

THE 100TH

GM Willem Jacob Bos IX

GM Hector Marano IX

GM Kim Lan Ung IX

INTERNATIONAL INSTRUCTORS COURSE

13TH - 15TH MARCH 2015

ABERDEEN SCOTLAND

Master Clint Norman VIII

Master Donato Nardizzi VIII

INTERNATIONAL TAEKWON-DO FEDERATION
국제태권도연맹
SCOTLAND

ITF

INTERNATIONAL TAEKWON-DO FEDERATION
국제태권도연맹

INFORMATION PACKAGE

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International Taekwon-Do Federation – (Scotland)
33 South Esplanade West,
Aberdeen AB11 9AA
Scotland, UK

Dear Grand Masters, Masters, Instructors and Students,

RE: 100th INTERNATIONAL INSTRUCTORS' - COURSE MARCH 13 – 15 2015 – ABERDEEN SCOTLAND

On behalf of our Grand Master, Masters and Instructors of the International Taekwon-Do Federation – (Scotland) we are truly honoured to invite you to the 100th International Instructors Course (IIC), to be held in Aberdeen, Scotland, on March 13-15 2015, where the IIC Organising Committee for Scotland eagerly awaits to welcome the ITF Technical Committee of Grand Master Marano IX, Grand Master Bos IX and Grand Master Lan IX to the “Granite City” in North East of Scotland and also ITF Kids Programme Chair; Master Donato Nardizzi VIII. We also will be very privileged to host Master Clint Norman VIII, President of ITF Canada, who will be assisting the Grand Masters on the Course.

This is a momentous occasion for the ITF and for the ITF Technical Committee to have reached the milestone of 100 IIC's, is truly a remarkable achievement for our ITF and its' pursuit of excellence. As such we are thrilled that our President Grand Master Tratjenberg will also be in attendance along with the ITF Board of Directors.

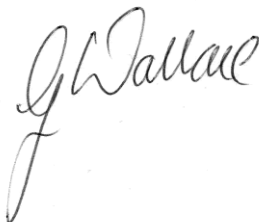
It is also a momentous occasion for my hometown of Aberdeen, situated in the North East of Scotland, to have this milestone of excellence and we are truly humbled by the honour and we extend our welcome to our Taekwon-Do family here in Scotland and around the World to this 100th International Instructor Course.

Aberdeen's official toast is:

"Happy to meet, sorry to part, happy to meet again - Bon Accord!"

is very synonymous with our friendship within the ITF and its many events when we all come together, but this time it is very special to us as we are your hosts for this very special weekend and we hope you can make the journey to this lovely part of Scotland.

On behalf of the ITF Scotland Organising Committee



Master Gordon Wallace VIII
Chair IIC Scotland 2015

IIC INFORMATION

VENUE

The course will take place at the Beach Leisure Centre, Sea Beach, Aberdeen, AB24 5NR. This premier centre also boasts a double sized sports hall, which is equipped for virtually every indoor game you could imagine and regularly hosts national and international events. It is a centre for not just sports but also it has



a themed pool with flumes, fitness suite and spa facilities that include saunas and steam room. As mentioned before it is within a very short walking distance (200m) from the Double Tree by Hilton Hotel and for those arriving by car there is a car park and also many parking spaces on the promenade. We recently held our annual regional competition with nearly 500 competitors and spectators.

CLOSE BY FACILITIES

On Saturday, for the lunch break and possible late afternoon meals, there is a small canteen in the leisure centre that will be able to cater for some palettes, but for those who wish to get some sea breeze, the beach location hosts some beachfront cafes and also down at the Queens Link Park there is a large range of restaurant chains. Slightly further away, but still within walking distance is the Beach Boulevard Retail Park where by you will find the ASDA supermarket that has a small café and also the facility to buy sandwiches and refreshments.



COURSE ITINERY

REGISTRATION

Thursday Evening 19:00 – 21:00 Hilton Double Tree Beach Blvd, Aberdeen AB24 5EF
Friday Morning 10:30 – 12:30 Beach Leisure Centre, IIC Venue

FRIDAY SESSION

13:30 – 14:00 All course participants assemble in venue to await arrival of the President, ITF Board of Directors, Grand Masters and Masters of the Technical Committee.
14:00 – 18:00 IIC will commence in two groups 1st – 3rd degree & 4th degree – 9th degree.

SATURDAY SESSION

0830 – 0900 All course participants assemble in venue to await arrival of Grand Masters
09:00 – 13:00 Seminar will break for lunch. Details of lunch will be found later in documentation.
14:00 – 17:00 Afternoon session at IIC venue will be allocated for ITF Kids Programme
This session will also be allocated for degree testing. This will be held at the Double Tree by Hilton. Full details will be updated on the website and during the IIC.
19:30 – Late **Grand Masters Banquet will be held at the Double Tree by Hilton***. Banquet itinerary will be updated on the IIC website, media pages and at the IIC.
**We are looking at other possibilities.*

SUNDAY SESSION

08:30 – 09:00 All course participants assemble in venue to await arrival of Grand Masters.
09:00 – 13:00 This will be the final sessions of the 100th IIC and as before this will be taken in two separate sessions. At the end of this session all course participants will receive the official ITF attendance certificate and participate in the 100th IIC group photograph.
13:00 - The 100th IIC will be officially brought to a close and all participants will say farewell until the next time we all meet again. If anyone has some spare time and does not want to leave the area so early we have provided some information and links to places, activities and experiences that you may wish to savour before you leave Scotland.

