





CHARM

Creativity and Healthy style: Advancing the Role of Music

INFORMATION PACKAGE

International Event 23rd – 27th May, Strasbourg



How to get to Strasbourg?

By plane

Airports close to Strasbourg:

Strasbourg International Airport (SXB) - www.strasbourg.aeroport.fr - is located south-west of the city at Entzheim, with domestic as well as international flights. Air France is the principal operator. There are several flights a day to and from Paris. A train is running to the town center (€3.60, including a tram connexion). The travel time is 9 minutes and the frequency is 15 minutes.

Karlsruhe/Baden-Baden Airport (FKB) - http://www.badenairpark.de/sub_airport/index-en.html - is located about 60km away in Germany. Ryanair operates from Karlsruhe. The best way to get to Strasbourg is to get "navette" (bus-shuttle) that bring you directly to the main station in Strasbourg (http://alsace-navette.com/; www.strasbourg-navette.fr/), it costs around 40 EUR return ticket. The cheapest way to arrive in Strasbourg is to take a bus from the airport to Baden-Baden Hauptbahnhof (Main Station) from here trains (http://reiseauskunft.bahn.de/bin/query.exe/en) run to Strasbourg, normally with one change. From station to station the journey is about 45m-1hr.

Frankfurt International Airport (FRA) - www.frankfurt-airport.com - is about three hours away from Strasbourg, and is one of the nearest inter-continental airports to Strasbourg. Lufthansa operates a shuttle bus between Strasbourg and Frankfurt. The bus takes 2.5 hours and costs €55 (one way). See for more information see

http://www.lufthansa.com/online/portal/lh/my/info and services/from to airport?nodeid=3163 668&l=en. Reservation is necessary for the Lufthansa Airport Buses from/to Strasbourg.

EuroAirport Basel (BSL) - <u>www.euroairport.com</u> - is about one hour and half from Strasbourg. Different air companies operates there, among them Easyjet. Strasbourg can be reached by "navette" (bus-shuttle) that bring you directly to the main station in Strasbourg (http://alsacenavette.com/; www.strasbourg-navette.fr/), it costs around 55 EUR return ticket. The cheapest solution to reach Strasbourg is by train, from the station of Saint-Louis (timetable available on www.sncf.com). A bus is operating from the airport to the station of Saint-Luis each 30 min, for more info www.distribus.com.

Stuttgart Airport (http://www.stuttgart-airport.com/sys/index.php?section_id=0&id=0&lang=1)
This international airport is about 3 train travel hours and about 40€ (one way) away from Strasbourg. The additional costs of the train to Strasbourg are often rendered negligible compared to the low flight prices to this airport. Check www.bahn.de for the train connections.

Frankfurt-Hahn Airport (www.hahn-airport.de)

This airport is the low cost alternative to Frankfurt International Airport. Although it is a bit complicated to reach (bus shuttles/train; count about 4 hours to get to Strasbourg), the flights there have interesting prices to many different destinations. For bus shuttles to Karlsruhe, see http://www.hahn-airport.de/default.aspx?menu=by-bus&cc=en (28€ one way, 54 return); from Karlsruhe, take the train to Strasbourg (see www.bahn.de for connections that cost around 17€ and take 1h 30min)

By train

Strasbourg is well served by regional, national and international train services, predominantly by SNCF (French Railways), but also by Deutsche Bahn (German Railways).

Major destinations include the following major towns and cities with multiple daily departures. Journey times are approximate, some require TGV trains.

△ Paris 2hrs 20m

Metz 1hr 15m

[▲] Nancy 1hr 15m

▲ Lyon 5hr

▲ Luxembourg 2hrs 15 m

Mulhouse 50m

▲ Basel/Bâle 1hr 10m

▲ Frankfurt 2hrs

▲ Stuttgart 1hr 20m

▲ Munich 5hrs 20m

▲ Zurich 2hrs 5m

Taxi

In case of need, here you find two telephone numbers for a taxi in Strasbourg:

MM.Taxi Strasbourg: tel: +33 675 59 66 83

Mondial Taxi: tel: +33 388 22 11 11

Accommodation / Meeting point

The arrival day is on 23rd May.

