



WORLD
TRADITIONAL
KARATE-DO
FEDERATION



TKFGB
传统空手道
Traditional
Karate-Do
Federation
of Great Britain

Western Europe Integration Camp & Language Study

24 - 30th July 2016 Boston, UK

This is an officially approved WTKF event

We would like to invite all the interested parties to our annual Karate Summer Camp.

This year the camp will take place in **Boston, Lincolnshire**. It will be a **7 day, sports and language event** where karate trainings will be complemented by an intensive course of English language.

Boston, Lincolnshire is a historic town in East Midlands and boasts rich heritage of sea trading and colonial exploration. This where the first Pilgrims set out from to head for the new lands of North America and build new settlement, later known as Boston, USA (1630).

Boston's most notable landmark is St Botolph's Cathedral – "The Stump" (1309), said to be the largest parish church in England with one of the tallest towers in England, visible for miles around from the flat lands of Lincolnshire. The tower is approximately 83m high and has a special spectator balcony near the top section.



Sports programme

- Preparation for the World Championships & Children's World Cup (Krakow, Poland, 2016)
- Minimum two karate training sessions per day - trainings will be run in English
- Expected participants from UK, France, Lithuania, Germany, Czech Republic, Poland, Armenia, Spain and others
- Top karate instructors
- "Western Europe Integration Tournament"
- General fitness classes
- Dietary and nutrition counselling



Accommodation

- Boston College Hostel, about 10 minutes' walk from the town centre
- Single rooms in 4 – 5 bedroom suites, free Wi-Fi
- Each room contains: single bed, bed-side table, wardrobe, desk, cupboard mounted washbasin
- Shared kitchens and bathrooms – 1 bathroom for every 3-5 people
- Play room / Lounge – table tennis, table soccer
- Free car park



Boarding

- College main canteen
- Buffet style breakfast
- Packed lunch (sandwich/wrap, fruit, bottled drinks)
- Two-course evening meal



English Study

- College Sixth Form Centre
- Professional Boston College teachers
- International groups
- Contents framed around everyday language and sports related vocabulary
- Modern classrooms – interactive white-boards, O/H projectors, PCs
- Course completion certificate (Boston College)



Attractions

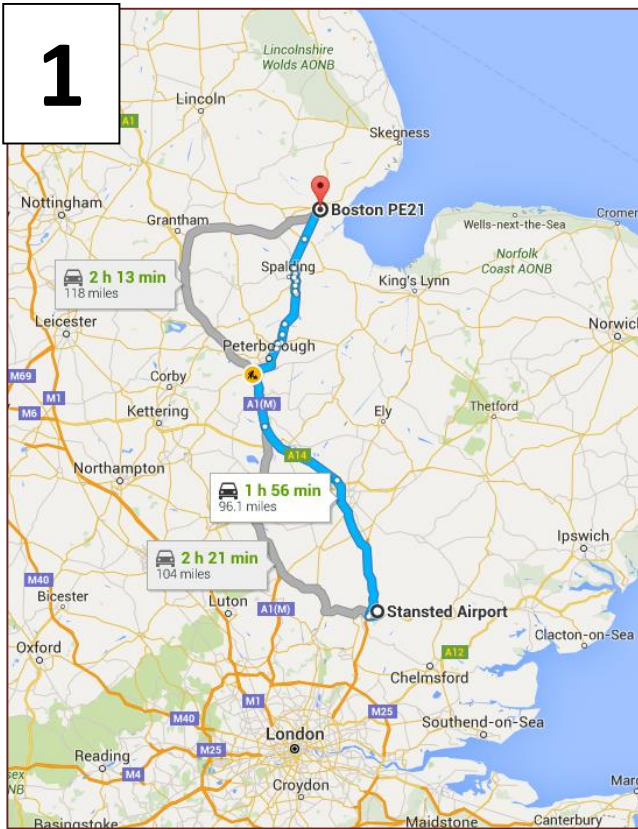
- **Trip to Lincoln** – beautiful historic city with a castle and cathedral complex. The cathedral is the largest Roman Catholic building in the UK. Picturesque old town at the foot of the cathedral hill
- **Trip to Skegness** – popular seaside resort 25 miles off Boston. Vast beautiful beaches, trendy restaurants and amusement theme parks explain its huge popularity
- **“The Green Pitch”** with workout course ideal for morning or afternoon outdoor activities
- **Swimming pool and sauna** in e sports complex just 5 min walk from the main College building
- **“1st Western Europe Integration Tournament”**
- **Meeting** with local authority representatives
- **Commemorative** T-shirts for all the participants
- **Sayonara** party



Costs

The price is £430 and it includes:

- Accommodation (7 nights)
- All day boarding (3 meals)
- Participation in English Course
- Participation in karate trainings
- Participation in karate tournament
- Trips to Lincoln and Skegness
- Access to gym, pool and sauna
- Participation in Sayonara Party

