detailed instructions are available at the venue.

## Telephone & internet

* There is WiFi
* The venue kindly asks you to minimize the use of screens (laptop, tablet, telephone) in the common areas and limit it to your room. They like to keep the common areas mobile phone-free.

## Renting bikes

* You can rent a bike for 5 euro/half day to bike to the coast (20 min)

## Waste handling

* The venue avoids single-use packaging. The waste is recycled and sorted. Please put your waste in the rubbish bins at the restaurant and as little as possible in the rooms, so that they can recycle better.

# Check In and Out

The booking of your room will automatically be taken care of for when you register for a training with Malou. You just need to specify if you want a single or double room.

**Check in on day of arrival**

* Check-in your room: 6 pm (feel free to hang around in the venue if you arrive a bit earlier in the afternoon)
* Dinner is served around 6.30 pm – 7.00 pm (specific time will be announced later)
* After dinner we will meet in the workshop room for an evening session

**Check out on day of departure**

* Check-out your room: 9 am
* We finish the workshop at 1 pm
* Lunch is served at 1 pm
* Settle your bill for bike-rents and extra non-alcohol drinks (other than water, thee and coffee) before you leave.