

Cost Structure – Events July 2018 - Myoreflex Concept & Mandela Trail

7 July 2018

Myoreflex Concept Presentation – Grahamstown Art Festival

10 – 14 July

Myoreflex Therapy Course – Woody Cape

16 – 18 July

Mandela Centenary Trail – King William's Town Area

Cost Structure

Included for course:

- accommodation (shared room) with full board in the Woody Cape Nature Lodge at the Indian Ocean with big sand dunes, nature walks and pools
- food: breakfast, lunch, dinner, tea breaks and snacks
- presentations, workshops, practice, certificate, ...
- organisation, administration, wifi access, ... (180.- USD)

Additional Costs:

- airport transfer service: 40.-USD Port Elizabeth airport (one way)
- transport (shuttle) to and from events: Grahamstown 20.- USD (one way)
Mandela Trail 35.- USD (one way)
- the Mandela Trail fees will be handled extra by the Traditional Leaders' Trust
- optional excursions: Addo Elephant Park (Wildlife Safari), canoeing, horse riding

Total fees at the Woody Cape Nature Lodge <http://woodycape.co.za/>

1 night with Full Board the following day:

3 meals, tea breaks with snacks

Double Room in Chalet 65.- USD

4-6 bed room in Chalet 55.- USD

Single room 90.- USD

Dormitory with bunk beds 30.- USD (special offer for youth)

1 Night with Breakfast only:

45.- USD

35.- USD

70.- USD

25.- USD

Grahamstown Art Festival <https://www.nationalartsfestival.co.za/> entrance is free, but shows cost

Booking of tickets for shows: <https://www.nationalartsfestival.co.za/faq-items/how-to-book-tickets/>

= **2 nights at Woody Cape** (arrival 7 July evening – departure 9 July morning)

double room version

90.- USD (incl. Breakfast)

Organisation, admin, wifi

50.- USD

Total

140.- USD + transport

Myoreflex Course = 6 nights (arrival 9 July evening – departure 15 July morning)

double room version 390.- USD (incl. Full Board)

Organisation, admin, wifi 180.- USD

Course free! (donation by Kurt Mosetter and team!)

Total 570.- USD + transport

Myoreflex Treatments Your contribution helps organise Myoreflex trainings for young people and develop Myoreflex Centres in South Africa, Lesotho and Kenya.

Mandela Centenary Trail = 4 nights (arrival 15 July evening – departure 19 July morning)

double room version 260.- USD (incl. Breakfast)

Organisation, admin, wifi 150.- USD

Total

410.- USD + transport

Solidarity Contribution: Create future and enable the Myoreflex training for a youth (incl. mentoring).

Special fees available for children: under 5 free

5 – 12 years pay 50% of the rate (staying in the parents' room) or 80% of the rate (in their own room)

Alexandria Lodge (close to the Woody Cape Nature Lodge - Shuttle included)

We have a special agreement. Please connect with humanrc@iafrica.com

Payments

Commitment:

Organising the events takes a lot of time and causes costs prior to the meeting.

In order to secure your place at events,

please make your payments in US Dollars as soon as possible, but latest by 30 June 2018 to:
(money transfer costs at the expense of the participant!)

Account Holder: Hilltop Empowerment Centre
26 Grey Street
King William's Town, 5600
Rep. of South Africa

BANK: Standard Bank
Shop G55
Metlife Mall
King William's Town, 5601
South Africa

SWIFT code SBZAJJ
Branch Code 050419
Account No. 081024665