Due to logistical reasons, participants will be accommodated in two hostels for the night of 23rd May and united in CIARUS hostel for all following days. All participants will be informed about their accommodation in advance.

IMPORTANT: The meeting point is at the restaurant Au Brasseur at 20:45 on 23rd May. Please see the maps on following page for travel from your accommodation to the meeting point.

The hostels have rules and regulations of behaviour of their guests. We require all participants to respect these regulations in order ensure your safety and make your stay in Strasbourg a memorable moment of your life. Please read carefully the points listed below. The organizers will not take responsibility of any problems and damages caused by not respecting these rules.

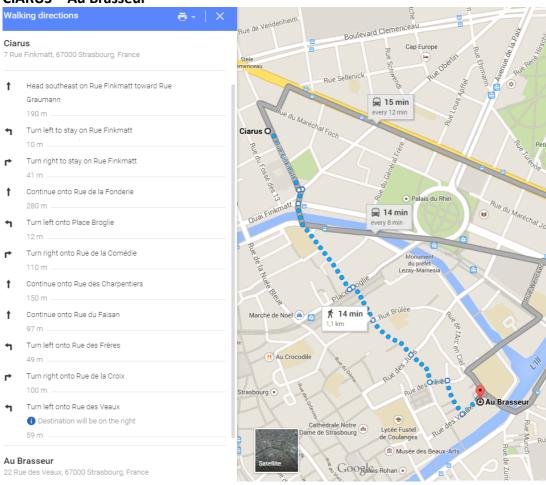
Please find attached all detailed information about the regulations.

The hostels will charge you in any case of property loss (lost key, stolen towels, degraded carpet, etc.).

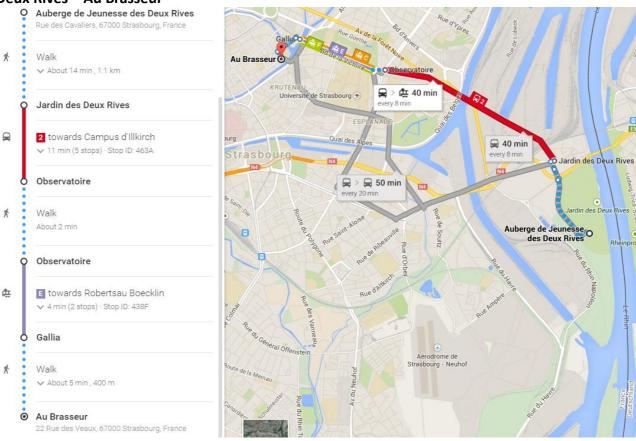
After the arrival a deposit of € 30.00 per person will be given to CIARUS. This amount will be return to you at the end of the stay once you returned the keys and your room will be checked. Please be prepared to give this amount after your arrival.

Participants staying the first night in the Deux RIVES Hostel will be given information about the internal rules on the spot.

CIARUS - Au Brasseur



Deux Rives - Au Brasseur



After arrival, participants can go to their assigned hostels:

CIARUS

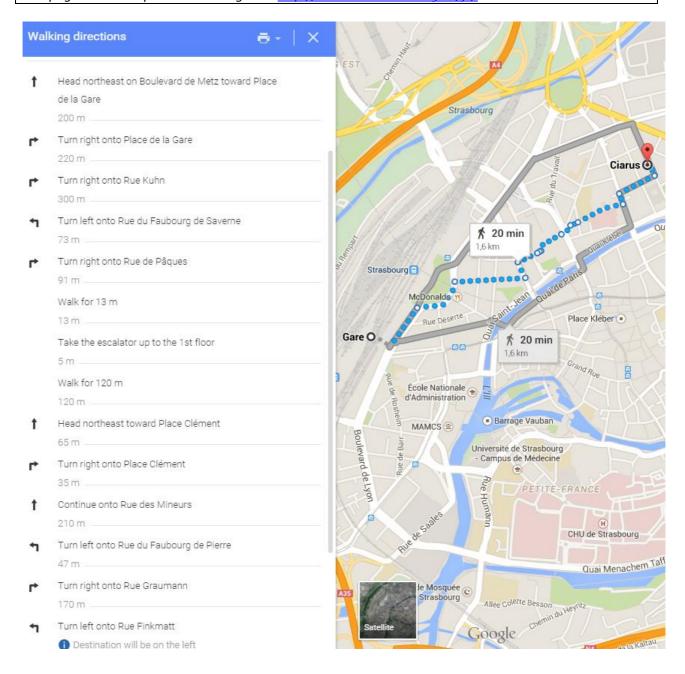
7 Rue Finkmatt 67000 Strasbourg France

Tel: +33 3 88 15 27 88

How to reach CIARUS?