If you are leaving straight away then:

"Happy to meet, sorry to part, happy to meet again - Bon Accord!"

COURSE REGISTRATION AND PAYMENT OF COURSE FEES

INDIVIDUAL REGISTRATION

We would prefer that all registrations are through the e-registration on the website www.iicscotland2015.co.uk as the form will generate a specific reference number for your subscription (50GBP) and Banquet (35GBP) payment.

There is also an application attached to this invitation package (pdf) and also an Excel version on the main ITF, AETF and IIC websites, should there be a problem with the e-system or you wish to apply before the e-system goes live. Should you prefer to do this, please send the form and a receipt of the registration payment, so we can trace and confirm your payment, to admin@iicscotland2015.co.uk.

Once received we will send you a confirmation email of your participation.

As the currency is GBP the Course Inscription Fees will be in two parts:

- i) IIC Course Fee TO BE PAID IN **EUROS** (Cash) at venue IIC Registration
- ii) IIC Inscription Fee and Banquet TO BE PAID IN **GBP** (E-transfer)

COURSE FEE

- | | | |
|------|---|----------|
| i) | 1 st to 3 rd degree | 120 Euro |
| ii) | 4 th to 6 th degree | 150 Euro |
| iii) | 7 th and above | 75 Euro |

The course fee will be paid in cash at the registration at:

Thursday Evening	19:00 – 21:00 Hilton Double Tree Beach Blvd, Aberdeen AB24 5EF
Friday Morning	10:30 – 12:30 Beach Leisure Centre, IIC Venue

INSCRIPTION FEE

- | | | |
|----|------------------|---------|
| i) | All Participants | £50 GBP |
|----|------------------|---------|

This fee is required to be paid when the application is applied for. Please make this payment through e-banking to the following details:

Name of Account:	International Taekwon-Do Federation (Scotland) Ltd
Address of Account Holder:	33 South Esplanade West, Aberdeen, AB11 9AA
Account No:	43740861
Sort Code:	090128
BIC:	ABBYGB2LXXX
IBAN:	GB64ABBY09012843740861
Bank Name:	Santander
Bank Address:	171-173 Union St, Aberdeen AB11 6WT

NATIONAL ASSOCIATION IIC CONFIRMATION - IMPORTANT

Please ensure that your application for participation is registered on the ITF Database through your National Association (NA) or Allied Association (AA)

DEGREE TESTING

TEST FOR DEGREE PROMOTIONS

Participants wishing to test for promotion must:

- Send the application form through the National/Allied Association at least one (1) month before the promotion date to the ITF Administration HQ.
- Bring 5 wooden boards measured 30x30x2 cm. (We will have boards for purchase, if needed)
- Pay their ITF degree certificate and grading fee one hour prior to the grading.
- Test for degree promotion will be on Saturday afternoon
- No spectators are allowed during the degree promotion.
- His/her Instructor may accompany the candidate.
- For testing applications visit the ITF website at:

http://www.tkd-itf.org/pub_web/ver_eng/applications.html

VISAS

Countries who need VISA for entering Scotland, UK should apply for it to the British Embassy in their country as soon as possible.

Send a copy of the Official Invitation letter to the British Embassy and a list with the names of the persons travelling, dates of birth, passport date of issue and expire, name, address, telephone and e-mail to the head of the group during travelling.

Important!

Please also send a copy to admin@iicscotland2015.co.uk

HOTEL ACCOMMODATION

The IIC Organising Committee (OC) will not be responsible for any hotel bookings and it is the responsibility of all participants to make their own arrangements. The OC has made every effort to minimize the amount of hotel accommodation required to attend the 100th IIC. By scheduling the IIC to start at 2pm it allows participants to arrive on Friday morning and reduce the requirement for Thursday night accommodation. With the IIC finishing on Sunday afternoon, then there is no requirement to stay the Sunday night unless participants wish to stay longer for leisure.

For those who are travelling to the IIC and require Thursday and Sunday accommodation the OC have an agreement with VisitAberdeen whereby a fixed rate on 200 rooms has been secured throughout the city. The rooms' rates of course vary according to the level of the hotel. These fixed rates have been guaranteed up until two weeks prior to the event

If you are wishing to book through this service, the contact link is:

<https://resweb.passkey.com/go/100thIIC2015>

A list of hotel locations can be found on the map in the appendices of this information pack HOTEL ACCOMMODATION

Participants are free of course to book through their own preferred web hotel finder and they may well secure more cost effective prices for the same hotel that we have in the VisitAberdeen system. These prices as you well know come with certain booking conditions and you need to be aware of this when booking.

