

Klose Training & Consulting, LLC
GENERAL INFORMATION & ACCOMMODATIONS RESOURCE
2020 Classes at the Foeldi Clinic, Hinterzarten, Germany

Thank you for registering for the Klose Training Lymphedema Advanced & Review at the Foeldi Clinic in Hinterzarten, Germany. This packet is designed to provide useful information and resources for planning your trip to the Foeldi Clinic in 2020. We've researched prices, but please know that these may change between the time we created this document and the time you make your arrangements.

The Foeldi Clinic address: **Földi Klinik, Rösslehofweg 2-6, D-79854 Hinterzarten, Germany**

DRESS CODE

The dress code is "business casual" keeping in mind that we are "guests" at the Foeldi Clinic where we will have contact with patients and healthcare providers on a daily basis. The therapists at the Foeldi Clinic wear white. Since we will be going into therapy rooms, please bring one set of white clothes (white shirt and pants) or a clean white lab coat for that occasion. Note that you don't need to wear your white outfit on the first day of class. For the lab sessions of the course, we recommend you bring comfortable, loose-fitting clothing (e.g. yoga/gym clothes, t-shirt, baggy shorts, etc.). Try to dress appropriately for the season. You can check the weather in Hinterzarten at this website: www.weather.com.

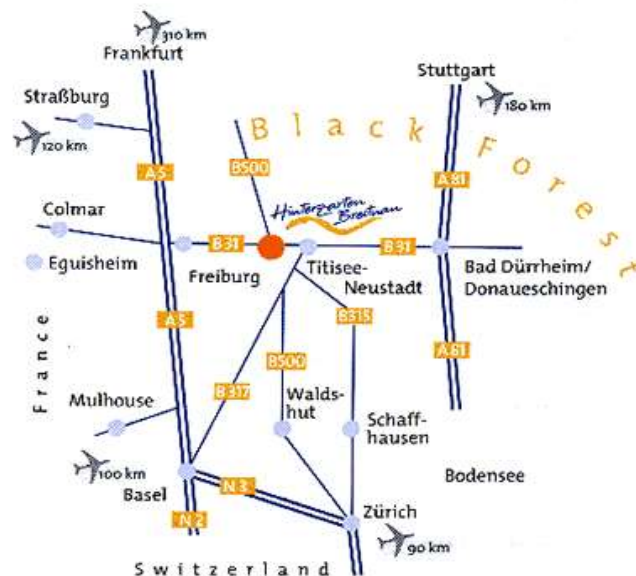
GETTING THERE BY PLANE

For students flying to the course, the most convenient airports are Zurich International Airport (ZHR) in Switzerland or Frankfurt International Airport (FRA) in Germany. The driving time from Zurich to Hinterzarten is approximately 1½ - 2 hours; the driving time from Frankfurt to Hinterzarten is approximately 3½ - 4 hours. Car rental can be arranged through Auto Europe (U.S. toll free: 800-223-5555 or visit www.autoeurope.com) or contact any major car rental agency such as Avis, Hertz, Budget, etc. Train service is available from Zurich or Frankfurt to Hinterzarten. (See below for more information on train travel.)

Other Airports: Basel-Mulhouse International Airport (BSL), France
 Stuttgart International Airport (STR), Germany

From Zurich Airport to Hinterzarten, the distance is approximately 100 km (62 miles); from Frankfurt Airport approx. 310 km (195 miles); from Basel-Mulhouse Airport, France to Hinterzarten, approx. 90 km (55 miles); and from Stuttgart Airport, approx. 180 km (110 miles).

Hinterzarten is located on Highway **B 31** which connects to major highways (Autobahns) such as **A 81** (from Stuttgart and Lake Constance) or **A 5** (from Frankfurt, Germany and Basel, Switzerland). Your car rental agency can provide driving directions from your arrival airport to Hinterzarten.



