

EVENT: CHI I DO INTERNATIONAL TRAINING CONFERENCE JULY 2012.

VENUES: St. Augustine Karate Dojo, St. Augustine; Blanchisseuse Secondary School, Blanchisseuse; Tacarigua Indoor Complex, Tacarigua.

DATE: 26/07/12 to 29/07/12 (4 days).

SCHEDULE: 26/07/12 Arrival-1pm Piarco International Airport, Trinidad.

	3pm Check in at Le Sportel
	4pm Late lunch/early dinner/rest
	7pm Training/ Session 1
	8.30pm Session 1 ends
	9.00pm Dinner
	10.30pm Return hotel/Rest
27/07/12	7-8.30am-Breakfast
	10am Training/Session 2
	12pm Session 2 ends/Lunch
	5.30pm Training/Session 3
	8.00pm Session 3 ends
	9.00pm Dinner
	10.30pm Return hotel/Rest
28/07/12	7-8.30am-Breakfast
	8.30am-Trip to Blanchisseuse Secondary
	10.00am-Training/Session 4 at BSS
	12pm –Session 4 ends/Lunch at Maracas Beach (Seafood delights)
	Seabathing, relaxation, short hike, enjoy natural beauty of the North Coast.
	4pm-Return to Le Sportel/Rest
	7pm-Training/Session 5
	9.30pm-Session 5 ends
	10pm-Dinner
	11pm-Return to hotel/Rest/Recreation

29/07/12	7-8.30am-Breakfast
	10.00am Training/Session 6-includes dan grading
	2pm Session 6 ends
	2.30pm Lunch/Recreation/Rest
	7.00pm Closing Banquet
	10.00pm End of Banquet/Night life entertainment
30/07/12	7am Boat Ride to Tobago
	10.00am Arrive in Tobago
	12pm Check in guesthouse/hotel/seabathing/restaurant/shopping/etc.
31/07/12	Tour of Tobago/Spend whole day at beach
01/08/12	6/7 am : Return to Trinidad /Departure to USA,Puerto Rico night.

ACCOMODATION:Le Sportel Inn,Macoya Rd. ,Tunapuna,Trinidad

RATES: \$109.00 US per night-single or double room

\$20.00 US per extra person

All taxes,access to swimming pool,gym, and complimentary breakfast every morning-note breakfast for one(1) in a single room,breakfast for two(2) in a double room.

CHECK IN TIME-3PM

CHECK OUT TIME-12noon

Confirm with Mario re. Accommodation-contact at 1 868 369 6423 or 1 868 763 2365,email philipkalloo@yahoo.com

Those who wish to use the dojo-there is toilet/bathroom,fridge,mats-can bring sleeping bags,I can also get some cots from the Defence Force.Home stays also available-I have three rooms available at my home.

FLIGHT INFO: flights being booked for Kayo and Lai-departing JFK at 7.50am Thursday 26 July arriving in Trinidad at 1pm/Return flight either depart on Monday 30 July pm arrive in JFK early morning Tues.31 July or stay in Tobago two(2) nights and leave on Wed.1st August pm –arrive early morning Thurs.2nd August.

The airline is Caribbean Airlines.

Regarding the stay in Tobago-trying to get my sister's apartment which can hold from 5-10 persons and more if willing to use sleeping bags-it's in a gated community,has swimming pool,Jacuzzi however we would have to get a vehicle to travel to the really nice beaches or just stay at guest house for the two nights which would be close to some beautiful beaches-the guest house rates will be really reasonable as well as if we stay at my sister it would be even cheaper.Her place is really nice just that it's not really close to the nice beaches-there is a beach just two minutes away and the area is a protected lagoon area.

The ferry ride to Tobago is \$20 US return-the ride takes about 2-3 hours and I think people will really enjoy it.

The current exchange rate is \$6.40 TT to \$1.00 US.Food ,clothes,pharmaceuticals,etc. are cheap.

Any clarification please contact me.

Mario