

INFORMATION BOOKLET



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SCHEDULE

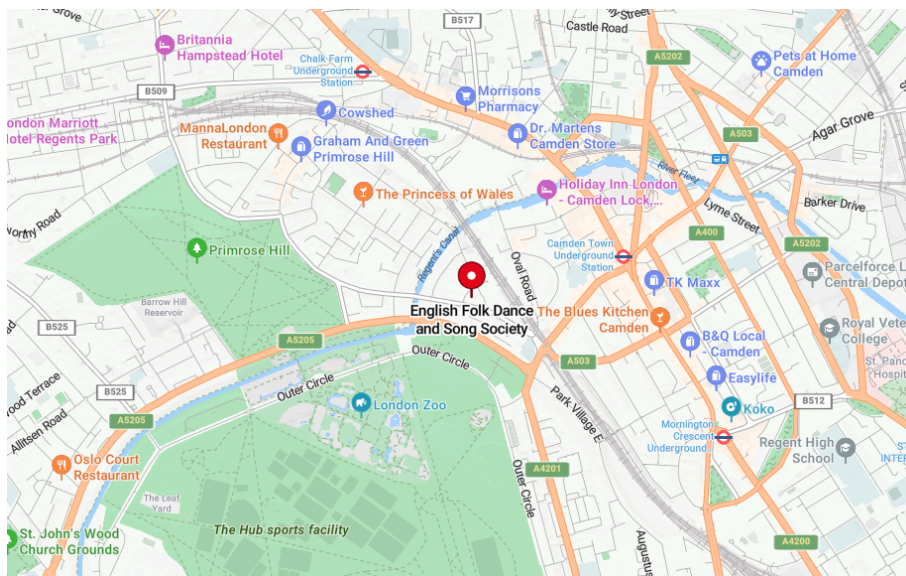
	<u>FRIDAY 17th</u>	<u>SATURDAY 18th</u>	<u>SUNDAY 19th</u>
10am		Doors Open	Doors Open
10:30		Workshop 1 - Anatomy of Bellydance (2hrs)	Workshop 4 - Arms, Fluidity and Lines (2hrs)
12:30		Lunch Break	Lunch Break
13:30		Workshop 2 - Level Up Your Technique” - drills and combinations (2hrs)	Workshop 5 - Emotion and Expression in Dance (2hrs)
15:30		Coffee Break	Coffee Break
16:00		Workshop 3 - Classical Song Choreography (1hr 30)	Workshop 6 - Lyrical Song Choreography (1hr 30)
17:30	Doors Open	QnA & Photos (30 min)	QnA & Photos (30 min)
18:00-22:00	HAFLA! - Open Stage - Diva Darina Show & Diva Darina’s feedback for VIP students <i>Food and drinks available to purchase separate from the package</i>	Dinner Together <i>(NB: separate from the class package).</i>	

**Please note that this is our drafted schedule ready for pre-bookings. The timings are confirmed but workshops and order may be subject to change*

VENUES

Friday 17th January - HAFLA - 18:00 - 22:00 & Saturday 18th January - WORKSHOPS 10:00-18:00

Address: Cecil Sharp House (Trefusis Room)
2 Regent's Park Road, London NW1 7AY

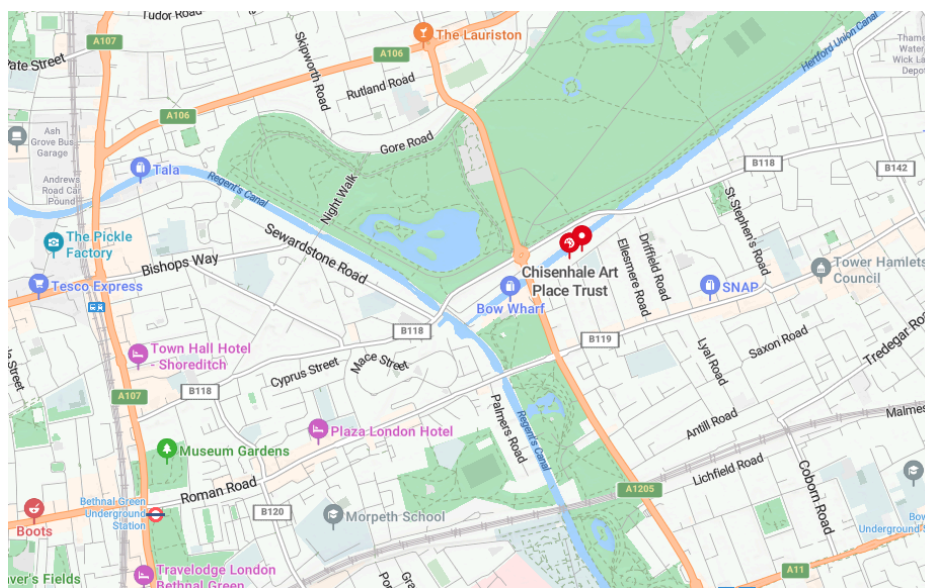


Nearest tube station: Camden Town (Northern Line) - approximately 10 minute walk

Nearest bus routes: 274 and 88

Sunday 19th January - WORKSHOPS 10:00-18:00

Address: Chisenhale Dance Space
64-84 Chisenhale Road, E3 5QZ



Nearest tube station: Bethnal Green (Central Line) approximately 10 minute walk.