If you find a hotel that is not on the map and would like some advice please drop us an email

Skene Apartments <http://www.skene-house.co.uk/>

For some local knowledge there are a range of furnished apartments that can have up to three bedrooms that can be rented for the weekend. They are generally used through the week for business people who work locally but live out with Aberdeen. It may be a viable option for some. They are not located near the venue but it is a short drive or taxi ride. The venue at Holburn Street is right in the town centre.

Budget Hotels

There are a range of budget hotels:

www.premierinn.com/

www.travelodge.co.uk

www.ibis.com/gb/united-kingdom/index.shtml

Web Hotel Finders

I am sure you will have your own websites but here is one that we use:

www.booking.com

TRAVEL INFORMATION

ARRIVING BY AIR – ABERDEEN

Flying in to Aberdeen would be our recommendation for those travelling from outside Scottish borders. **Aberdeen Airport (ABZ)**, at Dyce in the north of the city, serves a number of domestic and international destinations. Being the Oil Capital of Europe, Aberdeen has an International Airport and has direct links to Europe:



- i. Norway (Bergen, Stavanger, & Oslo)
- ii. Netherlands (Amsterdam Schiphol)
- iii. Germany (Frankfurt)
- iv. France (Paris Charles de Gaul)
- v. Ireland (Dublin)
- vi. Switzerland (Geneva)

Aberdeen Airport (ABZ) also has many internal UK links:

- i. London (Gatwick, Heathrow, Luton & Stanstead)
- ii. Manchester
- iii. Birmingham
- iv. Leeds / Bradford
- v. Norwich
- vi. Southampton
- vii. Newcastle

Link: <http://www.aberdeenairport.com/>

Travel to Aberdeen city centre

Aberdeen Airport is seven miles north-west of the city centre, on the A96 near Dyce. Here are your travel options, with links to further information.

By Taxi

Taxis are available for hire on the terminal forecourt. The journey takes about 15 minutes in normal traffic and the fare is usually around £16.

For full details please use the link: <http://www.aberdeenairport.com/transport-and-directions/taxis/>

By Bus



First Aberdeen and Stagecoach Bluebird both run buses between the airport and city centre. The timetabled journey is about 30 minutes in normal traffic. Fewer buses run at weekends and at night, so please check the timetables beforehand. **The Jet No 727 service** is the most frequent and direct and like all the bus links is found directly outside the terminal building. For full details please use the link:

<http://www.aberdeenairport.com/transport-and-directions/buses-and-coaches/>

By Car

It takes about 15 minutes to drive into central Aberdeen in normal traffic via the A96 Inverness-Aberdeen road. Car rental companies have desks in the arrivals area of the terminal.

TKD Bus Transfers

At the time of this print, we are hoping to be onsite with a bus transfer from the airport and full details will be posted later on the IIC website and FB page closer to the date.

ARRIVING BY AIR – GLASGOW



If you cannot get a direct international flight to Aberdeen then it is possible to use Glasgow as the arrival airport. The onwards transfer to Aberdeen will have to be done by train, bus or car hire. In order to achieve this you must first transfer from Glasgow Airport to the Bus and Train Terminals in Glasgow City Centre. Car hire of course can be made from the Airport Terminal. **The time of journey is about 3 hours plus transfers.**

Photographs have been added to provide some visual aid with landmarks and destination buildings.

Transfers from Glasgow Airport to Bus and Rail Terminals.

The destinations you are looking for, for onward transfers to Aberdeen is **Glasgow Queen Street Station** for trains and **Buchanan Street Bus Station** for Buses. The two terminals are very close together. Buses are cheaper but with advanced bookings online the trains can be much more cost effective and of course much quicker. The average train times from Glasgow to Aberdeen are 2 ½ to 3 hours.



Glasgow Airport has a wide selection of Bus transfers to various locations around the airport, but the one you need to get to the train and rail terminals is the **First 500 Glasgow Shuttle - Glasgow City Centre from Stance 1**. This bus departs approximately every 10 minutes for Buchanan Street Bus Station, also stopping at Glasgow Central Train and **Glasgow Queen Street** Train Stations. However to make sure you choose the correct one at the time of travel please consult the link:

<http://www.glasgowairport.com/im-arriving/onward-travel/>

You can of course take a taxi from the airport terminal but they are quite expensive and the buses are really good and of course direct like the taxi.

Information about trains (**operator First ScotRail**) and buses (**operator City Link**) to Aberdeen can be found later in this information pack.

Transfer to Aberdeen by Car from Glasgow Airport. Car hire agents can be found using the link:

<http://www.glasgowairport.com/im-arriving/car-rental/>

ARRIVING BY AIR – EDINBURGH



If you cannot get a direct international flight to Aberdeen then it is also possible to use Edinburgh as the arrival airport. The onwards transfer to Aberdeen will have to be done by train, bus or car hire. In order to achieve this you must first transfer from Edinburgh Airport to the Bus and Train Terminals in Edinburgh City Centre. Car hire of course can be made from the Airport Terminal.

Photographs have been added to provide some visual aid with landmarks and destination buildings.

Transfers from Edinburgh Airport to Bus and Rail Terminals.

