

Information Sheet and Accommodation List

(PLEASE RETAIN THIS INFORMATION FOR YOUR REFERENCE)

Sogyal Rinpoche Summer Retreat at Dzogchen Beara - Ireland

8PM FRIDAY 2ND TO SUNDAY 11TH JULY 2010

Dzogchen Beara, Garranes, Allihies, West Cork, Ireland

Tel: +353 (0)27 73032 Fax: 027 73177

info@dzogchenbeara.org www.dzogchenbeara.org

ATTENDANCE AND ARRIVAL TIMES

- To enable Rinpoche to give these teachings fully, we ask everyone to arrive in time for the beginning of the retreat and to attend its full duration. Each teaching builds upon the preceding one, and taken as a whole the retreat presents a complete and comprehensive series of teachings which it is important to receive fully. There is no partial attendance option for this retreat.
- We strongly request that all participants arrive by 6.00pm on Friday 2nd July. This is particularly the case for those who have not been on retreat with Sogyal Rinpoche before. Registration and supper will be from 6.00pm to 7.45pm on Friday 2nd July and the first session will begin at 8pm. It is important to make every effort to attend this first session.
- The latest arrival time is 10am on Saturday 3rd July.
The first teaching/presentation will be on Saturday morning at 9am.
A final registration will be held from 1-2pm
- The retreat is likely to include periods of silence and there may be meditation sessions lasting for up to 45 minutes.
- We advise everyone to book as soon as possible, and by 18th June at the latest.
- Translation: requested donation of €20 to cover cost of headset at registration.
- The retreat ends at 2pm on Sunday 11th July – please arrange your return travel accordingly.

ACCOMMODATION

A list of hostels and B&B's in the nearby area is attached (and we recommend that you book as soon as possible). We run a daily mini-bus service to Dzogchen Beara from Castletownbere and Allihies at a charge of €40 for the duration of the retreat.

CATERING

All meals are vegetarian. Lunch and supper is included in the retreat fee beginning with supper on Friday 2nd, to lunch on Sunday 11th July. Breakfast will be provided for those who request it for €3/day.

WORK STUDY PLACES

There are a limited number of work-study places available in areas such as transcribing, cleaning, household, washing up and tea breaks. A work-study position offers a reduction of €150 in return for four hours work a day. It is required that those with a work-study place arrive by the morning of Thursday 1st July. To apply, please e-mail/fax by 21st May, giving brief details of your skills and whether you have previously attended retreats at Dzogchen Beara.

ASSISTING DURING THE RETREAT

In order to reduce retreat costs and to ensure the retreat runs smoothly, we ask all who come on retreat at Dzogchen Beara to offer one or two hours per day participating in a rota job. (Those with health problems can help with lighter tasks or need not participate in the rota.) 'Rota' represents an opportunity for putting the teachings into practice, and is part of the retreat programme.

CHILDCARE

Unfortunately there are no onsite childcare facilities at Dzogchen Beara. If you bring your children with you, you are entirely responsible for their behaviour and well being at all times. There will be a presentation of the *Rigpé Yeshe* programme during the retreat and an opportunity for parents to meet and discuss how *Rigpé Yeshe* is evolving in Ireland.

WHAT TO BRING

A meditation cushion if you use one (chairs will be provided). Warm and light clothes, waterproof clothing, sturdy shoes, drinking cup/flask, sunglasses, insect repellent, torch. The currency is Euro.

MEDICAL

Please note there are no medical facilities or staff on site. The local doctor is 5 miles away in Castletownbere, and the nearest hospitals are in Bantry (49 km) and Cork (120 km).

- We ask that you have full medical insurance and bring the relevant documents with you, particularly your insurance number.
- If you are taking prescribed medication make sure you bring an adequate supply.
- If you have a medical condition that you think we should know about, please indicate this on your booking form and let the First Aid Team know at registration.
- If you need to visit the local GP in Castletownbere during your stay, please note there is a consultation charge of €50, payable at the time of your appointment. European medical insurance may cover all or some medical costs in Ireland, but you must have your medical insurance number and relevant papers with you.
- Although we are unable to offer nursing or medical care, if your state of health or level of mobility is such that you would benefit from a simple level of physical support during the retreat, please telephone us well beforehand to see if we are able to meet your needs.

PSYCHOTHERAPY

Retreats are based on Tibetan Buddhist teachings and are not intended as a substitute for psychotherapy.

If you have a psychological or psychiatric condition we ask that you consult your therapist before applying, as we have no facilities to provide appropriate care if needed.

RETREAT FEE

The retreat fee is €490 (€460 for bookings received before 21st May). The retreat fee covers retreat costs, lunches and evening meals.

It does not cover accommodation, an offering to Sogyal Rinpoche, or Tsok offerings.

We ask those who are unable to meet this amount to apply to the Retreat Fund (see below).

RETREAT FUND

Please consider making a contribution to this fund which is to enable people to attend this retreat who, for financial reasons, would otherwise not be able to.

Applications from people requesting assistance from the Retreat Fund should be made in writing by 10th June, explaining your financial circumstances and how much you are able to offer towards retreat fees. Please also return the booking form.

BANKING FACILITIES

The nearest banking facilities are in Castletownbere. Please note that Dzogchen Beara is unable to cash cheques or change money.

PAYMENT

We accept payment by cheque or a bank draft, *drawn on Irish Banks only*, postal order or credit card (*please make sure to include your expiry date and 3-digit security number*). We also accept bank transfers from *outside Ireland only*.

