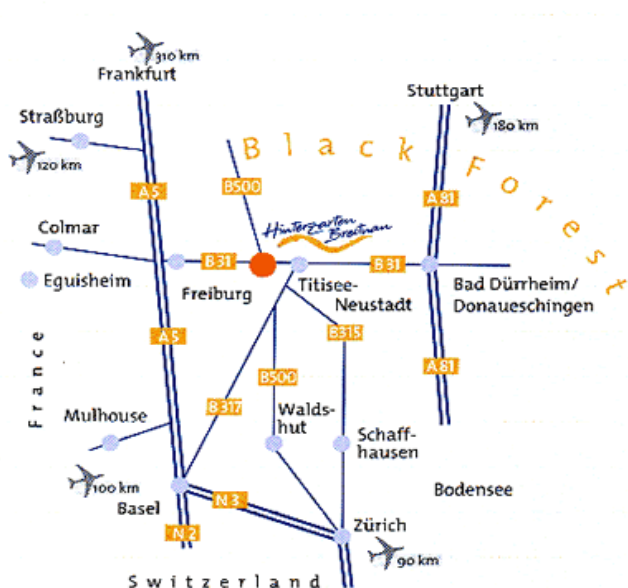


**Klose Training & Consulting, LLC**  
**Lymphedema Advanced & Review Course**  
**General Information & Accommodations Resource**

Thank you for registering for the Klose Training Lymphedema Advanced & Review Course, June 20-24, 2011 or June 27-July 1, 2011 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.

The Foeldi Clinic address is:

**Földi Klinik, Rösslehofweg 2-6, D-79854 Hinterzarten, Germany**  
**Tel: 07652-1240**



**What to Bring to Class:**

You only need to bring your Course Manual to the class. Please feel free to leave DVDs, which were part of your course material packet, at home. The *Foeldi Textbook of Lymphology* by Profs. M. Foeldi and E. Foeldi (Eds.) will be given to you on the first day of class! Please note that there will be a small duffel bag with bandages given to each student at the beginning of the course. These bandages are yours to keep so you may want to bring an extra suitcase (or leave some room) for your return trip.

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 health care 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. In preparation for the lab sessions of the course you will want to bring comfortable, loose fitting clothing (e.g. jogging suit, t-shirt and baggy shorts, etc.). Try to dress appropriately for the season—the temperatures in Hinterzarten in June should be pleasant, however, you'll want to bring a sweater/jacket for the evenings and some rain gear as well.

We hope that the following information will be helpful for your trip and stay in Germany:

**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 1.5-2 hours; the driving time from Frankfurt to Hinterzarten is approximately 3.5-4 hours. Car rental can be arranged through Auto Europe (from the U.S. call toll free: 800-223-5555 or visit [www.autoeurope.com](http://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.

**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 (Autobahn) such as **A 81** (from Stuttgart and Lake Constance) or **A 5** (from Frankfurt, Germany and Basel, Switzerland); driving directions from your arrival airport to Hinterzarten will be available at the car rental agency.

### **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 (Intercity train) to **Freiburg/Breisgau, Germany**. From there you will switch to the “Hoellentalbahn” (commuter train) directly to Hinterzarten. The trip from Frankfurt to Freiburg will take approximately 2½ -3 hours, from Freiburg to Hinterzarten it will take approximately 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 Freiburg, Germany. Some trains go from Zurich (main station) to Freiburg, Germany, others only to Basel, Switzerland and you will have to change once more. All will be explained to you and will be written on the ticket including information on platform and train number. **Note: when making train reservations from Zurich to Freiburg, please make sure to ask for Freiburg, Germany. There is also a Freiburg in Switzerland (different spelling but same pronunciation).** From **Freiburg/Breisgau, Germany** you’ll take the “Hoellentalbahn” (commuter train) directly to Hinterzarten. This train departs every half-hour.

Basel/Mulhouse Airport, France – Take the **Airport Connection Bus** directly to Freiburg, Germany train station. From **Freiburg/Breisgau, Germany** you’ll take the “Hoellentalbahn” (commuter train) directly to Hinterzarten. This train departs every half-hour.

