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## Prebooking advice – September 2015, UK demo

Before you book for the demonstration please read the information below.

**\*\*NOTE: If you would like ISC accommodation and transport please register before AUGUST 20th. ISC transport and accommodation options will be available based on interest expressed before August 20th. If not enough interest is shown before August 20th, some ISC transport and accommodation options may no longer be available.**

You are very welcome to attend the demonstrations organised by the ISC in Cambridge and London, UK on Wed 16, Thu 17, Sat 19 and Mon 21 Sep.

Please book before 8 September 2015. After this deadline it is no longer possible to book for ISC transport or ISC accommodation.



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### ISC TRANSPORT

As ISC is checking how many coaches to book and from which locations, we kindly ask you to select in the booking form the ISC transport you would be interested in taking. ISC transport will be made available from Manjushri

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KMC, Madhyamaka KMC, Manchester KMC and Nagarjuna KMC depending on demand. Therefore it is most appreciated if you could book **as soon as possible and by Thursday 20 August**.

**\*\*Note: If you are arranging your own transport and attending any of the London demos only, please arrange your own transport or take the public transport to the London demo sites as there is no ISC transport provided.**

## OWN TRANSPORT

For those taking public transportation to Cambridge and London below is some basic transportation information for your planning purposes.

### Brighton to Cambridge:

Taking the train – from Brighton to Cambridge (take the train to London Victoria, from Victoria take the tube to Finsbury Park. From Finsbury Park take the train to Cambridge (total travel time is about 2 hr 20 mins).

National Express coach – from Brighton to London Victoria (2 hr 15 mins on the coach) £6 (book online), then take a tube from Victoria to Finsbury Park and from Finsbury Park take the train to Cambridge (1 hr and 25 mins) or from Stansted airport to Cambridge (50 mins on the coach) £8 – £10 one way (book online).

### Brighton to London:

Taking the train – from Brighton to London International St Pancras (1 hr 41 mins), then take the tube from King's Cross to North Greenwich (25 mins, £2.30 with Oyster card, £4.80 cash) or Brighton to Victoria, then take the tube from Victoria to North Greenwich (total travel time about 2 hrs) costs £22.50.

National Express coach – from Brighton to London Victoria (2 hr 30 mins) £7 (book online) and then tube from Victoria to North Greenwich (25 mins)

(£2.30 with Oyster card, £4.80 cash)

For any other areas from North or South one can find out train journey times and costs through visiting

<http://www.thetrainline.com/>, <http://www.southernrailway.com/mobile/>

or <http://www.thameslinkrailway.com/> and for tube journeys visit

<https://www.tfl.gov.uk/plan-a-journey/>

For National Express coaches visit

<http://www.nationalexpress.com/home.aspx>

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## ISC ACCOMMODATION

Those who attend all the UK demonstrations in September and taking ISC transport are offered free ISC accommodation, depending on availability.

Accommodation will be at Nagarjuna KMC for the nights of 15, 16, 17, 18, 19, 20 and 21 September.

Some ISC accommodation will also be made available on a **'first come, first serve basis'** to those who are organizing their own transport. Those that are flying in and attending the London demonstrations only will be offered accommodation either at KMC London, Shantideva Centre or Bodhisattva KMC depending on availability. Those that are travelling by car will be offered accommodation at Tara KMC or Bodhisattva KMC depending on availability. Priority will be given to those attending all the demonstrations and booking for all 6 nights' stay (15, 16, 17, 18, 19 and 20 Sep) of ISC accommodation.

**\*\*Note: For those arranging their own transport, the ISC cannot guarantee that all requests for ISC accommodation will be met.**

For those booking ISC accommodation, it will be dorm accommodation and indoor camping. You will be asked to bring your own sleeping bag and pillow. More information about the ISC accommodation will be send to you by email after booking for any of the ISC accommodation.

The ISC apologises for not being able to book any single or twin rooms, or make special accommodation arrangements for demonstrators. If you wish to stay in a single room or share a room with certain sangha friends, please arrange for your own accommodation.

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## **ISC MEALS**

During the demonstration you will be provided with a light vegetarian meal. When you stay at any of the ISC accommodations breakfast is included.

The ISC is not able to provide for any special dietary request. Should you have a special diet, please prepare to make your own meal arrangements. We apologize for any inconvenience this may cause.

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## **ADVICE FOR FAMILIES WITH CHILDREN < 16 YEARS OLD**

If you are part of a family with children under the age of 16, you are welcome to join and bring your children to the ISC demonstration provided you arrange your own accommodation and transport.

For legal reasons the ISC is not able to provide accommodation and transport for families with children younger than 16 years of age. ISC accommodation and transport will be shared, and the ISC is not able to provide any special conditions for families and children. Therefore parents with children under 16 years old are requested to provide their own accommodation and transport for the family.

During the demonstration parents remain fully liable for the well-being and safety of under-aged children. When booking for children under 16 years old please contact ISC Registration at [euroreg@internationalshugdencommunity.com](mailto:euroreg@internationalshugdencommunity.com).

## ISC DONATIONS

To make attending the ISC demonstration possible for as many people as possible we kindly request you to contribute towards the costs of the ISC demonstration by making a donation when you book. When booking you will be shown a suggested donation amount per demonstration day. This suggested donation, £15 (USD 23) per demonstrator per day, covers the actual costs of your booking. However, any donation you would be able to provide is most welcome.

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## CANCELLATIONS ON OR AFTER 8 SEPTEMBER 2015

If, after booking for the Cambridge and London demonstrations, your conditions change and you are unable to attend the demonstration, please cancel your booking. You can do so by sending an email to the ISC registration team.

Because the ISC incurs certain committed costs on your behalf after your booking, it is most appreciated that you inform the ISC as soon as possible about your cancellation. Your early cancellation may allow another person to take up the cancelled place and attend the demonstration.

When the demonstration date is getting closer the ISC is required to incur an increasing amount of commitments and costs. Therefore the ISC requires anyone who books for ISC transport and/or ISC accommodation and cancels after 8 September 2015 to pay the minimum fee of GBP 15.00 per day to cover costs incurred by the ISC. Thank you for your understanding.

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Should you have any queries or comments, please contact a member of the registration team at [euroreg@internationalshugdencommunity.com](mailto:euroreg@internationalshugdencommunity.com).

Thank you very much for your support of the ISC demonstration.

# I have read and understood this advice and wish to book

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