DETAILS FOR BANK TRANSFERS

Allied Irish Bank:	Castletownbere, West Cork, Ireland
Sort Code:	93 62 78
Account number:	02992097
Bank Identifier Code (BIC):	AIBKIE2D
International Bank Account Number (IBAN):	IE57AIBK936278 02992097

Travel

Dzogchen Beara is situated on the Beara Peninsula in County Cork, on the south-west coast of Ireland. The nearest village is Castletownbere, 7km. The nearest city is Cork, 120km.

Travel to Cork from Outside Ireland

The nearest airport, sea-port, train and bus stations are in Cork.

- By Air - daily flights to Cork from Europe with Aer Lingus, Ryan Air, Aer Arran
Also options to Kerry (Farranfore) and Dublin Airport. See website for more details
- By Sea - ferries from France and UK to Rosslare (6 hrs drive to Dzogchen Beara)

Daily Transport between Cork and Castletownbere

- Harrington's Bus – a privately run minibus that travels once a day only.
- Bus Eireann – national bus service that runs once a day 4 days a week only
- Taxi – Cost approximately €160, journey time 2.5 hours

Ensure your flights coincide with bus times, as there is no other transport between Cork and Castletownbere. A taxi from Cork airport to the city centre will take 10-15 minutes.

Castletownbere to Dzogchen Beara

There are no buses from Castletownbere to Dzogchen Beara. There is one taxi company in Castletownbere; the journey to Dzogchen Beara takes 15 minutes and costs approx. €15

- Shanahans 027 70116 Beara Cabs 087 6494796 AD Hackney Service 087 284 5796

Harringtons Bus Times: Tel: 027 74003 Seats must be booked in advance.

Departs From Parnell Place, Beside The Bus Station	Mon to Sat (excl. Thurs)	Sunday	Thursday O'Donoghue's Bus Tel: 027 70007
Depart Cork /Arrive C'bere	1800/2015	1930/214 5	1800/2100
Depart Castletownbere/Arr. Cork	0800/1015	1650/190 0	0730/1030

Bus Eireann Times: Tel: 021 450 8188

DEPARTS FROM CENTRAL BUS STATION	Mon, Wed, Fri	FRIDAY	SUNDAY
Depart Cork /Arrive C'bere	0915/1245	1800/213 0	1030/1340 1800/2130
Depart Castletownbere/Arr. Cork	1330/1700	0730/105 5	1315/1630 1710/2025

NB: There are seasonal adjustments to Bus Eireann bus times as well as Bank Holiday and Major Holiday-period changes. It is advisable to double check the schedule on www.buseireann.ie

Accommodation List for Castletownbere and Allihies

Average Prices: Hostels from €15 Bed and Breakfast from €35 Camping from €5

Shared Local Accommodation – arrangements for Summer Retreat 2010 only

If you are interested in sharing a self catering cottage with other retreat participants (with the option of daily transport), please contact the office at Dzogchen Beara: +353 (0)27 73 032 info@dzogchenbeara.org

Castletownbere: (7km from Dzogchen Beara)

Hostels and Camping

Harbour Lodge Hostel	Eddie	027 71043
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Golf Course (Campsite only)		027 70700
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Bed and Breakfast

An Oteachna	Sheila O'Driscoll	027 70071
Bellatrix (Women only)	Lainey & Rita	027 71717
Cottage Heights	Mary Barry	027 71743
Errisbeg	John and Mary	027 70841
Evergreen Cottage	Geraldine O'Reilly	027 70302
Island View	Dennis Hanafin	027 70415
Knockanroe House	Mary Kearney	027 70029

Lugano B/B	Mary Shanahan	027 70116
Murphy's Restaurant	John Murphy	027 70244
Rodeen Country Home	Ellen Gowan	027 70158
Sea Breeze	Noraleen McGunn	027 70508
Seapoint Lodge	Ann Black	027 70292
Summerhill	Cornelius O'Sullivan	027 70417

Self Catering Cottages

Castletownbere Holiday Homes	JJ O'Sullivan	027 70900
Domhain Eile	Cora Crampton	087 2393320
Toormore Farm House	Margaret O'Dwyer	027 70598
Tir na Hilan	Sean O'Sullivan	027 70108
Pulleen Cottage	Jack and Mairead Murphy	027 70170

Kealinya Holiday Homes	Micheal Donegan	027 70101
Goldwater Cottages	Cait Donegan	086 8755655
Evergreen Cottage.	Geraldine O'Reilly	027 70302
	Cathy Harrington	027 70319
	J T O'Sullivan	027 70388

Allihies: (9km from Dzogchen Beara)

Hostels and Camping

Allihies Village Hostel	John	027 73107
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The Strand (Campsite Only)	Anthony	027 73002
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Bed and Breakfast

Beach View	Irene Harrington	027 73105
Sea Haven Lodge	Eileen Irwin	027 73225
Veronica's	Veronica/Nealie	027 73072

Sea View	J T O'Sullivan	027 73004
Tower View	Mary Healy	027 73223

Self Catering Cottages

Allihies	J T O'Sullivan	027 73004
Allihies Holiday Cottages	Sheila Sheehan	027 73888
Beara Holiday Homes	Ann O'Sullivan	027 70219

Strand View Holiday Homes	Eileen Harrington	087 9082331
Wooden Chalet	Sara Gems	027 73078