International Association of Infant Massage
Educational Conference and General Assembly
MADRID 2018
27-30 October
FROM PARIS TO MADRID
FROM PARIS TO MADRID
# EVENTS DIAGRAM – “IAIM, beyond culture”

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<th>Sunday 21/10/18 to Thursday 25/10/18</th>
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<td><strong>TRAINERS’ MEETING</strong></td>
<td><strong>CHAPTER’S DAY</strong></td>
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<td><strong>Conferences</strong> (9h-18h)</td>
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<td><strong>G.A.</strong> (9h-17h)</td>
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<td>(outside Madrid)</td>
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<td>Álvaro Bilbao, Deborah Lipschits, Jillian Rieckman</td>
<td>Bernardo Ortín, Diana Siswantonová</td>
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<td><strong>Workshops</strong> (16:30-18:30h)</td>
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<td>Vimala Mc Clure, Françoise Lefebvre</td>
<td>Loretta Cornejo, DeAnna Elliot, Estrella Gargallo</td>
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<td>Panel Q&amp;A (17:40h)</td>
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<td>Closure (18:20h)</td>
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<td>Stroke Review (18:30h)</td>
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<td><strong>Welcome Evening</strong> (18h-20h)</td>
<td><strong>Gathering Dinner</strong> Alcalá de Henares (20h)</td>
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For the conferences there will be translation English-Spanish / Spanish-English.
PROGRAM – “IAIM, beyond culture”

Friday 26th October

WELCOME EVENING EVENT - For all Chapter Representatives, Trainers and CIMI’s (Cocktail & Music)

18:00 Welcoming from the IAIM International Board and the Spanish Chapter.

18:30 Word of welcome: Margo Kilborn, President IAIM.

18:40 Keynote address: Vimala McClure, “Miracles and Magic-My Personal Journey with Infant Massage”.

19:30 Margo Kilborn and Sylvie Hétu: explanations about the next days/Conference and GA.

20:00 Socialization.

21:00 Closure.
PROGRAM – “IAIM, beyond culture”

Saturday 27\textsuperscript{th} October

**EDUCATIONAL CONFERENCE** - Open to everyone

- 8:30 Registrations.
- 9:00 Word of welcoming and presentation: “IAIM, beyond culture” - Sylvie Hétu, Educational Coordinator.
- 11:00 Break.
- 11:30 Lecture 2: “Reflexes in relationship with infant massage” - Deborah Lipschits (Sweden).
- 13:00 Lunch.
- 14:30 Lecture 3: “Teaching the IAIM programme with very young parents” - Jillian Rieckman (Canada).
- 16:00 Break.
- 16:30 Workshop 1: “Miracles and Magic - How you can recognize the ways Universal Creativity informs your life and work” - Vimala McClure (USA).
- 17:20 Rotation mini-pause.
- 17:30 Workshop 2: “I am talking to you (Behavioral states).” - Françoise Lefebvre (Canada).
- 18:20 Closure ritual.
- 20:00 IAIM Gathering Dinner – Restaurant and dancing in Alcalá de Henares.
PROGRAM – “IAIM, beyond culture”

Sunday 28th October

EDUCATIONAL CONFERENCE - Open to everyone

9:00 Registrations.
9:30 Lecture 4: “Physical contact and construction of identity” - Bernardo Ortín (Spain).
11:00 Break.
11:30 Lecture 5: “Order emerging from chaos, Inspiration from the science of water about the impact of our inner state on class dynamics” - Diana Siswartonová (Czech Republic).
13:00 Lunch.
14:30 Workshop 3: “Communication” - Loretta Cornejo (Spain).
15:20 Rotation mini-pause.
15:30 Workshop 4: “An indepth perspective of the vast scope of Infant Massage and its impact on our shared world” - DeAnna Elliot (USA).
16:20 Break.
16:50 Workshop 5: “Prematurity” - Estrella Gargallo (Spain).
17:40 Panel questions and answers (all lecturers and workshop leaders).
18:20 Closing.
18:30 Stroke Review.
PROGRAM – “IAIM, beyond culture”

Monday 29th – Tuesday 30th October

IAIM GENERAL ASSEMBLY (9h-17h)

Open to all IAIM members (only Chapter Representatives have voting rights)
Sylvie Hétu

Sylvie Hétu has been involved with IAIM since 1983. IAIM has become a major part of her life as she thought thousands families. She has trained thousands of instructors in more than 20 countries around the globe, on all continents.