The destinations you are looking for, for onward transfers to Aberdeen is **Edinburgh Waverley Station** for trains and **Elder Street Bus Station** for Buses. The two terminals are close together. Buses are cheaper but with advanced bookings online the trains can be much more cost effective and of course much quicker. The average train times from Edinburgh to Aberdeen are 2 ½ to 3 hours which is pretty much the same as Glasgow.

By Bus



Edinburgh Airport has a wide selection of transfer options to various locations around the airport, but the one you need to get to the train and rail terminals is **the Airlink 100 express and N22 night buses** reach Waverley Bridge in about 25 minutes, depending on traffic. The Lothian Buses No 35 also runs into city centre but calls at local destinations en route, and continues to Leith. The Airlink 100 stops right outside Waverley Rail Station.



By Taxi

You can of course take a taxi from the airport terminal but they are quite expensive and the buses are really good and of course direct like the taxi.

By Tram



These inclusions are new to Edinburgh since May 2014 and they run directly from Edinburgh Airport to Princes Street (for Waverly Station), St Andrews Square for Bus Station where you can take a very short walk to the train and bus stations.

Haymarket Train Station



Waverley Train Station is Edinburgh’s main train terminal, however Edinburgh Haymarket, which all Airport Transfers stop at, serves all main routes North and so you can easily catch all trains to Aberdeen here. However catching the train here sometimes means that due to the initial rush of passengers heading out of the city from the main Waverley terminal at certain times, it may result in you not being able to find a seat on the train initially, therefore sometimes it is better to travel on to Waverley Station and catch the train at source.

If you have never seen Edinburgh then staying on will allow you to see Edinburgh Castle and Gardens as well as Princes Street. However the online train booking system, that is explained later, will allow you to reserve seats (complimentary) so this can overcome the seat issue if it arises.

However to make sure you choose the correct one at the time of travel please consult the link:

<http://www.edinburghairport.com/transport-links/travel-into-edinburgh>

Information about trains and buses to Aberdeen can be found later in this information pack.



Transfer to Aberdeen by Car from Edinburgh Airport. Car hire agents can be found using the link:

<http://www.edinburghairport.com/travel-extras/car-hire>

Whether you choose to drive or take the train from Edinburgh to Aberdeen you will experience the crossing of the River Forth estuary. The A90 crosses

the Forth at the Forth Road Bridge and travelers taking this option will see the building of the second Forth crossing. Those taking the train will cross the Forth Estuary by the largest cantilever bridge in the world. Travelling by train allows you to take in the view in a more relaxed and safe manner. Driving of course allows you to stop and if the will desires you can walk over the road bridge which is an exhilarating experience. The down side of this exposed walk is that you have to walk back over the bridge to get your car!!

ARRIVING BY TRAIN - ABERDEEN



Aberdeen Railway Station is on the main UK rail network and First Scotrail , East Coast Trains and Virgin Trains have frequent direct trains to major cities such as Edinburgh, Glasgow and Inverness. East Coast operates trains to London. First Scotrail operate the overnight Caledonian Sleeper train to and from London. The UK's longest direct rail journey runs from Aberdeen to Penzance. It is operated by Cross Country, leaving Aberdeen at 08:20 and taking 13 hours and 23 minutes to complete going via Birmingham.

Recent development of the railway goods yard has linked the rail terminus with the new Union Square Shopping mall, cinema and restaurants as well as the Jury's Hotel. Travelers' using the train may want to use Jury's as a base for easy access of utilities and a short taxi ride to the IIC venue. Of course there are other hotels a short walk from the station and this complex.



Tickets for trains can be purchased at all stations but the best, most cost effective method is for pre-paying them online. Like all deals on tickets the cheapest are the ones that are purchased for a specified train journey at a specified time. In the UK we have two essential times for travel; Peak Time and Off-Peak Time. Peak time is generally from early morning to about 09:30, then from about 16:00 till 19:30. This is for commuters travelling to and from work. Off-Peak is times out with those hours and weekends. The train websites allow you to mix and match times to get the best deals. More flexible tickets are called Open Returns and can be used at any time.

Booking tickets once you have established your times is easy. Using the links below you can essentially buy any ticket for any train on any route, but the prices may vary so please explore and get the best deal. Once you have paid, you will get an email confirmation from the ticket provider with an authentication number. Please keep this number and

the card you used to purchase the ticket. Once at the station that you will depart from, please go to the automated ticket machine and follow the instructions. You will as mentioned before need the authorization number and the **card that you made the purchase with.** The tickets will be printed allow you access through the ticket barriers and onto the trains.

You can see from the photo that the Jurys Hotel is very central, not only for the train and bus arrivals but also for the city centre. Just a very short walk from these services is the Douglas Hotel which is very nice. It has a three star rating only because it has not got a spa, but it offers very good facilities.

Ticket purchase links:

<http://www.eastcoast.co.uk/cheap-tickets?ppc=1&gclid=CP3BxcGWn8ACFQsKwwod6UMAKw>

<http://www.scotrail.co.uk/?gclid=CK6M-t2Wn8ACffSWtAodhyAAYg>

<http://www.thetrainline.com/buytickets/newhome.aspx>

ARRIVING BY BUS - ABERDEEN



All buses, local and inter-city, will terminate at Union Square Bus Station which is situated in the same complex as the train and Jury's Hotel.