SOME HOTEL SUGGESTIONS

London is a very big city but very easy to get around! I have tried to suggest a mixture close to and in the middle of our two weekend venues. It is cheaper to stay in a hotel outside of Central London (Zone 1), so I have below a mixture of hotels within zone 1 and zone 2 of the tube map.

<u>Hotel</u>	<u>Distance from Friday/ Saturday Venue</u>	<u>Distance from Sunday Venue</u>	<u>Approx. cost for 3 nights (as of Sept 2024)</u>	<u>Website</u>
Holiday Inn, Camden Lock	7 min walk	40 min with public transport/ walk	£620 / £206 per night (based on a double room)	Holiday Inn London Camden Lock, an IHG Hotel, London (updated prices 2024) (booking.com) Holiday Inn@ Hotels Book Family Friendly Hotels Worldwide Official Site (ihg.com)
Camden Enterprise Hotel	14 min walk	40 min with public transport/ walk	£429/ £143 per night (based on a double room)	Camden Enterprise Hotel, London (updated prices 2024) (booking.com)
DoubleTree by Hilton Kings Cross	20 min with public transport and walk	30 min with public transport and walk	£366/ £122 per night (based on a double room)	DoubleTree by Hilton London Angel Kings Cross, London (updated prices 2024) (booking.com)
Premier Inn Angel	35 min with public transport and walk	20 min with public transport and walk	£277/ £92 per night (based on a double room)	Angel Islington Hotels Book Hotels Near London Angel Islington Premier Inn
Premier Inn Old Street	25 min with public transport and walk	30 min with public transport and walk	£220/ £73 per night (based on a double room)	London City (Old Street) Hotel Premier Inn
Travelodge (Bank)	25 min with public transport and walk	30 min with public transport and walk	£192/ £64 per night (based on a single room)	Travelodge London Central Bank Hotel - New Design
Travelodge (Liverpool Street)	35 min with public transport and walk	20 min with public transport and walk	£194/ £65 per night (based on single room)	Travelodge London Liverpool Street Hotel - Book Now
IBIS Shoreditch	30 min with public transport and walk	20 min with public transport and walk	£52 per night (based on single hub room)	ibis London City - Shoreditch, London (updated prices 2024) (booking.com)
Travelodge Bethnal Green	35 min with public transport and walk	10 min with public transport/ walk or 15 min walk	£166 for 3 nights/ £55 per night	Travelodge London Bethnal Green Hotel - New Design