She has served IAIM as Board President from 1992 to 2004, has helped several chapters to be born and currently serve on the International Board as the Educational Coordinator.

She is also an author, a lecturer on parenting, and the cofounder of the Massage In Schools Programme (MISP).

She loves nature and knitting on airplanes.

“IAIM, BEYOND CULTURE”

With her presentation Sylvie will use her world experience to bring light to the idea that IAIM is transcultural, both as programme and an association.

The success of IAIM comes from the exercised respect and value of all cultures, honoring the very humanity we share and our common need for nurturing touch.
Álvaro Bilbao

Doctor in Health Psychology, Neuropsychologist trained at the Johns Hopkins Hospital (Baltimore) and the Royal Hospital for Neurodisability (London), he has collaborated with the World Health Organization.

His main dedication is to rehabilitate people with brain injury, a task he performs at the State Reference Center in Spain for Brain Injury Care. He is a visiting professor at different universities and lectures around the world on topics related to brain care and education.

He also presents conferences about the understanding of the children’s emotional world and about cerebral health for parents and children.

His professional career as a clinical expert and public educator has earned him the recognition of numerous awards and he is the author of the international bestseller “The brain of the child explained to parents” (2015).

“CONSTRUCTING BETTER BRAINS: NEUROSCIENCE LESSONS FOR PARENTS”

All parents understand that the brain is an organ that responds to stimulation and they are right. Neuroscience tells us that an enriched environment can help better brain development. However, this statement raises many questions, such as: What does it mean to enrich the world of our children? What can we do? In this conference, Álvaro Bilbao dissects the knowledge that neuroscience puts at our disposal to help parents to develop the brain potential of their children. He provides us with useful tools in the intellectual and emotional education of the child, knowledge about their key areas of emotional development, strategies to strengthen these key areas, etc. In addition, in this conference he will emphasize about the bond and physical contact as a way to develop attachment and mutual trust.
Deborah Lipschits

Deborah has done massage and Reflex Integration-training in 1990 in Tel-Aviv, Israel, with Moshe Elbaum at the Elbaum Institute where, and from the year 1991, started teaching this program. While living in Israel the the 1990 she studied Baby Massage with the Frederic Leboyer method. She became a teacher in Tactile Stimulation, through the School of Touch in Sweden. She has been living and working in the Netherlands, Israel, Cuba, Portugal and now in Sweden, and have been teaching worldwide including at the Miami Touch Research Institute.

She became a CMI with IAIM in 2003 with Mia Elmsäter.

She studied the Reflexes through the Institute of Neuro-Physiological Psychology with Peter Blythe and Sally Goddard who wrote: “Reflexes, Learning and Behavior” She also trained with Doctor Carla Hannaford who wrote the books: “Smart Moves, Why Learning Is Not All in Your head” and: “The Dominance Factor”. She studied With Carla Hannaford and learned how to integrate and teach Brain Gym while integrating the reflexes. She studied and worked with the Russian Professor Svetlana Masgutova. In 1999 trained in Tactile Stimulation with Gunilla Birkestad and studied with Professor Kerstin Uvnäs-Mpoberg, the researcher on the effects of Touch with Oxytocin.

She wrote her own compendium called “Reflex Integration” which integrates all knowledge learned and combine different methods to diagnose and integrate the Reflexes.

“REFLEXES IN RELATIONSHIP WITH INFANT MASSAGE”

This talk aims to give participants a deeper understanding of the basic baby reflexes taught within IAIM program. The participants will understand how that is very important for the Bonding and Attachment process.

Participants will learn to recognize which reflexes get elicited through the practice of massage, how and when they are elicited.