The most efficient method of travelling by bus is to use the City Link and Megabus services. Both companies offer the Gold service that provides refreshments on board the bus. Both East and West Coast Routes are served by both these companies.

CITY LINK: <http://www.citylink.co.uk/index.php>

MEGABUS: <http://uk.megabus.com/>

TRANSFERRING FROM BUS AND RAIL STATIONS TO VENUE

In both situations the easiest way to transfer to the IIC Venue or the IIC Registration Hotel is by taxi. It is too far to walk and there is no direct bus link to the beach. Taxis can be found at the railway station.

ARRIVING BY CAR



Main Routes from the South to Aberdeen will all converge at Perth then the main route North will be the A90. Sat Nav will get you to the destination. The registration hotel is the same. In the appendices you can find detailed routes from the airports that will converge with all routes North. In summary from Glasgow (Airport) you need to follow M8, M80, M9, A9 then A90. From Edinburgh (Airport) you need to follow A8, M9, M90, then A90. When you arrive you will see Aberdeen pan out across the horizon, assuming it is not foggy!

The IIC Venue has free car parking as does the IIC registration hotel. Other hotels may have supporting car parking with local authorities so it is better to check if this will be an issue for you.

THE HOST CITY - ABERDEEN



Aberdeen, Scottish Gaelic: *Obar Dheathain* is Scotland's third most populous city, behind Glasgow and Edinburgh with an official population estimate of 220,420.

Nicknames include the *Granite City*, the *Grey City* and the *Silver City with the Golden Sands*. During the mid-18th to mid-20th centuries, Aberdeen's buildings incorporated locally quarried grey granite, which can sparkle like silver due to their high mica contents. Since the discovery of North Sea oil in the 1970s, other

nicknames have been the *Oil Capital of Europe* or the *Energy Capital of Europe*. The area around Aberdeen has been settled since at least 8,000 years ago, when prehistoric villages lay around the mouths of the rivers Dee and Don. The city has a long, sandy coastline.

Aberdeen received Royal Burgh status from David I of Scotland (1124–53), transforming the city economically. The city's two universities, the University of Aberdeen, founded in 1495, and Robert Gordon University, which was awarded university status in 1992, make Aberdeen the educational centre of the north-east. The traditional industries of fishing, paper-making, shipbuilding, and textiles have been overtaken by the oil industry and Aberdeen's seaport. Aberdeen Heliport is one of the busiest commercial heliports in the world and the seaport is the largest in the north-east of Scotland.



In 2012, Mercer named Aberdeen the 56th most liveable city in the World, as well as the fourth most liveable city in Britain. In 2012, HSBC named Aberdeen as a leading business hub and one of eight 'super cities' spearheading the UK's economy, marking it as the only city in Scotland to receive this accolade.

grey stone is one of the most durable materials available and helps to explain why the city's buildings look brand-new when they have been newly cleaned and the cement has been pointed. Unlike other Scottish

cities where sandstone has been used, the buildings are not weathering and need very little structural maintenance on their masonry. The buildings can however become noticeably darker as a result of pollution and grime accumulated over the years. There has however been great success in cleaning the buildings which can result in their façade being restored back to much how they looked originally. Amongst the notable buildings in the city's main street, Union Street, are the Town and County Bank, the Music Hall, the Trinity Hall of the



incorporated trades (originating between 1398 and 1527), now a shopping mall; the former office of the Northern Assurance Company, and the National Bank of Scotland. In Castle Street, a continuation eastwards of Union Street, is the new Town House, a very prominent landmark in Aberdeen, built between 1868 and 1873 to a design by Peddie and Kinnear.



Alexander Marshall Mackenzie's extension to Marischal College on Broad Street, opened by King Edward VII in 1906, created the second largest granite building in the world (after the Escorial, Madrid).

In addition to the many fine landmark buildings, Aberdeen has many prominent public statues, three of the most notable being William Wallace at the junction between Union Terrace and Rosemount Viaduct, Robert Burns on Union Terrace; above Union Terrace Gardens, and Robert the Bruce holding aloft the charter he issued to the city in 1319 on Broad Street, outside Marischal College.



On the coast, Aberdeen has a long sand beach between the two rivers, the Dee and the Don, which turns into high sand dunes north of the Don stretching as far as Fraserburgh; to the south of the Dee are steep rocky cliff faces with only minor pebble and shingle beaches in deep inlets. A number of granite outcrops along the south coast have been quarried in the past, making for spectacular scenery and good rock-climbing.

The city extends to 184.46 km² (71.22 sq mi), and includes the former burghs of Old Aberdeen, New Aberdeen, Woodside and the Royal Burgh of Torry to the south of River Dee, where Master Wallace's gym is situated. In 2011 this gave the city a population density of 1,169/km². The city is built on many hills, with the original beginnings of the city growing from Castle Hill, St. Catherine's Hill and Windmill Hill.



SHOPPING

The city ranks third in Scotland for shopping.[citation needed] The traditional shopping streets are Union Street and George Street, now complemented by shopping centres, notably the Bon Accord & St Nicholas and the Trinity Shopping Centre.