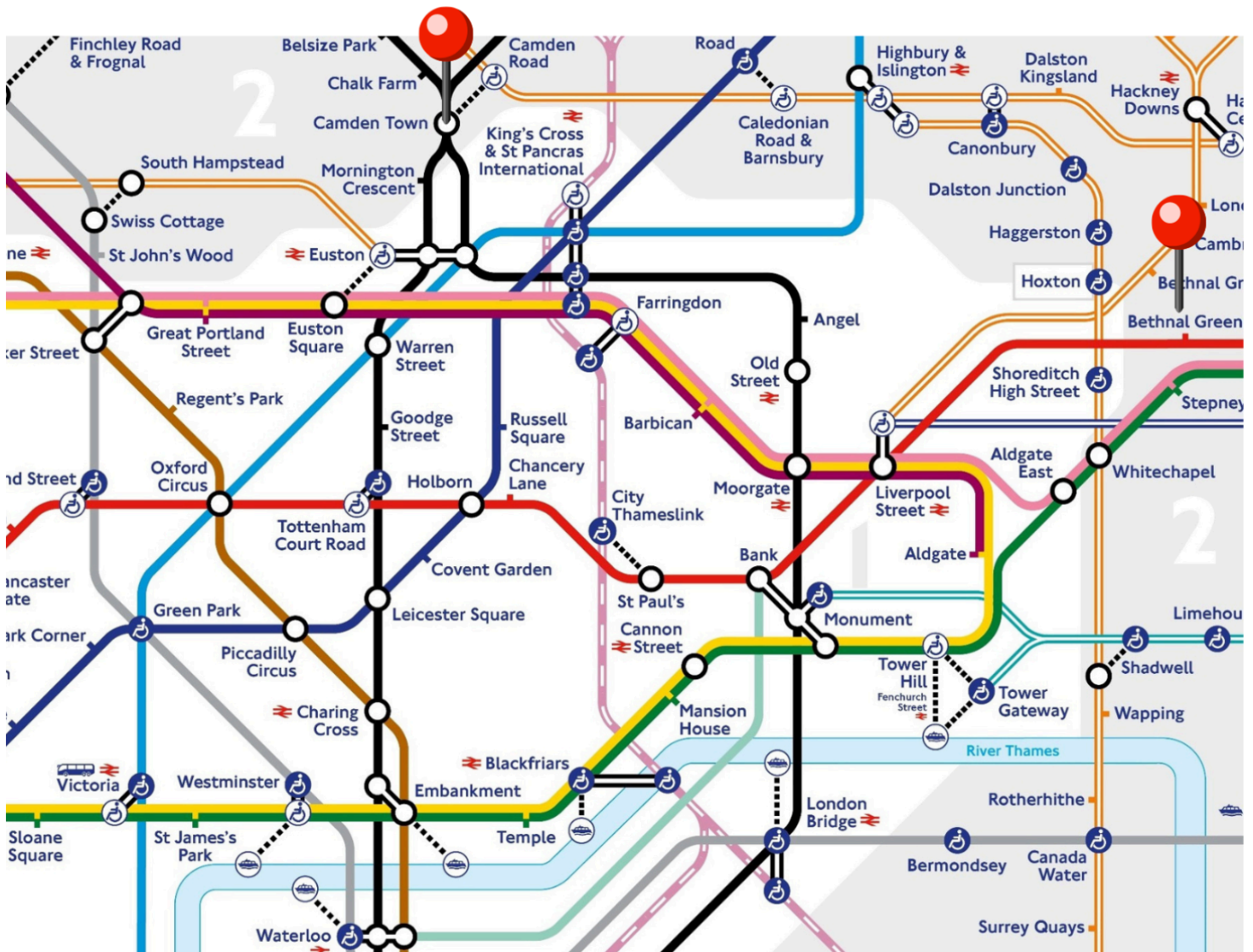
*Great website for comparison: www.booking.com (also advertises air BnB, hostels, guesthouses).

GETTING AROUND LONDON

Travelling around London is very very easy and quick! The London underground (and tube network) is the easiest way to commute. All you need is your debit card (contactless) or you can get an Oyster card from any convenience store that you can top up.

The same can be used on bus routes.

It is also possible to travel with taxi (great if you're in a larger group), but can be more expensive.



Things to see in London:

History

Buckingham Palace (*nearest tube Hyde Park Corner or Green Park - Piccadilly Line*)

Tower of London (*Tower Bridge - DLR line*)

British Museum (*Russell Square/ Holborn - Piccadilly Line*)

Big Ben & Westminster (*Westminster*)

St. Paul's Cathedral (*St. Pauls*)

Sightseeing:

London Eye and London Aquarium (*Southbank - Waterloo*)

Open Bus Tour (*Different locations*)

The Shard (*London Bridge*)

Excel Cable Car and the O2 (*North Greenwich*)

River Thames Boat Ride (*Embankment and Greenwich*)

Madame Tussauds (*Marylebone*)

Food Places

Borough Market (*Borough*)

Spitalfields Market (*Shoreditch*)

Shopping

Oxford Street (*Oxford Circus*)

Camden Market (*Camden Town*)

Westfields (*Sheppards Bush and Stratford*)

Famous Parks

Hyde Park (*Hyde Park Corner*)

Green Park (*Green Park*)

Greenwich Park (*Greenwich - DLR*)



Airport Information:

Long-haul flights:

- 1) Heathrow Airport (closest):
Accessible by tube - Piccadilly line Terminals 1-5 or Heathrow Express.
- 2) Gatwick Airport (furthest away)
Accessible by train - Gatwick Express and trains from London Bridge

Short-haul flights:

- 1) Stansted Airport
Accessible with Stansted Express and coach from Stratford
- 2) Luton Airport - *Accessible with Luton Express into King's Cross*
- 3) City Airport - *City Airport DLR train line*
- 4) Gatwick Airport
Accessible by train - Gatwick Express and trains from London Bridge



Contact Information:

London is a big city, so it's easy to get lost! But it is an exciting place to visit! Please take care - on the whole, the touristic parts of London are very safe, but as with any major city please be aware of your valuables and belongings.

If there is anything you need whilst you are in London, or if there is an emergency, you can contact me (Sureya) on: 0044 7757756294 (please use whatsapp).

Email: sureyabellydance@gmail.com

I will also create a whatsapp group for our participants and a group for students visiting from outside of London, in case you would like to share accommodation and travel.