

# Information Booklet for the 3rd EVVF Seminar 2016

## Frankfurt/Main – Germany

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Date	Fri, May 13 <sup>th</sup> – Mon, May 16 <sup>th</sup> 2016
Address	SG 1877 Frankfurt-Nied Oeserstraße 74 65934 Frankfurt am Main Germany
Organised by	European Vovinam Viet Vo Dao Federation (EVVF)
Host	Deutscher Vovinam Viet Vo Dao Fachverband e.V. (DVVF e.V.)




# 1 Travelling in Frankfurt

## 1.1 Arriving in Frankfurt

### 1.1.1 By Plane

#### FRA International Airport

- By **public transportation**: get into the -Bahn S8 or S9 into the direction of Frankfurt-City (final destination is "Hanau Hbf"). Get out of the train at the main central station ("Frankfurt Hauptbahnhof").


From the main central station take the -Bahn S1 or S2 (final destinations are "Wiesbaden Hbf" or "Niedernhausen"). Get out at Frankfurt-Nied.

Figure 1 shows the map of public transportation for Frankfurt. You just have to move from the green circle (Frankfurt airport) to the red one.

From there you walk ~5 minutes to the north of Frankfurt. If you see the picture of the gym (Figure 2) you have arrived.

A ticket costs around 4,55€/person (due to extra fee for travelling from/to the airport). If you are a group of  $\leq 5$  people, you can buy a group ticket for 15,80€, which (in comparison to the single ticket) can be used throughout the whole day!

- You can also take a **taxi**, which will cost around 30€.

#### HHN Frankfurt Hahn

This airport is used for cheap flights (Ryanair, etc.) Although it's called Frankfurt-Hahn, it is located 125 km (2 h by bus) from the center of Frankfurt.

- There is a shuttle bus available, which brings you to the main central station. From there you just follow the directions as given above. This bus costs ~15€/person/way

<http://www.bohr.de/linienverkehr/buslinie-hahn-frankfurt>

Frankfurt's main central station ("*Frankfurt Hauptbahnhof*") is really big. You should check the departing schedules to look for the correct platform to get to "*Frankfurt-Nied*". The directions are given above.

### 1.1.2 By Car

If you want to go to Frankfurt by car, and don't have a navigation, you can check <http://maps.google.com>. If you get close to Frankfurt you should get to the freeway interchange "*Frankfurter Kreuz*". Via the highway A5 you get to A648 (direction "*Stadtmitte*"). After that follow the instructions on the map, given in Figure 3.

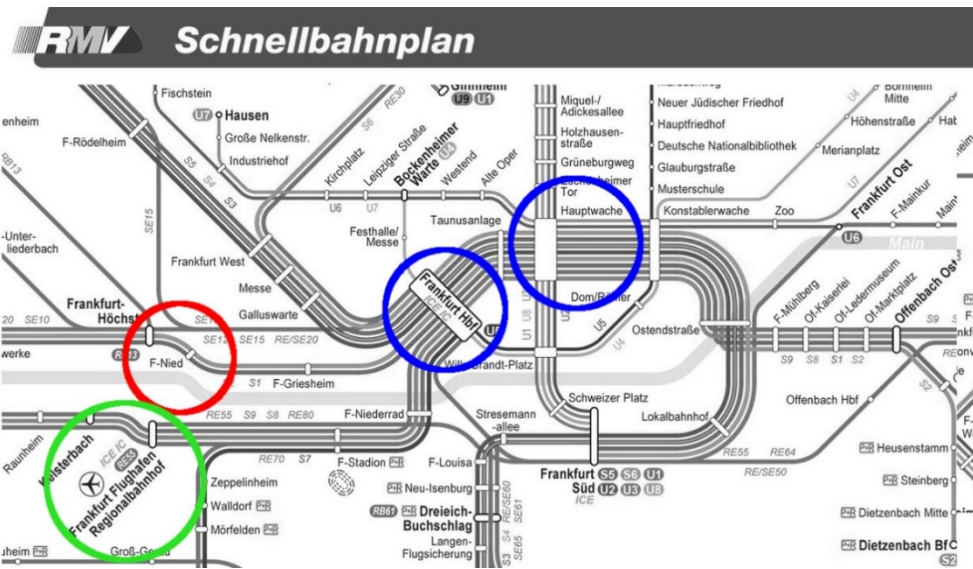
## 1.2 Getting around in Frankfurt

For a (shortened) map of the public transportation system in Frankfurt, see Figure 1. The seminar will take place close to the station "*F-Nied*" (red circle). If you want to get to the inner city, the station(s) are "*Frankfurt Hbf*" (meaning central station) or "*F-Hauptwache*" (blue circles).

