

June 2016

Dear ICASSI Participants,

There is only one month left until we will be together for the 49th Annual ICASSI Rudolf Dreikurs Summer School which will be held in Trenčianske Teplice, Slovakia July 24-August 6. The board members, faculty and staff look forward to welcoming you to an enriching and enjoyable experience!

Much of the information you need to know is found in the ICASSI booklet at www.icassi.net. Below you will find the most important information you will need to make your travel easier to ICASSI 2016.

Transportation to Trenčianske Teplice, Slovakia

Arriving by Shuttle

Many of you signed up for the shuttle that will be picking you up from the Vienna airport. Earlier this month, I emailed each of you to find out your arrival time so that shuttles can be arranged. If you paid for the shuttle but did not receive my request or you have not responded yet, it is essential that you email me this information at info.icassi@gmail.com so that you can be assigned to a shuttle. I am in the process of working with the shuttle company to make the schedule. I will be emailing each of you in early July to provide you information as to where and when to meet your shuttle. If you have issues with your flight or connecting with the shuttle, please call Irene, a member of the local host group. Persons with a U.S. account will call 011+33683136525. Persons calling with a European account will call 00+33683136525. I will send a different contact number for those of you arriving for week 2.

Arriving on Your Own

For those of you arranging transportation on your own, please refer to page 31 of the ICASSI booklet. If you are taking the train to Trenčianska Teplá you will need to make the rest of your trip to Trenčianske Teplice by taxi. It is recommended you take the taxi company Jomicar (their phone number is: 00421905941338).

For those of you traveling by car, please note that Trenčianske Teplice is most easily reached via **E75**. Please refer to your gps or maps for your best route.

Checking into Hotels in Trenčianske Teplice

Participants who signed up for ICASSI accommodations in the Hotel Most Slavy will check in at the Hotel Most Slavy upon arrival. Those persons staying at the Spa Hotel Pax, the Hotel Viktoria or the Pension Vlara will check in at the Spa Hotel Pax and then be directed to their accommodations. Persons staying at the Spa Hotel Krym will check in at the Spa Hotel Krym

Members of the local host group will be available to assist you in finding your hotel. All hotels are within about a five minute walk of each other. The description of the hotel you signed up for is found in the ICASSI booklet on pages 29 and 30.

The hotels are serving other guests who will be checking out of the rooms on the day of your arrival and the staff need time to prepare the rooms for you. You will not be able to check into your room until the regular check-in times.

As mentioned in the ICASSI booklet, these hotels charge for cancellations and changes in reservations that occur within a month prior to one's arrival. Participants will be responsible for these fees. The hotels have a prorated schedule of fees based on the day of cancellation. For example, the hotels will only reimburse 50% of one's payment for cancellations made 6 days in advance. Persons who desire to extend their stay can do so on a space available basis.

Meals

Your accommodations include your room and breakfast and dinner according to the following schedule. Meals start from Sunday evening dinner until Saturday morning breakfast. Saturday evening dinner during the middle weekend is not included as this is a day that we have weekend trips and most people travel and enjoy site seeing, etc. Lunch each day is on your own. There are several options in the town. People who requested rooms before or after ICASSI do not have dinner included in those days before or after ICASSI.

ICASSI Registration

ICASSI registration for participants arriving week one will take place in the lobby of the Spa Hotel Pax on Sunday July 24th between 14:00 and 18:00 hours (2:00 p.m. to 6:00 p.m.). For participants arriving week two, registration will take place at the same location on Sunday July 31 between 15:00 to 18:00 hours (3:00 p.m. to 6:00 p.m.). Please be sure to stop by during registration hours and pick up your name badge and other materials. Your name badge needs to be worn at all times during ICASSI and will admit you to the Opening Ceremony as well as to all classes and activities.

Balance of Fees

Although all balances are due June 15, any unpaid balances need to be paid during registration along with the 75 euro processing fee. Please see the policy on page 40 of the ICASSI booklet.

Registration for Trips

The local group will also be present at registration where you can sign up for local trips (please see the descriptions of the local trips below).

Packing for Your Trip to Slovakia

Clothing

Appropriate dress is modest summer casual. Shoes and shirts are required in all meeting and dining facilities. You may want to bring a swim suit if you plan to take advantage of one of the pools in the area (fees are applicable). There is a newly re-constructed spa with pools, sauna, whirlpool, and children facilities called "Zelena zaba" (<http://www.kupelezelenazaba.sk/>) just 5 minutes from where we will eat dinner and there is a large pool in the city center. I reviewed a weather website for Trenčianske Teplice, it said the average temperature is 27 C (80 F). However, the weather can be hot in July in Trenčianske Teplice. You will want to check a weather website before you pack and do so with the weather forecast in mind. Air conditioning is not as prevalent in Slovakia as you might be used to. The town has a grocery store, two pharmacies, and a variety store with limited office supplies. With that in mind, you will want to bring all essentials. As described in the ICASSI booklet, there are no laundries in the hotels nor in the town. You may want to pack clothes that are easily laundered by hand. The booklet does describe a few other options for laundry.