A new retail £190 million development, Uni on Square, reached completion in late

September/early October 2009. Major retail parks away from the city centre include the Berryden Retail Park, the Kittybrewster Retail Park and the Beach Boulevard Retail Park.

In March 2004, Aberdeen was awarded Fairtrade City status by the Fairtrade Foundation.[57] Along with Dundee, it shares the distinction of being the first city in Scotland to receive this accolade.



Full shopping details can be found at <http://www.visitaberdeen.com/index.php/attractions-and-activities/shopping/>

EXTRA CURRICULAR ACTIVITIES IN ABERDEEN

Happy to meet, sorry to part, happy to meet again as mentioned before is the official toast of the city and you won't forget after your own visit. From Aberdeen's vibrant nightlife, historic architecture and abundance of culture, you're truly spoilt for choice in the city.

Aberdeen is packed with places to stay, fantastic restaurants with a range of delicious menus from around the world and many activities in and around to make an interesting itinerary.

Full details of what is available in and around Aberdeen can be found at: www.visitaberdeen.com

Some activities close to the Venue.

PROFESSIONAL FOOTBALL (SCOTTISH PREMIER LEAGUE)



The opiate of the masses. The Scottish Premier League football club, Aberdeen F.C. is home at Pittodrie Stadium. The club won the European Cup Winners Cup and the European Super Cup in 1983 and the Scottish Premier League Championship four times (1955, 1980, 1984 and 1985), the Scottish Cups even times (1947, 1970, 1982, 1983, 1984, 1986 and 1990). Under the management of Alex Ferguson, Aberdeen was a major force in British football during the 1980s. As of the 2013–14 season, the club is managed by Derek McInnes and captained by Russell Anderson. There are plans to build

a new Aberdeen Stadium in the future.

During the IIC, on Saturday 14th Aberdeen will play Motherwell FC in an SPL fixture. Kick Off starts at 15:00. Depending how the final IIC itinerary pans out it may be possible to attend if you wish. The stadium is a short walk from the Double Tree from Hilton.

BEACH LEISURE COMPLEX

SWIMMING POOL & FLUMES



The venue of the IIC is part of Sport Aberdeen's Beach front Complex that hosts a themed swimming pool and water flumes, along with a gym and spa facilities to ease and refresh tired limbs. The freeform leisure pool has fantastic water features including rapids and a wave machine. The wave machine is artificial waves created for the swimming pool and again simulates waves rolling onto a beach from the sea. The rapids are fast and furious and the pool water is channeled down canyon in the pool like a fast flowing river which creates a strong current in the pool. The Flumes - there are 4 flume rides at The Beach Leisure Centre

LINX ICE ARENA






Next door to the IIC Venue is the Linx Ice Arena. The Linx Ice Arena is one of Scotland's premier ice rinks, consisting of a national sized ice pad measuring 56 x 26 metres and spectator seating for 1,100 people. An onsite café and skate shop are available for customers as well as Skating tuition. There are general sessions open to the public and skates hire is part of the admission fee.

TRANSITION EXTREME



Transition Extreme is a world class indoor climbing and skateboard, skate, BMX park located next door to the Double Tree by Hilton and a few minutes' walk from the IIC Venue. Depending upon your time schedule the activities including the outdoor high level rope walkway that has several "dropping" challenges to test to your nerve and trust. It is a purpose built climbing and skate park facility that has many 50ft high artificial rock faces and ramps and jumps to cater for all levels of experience.

APPENDICES
IIC APPLICATION FORM

 International Taekwon-Do Federation <i>100th International Instructor Course, March 13-15 2015</i>	 국제태권도연맹 SCOTLAND						
 City: <input style="width: 150px;" type="text" value="ABERDEEN"/>	Country: <input style="width: 150px;" type="text" value="SCOTLAND"/>						
PARTICIPANT CONTACT DETAILS							
TITLE <input style="width: 150px;" type="text"/>	<input style="width: 150px;" type="text"/>						
D.O.B. <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 30px;">DAY</td><td style="width: 30px;">MONTH</td><td style="width: 30px;">YEAR</td></tr></table>	DAY	MONTH	YEAR	FORENAME <input style="width: 150px;" type="text"/>			
DAY	MONTH	YEAR					
ADDRESS <input style="width: 150px;" type="text"/>							
CITY <input style="width: 100px;" type="text"/>	COUNTRY <input style="width: 100px;" type="text"/>						
e.mail: <input style="width: 150px;" type="text"/>							
tel no: <input style="width: 150px;" type="text"/>							
PARTICIPANT AFFILIATION DETAILS							
ITF ID No. <input style="width: 100px;" type="text"/>	ITF DEG CERT No. <input style="width: 100px;" type="text"/>						
SCHOOL <input style="width: 100px;" type="text"/>	PLAQUE <input style="width: 100px;" type="text"/>						
NA OR AA <input style="width: 150px;" type="text"/>							
PRESIDENT <input style="width: 100px;" type="text"/>	DEGREE <input style="width: 100px;" type="text"/>						
BANQUET DETAILS (£35) <i>ITINERARY & MENU DETAILS WILL BE ANNOUNCED LATER</i>							
ARE YOU ATTENDING? <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 30px;">YES</td><td style="width: 30px;">NO</td></tr></table>		YES	NO				
YES	NO						
SPECIALIST DIETARY REQUIREMENTS? <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 30px;">YES</td><td style="width: 30px;">NO</td></tr></table>		YES	NO				
YES	NO						
IF YES PLEASE STATE <input style="width: 150px;" type="text"/>							
T-SHIRT DETAILS							
PLEASE STATE SIZE <table border="1" style="display: inline-table; border-collapse: collapse;"><tr><td style="width: 30px;">X-SML</td><td style="width: 30px;">SML</td><td style="width: 30px;">MED</td><td style="width: 30px;">LARGE</td><td style="width: 30px;">X-LARGE</td><td style="width: 30px;">XX-LARGE</td></tr></table>		X-SML	SML	MED	LARGE	X-LARGE	XX-LARGE
X-SML	SML	MED	LARGE	X-LARGE	XX-LARGE		
FOR ORGANISING COMMITTEE ONLY							
PARTICIPANT IIC REF No.	<input style="width: 150px;" type="text"/>						
DATE APPLICATION RECEIVED:	<input style="width: 150px;" type="text"/>						
DATE COURSE SUBSCRIPTION FEE RECEIVED:	<input style="width: 150px;" type="text"/>						
BANQUET ATTENDING:	<input style="width: 150px;" type="text"/>						
DATE BANQUET FEE RECEIVED:	<input style="width: 150px;" type="text"/>						