GETTING THERE BY TRAIN

From Frankfurt Airport: The train station is on the lower level of Frankfurt Airport. You can purchase a ticket and get information (in English) about times and connections. Take the **IC train** (Inter-City train) to Freiburg/Breisgau, Germany. From there, switch to the "Hoellentalbahn" (commuter train) directly to Hinterzarten. The trip from Frankfurt to Freiburg takes approximately 2½ - 3 hours and from Freiburg to Hinterzarten is another 45 minutes.

From Zurich Airport: The train station is on the lower level of Zurich Airport. You can purchase a ticket and get information (in English) about times and connections. This train will take you to the main train station in the city of Zurich. From the main station, you may have to change once or twice to get to Freiburg, Germany. Some trains go from Zurich (main station) to Freiburg; others only go to Basel, Switzerland where you will have to change once more. Your route will be explained to you when you purchase your ticket and will be written on your ticket along with platform and train numbers. **Note:** When making train reservations from Zurich to Freiburg, please be sure to ask for Freiburg, Germany. There is also a Freiburg in Switzerland (different spelling but same pronunciation). From Freiburg/Breisgau, Germany, take the "Hoellentalbahn" (commuter train) directly to Hinterzarten. This train departs every half-hour.

From Basel/Mulhouse Airport: Take the **Airport Connection Bus** directly to the Freiburg, Germany train station. From Freiburg/Breisgau, Germany, take the "Hoellentalbahn" (commuter train) directly to Hinterzarten. This train departs every 30 minutes.

TAXI SERVICE

Taxi service from Zurich Airport to Hinterzarten is approximately €140.00 Euro (\$150 USD) **if you make prior arrangements** with one of the following companies (please note that the cost is **much higher** if you simply rent a taxi at the airport).

Taxi Scherf at 01149-7651-5553 or online at www.taxi-scherf.de

Taxi-Hermann at 01149-7652-1666 or online at www.taxi-hermann.de

Please note: Uber/Lyft (or other app-based services) are **not** available in most places in Germany!

CASH

In our experience, you can withdraw cash with your ATM card (Banking Card). There are a number of banks (Sparkasse, Volksbank) in the village of Hinterzarten. ATM machines are accessible after business hours. Please check with your financial institution for details about cash withdrawals abroad. For the most up-to-date currency conversion information, go to: www.oanda.com/convert/classic.

LANGUAGE

Many people in Germany speak *some* English. However, it may be helpful to carry a pocket-sized dictionary with you during your stay.

STORE AND BANK HOURS

Most stores and banks are open Monday-Saturday but are **not** open on Sundays or holidays (see below). Some stores and banks close for lunch from 12:30 – 2:30 pm on weekdays. Banks in Hinterzarten are **not** open on Saturdays.

HOLIDAYS DURING YOUR STAY

There are no holidays during our 2020 class.

RESTAURANTS AND TIPS

Some restaurants accept credit cards; others do not! Restaurants in Germany are non-smoking, though they may have a designated smoking lounge. Service and tax is included in the price of your meal/beverage. A modest tip may be given if the service was good/very good or you can simply round off to an even number. For example, if your bill is €13.50 Euros, you may pay €15.00 Euros. Restaurants are open on the weekends and holidays but are usually closed one day during the week.

LUNCH BREAKS DURING THE COURSE

Lunch is included in your tuition from **Monday through Thursday** at the Foeldi Clinic (lunch is NOT included on the last day of the class). The meal choices are 1) Regular 2) Vegetarian *with* Fish, or 3) Vegetarian *without* Fish. **IMPORTANT:** Please communicate your meal choice to lisa@klosetraining.com as soon as possible (or at least one month in advance of your class). Please include any special dietary restrictions and we'll do our best to accommodate them (with advance notice, the Clinic is able to accommodate students who are gluten free and/or have food allergies). There is also a small grocery store across the street from the Foeldi Clinic and many restaurants a short walk from the Clinic. Complimentary water will be available from a machine near the classroom. Coffee, cappuccino, and espresso are also available from a machine near the classroom for a small fee.