### **Taxi Service**

**Taxi Service-Juergen von Darl** at 01149-7542-982515 or 01149-1703212452 (mobile ph.)

Or

**Taxi-Hermann** at 01149-7652-1666 or online at: [www.taxi-hermann.de](http://www.taxi-hermann.de).

Taxi service from Zurich Airport to Hinterzarten is approx. 100.00€ (Euro).

### **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 confirm with your financial institution for details about cash withdrawal abroad. The current exchange rate as of January 4, 2011 is 1 USD = 0.75 Euro (1 Euro = 1.33 USD). For the most up-to-date currency conversion information go to: [www.oanda.com/convert/classic](http://www.oanda.com/convert/classic)

### **Language**

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

### **Store and Bank Hours**

Most stores and banks are open Monday-Saturday (not open on Sundays or Holidays). Most stores and banks close for lunch from 12:30-2:30pm on weekdays and close at 1:00pm or 4:00pm on Saturday.

### **Holidays during your stay**

June 23, 2011 is a Catholic Holiday (Corpus Christi). Banks and stores will be closed; Restaurants will be open.

### **Restaurants & Tips**

Some restaurants accept Credit Cards, others do not! Restaurants in Germany are nonsmoking, though they may have a designated smoking lounge. Service and tax is included in the price of you meal/beverage. A modest tip may be given if the service was good/very good or simply round off to an even number, for example, if your bill is 13.50 Euros you may give/pay 14.00 or 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 Mondays-Friday days at the Foeldi Clinic. The meal choices are: REGULAR, VEGETARIAN WITH FISH or VEGETARIAN WITHOUT FISH. Please communicate your meal choice to [lisa@klosetraining.com](mailto:lisa@klosetraining.com) by May 15, 2011. Please include any special dietary restrictions and we’ll do our best to meet them. There is also a small grocery across the street from the Foeldi Clinic. Water will be available (free of charge) from a machine near the classroom. Coffee, cappuccino, and espresso are also available from a machine near the classroom for a small fee.

### Weekend Day Trips/Trips to Freiburg

Trips to Freiburg, a larger city near Hinterzarten with a university, are possible by train. The train ride takes about 40 minutes. Trains to Freiburg depart every 30 minutes. Day trips to historic sites and other popular tourist destinations can be booked locally and usually a few days prior to the date of the trip.

### Hotels, Pensions, Bed & Breakfast's (B&B's)

Please know that many private Pensions and B&B's are not prepared to accept credit cards! They may accept Travelers Checks (in Euro), but most landlords prefer cash.

Accommodation recommendations in Hinterzarten, Germany are provided below for your convenience.

For more information on the properties listed or a complete listing of hotels, pensions and B&B's please contact the **Hinterzarten Tourism Bureau by e-mail at: [tourist-info@hinterzarten.de](mailto:tourist-info@hinterzarten.de)** or by **calling: 01149-7652-120642** (from the U.S.). Their website address is: [www.hinterzarten.de](http://www.hinterzarten.de). The staff at this tourist office **speaks English** and will help you to find the most suitable accommodations to meet your individual needs. **Please provide them with the following information:**

- The Category and Price Range:  
**Hotels** are available in price ranges from 31.00-100.00€ /per person/per night  
**Private Rooms (Pension or Guesthouse/B&B)** are available in price ranges from 25.00-60.00€ /per person/per night.  
**Note:** Most prices include breakfast. Lunch and dinner are available in Hotels and Pensions.
- Whether the accommodation be within walking distance to the Foeldi Clinic. (Keep in mind that even a distance of one or two miles will provide an opportunity for a nice stroll before or after class)
- Any other special needs you may have during your stay in Hinterzarten and surroundings.