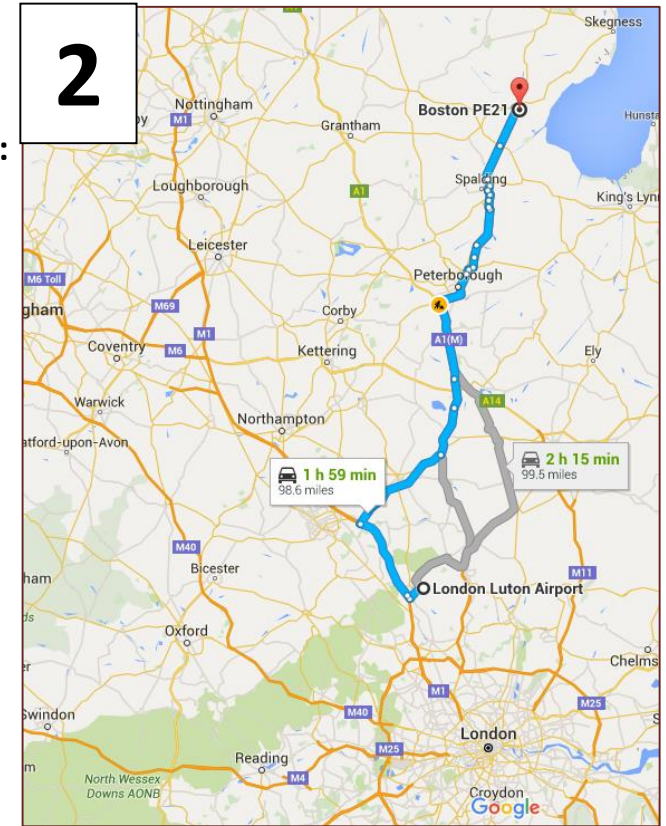


Possible airport routes & transfer times (car):

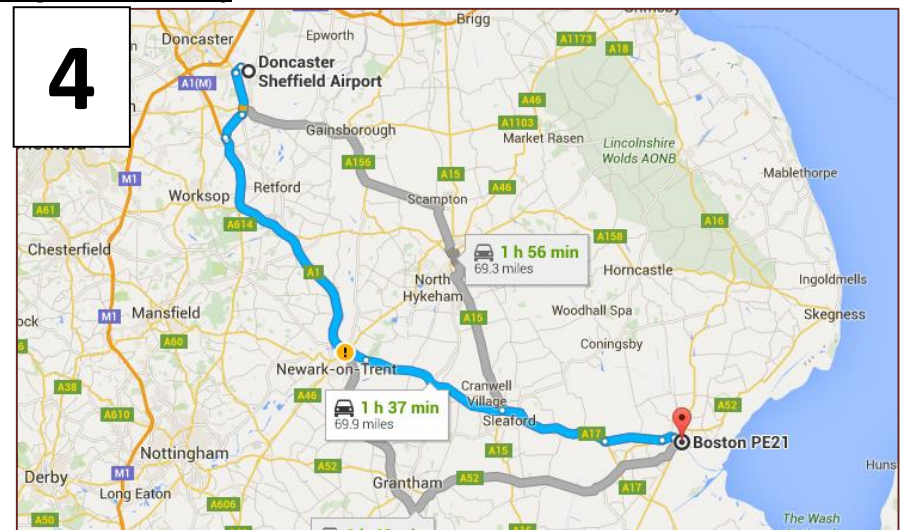
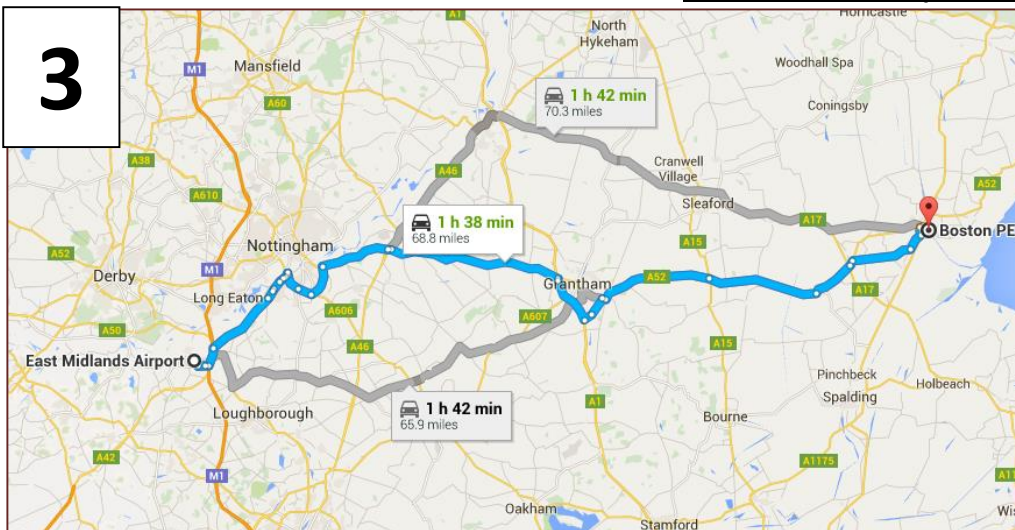
1. Stansted Airport
96 miles – 2.00 h
2. Luton Airport
100 miles – 2.00 h
3. East Midlands Airport
69 miles – 1.40 h
4. Doncaster Airport
70 miles – 1.40 h

Useful airport transfer sites (coach & train):

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



For other transfer options contact the organisers directly





Contact us:

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Registration:

Applications* should be submitted via the above e-mail by 15th Jun 2016, admitting no delay.

*Because of the limited number of places, applications will be accepted following the order submission date.