An additional note for those with dietary restrictions and/or food allergies:

Restaurants will usually have some gluten-free options and be able to accommodate persons with food allergies. A small selection of gluten-free products is available at the small grocery store next to the Clinic. Note that this store is closed on Sundays; if you are arriving Sunday, plan accordingly. During the week and on Saturday, this store opens at 8:00am.

LOCAL TRIPS ON YOUR DAYS OFF

Freiburg is a larger city near Hinterzarten with a university. You can travel there by train in about 40 minutes. Trains to Freiburg depart every 30 minutes. Day trips to historic sites and other popular tourist destinations can be booked locally with a few days' notice.

Guenter has suggested this website for day trips: <http://www.steiert-reisen.de/index.php> (click on "Coach Trips" for information in English).

HOTELS, PENSIONS, and BED & BREAKFASTS (B&B's)

Please be aware that many private Pensions and B&B's do NOT accept credit cards! They *may* accept travelers checks (in Euros), but most landlords prefer to be paid with cash (in Euros).

ACCOMMODATIONS

Below, we have provided recommendations based on the feedback from previous course participants. Conditions and prices of the accommodations are subject to change. Contact the property directly for current pricing. Many more options exist; a list and description of all available hotels, pensions and B&B's can be obtained from the Hinterzarten tourism bureau:

Hochschwarzwald Tourism Bureau

Email: info@hochschwarzwald.de

Website: www.hochschwarzwald.de

Phone: +49 (0) 7652 1206 8122 (01149-7652-12068122 from the U.S.).

The staff at this tourist office speaks English and will help you find the most suitable accommodations to meet your individual needs. Please provide them with the following information:

1. The category and price range you prefer. **Hotels** are available from €35 – €100 EURO (\$38 - \$110 USD) per person/per night. **Private Rooms** (pensions, guesthouses, or B&B's) are available from €25 – €60 EURO (\$28 - \$68 USD) per person/per night. **NOTE:** Most prices include breakfast. Lunch and dinner are also available in hotels and pensions for an extra fee.
2. Whether the accommodation needs to be within **walking** distance of the Foeldi Clinic, please don't shy away from a distance of one or two miles (1.5 - 3 km). It will give you a nice stroll before and after class.
3. Any other special needs you may have during your stay in Hinterzarten and surroundings.

RECOMMENDED ACCOMMODATIONS:

Property Name	Feedback from Previous Course Participants
Hotel Silberdistel Contact: Ilia Kraft Freiburger Strasse 27, Hinterzarten Tel: 01149-7652-362 Fax: 01149-7652-981763 hotel-silberdistel-hinterzarten.de hotel-silberdistel-hinterzarten@t-online.de	5-minute walk to the Foeldi Clinic. Early (7:30 am) breakfast if needed, Free internet access in all guestrooms. Price includes breakfast. Price for Klose Training/Foeldi students is €63 EURO (\$70 USD) for single occupancy and €90 EURO (\$100 USD) for double occupancy. <i>Hochschwarzwald Card is not available at this location.²</i>
Ferienhaus Speth Familie Speth Rappeneckweg 6, Hinterzarten Tel: 01149-7652-982011 Fax: 01149-7652-982012 www.ferienhaus-speth.de info@ferienhaus-speth.de	10-minute walk to the Foeldi Clinic. Speaks English. Guest apartments (Ferienwohnungen ³) only at this excellent facility. Includes hairdryer, allows use of washer & dryer. Small one-bedroom apartment is €40-50 EURO (\$45-55 USD) for two guests/per night. Larger, two-bedroom apartment is €56 EURO (\$63 USD) for two guests/per night. Add €7 EURO (\$8 USD) for each extra person up to 4 guests ¹ . <i>Hochschwarzwald Card is not available at this location.²</i>
Gästehaus Ketterer Windeckweg 26, Hinterzarten Tel +49 (0) 7652/260 Fax +49 (0) 7652/6146 www.gaestehaus-ketterer.de mail@gaestehaus-ketterer.de	15-min walk to Foeldi Clinic. Very good English. Four single and six double rooms, each with shower / WC, TV, and wireless internet connection. Most have a balcony or terrace. Common areas: Finnish sauna and bathhouse, kitchen, lounge with color TV and VCR, reading room, and large garden and lawn with seating. Will pick you up from the train station. Price is €36-40 EURO (\$40-45 USD) per person/per night including breakfast, evening snacks, and non-alcoholic beverages ¹ . <i>Hochschwarzwald Card is not available at this location.²</i>

