

Invitation to



International Adapted Course

IAC FINLAND

Ylöjärvi 28.-29. January 2023



Conducted by
Master Leo Oros Duek
Chairman of ITF Inclusion Committee



IAC FINLAND 2023

Dear Grand Masters, Masters, Instructors and Students,

On behalf of ITF Taekwon-Do Finland and Taekwon-Do Center we have the great pleasure to invite you to an International Adapted Course which will be held in Ylöjärvi, Finland from 28th to 29th of January 2023.

The course will be conducted by the Chairman of the ITF Inclusion Committee, Master Leonardo Oros Duek.

The Adapted Taekwon-Do program was developed by the Inclusion Committee with the aim of providing the most up-to-date tools that allow us to bring our art closer to all who wish to practise it.

The course teaches the identification of the different special needs, how to approach students with special needs, managing the relationship with parents, and how an inclusive teaching program is developed, among other topics.

The course is aimed at red and black belts who seek to expand their knowledge in the field of teaching and who wish to increase their volume of students in a practically virgin market.

All course participants will receive their OFFICIAL ITF CERTIFICATE.

It will undoubtedly be a special opportunity to receive a unique and complete training for the first time in Europe.

It will be a pleasure and honor for us to welcome you and share this exclusive event with you.

On behalf of the organizing committee,



Tanja Hammare
President
ITF Finland



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Email:

iac2023finland@taekwon-do.fi

Website:

itf2023.fi/iac/

Facebook-event:

[IAC - International Adapted Course, Finland 2023](#)



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Date and place of the event

IAC Finland 2023 will be held in the city of **Ylöjärvi** on **28th and 29th January 2023**. Ylöjärvi is located 15 minutes from Tampere, the host city of the 2023 World Championships.

The venue address: [Elotie 2, 33470 Ylöjärvi.](#)



Registration

The meeting point for registration will be at the venue.

Registration will be open on Saturday January 28th at 10:00 to 11:00.



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IAC fees

Degree	Participation fee	Organization fee
2nd gup to 6th degree	75 €	60 €
7th to 8th degree	40 €	60 €
9th degree		60 €

Optional:

Dinner and sauna	50 €
Adapted Taekwon-Do book	20 €

Pre-registration

All participants must pre-register to the IAC at the latest **19th January 2023**. However, participants should register as soon as possible, as the number of places is limited. Pre-registration is a two-step process:

1. Organizer registration

The registration to the organizer is done using ITF Finland's online system. Please contact Mr Lasse Kuusisto to get your credentials to the database: lasse.kuusisto@taekwon-do.fi

2. ITF registration

The participants must also register to the official ITF database. This is done through your national organization. Please make the registrations as soon as possible, but at the latest January 19th 2023.



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Book

It is possible to pre-order the ITF Adapted Taekwon-Do book through pre-registration. Those who pre-ordered the book will receive it during the course. Price of the book is 20 EUR.

Payment

The invoice with the payment details will be sent by email after registration.

Schedule of the course

Saturday January 28th

10:00 - 13:00	Course part 1
13:00 - 14:00	Lunch
14:00 - 18:00	Course part 2
19:00	Dinner with sauna (optional)

Sunday January 29th

10:00 - 12:00	Course part 3
12:00 - 13:00	Lunch
13:00 - 16:00	Course part 4
16:00	Closing ceremony of the IAC



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Accommodation

Omahotelli

The easiest option is to book a room from hotel Omahotelli (www.omahotellit.fi), which is located at a walking distance from the venue. Furnished apartments are also available through the hotel.

Omahotelli room prices:

- single room 104 EUR/night
- double room 120 EUR/night
- triple room 150 EUR/night
- 4-person room 185 EUR/night
- 5-person room 220 EUR/night
- 6-person room 255 EUR/night
- 10-person room 510 EUR/night (a studio with 3 separate sleeping areas and a large living room, totally 100m²)

Breakfast and free parking is included.

Close to shopping and dining.

Please see photos in www.omahotellit.fi.

Reservation shall be done directly to the hotel:

Phone: +358 50 443 1000

Email: varaus@omahotellit.fi

It is recommended to book early, as this is a small but very popular hotel.

Hotel address is Työväentalontie 5, 33470 Ylöjärvi.

Other accommodation possibilities

There is a limited capacity of accommodation in Ylöjärvi. However, the city of Tampere has plenty of hotels to choose from. Please check in

<https://visittampere.fi/en/accommodation/>.



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Meals

There are several restaurants and a large grocery store in the shopping center called "Kauppakeskus Elo" which is located across the street from the venue.

Dinner with sauna

A dinner with opportunity to relax and share experiences with other participants will be arranged on Saturday evening January 28th starting at 19:00. There will also be the possibility to visit the traditional Finnish smoke sauna or relax in an outdoor hot tub.

People wishing to participate in the dinner should indicate this on their online registration form.



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How to get there?

How to get to Tampere by air?

Tampere is easily accessible by air via its European route network with airBaltic, Finnair and Ryanair. Tampere is a Home City to airBaltic and there is excellent global connectivity via European hub airports Amsterdam, Copenhagen, Munchen and Riga within airBaltic and its' partner airlines route network.

During the winter 2022 there are direct routes from following cities:

- **Daily direct** flights from **Amsterdam Schiphol**. Operated by airBaltic in codeshare with KLM. Excellent connectivity in KLM network to/from Asia and all Europe.
 - airBaltic: www.airbaltic.com
 - KLM: www.klm.com
- Direct flights from **Riga**, Latvia. 6 times a week (no flights on Saturday). Excellent connectivity in airBaltic network all over the Europe.
 - airBaltic: www.airbaltic.com
- Direct flights from **Munchen, Germany**. 3 times a week; Monday, Thursday and Friday. Operated by airBaltic in codeshare with Lufthansa.
 - airBaltic: www.airbaltic.com
 - Lufthansa: www.lufthansa.com
- Direct flights from **Copenhagen, Denmark**. 3 times a week; Monday, Wednesday and Friday. Operated by airBaltic in codeshare with SAS.
 - airBaltic: www.airbaltic.com
 - SAS: www.flysas.com
- Direct flights from **Malaga, Spain**. 2 times a week; Thursday and Sunday. Operated by airBaltic
 - airBaltic: www.airbaltic.com
- Direct flights from **London Stansted**, UK. 2 times a week; Tuesday and Saturday. Operated by Ryanair.
 - Ryanair: www.ryanair.com



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- Direct flights from **Helsinki, Finland**. Daily. Operated by Finnair and offering connectivity to/from Finnair network in Europe.
 - Finnair: www.finnair.com
 - Note; only late evening flight is operated by air. Afternoon flight with Finnair is operated by bus between Helsinki Airport – Tampere vv.

How to get to Ylöjärvi from Tampere airport?

Tampere airport is 18km or 15 minutes away from the course venue in Ylöjärvi by car. Taxi to Ylöjärvi or Tampere costs about 50€.

How to get to Ylöjärvi from Helsinki airport?

If you do not have a connecting flight to Tampere, there are buses and trains from Helsinki airport to Tampere city. From Tampere city are buses to Ylöjärvi.

Ask for help

Please feel free to ask for assistance in local transportation. We will help you find the convenient connection.

Please contact iac2023finland@taekwon-do.fi.