HOTEL AND VENUE MAP



Hotels A to Z					
1 Ardoe House	9 The Craighaar	17 Holiday Inn West	25 Marycutter House	33 Premier Inn Anderson Drive	41 Strathburn
2 Atholl	10 Double Tree by Hilton	18 Ibis City Centre	26 Meldrum House	34 Premier Inn Bridge of Don	42 Thainstone House
3 Bauhaus	11 Douglas	19 Jurys Inn	27 Menzies	35 Premier Inn City Centre	43 Thistle Airport
4 The Brentwood	12 Hilton Treetops	20 Loch Kinord	28 Micasa	36 Raemoir House	44 Thistle Altens
5 Carmelite	13 Hilton Garden Inn	21 Malmaison	29 The Northern	37 Skene House Holburn	45 Thistle City Centre
6 The Chester	14 Holiday Inn AECC	22 The Marcliffe	30 Norwood Hall	38 Skene House Rosemount	46 Wellington
7 Copthorne	15 Holiday Inn Express AECC	23 The Mariner	31 Park Inn	39 Skene House Whitehall	
8 Courtyard by Marriott	16 Holiday Inn Express City Centre	24 Marriott	32 Premier Inn Airport	40 Speedbird Inn	

City map supplied by **ABERDEEN INVESTLIVEVISIT**

CITY CENTRE MAP

Useful Information:

Aberdeen Railway Station
 100 Collieston Road, Aberdeen, AB11 6NA
 01224 650000
 www.stagecoachbus.com

Aberdeen Bus Station
 100 Collieston Road, Aberdeen, AB11 6NA
 01224 650000
 www.stagecoachbus.com

Aberdeen International Airport
 Dyce, Aberdeen, AB21 7DU
 0844 481 6666

Northlink Ferries
 Aberdeen, AB11 5BP
 01224 269180

Video Information Centre
 23 Union Street, Aberdeen, AB11 5BP
 01224 269180

Key Attractions:

- 1 MUSIC HALL
- 2 CENTRAL LIBRARY
- 3 HIS MAJESTY'S THEATRE
- 4 COWDRAY HALL
- 5 ART GALLERY
- 6 LEMON TREE
- 7 ARTS CENTRE
- 8 PROVOST SKENE'S HOUSE
- 9 TOLBOOTH
- 10 MARITIME MUSEUM

VisitAberdeen
 www.visitaberndeen.com

AB DN

f /visitabdn **t** @visitabdn

Aberdeen City Centre Map

THE WEST
 @hamishmuir
 Aberdeen Whisky Shop
 Baggioza
 Bellino
 Black & Lizars
 Colin Wood Antiques
 David Florist
 Elizabeth Watt
 Essiemonts
 Fenner & Coburn
 Flower Vogue
 Gallery Heinezel
 Hugh Harrison
 Innocence
 John Park
 Kalka
 Kensington Hair & Beauty
 Michies
 Nova
 Platinum Hair
 Pure
 Rose of Chapel Street
 Sakes Hair & Beauty
 Signature
 Straine Opticians
 The Hair House
 The Men's Emporium
 Thistle Sports

THE ACADEMY
 Shop Eat Drink
 Attic
 Concept
 I-Candy
 i!Music
 Jack Wills

BON ACCORD ST NICHOLAS

TrinityCentre

West End Shops

West End Shops
 3 Mobilo
 Boots
 Build a Bear Workshop
 Burton
 Calendar Club
 Carphone Warehouse
 Chisdom Hunter
 Next
 O2
 Oasis
 Ortek
 Peppercery
 Phase Eight
 Phones 4 U
 Post Office
 Radley
 River Island
 Sky
 Superdrug
 Swarovski
 The Body Shop
 The Card Factory
 The Perfume Shop
 Thorntons
 Topshop
 Vision Express
 Vodafone
 Wallis
 Warehouse
 Warren James
 Watch Workshop
 WH Smith