<p>Gaestehaus Klingele Familie Ketterer Zartenbachweg 8, Hinterzarten Tel/Fax: 01149-7652-259 www.pension-klinge.de info@pension-klinge.de</p>	<p>10-12 minute walk to the Foeldi Clinic. Speaks some English. Nice, clean rooms. Only accepts cash payment. Price range: €30-36 EURO (\$34-40 USD) per person/per night*, includes breakfast.</p> <p>Hochschwarzwald Card is not available at this location.²</p>
<p>Gaestehaus Voelkle Familie Voelkle Martin-Gremminger Weg 6 Tel/Fax: 01149-7652-981794 www.ferienhaus-voelkle.de Ferienhaus.voelkle@t-online.de</p>	<p>5 minute walk to the Foeldi Clinic. Three guest apartments³ for 1-4 people available. Price is €37 EURO (\$41 USD) for one person/per night and €65 EURO (\$72 USD) for double occupancy. Special pricing available for stays of 15 days or longer. Price includes free WiFi and</p> <p>Hochschwarzwald Card²</p>
<p>Ferienhaus Faller Familie Jung Freiburger Strasse 18, Hinterzarten Tel: 01149-7652-981525 Fax: 01172-7652-981529 www.hausfaller.de w.jung@t-online.de</p>	<p>5-7 minute walk to the Foeldi Clinic. Guest apartments (Ferienwohnungen) only at this facility. Price is €52-57 EURO (\$58-63 USD) for a one-bedroom apartment (double occupancy)³.</p> <p>Hochschwarzwald Card is not available at this location.²</p>
<p>Ferienhaus Sassenhof Adlerweg 17, Hinterzarten Tel: 01149-7652-918190 Fax: 01149-7652-9181999 www.sassenhof-hinterzarten.de sassenhof@t-online.de</p>	<p>15-minute walk to the Foeldi Clinic. Speaks English. Extremely accommodating. Offers free internet access. Cost for single occupancy is €65 EURO (\$72 USD); double occupancy is €114 EURO (\$127 USD). Price includes breakfast, indoor pool, whirlpool, sauna, fitness room, and</p> <p>Hochschwarzwald Card²</p>
<p>¹ Guest tax is not included in the prices listed in the above accommodations recommendations. The guest tax is €2.70 EURO (\$3 USD) per person/per night. Being a guest (tourist) in the village of Hinterzarten, you are eligible to use the local public transportation system (bus and trains) free of charge. This also includes the train rides to and from Freiburg. Because you will be in Hinterzarten on business (taking our course), you are not obliged to pay the guest tax. However, in turn, you will have to pay for local transportation. A verification letter indicating your stay as a business trip will be offered at the beginning of the class.</p> <p>² The Hochschwarzwald Card was introduced by the local tourism board in 2010. This card includes the guest tax and provides free local public transportation and free access to many local attractions including boating trips, golf courses, museums, events, and the newly-built indoor Water World (http://www.badeparadies-schwarzwald.de/en/) in Titisee. Two of the hotels on the above list include this amenity with your stay.</p> <p>³ Freienwohnungen (guest apartments) are similar to efficiency suites and include a small kitchen and separate bathroom. Room service and breakfast are not provided in these guest suite rentals!</p> <p>Guenter's recommendation: Please advise your landlord that you want to be treated as a tourist. Pay the guest tax as if you were a tourist and enjoy the free public transportation (local buses and trains)!</p>	

We hope the above information will help you prepare for your stay in Germany. We look forward to seeing you! If you have any questions, please don't hesitate to contact us at:

E-mail: info@klosetraining.com
Phone: (001) 303-245-0333
Fax: (001) 303-245-0334

Best regards and safe travels!