

COVID-19 Special Instructions

Hello,

If you are about to begin a course, these are the current regulations in compliance with government prescribed Covid-19 social distancing and preventive measures.

The risks currently associated with Covid-19 require us to take specific measures to guarantee the health and peace of mind of everyone. Even if these measures seem excessive to you, we all react differently under the circumstances and it is important that everyone feels safe. After all, as an establishment open to the public, we have the responsibility to follow the authorities' statutory recommendations.

In practice:

-We are now obliged to require a valid 'Sanitary Pass' from everyone who comes to sit or serve. This must be up-to-date and presented on arrival at the course venue. Please see the [information on the 'Health Pass'](#) (government website).

Please arrive with your up-to-date documents (i.e. a valid QR code) between 14:30 and 17:00 on the day the course starts (day 0).

Attention, the requested period of 24h for a valid test is strict at the arrival time on site (no flexibility within a few hours).

TEST *highly recommended* for vaccinated persons:

In order to take as much precaution as possible, we also recommend that vaccinated persons perform a test (which will not be checked) within 24 hours before arrival at the Centre, this to ensure that they are indeed not infected with Covid. Thank you for your cooperation.

PAID TESTS at the Centre:

If you are unable to do this beforehand, tests will be organised at the Centre, on the day the course starts only, from 3pm to 4pm (by a nurse on site) ; make sure to bring your social security number. No need to book.

Each test will cost 10€, to be given to the nurse on site. Please come with the exact change.

- Wearing a mask is still compulsory inside.

From the moment you arrive until your departure, the mask is to be worn in confined spaces (meditation hall, dinning room).

Please bring:

- surgical masks in sufficient quantity for the duration of the course (about thirty masks for a 10-day course)

NB. Masks are provided for servers.

- a water bottle + a thermos

- a pen to enrol yourself upon arrival

Health and Safety Protocol & Contact Cases:

The Centre has a strict health protocol, including control of the health pass, wearing of masks, use of hydro-alcoholic gel, ventilation of enclosed spaces, etc.

We would like to inform you of the residual risks and the procedures in place to manage positive cases and contact cases.

If Covid is suspected, the person will have to leave the course and be tested outside. If they test positive, then all of that person's contacts will have to leave the course (vaccinated and unvaccinated), and be tested outside the centre.

In the context of the Centre, a person will be a contact case:

- if he/she sleeps in the same room or dormitory as the person tested positive
- if he/she eats in the same room as the person tested positive

For information, all students and servants eat indoors again because of the cold. Meals are taken in two dining rooms for men and two dining rooms for women, in two shifts, in order to minimise the number of people together in one room without masks.

NB. It is possible to avoid this risk by eating all meals outside on the terrace.

For those who have not been vaccinated: if you come by train or shuttle, we strongly encourage you to have someone ready to pick you up if you test positive during the course. You will have to leave the centre but will not be able to take the train.

Thank you for your understanding and cooperation.

Best regards,
Center Management