A ticket costs around 2,75€/person (1 way) and 10,50€ for a group of less than 5 persons (whole day). A single ticket for a whole day costs 7,00 €.

### 1.2.1 Places to visit in Frankfurt

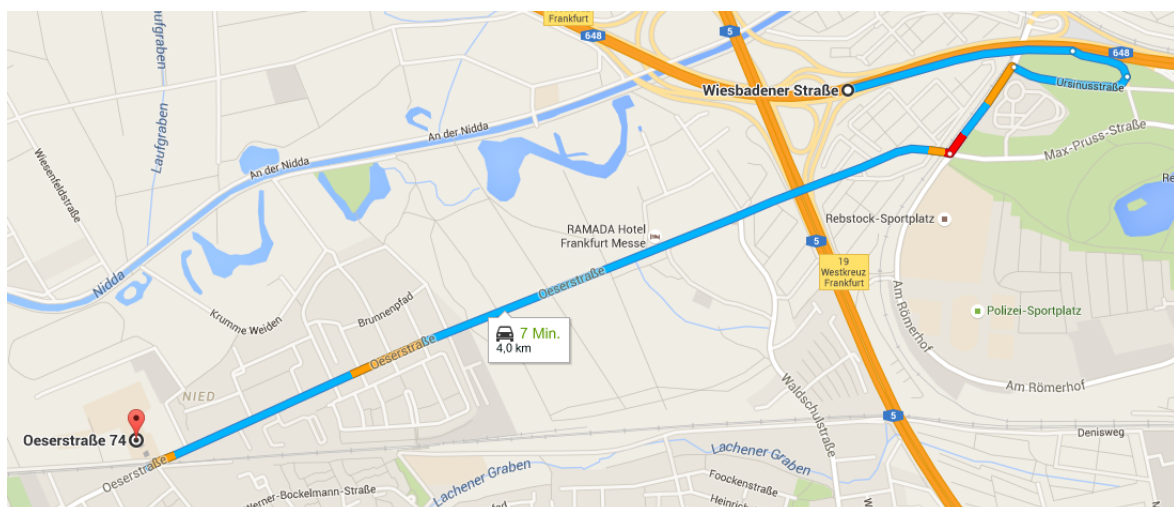
<b>Römer</b>	<ul style="list-style-type: none"><li>- Very beautiful old town of Frankfurt</li><li>- City hall of Frankfurt is located here</li><li>- fountain of justice</li><li>- "Paulskirche" – foundation of democracy in Germany</li></ul>
<b>Riverside</b>	<ul style="list-style-type: none"><li>- connects innercity (Römer) with southern part</li><li>- "Eiserner Steg"-bridge</li></ul>
<b>"Hauptwache"</b>	<ul style="list-style-type: none"><li>- Shopping street with beautiful architecture</li><li>- view of Frankfurt from skyscraper</li></ul>
All sightseeing places mentioned above are located 15 min from sports centre (by public transportation) and free of charge (except for the ticket of public transportation)	



**Figure 1** Map of public transportation in Frankfurt (companies are RMV& VGF)



**Figure 2** The Gym, in which the 3rd EVVF Seminar 2016 will take place



**Figure 3** Directions to the gym by car

## 2 Schedule

FRIDAY 13 MAY 2016	
Time	
13:00 - 17:30	Ordinary Congress – EVVF Executive Committee Election Term 3 (2016- 2019)
18:00 – 20:30	Grading Examination – Hoàng Đại Nhị Cấp, Hoàng Đại Tam Cấp, Chuẩn Hồng Đại

SATURDAY 14 MAY 2016			
Seminar for teachers/masters		Seminar for blue/yellow belts	
Time	Technical program	Time	Technical program
09:30 - 12:00	Nhật Nguyệt Đại Dao Pháp	09:30 - 12:00	Phản Đòn & Self-Defense
13:30 - 15:30	Referee Seminar - Theory		
15:30 - 17:00	Lễ Giỗ Tổ - Commemoration	15:30 - 17:00	Lễ Giỗ Tổ - Commemoration
17:00 - 19:00	Fighting Seminar	17:00 - 19:00	Fighting Seminar
19:00 - 21:00	Song Luyện Dao	19:00 - 21:00	Nhu Khí Công Quyền 2

