



SUMMER CAMP 2007

WITH DOSHU MORITERU UESHIBA

CELEBRATING 30 YEARS OF AIKIDO IN NORWAY



JULY 12TH – JULY 15TH 2007

The Norwegian Aikido Federation is happy to host Doshu, Moriteru Ueshiba, to conduct a 4 days Seminar at Gran Idrettshall at Brandbu. The place is situated 70 km north of Oslo, 40 km from Oslo Gardermoen Airport. All aikido practitioners are welcome. Teaching will be conducted by Doshu Moriteru Ueshiba. Some class(es) might however, at Doshu's wish, be taught by his assistant from Hombu Dojo or other senior instructors.

SEMINAR PRICE:

The 4 days seminar will cost NOK 1050/ € 130 for the whole camp. Aikidoka under 18 years: NOK 525/ € 65. Single days: NOK 400/ € 50. Single classes: NOK 200/ € 25. NB! You will all need your own valid sports insurance.

BOARD AND LODGING AT THE SCHOOL



Photo: Dimithis

The lodging will be at Vest Oppland Folkehøgskole www.vofhs.no. (Walking distance from Sportshall.) Please do not contact the school for camp information. If you need further information call Mona +47 233 888 24. Participants residing or camping at the school premises will have full board, 3 meals a day, including lunch and dinner on Wednesday, and a cold meal on Sunday night. The prices differs

LODGING AT HOTEL/PRIVATE:

The hotels are situated 10 km away from Brandbu. There is no NAF-organized transport from the hotel.

LYGNASÆTER HOTELL

Situated on a height, 10 km distance from Brandbu. 4-bedded rooms from NOK 1090. Double rooms NOK 990–850. Single rooms starts at NOK 750, including breakfast. 10% discount when staying more than 1 night.

www.lygna.no, tel: +47 61328613.

SURROUNDING AREA:

The area is great for nature walks, lake swimming, canoeing, biking, hiking and visits to several cultural and historical sites. Bring your family/friends and see more of

HOW TO GET TO BRANDBU:

BY AIR: From Oslo Airport Gardermoen: Take bus to Lunner Rådhus, and taxi to Brandbu. **Bus booking:** www.askeladden.net
Brandbu Taxi: +47 61 33 30 00

BY CAR: From Oslo: Follow road no 4 northbound towards Gjøvik.

GRADING:

Please bring your Aikido Passport, fill inn forms and have cash payment ready. Dan Grades must apply to Norges Aikidoforbunds Tekniske Komité in advance, se www.aikido.no. People from other countries/federations will need a permit to grade.

according to accomodation. There are free washers/dryers for people lodging at the school area.

MATTRESSED ROOMS:

The school has a limited amount of 2-4 matted rooms. Bring your own sleeping bag and towels. Price: NOK 1200/ € 150. Please notice that sleeping in matted rooms is only possible if you participate in the whole camp!

CLASS ROOMS:

Bring your own mattress, sleeping bag and towels. Price: NOK 200 per day, NOK 800/ € 100 for the whole camp, full board.

CAMPING:

The school is surrounded by a wide lawn, where you are allowed to bring and place your own tent or camping car for free. When camping full board is mandatory. Price: NOK 150 per day, NOK 600/ € 75 for the whole camp. No camping allowed around the Sportshall.

GJESTFRIHETEN FJORDSTUE

Situated on the shore of the lake, 10 km from Brandbu. Double room NOK 500. Breakfast 60 p.p.