Participate will learn how reflexes integrate at various stages of development.

Finally the audience will learn how IAIM Infant Massage and especially the respectful and gentle strokes as promoted within IAIM, are a tool to help integrate the reflexes.
Jillian Rieckmann

Jillian began her Massage Therapy Career in 2008 specializing in Pre, Post Natal, Fertility, and Pediatric Health. She opened her own practice, “Shakti Health” in 2012, where she treats a broad range of clientele. Her passion for spreading health and wellness to families has fueled her desire to teach parents how they can nurture their babies from birth and beyond with positive touch.

From the beginning of her career, Jillian has been teaching Infant Massage in public health centers, local parent groups, and within her own practice.

From 2012-2016, Jillian was involved in the Pediatric Integrative Medicine Trial at the Stollery Hospital where she worked with a team of Health Practitioners and the patients in Pediatric Oncology, Cardiology, and General Pediatrics.

In 2016, Jillian trained with the International Association of Infant Massage to become a Internationally Certified Infant Massage Instructor. Jillian's desire to teach stemmed from her positive experiences with massaging her own two daughters from birth, as well as, the tremendous impact that she has seen with Infant Massage throughout her career.

Jillian believes nurturing, loving touch is the greatest gift we can give our children and ourselves”.

“TEACHING THE IAIM PROGRAMME WITH VERY YOUNG PARENTS “

With this lecture, Jillian will empower all IAIM instructors to reach out to the population of very young parents. Her talk will be supported by her own experience as a teen-age parents, as well as years of experience in reaching out for this parents. She will help instructors understand the challenges that these parents go through, will expose the common stereotypes to break them down and explain what it is really like.

She will also help the audience to identify ways of reaching out to them so they participate in our IAIM classes.
Bernardo Ortín Pérez (Valencia, 1959) is a Doctor in Philosophy and Educational Sciences from the University of Valencia. Since 1977, he has devoted himself, in various fields, both to study and practice, in everything related to the learning, communication and adaptation processes of people to their environment, especially in childhood. He has been an educator, trainer of professionals, has worked in public sector planning and as a consultant of programs and services in the field of educational and social policy in Spain and in Latin America.

Trained in different disciplines such as Systemic Therapy, Transactional Analysis, Psychoneuroimmunology, Strategic Therapy, Ericksonian Hypnosis and Neurolinguistic Programming. Professor in Florida Universitaria (Valencia).

He realizes consultations of orientation and communicational advising and creative pedagogy, as well programs of training for therapists, educators and artists.


“FISICAL CONTACT AND CONSTRUCTION OF IDENTITY”

People who enjoy a clear place in their system are usually those who have been seen and touched in their childhood. In short, framed by their reference adults. These people become powerful and vital when they reach adulthood.

The contact anchors the person to reality and helps to prevent the map we have of the world from replacing the territory that represents it. It gives the imaginary life a physical support that contains it.

Touching children helps build their identity. The touch gives the tone of the melody in which the text of the song of life will be installed. Consequently, lack of contact constitutes the first violence against children. When the person is looked at, touched and framed, he is able to build a full personality. This criterion is part of the most competent parenting guidelines known as the Continuum. However, the capacity of the human being to reorganize his life and manage deficiencies of the past is almost infinite.

It's never too late to have a good childhood. (M. Erickson)
Diana Siswartonová

Diana was born in Prague to Czech and Indonesian parents. Both the eastern and western cultures have profoundly influenced her perspective of the world. Passionate about water, in service of water.

Diana works as an independent consultant and researcher for non-chemical water treatment, vortex water technologies and informational properties of water. Seeking solutions that allow water to be what it naturally is. Returning it its powerful and life-giving potential.

Diana loves to link ancient knowledge with modern state-of-the-art technologies. She participates on sustainable and inspiring projects, that contribute to the growth of a new brave, respectful and loving humankind.

"ORDER EMERGING FROM CHAOS"
Inspiration from the science of water on the impact of our inner state on the class dynamics.

"Things fall apart so better things can fall into place."