TrinityCentre
 Dundas & Todd
 Alphonse
 The Fragrance House
 Clinton Cards
 Debanhams
 H Samuel
 Holland and Barrett
 JD Sports
 Jive Fashion
 Paul Brown
 Officers Club
 HMV
 Sassy
 Schuh
 Sky
 Snyders
 Treaspass
 Primark
 Quiz

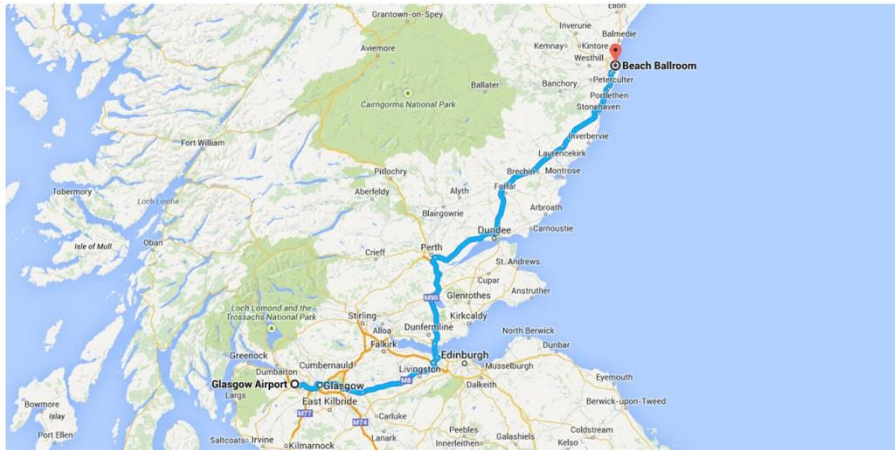
West End Shops
 TM Lewin
 USC
 V Design
 Vero Moda
 White Company
 Zara
 The Perfume Shop
 The White Company
 TK Maxx
 Pandora
 Paperchase
 Pure Spa
 River Island
 Rox
 SAKO Hair
 Shine Brow 'n' Beauty
 TK Maxx
 Mobile Snap
 New Look
 Next
 O2
 Optiko
 Original Penguin
 Outfit
 Mamas & Papas
 Magnolia Silver
 Mamas & Papas
 Lapis Gold
 M&S
 MAC
 House of Fraser.com
 Hugo Boss
 Jack-Jones
 JD Sports
 Hollister
 Hotel Chocolat
 House of Fraser.com
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 Hotel Chocolat
 House of Fraser.com
 Hugo Boss
 Jack-Jones
 JD Sports
 Clarks
 Coiswold Outdoor
 Deichmann
 Dune
 Fat Face
 Fossil
 H&M
 Accessorize
 Apple
 Best Wishes
 Books
 Carphone Warehouse
 Cath Kidston

TrinityCentre

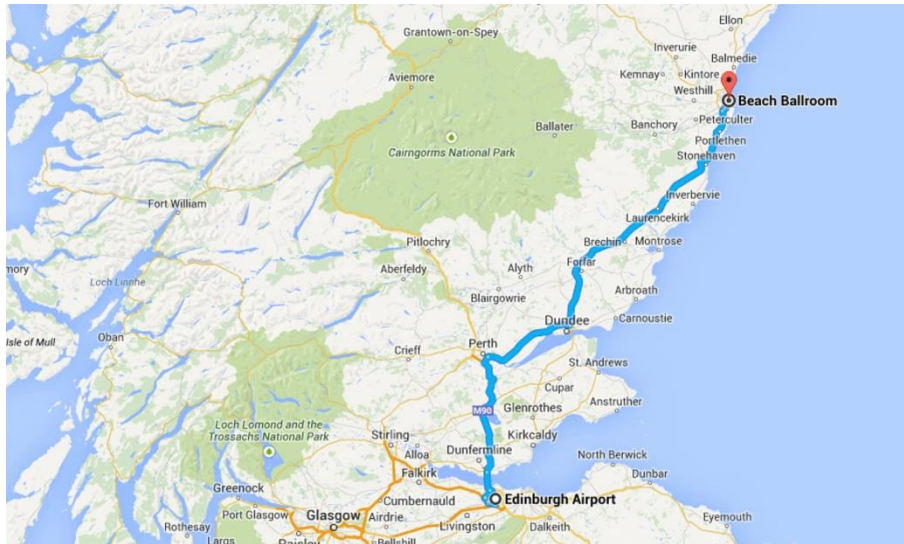
West End Shops

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 Fossil
 H&M
 Accessorize
 Apple
 Best Wishes
 Books
 Carphone Warehouse
 Cath Kidston

ROAD MAP FROM GLASGOW



ROAD MAP FROM EDINBURGH



The maps are just a guide to provide distance from the Central Belt to the North East. Both journeys will take about 3 hours in a car and a bit more by train, plus transfers.