### Accommodation Recommendations\*

<b>Property Name:</b>	<b>Feedback from Previous Course Participants*:</b>
<b>Hotel Silberdistel</b> Familie Schnur Tel: 01149-7652-362 Fax: 01149-7652-981763 <a href="http://www.silberdistel-hinterzarten.de">www.silberdistel-hinterzarten.de</a> <a href="mailto:hotel-silberdistel@t-online.de">hotel-silberdistel@t-online.de</a>	5 minutes walking distance to Foeldi Clinic; speaks English well, very accommodating to individual needs, early breakfast if needed, allows use of laundry facilities, price for Klose Training/Foeldi Students is 45.00€ per person/per night**. Free internet access in all guestrooms. Price includes breakfast and <a href="#">Hochschwarzwald Card</a> ***
<b>Gaestehaus Klingele</b> Familie Ketterer Tel/Fax: 01149-7652-259 <a href="http://www.pension-klingele.de">www.pension-klingele.de</a> <a href="mailto:info@pension-klingele.de">info@pension-klingele.de</a>	10-12 minutes walking distance to Foeldi Clinic; speaks some English, nice and clean rooms, only accepts cash payment, price range: 25-28.00€ per person/per night, includes breakfast.  Hochschwarzwald Card is not available at this location.
<b>Ferienhaus Speth</b> Familie Speth Tel: 01149-7652-982011 Fax: 01149-7652-982012 <a href="http://www.ferienhaus-speth.de">www.ferienhaus-speth.de</a> <a href="mailto:info@ferienhaus-speth.de">info@ferienhaus-speth.de</a>	10 minutes walking distance to Foeldi Clinic; speaks English, excellent facilities, includes hairdryer, allows use of washer & dryer; guest apartments (Ferienwohnungen)**** only at this facility, price range: small one-bedroom apartment 44.00€ for two guests/per night; larger, two-bedroom apartment 52.00€ for two guests/per night (add 7.00€ for each extra person of up to 4 guests).  Hochschwarzwald Card is not available at this location.
<b>Pension Restaurant Buergerstueble</b> Familie Kleiser Tel: 01149-7652-257 Fax: 01149-7652-919366 <a href="mailto:Buergerstueble@gmx.net">Buergerstueble@gmx.net</a>	2 minutes walking to Foeldi Clinic; Restaurant on premises; English speaking, price range: 22-28.00€ per person/per night, includes breakfast.  Hochschwarzwald Card is not available at this location.

<p><b>Ferienhaus Sassenhof</b> Tel: 01149-7652-1515 Fax: 01149-7652-484 <a href="http://www.hotel-sassenhof.de">www.hotel-sassenhof.de</a> <a href="mailto:sassenhof@t-online.de">sassenhof@t-online.de</a></p>	<p>15 minutes walking distance to Foeldi Clinic; speaks English, extremely accommodating, offers free internet access, cost for single occupancy 63.00€; double occupancy 105.00€. Price includes breakfast, indoor pool, whirlpool, sauna, fitness room, and <a href="#">Hochschwarzwald Card</a>.</p>
<p><b>Ferienhaus Faller</b> Familie Jung Tel: 01149-7652-981525 Fax: 01172-7652-981529 <a href="http://www.hausfaller.de/w.jung@t-online.de">http://www.hausfaller.de/w.jung@t-online.de</a></p>	<p>5-7 minutes walking distance to Foeldi Clinic; guest apartments (Ferienwohnungen) only at this facility, price 43.00€ for one bedroom apartment (double occupancy).</p> <p>Hochschwarzwald Card is not available at this location.</p>
<p><b>Gaestehaus Voelkle</b> Familie Voelkle Tel+Fax: 01149-7652-5950 <a href="mailto:eg.voelkle@web.de">eg.voelkle@web.de</a></p>	<p>5-7 minutes walking to Foeldi Clinic; new listing in 2011, five-guest room property, price 24.00€ per person/per night, includes breakfast.</p> <p>Hochschwarzwald Card is not available at this location.</p>

\*Information provided on this listing is based on the feedback from previous course participants. Conditions and prices of the accommodations are subject to change. Please remember that there is an extensive list of other accommodation facilities available from the Hinterzarten Tourism Bureau; see their address above.

\*\*Guest tax is not included in the prices listed in the above accommodations recommendations. The guest tax is 2.50€ 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 business trip will be provided for you at the beginning of the class.

\*\*\*The [Hochschwarzwald Card](#) has been introduced by the local tourism board in 2010. This card allows free local public transportation and access to many local attractions, including the newly built Indoor Water World in Titisee, boating trips, gulf courses, museums, events, etc. throughout the area. Two of the hotels on the above list are currently participating in this program as indicated.

\*\*\*\* Freienwohnungen (guest apartments) are similar to efficiency suites, which include a small kitchen and separate bathroom. Room service and breakfast are not provided in these guest suite rentals.

We hope that the above information will be of help to prepare for your stay in Germany and we look forward to seeing you on May 31<sup>st</sup>. If you have any questions, please don't hesitate to contact us at:

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

Best regards and safe travels!