SUNDAY 15 MAY 2016			
Seminar for teachers/masters		Seminar for blue/yellow belts	
Time	Technical program	Time	Technical program
09:30 - 11:30	Fighting Seminar	09:30 - 11:30	Fighting Seminar
11:30 - 13:30	Thập Thế Bát Thức Quyền	11:30 - 13:30	Techniques of Mộc Bản
14:30 - 16:30	Đòn Chân Tấn Công	14:30 - 16:30	Đòn Chân Tấn Công
16:30 - 18:00	Song Luyện 1		
18:00 - 19:30	Thái Cực Đơn Dao Pháp	18:00 - 19:30	Thái Cực Đơn Dao Pháp

MONDAY 16 MAY 2016			
Seminar for teachers/masters		Seminar for blue/yellow belts	
Time	Technical program	Time	Technical program
09:30 - 12:00	Referee Seminar - Technical Test & Practice	09:30 - 12:00	Thái Cực Đơn Dao Pháp

### 3 Food

- The restaurant is located directly at the sports centre (“Nidda-Halle”) and is owned by Holger and his team
- We will offer a buffet (all-you-can-eat)
- The price will be 15 €/meal/person and includes 1 bottle of drinks. For the farewell party we an amount of 5 € will be added.

#### Menu

<b>Friday, May 13<sup>th</sup> 2016</b>	Dinner	Noodles & fries; salad & vegetables Bolognese, “Schnitzel” <b>For Muslims:</b> Calamares (fried squid)
<b>Saturday, May 14<sup>th</sup> 2016</b>	Lunch	Noodles & fries; salad & vegetables Salisbury steak, german sausage (beef)
	Dinner	Noodles & fries; salad & vegetables Chicken, plate of wurst (cold) with bread
<b>Sunday, May 15<sup>th</sup> 2016</b>	Lunch	Noodles & fries; salad & vegetables Pork goulash, “Schnitzel” <b>For Muslims:</b> fish
	Dinner	Noodles & fries; salad & vegetables Meatballs, turkey “Schnitzel”, Plate of “wurst” (cold) with cheese & bread
<b>Monday, May 16<sup>th</sup> 2016</b>	Lunch	Noodles & fries; salad & vegetables Beef goulash, “Bratwurst” <b>For Muslims:</b> fish



## 4 Accommodation

We highly recommend you to stay in the following hostel. The German Federation is able to work out an offer for a group booking.

This requires you to send us the excel form by the deadline! This way we can collect all the reservations from the national federations.

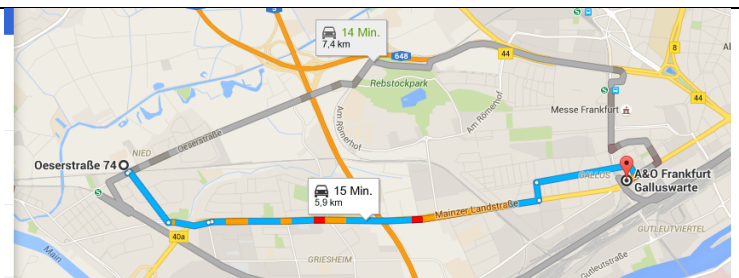
### 4.1 Hostel

We receive the booking and payment for the hostel

#### A&O Frankfurt Galluswarte (Hostel)

Mainzer Landstraße 226-230  
60327 Frankfurt

28€/night/person in dorm with 6 or 8 beds  
35€/night/person in double bed room  
Breakfast included!



- You can easily travel with public transportation to the gym, where the seminar will take place
- Prices for the bus/train are mentioned above
- Downtown is easily accessible from here, if you wish to go after the seminar!



## 4.2 Hotel

If you rather choose to stay in a hotel, you have several options. Please contact to the hotels directly for bookings and payment.

### Ramada Hotel Frankfurt Messe

About 1,5 km to the sports centre

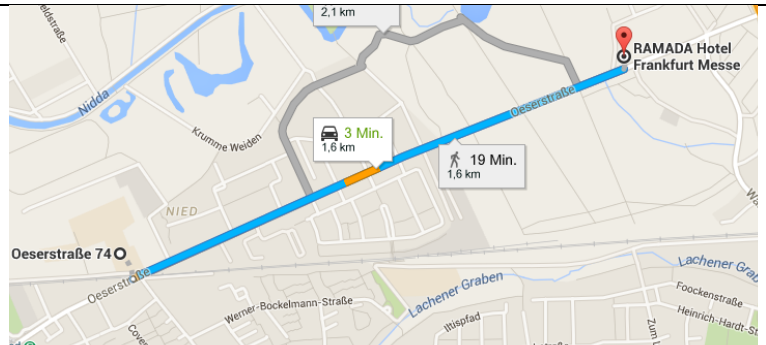
Oeserstraße 180

65933 Frankfurt

~75€/night for a double bed

Could be cheaper when booked for bigger group (>10 pers.)

