



**TAEKWON-DO
OPEN ASIAN CHAMPIONSHIP AND CUP
KYRGYZSTAN, ISSYK-KUL**



Logistic note

for participants of
Taekwon-do ITF Open Asian Championship and Cup 2019
Cholpon-Ata, Kyrgyz Republic

1. Accommodation and meals

Participants will be placed in Recreation Center “Good Lake”, Chon-Sary-Oi, Cholpon-Ata. RC “Good Lake” situated in 15 minutes from the Venue. Booking of the rooms will be done by host party (Taekwon-do ITF Association of the Kyrgyz Republic – hereinafter ITF Kyrgyzstan) in accordance with the applications submitted by the delegations. Forms for accommodation (attached) should be submitted to ITF Kyrgyzstan not later than April 01, 2019 by sending the accommodation form to email: tkd-itf.kg@list.ru.

Accommodation costs:

| Type of placement | Standard (USD) | Semi-lux (USD) | Lux (USD) |
|--------------------------|-----------------------|-----------------------|------------------|
| Double | 30 | 40 | 50 |
| Triple | 30 | 40 | 50 |
| 4 persons | 30 | 40 | 50 |
| 5 persons | 30 | 40 | 50 |
| 6 persons | | 40 | |

Breakfasts and dinners are included to the price of accommodation. During the competitions participants can take lunches at the Venue.

Please note that all additional expenses (mini-bar, laundry, telephone calls, etc.) are covered at own expense of participants and not included to the price of accommodation.

2. Transport and trips

Expenses related to transportation, visa, accommodation, meals, participation at the competitions are covered by participants.

Transfer from Manas International Airport (Bishkek) to Cholpon-Ata city and back will be provided by host party.

3. Visa

Participants shall take care of obtaining a visa in advance of departure from their home country. Visa support will be provided by the Taekwon-do ITF Association of the Kyrgyz Republic upon request of delegations. Please find visa related information following the link http://www.evisa.e-gov.kg/get_information.php?lng=en.

4. Internet access

In the Recreation Center “Good Lake” will be provided free Wi-Fi Internet.

5. Brief country profile

Overall climate of Kyrgyzstan is continental.

Language: the state language in the country is Kyrgyz, official language is Russian.
Time zone: Local time in Bishkek +6 hours GMT

Currency: Som (KGS) is the official currency of the Kyrgyz Republic. You can check the current rate on the website of the National Bank of the Kyrgyz Republic at <http://www.nbkr.kg>



Sockets are usually cylindrical with two holes of the European type.

In general, trips to Kyrgyzstan are safe, please keep the rules of personal safety and be careful to yourself. You should always carry your passport with you.

6. Contacts

For any further information please contact ITF Kyrgyzstan via email:
tkd-itf.kg@list.ru

or via mobile phones:

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