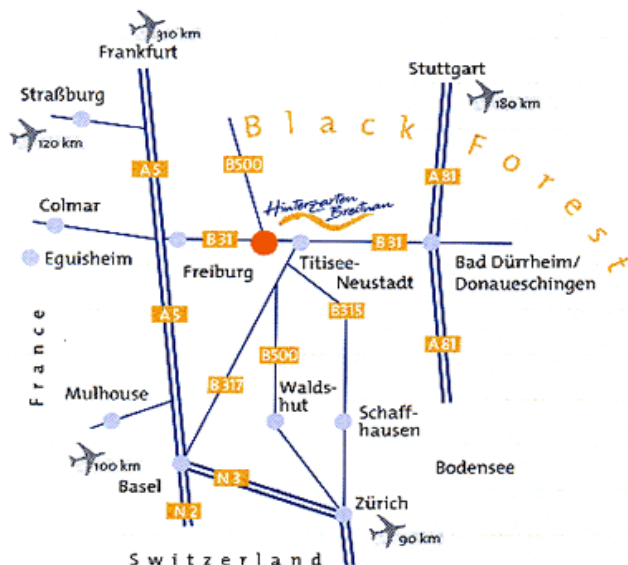


**Klose Training & Consulting, LLC**  
**Lymphedema Therapy Certification Course**  
**General Information & Accommodations Resource**

Thank you for registering for the Klose Training Lymphedema Therapy Certification Course, May 31 – June 18, 2010 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.**



**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 therapists at the Foeldi Clinic wear white (white pants and white shirt/blouse) when treating patients. Since we will be going into the therapy rooms, please bring at least one set of white clothes (pants and shirt/blouse) or a long white lab coat for that occasion.

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

**Getting there by Plane**

For students flying to the course, the most convenient airports are Zurich International Airport in Switzerland or Frankfurt International Airport 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 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 are:**

Basel-Mulhouse International Airport, France  
 Stuttgart International Airport, 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 February 2, 2010 is 1 USD = 0.72 Euro (1 Euro = 1.39 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 between 12:30 – 2:30pm on weekdays and close at 1:00 or 4:00pm on Saturday.

### **Holidays during your stay**

June 3, 2010 is a Catholic Holiday. 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, 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 – Thursdays 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, 2010. Please include any special dietary restrictions and we'll do our best to meet them. There is also a small grocery store 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 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.
- Should 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 <b><a href="http://www.hotel-silberdistel.de">www.hotel-silberdistel.de</a></b> <b><a href="mailto:hotel-silberdistel@t.online.de">hotel-silberdistel@t.online.de</a></b>	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 range: 44-78€ per person/per night
<b>Gaestehaus Klingele</b> Familie Faller Tel/Fax: 01149-7652-259 <b><a href="http://www.pension-klingele.de">www.pension-klingele.de</a></b> <b><a href="mailto:info@pension-klingele.de">info@pension-klingele.de</a></b>	12 minutes walking distance to Foeldi Clinic; speaks some English, nice and clean rooms; only takes cash payment; price range: 23-58€ per person/per night
<b>Ferienhaus Speth</b> Familie Speth Tel: 01149-7652-982011 Fax: 01149-7652-982012 <b><a href="http://www.ferienhaus-speth.de">www.ferienhaus-speth.de</a></b> <b><a href="mailto:info@ferienhaus-speth.de">info@ferienhaus-speth.de</a></b>	10 minutes walking distance to Foeldi Clinic; speaks English; excellent facilities incl. hairdryer, allows use of washer & dryer; price range: 34-73€ per person/per night

<b>Pension Restaurant Buergerstueble</b> Familie Kleiser Tel: 01149-7652-257 Fax: 01149-7652-919366	2 minutes walking to Foeldi Clinic; Restaurant on premises; English speaking, price range: 19-26€ per person/per night
<b>Ferienhaus Sassenhof</b> Tel: 01149-7652-1515 Fax: 01149-7652-484	15 minutes walking distance to Foeldi Clinic; speaks English, extremely accommodating, offers internet access for e-mail, cost for single occupancy 62€; price range: 70-77€ per person/per night
<b>Ferienhaus Faller</b> Familie Jung Tel: 01149-7652-981525 Fax: 01172-7652-981529 <b>W.Jung@t-online.de</b>	7 minutes walking distance to Foeldi Clinic; price range: 41-47€ per person/per night

\*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; please see their address above.

We hope that the above information will be of help to prepare for your stay in Germany. 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!