prices checked on Feb 21<sup>st</sup>, 2016



<http://www.booking.com/hotel/de/ramada-frankfurt-messe.html>

### Ibis Hotel Frankfurt City Messe

About 5 km to the sports centre

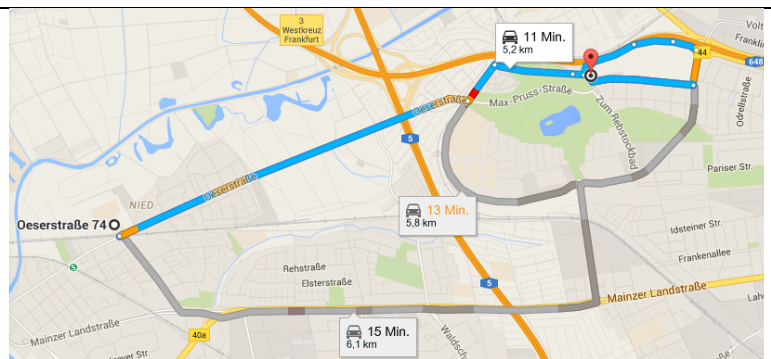
Leonardo-da-Vinci-Allee 40

60486 Frankfurt

~50€/night for a double bed

Could be cheaper when booked for bigger group (>10 pers.)

prices checked on Feb 21<sup>st</sup>, 2016



<http://www.booking.com/hotel/de/ibis-frankfurt-city-messe.html>

### Radisson Blu Hotel

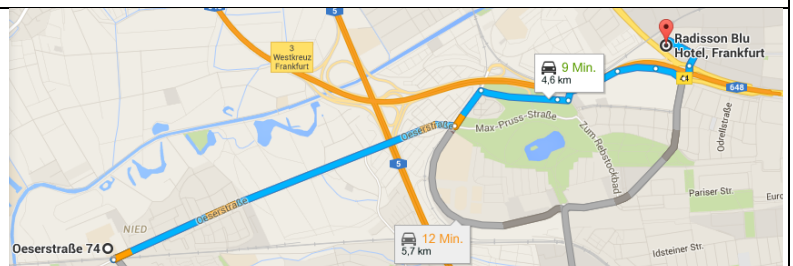
About 4,5 km to the sports centre

Leonardo-da-Vinci-Allee 40

60486 Frankfurt

~120€/night for a double bed




prices checked on Feb 21<sup>st</sup>, 2016



<http://www.booking.com/hotel/de/radisson-sas-frankfurt.de.html>



## 5 Host

		
Dinh Du Tran	Dietmar Thom	Dai Chieu Tran
ExCo – sports	President	Vice president sports
<a href="mailto:dvvf.frankfurt@googlemail.com">dvvf.frankfurt@googlemail.com</a>	<a href="mailto:dwthom@online.de">dwthom@online.de</a>	<a href="mailto:daichieu@yahoo.com">daichieu@yahoo.com</a>

The rest of the helping team will be introduced on-site!

## 6 Registration

### 6.1 Grading Examination

Application form: <http://www.vovinam-evvf.eu/evvf-2/administrative-documents/>

Registration: [office@vovinam-evvf.eu](mailto:office@vovinam-evvf.eu)

Deadline: **March 15, 2016**

Exam Fee: T.B.A

Exam Fee Payment: European Vovinam Viet Vo Dao Federation

Bank Account Details:

**Recipient: EVVF**

**BIC: SOGEFRPP**

**IBAN: FR76 3000 3030 8500 0372 6078 985**

### 6.2 Seminar

Participant level: from Lam Đại Tam Cấp

Dress Code: Võ Phục and Referee Uniform

Fee: 35 €/EVVF member and 45 €/non-EVVF member

Deadline: **April 5, 2016**

Registration Form: attached Word File

Registration: [office@vovinam-evvf.eu](mailto:office@vovinam-evvf.eu)

Seminar Fee Payment: European Vovinam Viet Vo Dao Federation

Bank Account Details:

**Recipient: EVVF**

**BIC: SOGEFRPP**

**IBAN: FR76 3000 3030 8500 0372 6078 985**

## 6.3 Food and A&O Frankfurt Galluswarte Hostel

Deadline: **April 5, 2016**

Registration Form: attached Excel File

Registration: [dvvf.frankfurt@googlemail.com](mailto:dvvf.frankfurt@googlemail.com)

Food and Hostel Payment: German Vovinam Federation

Bank Account Details:

**Recipient: DVVF e.V**

**BIC: BBKRDE6BXXX**

**IBAN: DE53 6035 0130 0000 1089 02**