CIARUS is located near to the Strasbourg Central Railway Station (approx. 15 minutes walking distance). To reach CIARUS by public transport please take Bus line 2 or 10. Please see the map on the following page.

A ticket costs $1,60 \in$ and should be bought from the machine on the platform. Don't forget to stamp the ticket in the bus once aboard. The ticket is valid for connecting public transport for one hour after stamping. **Important:** you must stamp your ticket each time you change trams within the hour. CTS - Compagnie de Transports Strasbourgeois: http://www.cts-strasbourg.eu/fr/



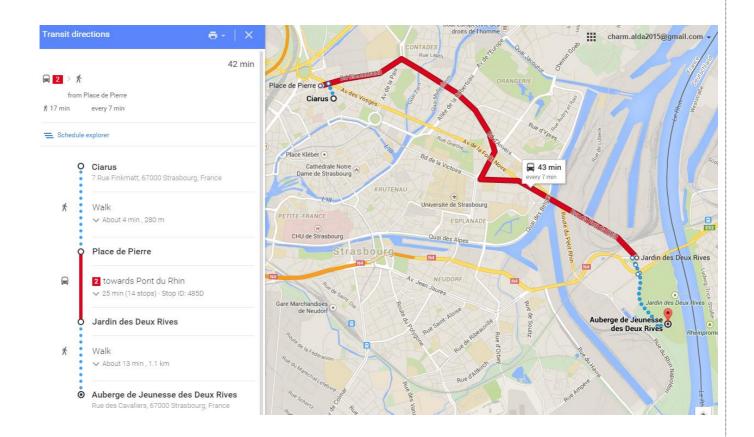
Due to logistical reasons, some participants will be accommodated at the 2 RIVES Hostel ONLY on the night of 23rd May and MUST join CIARUS on Sunday 24th May at 10:00 a.m.

2 RIVES Hostel

Rue des Cavaliers, Strasbourg 67000 France +33 3 88 45 54 20

How to reach 2 RIVES Hostel from CIARUS?

Please take Line 2 from the station Place de Pierre near to CIARUS with the direction to Pont du Rhin. Get off at the station Jardin des Deux Rives and follow the map.



Registration

We kindly ask you to register for the event. Please note that the deadline for submitting the registration form is 20th April 2015 at the latest.

In order to ensure your smoothest accommodation, we strongly suggest that you register at your earliest convenience.

The registration form is available here: http://goo.gl/forms/jxh2IUV5QX

Homework

We will hold a session to play music together and participants will rehearse on playing the Anthem of Europe. Pianos and drums will be available for this session.

We kindly inquire those playing guitars and other instruments to bring them along.

Please inform us about your music style in dedicated session of the registration form.

Meals

You will be provided meals from $23^{rd} - 27^{th}$ May. Included are:

23th May – welcome dinner at Au Brasseur

24th May – full pension at CIARUS

25th May – full pension at CIARUS

26th May – full pension at CIARUS + dinner at the Maison de la Région

27th May – breakfast, lunch at CIARUS

Language

The working language throughout the event will be English.

At the conference foreseen on 26th May, interpretation will be provided for French language.

Cover costs

Accommodation and board will be covered directly by ALDA

International travels will be covered at 50% of real costs up to € 245.

Additional information

The working days are 24th, 25th and 26th and 27th May 2015. Participants are therefore required to arrive on 23rd May during afternoon hours and leave on 27th May during the day.

For all questions, please do not hesitate to contact:

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HOUSE RULES

Because, at CIARUS, respect is one of the most important values, upon which we absolutely insist, we have drafted these "house rules" in order that everyone's safety and security is guaranteed above all by the respect for others and the premises.