www.gjestfriheten.no, tel: +47 61332050

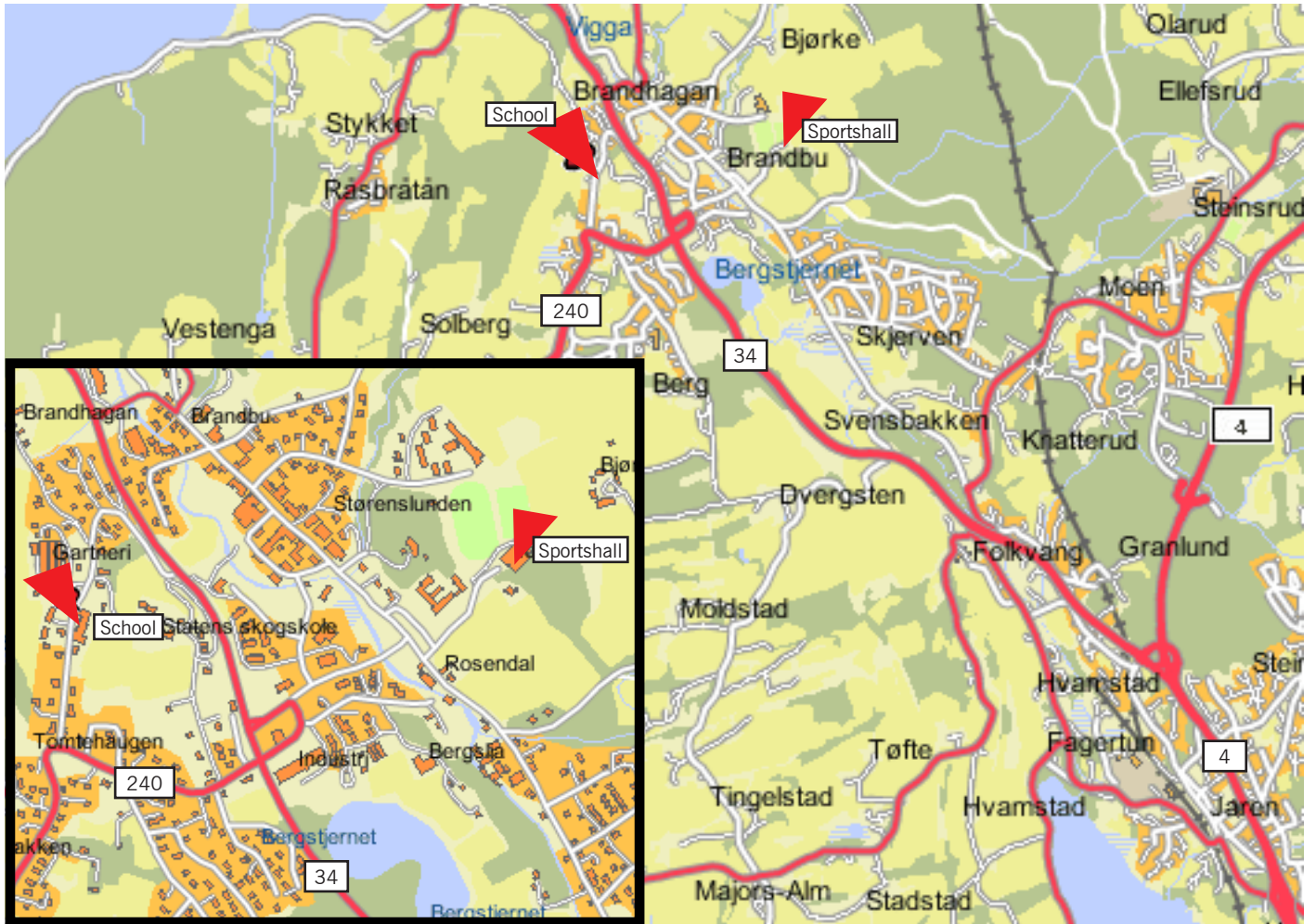
Price full board when sleeping in hotel and eating at school: NOK 150 per day, NOK 600/ € 75 for the whole camp. Single meals/half board are not available.

People living in hotels/private may pay for and book the Saturday dinner upon arrival.

Norway on the same trip! Children under the age of 3 will stay for free at the school.