Medication and Health Needs

Be sure to bring enough medication for your length of stay. If you need medication by injection, please dispose of needles in a self-provided sharps container for bio-hazard materials and take it with you when you leave. **Please notify ICASSI staff before you arrive of any health-related concerns that may affect your attendance at the summer school.** Please make note of the nearest medical facility: Fakultná nemocnica Trenčín, Legionárska Street 28, Trenčín 911 71
Phone number /central telephone operator: 00421326566111
Phone number /psychiatric ambulance also psychiatric emergency room: 00421326566156

Electrical Devices

The outlets in Slovakia use the adapters for Northern Europe, if you plan to use electrical devices, you will need to bring one of these adapters with you. If you use dual voltage appliances and devices, that is all you will need. However, if your appliance is built for 110-120 volts only, and does not say 110-240, you will need a converter or transformer that will convert the voltage (as well as the adapter if the prongs on your appliance are not compatible to the electrical outlets). Be cautious, you do not want your device to be fried. Although Wi-Fi is available in several locations, participants are encouraged to bring their own electronic devices.

Currency

The official currency of Slovakia is the Euro. You can check the exchange rates on sites such as www.xe.com/currency/converter. While there are three banks in Trenčianske Teplice, you should bring some Euros with you or make an exchange at the airport when you arrive. If you have a credit card or debit card, you can usually use them at an ATM machine and get cash in Euro. Be advised that most places in Europe will only accept credit cards with euros. Please check with your financial institution. Also, it is important to let them know you are traveling so that they

will not suspect fraud when you use your card outside of your country. We will only accept EUROS in the ICASSI bookstore and for the Weekend Trips.

LOOKING FORWARD TO EVENTS AT ICASSI

The Opening Ceremony will be held on Sunday, June 24th at 20:00 (8:00 p.m.). Faculty, staff and board members will be there to welcome you, and you will have a chance to meet with friends old and new. There will also be a Welcome Reception at 20:00 (8:00 p.m.), July 31st for those arriving for Week Two.

Evening Programs will be held on Monday, Wednesday and Friday of both weeks. These are opportunities to meet together for singing, dancing, laughter and socializing, built around planned informal activities. You are encouraged to bring cooperative games, or sample dances and music from your country to teach others as you join in the fun. There are no programs on Tuesday or Thursday evening to allow free time for participants to take the planned trips or pursue other interests.

International Night is an opportunity to celebrate your country. If you have traditional costumes, flags or other memorabilia, bring them along for a colorful and enjoyable evening. Countries with few participants will join other countries for this activity.

Auction, Bazaar, and “Market”: You are encouraged to bring gifts from your country to donate to these activities. Suggested items are jewelry, scarves, souvenirs, chocolate, candy, toys, books, etc. We also welcome persons to donate vacations at your homes or condos. These items are sold or auctioned for the benefit of the ICASSI scholarship fund.

Music at ICASSI: A tradition at ICASSI is the Music Night concert during the second week of ICASSI. If you are a singer or play a musical instrument and would like to take part, please bring your instrument (and voice) with you. Throughout ICASSI there are many additional opportunities for casual musical get-togethers.

Plan to visit the **Bookstore** which will feature Adler and Dreikurs books as well as books of our faculty members and other Adlerians. Recordings of programs may also be available.

Administrative Issues

Handouts: Some faculty may email handouts to participants prior to class. If you receive these, please print them out and bring them to class. Because of the cost of printing, it will not be possible to print them out for you in the office without charging you. Some faculty may have supplemental handouts available to you for a minimal fee.

Participant Lists will be made available to all at the conclusion of ICASSI so that you can keep in contact with the people you have met. Please let us know BEFORE ICASSI if you do not want to be included on the participant list. Registration is a good time to do this. We do not sell or make this list available to others.

Traveling, Leisure and Site Seeing

Visit the Alfred Adler Centre International (AACI) in Vienna

If you are visiting Vienna before or after ICASSI you may want to visit AACI which is made possible by the International Association of Individual Psychology and the Austrian Association of Individual Psychology. For more information visit <http://www.iaipwebsite.org/aaci.html>

Site Seeing in Slovakia

The following website offers you travel information:

<http://slovakia.travel/> <http://www.slovakia.org/tourism>

<http://www.slovakia.com/>

Spa Opportunities in Trenčianske Teplice

There are many spa opportunities. Please look at the following site to plan ahead.

<http://www.kupele-teplice.sk/en/home/>

Mid-Week and Weekend Trips

The local group has planned several trips. Please read over the trip descriptions and be ready to sign up on site. ONLY CASH will be accepted. As mentioned above, the local group will take reservations during ICASSI registration as well as other times (to be announced).

July 26 7:15 pm - Train Excursion to **Trenčianska Teplá**

July 28 and Aug. 4 7:00 pm - **Trenčín Castle and Roman Inscription**

July 30 8:15 am - **The High Tatras**

July 31 9:00 am – **Bratislava**

August 2 5:00 pm - **Lednické Rovne**

Please click on this link for the Trip Flyer in English

http://www.icassi.net/wp-content/uploads/2016/06/Trips_E.pdf

You can also find the trip flyers at www.icassi.net.

The board, faculty and staff of ICASSI look forward to seeing you soon and hope that you will find ICASSI 2016 a valuable experience. If you have any last minute questions, please contact me at info.icassi@gmail.com or Betty Haeussler at bettyicassi@aol.com. If you prefer to write in German, please contact Amelie Festag at Amelie.icassi@gmail.com.

See you soon in Slovakia!

Becky LaFountain

ICASSI administrator