In order that your stay is made only of the most memorable moments, we would ask you kindly to respect these few rules, which are necessary to all trouble-free living as part of a greater community.

CIARUS thanks you for your cooperation and support in its approach to security, tranquillity and quality.

Security

- After 10 p.m., access to CIARUS is limited to the main entrance on Rue Finkmatt and 6:30 p.m. for the entrance on Rue du Fossé des Treize. Please inform us in advance if you are likely to return late to your room. Only CIARUS personnel are permitted to open the access doors.
- The building is protected by a video surveillance system, thus preventing any disturbance or nocturnal intrusion.
- All valuables can be deposited in the safe with a deposit at the reception.
- If you hear the fire alarm, evacuate the upper storeys, close the doors and proceed calmly to the assembly points outside (which will be explained to you on your arrival). DO NOT TAKE THE LIFTS! In the event of dense smoke, stay in your room, close the door and wait for help to arrive.
- Do not jump up and down in the lifts or cause the cabin to deviate in any way. You may otherwise find yourself trapped inside!

Respect

- Clean towels are put at your disposal in your room. In order to prevent unnecessary laundry and thus respect the environment, we would ask you to use your clean towels advisedly and not to put any to wash if they have not been used.
- Smoking in rooms is forbidden in the interests of keeping the air healthy and pure.
- Do not waste food at the self service restaurant! Anything that you do not eat which you leave on your plate goes, unfortunately, straight into the bin.
- Think before you help yourself!
- We would ask you to respect the cleanliness of the self service restaurant and to avoid leaving your rubbish lying around on the tables; spare a thought for those who will be taking your place after you have eaten!

Peace and Quiet

- Each evening, a night watchman is present to ensure that the rules are respected.
- Each person staying with us is requested to be quiet on the accommodation floors and to avoid any disturbance at night whether inside or outside the building. If necessary, the night watchman is allowed to bring miscreants to order.
- Calm and silence is requested as of 10 p.m.
- The building is entirely non-smoking, including in the rooms.
- A spirit of friendliness and open-mindedness is highly recommended.

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• The presence of an adult supervisor is compulsory for each of the groups staying at CIARUS and this is required for the entire duration of the stay. Even for guests of more than 15 years of age, we ask each adult supervisor to be present every evening in order to manage their group.

It is strictly forbidden to:

- Consume or store alcoholic beverages, tobacco and other drugs in any part of the building, particularly in the rooms (except for alcohol sold in the bar for those over 16 years of age to be consumed in the bar). The only place where it is possible to smoke is in the outside courtyard, at the rear of the building. The consumption of alcoholic beverages, in the same way as a state of obvious drunkenness, will cause immediate expulsion, all costs payable by the organizer.
- bring any person exterior to CIARUS into the building, more particularly into the rooms. No quests without permission!
- aggress or provoke any person, whether verbally or physically, within the building and in the course of evening entertainments.
- run or shout in the corridors, to hold a conversation from one window to another.
- Not to respect the queue in the restaurant or any other place which occasionally calls for patience.
- cause damage to any equipment belonging to the establishment. If need be, you will be charged for the repair costs.
- throw any object out of the window.
- walk barefoot in the establishment.

Recommendations

- Please keep beds and rooms clear of encumbrances as much as possible in order to facilitate the work of our housekeeping service.
- Please remove the sheets, the day of your departure.
- Do not forget to return your key to reception on departure.
- Do not leave any valuables or money lying around in your room; a safe is at your disposal in reception.
- Remember to clear away your tray in the self service restaurant and to deposit it on the "dirty dishes" trolley provided for this purpose at the end of your meal.

Unforeseen billing

• We will be obliged to bill you for any property lost (60€ per key, etc.), stolen (bathroom towels, etc.) or damaged (floor coverings, etc.).

Scholar group deposit

- At arrival a deposit of 30.00 euros per person must be provided to the Ciarus.
 This will be given back to you when all the keys will be handed over to the reception service and after a control of all your rooms.
- Any loss or deterioration caused by the contracting or the users of the rooms will be billed extra. The amount you will have to pay for that will be based on the price for replacement and the deposit will be banked immediately and without any prior notice.

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Name :	
Signature :	
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