BY TRAIN: Take the train to Jaren Station, then taxi to Brandbu (3 km). **Info:** www.nsb.no or www.trafikanten.no

BY BUS: From Oslo: Take Landexpressen from Oslo Bus Station to Brandbu. **www.opplandstrafikk.no**



SCHEDULE:

	WEDNESDAY 11.07	THURSDAY 12.07	FRIDAY 13.07	SATURDAY 14.07	SUNDAY 15.07
07.00		07.00–08.30: BREAKFAST	07.00–08.30: BREAKFAST	07.00–08.30: BREAKFAST	
08.00					08.00–09.30: BREAKFAST
09.00		REGISTRATION	REGISTRATION	REGISTRATION	
10.00		09.00–11.00: AIKIDO CLASS WITH DOSHU	09.00–11.00: AIKIDO CLASS WITH DOSHU	09.00–11.00: AIKIDO CLASS WITH DOSHU	REGISTRATION
11.00					10.00–12.00: AIKIDO CLASS WITH DOSHU
12.00			11.10–: KYU GRADING	11.10–: DAN GRADING	
13.00					
14.00	13.00–15.00: LUNCH	13.00–15.00: LUNCH	13.00–15.00: LUNCH	13.00–15.00: LUNCH	13.00–15.00: LUNCH
15.00					
16.00	REGISTRATION CONTINUES				
17.00		16.00–18.00: AIKIDO CLASS WITH DOSHU	16.00–18.00: AIKIDO CLASS WITH DOSHU	15.30–17.30: AIKIDO CLASS WITH DOSHU	15.30–17.30: AIKIDO CLASS WITH DOSHU
18.00					
19.00					18.30–19.30: COLD MEAL
20.00	18.30–20.30: DINNER	18.30–20.30: DINNER	18.30–20.30: DINNER	19.00–21.00: DINNER	
21.00		20.15: NAF ANNUAL MEETING			

REGISTRATION:

Register online at www.aikido.no/nafsummercamp2007, or by filling in and sending the registration by post. Please notice that an advance payment of total amount is required by June 1st for your booking to stay valid.

PAYMENT:

To Nordea Bank, account no: 6030.05.34131, IBAN: NO0260300534131 SWIFT/BIC: NDEANOKK

ADDRESSED TO:

NAF Summercamp c/o Erlend H. Lilleboe Uranienborgvn. 29, leil 204 NO-0355 Oslo, Norway.

CANCELLATION

If you (for any reason) want to cancel your booking, refunds will be given until June 20th, subducted an administration fee of NOK 300. After this date no refunds are given.

Remember your name on payment!

Please register now. All kind of school board and lodging may be filled up quite rapidly.

REGISTRATION FOR NAF SUMMERCAMP 2007

Send by post to: Brude, Hogdavn. 1 d, NO-0680 Oslo, Norway.

WHO ARE YOU?

Name: _____
Country: _____
Dojo: _____
Tel: _____
E-mail: _____
Age (if under 18): _____

WHEN WILL YOU PARTICIPATE?

The whole camp: NOK 1050/€ 130 (€ 65 under 18 yrs)

Single day(s): Thu Fri Sat Sun (NOK 400/€ 50 per day)

Single class(es): 1. class: Thu Fri Sat Sun (NOK 200/€ 25 per class)
2. class: Thu Fri Sat Sun

ACCOMODATION:

Everyone must bring their own sleeping bag, (mattress) and towels!

Sleep in 2-4 matted rooms with all meals (NOK 1200/€ 150)
(It is only possible to book a room if you stay the whole camp.)
I want to share room with: (up to 3 persons) _____
 Sleep in classroom with all meals (NOK 200/€ 25 per day)
 Sleep in own tent/camping car with all meals (NOK 150/ € 19 per day)
 Sleep in hotel/private, eat at school (NOK 150/ € 19 per day)
 Sleep in hotel/private. No food wanted.

BRINGING FAMILY/FRIEND(S) NOT TRAINING

Adult(s) Names: _____
 Child(ren) above 3 yrs. Ages/names: _____
 Child(ren) under 3 yrs (Free board and lodging)

FOOD:

Vegetarian meals Gluten free meals