There are moments when a class of parents with children can turn in a nightmare. Chain reaction of crying babies, panicking parents, etc. The example from the science of water provides an insight into how order emerges from chaos. Brings a shift in a viewpoint. A comprehension that our mindset not only shapes our own internal state of mind but is also tightly related and inseparable from the outside world. In the talk Diana will mention a few practical techniques, approved by the modern science. The aim is to be able to quickly enter into a state of inner coherence which subsequently influences the whole class dynamics.
Vimala McClure

Vimala McClure is the founder of the IAIM program and association. In 1973, while working in an orphanage in India, Vimala McClure discovered the practice and benefits of baby massage. Vimala returned to the U.S. and, during her first pregnancy in 1976, she began researching the benefits and importance of touch throughout the animal kingdom and with humans.

In 1976, Vimala began massaging her new baby. After intensive research and observation, she developed a curriculum for teaching parents how to massage their babies and how to share parenting experiences. She pursued her vision of sharing infant massage by presenting at private and public events and teaching parent/baby classes. Her vision of reaching out to more and more families was realized when she wrote “Infant Massage, a Handbook for Loving Parents” (Penguin Random House). This book ignited the worldwide passion for infant massage. Vimala went on to found the International Association of Infant Massage, and trained experienced instructors to be Trainers. The IAIM has now become a dream come true with its presence in more than 70 countries, and research from various fields supporting the approach that Vimala has put together.

“MIRACLES AND MAGIC - MY PERSONAL JOURNEY WITH INFANT MASSAGE”

In Paris, 2016, Vimala spoke about generational and childhood trauma and how it can affect our lives, and how negative parenting practices can affect babies for life. She shared much of her own experience with this in a vulnerable “herstory.” This time, Vimala will take us on a magical journey through the amazing coincidences and downright miracles that have informed her life and work.

“MIRACLES AND MAGIC - HOW YOU CAN RECOGNIZE THE WAYS THAT UNIVERSAL CREATIVITY INFORMS YOUR LIFE AND WORK”

In this “workshop,” Vimala will guide the participants in acknowledging and sharing important moments that have inspired each one, and brought healing to parents, babies, and ourselves, and served as magic in our lives and work.
Françoise Lefebvre

Françoise Lefebvre is an IAIM Certified Infant Massage Instructor (1988) and an IAIM International Trainer (1995).

She has always been passionate about babies, their ways of communicating and she has nearly 40 years experience observing and learning from them.

She is also an Infant Behavioural Observation Specialist (Brazelton Institute, Harvard School of Medicine).

She is a trained Doula (Conestoga College), and for countless years has helped mothers with breast-feeding problems.

She has created two programs:

- “À la découverte du potentiel de mon bébé” to help parents observe and understand better their baby’s subtle ways of communicating through their behaviours and body movements.
- “Attention” specially designed from age 1 1/2 through primary school with or without learning challenges as well giving tools (touch, fun games, activities and theory) to parents and professionals to have a better understanding of the learning and memorization process.

She frequently gives lectures and workshops to parents and professionals in all fields of early childhood.

“I AM TALKING TO YOU”

In this workshop you will be exploring, in fun and interactive ways, how babies are communicating through their cues and behavioral states. You will have a better understanding of why each of these states should be respected as an effort from the baby to tell us their physical, emotional, developmental, and affective needs.
Loretta Cornejo
Clinical Psychologist and Psychotherapist.
Co-founder and co-director of the UmayQuipa Psychology and Psychotherapy Team (*Blowing Love*). In Lima UmayQuipa (1977) and in Madrid UmayQuipa AE (1996), school for training in Gestalt Techniques, specialized in Children and Teenagers, recognized by the AETG (Spanish Association of Gestalt Therapy).
Trainer collaborator with the Psychodiagnostic Evaluation Center in Infanto Juvenil of Laura Hernández, in Oaxaca, Mexico.
Supervising and trainer member of the Gestalt Therapy Association in Spain. Honorary, supervisor and trainer member of the Gestalt Therapy Association in Lima, Peru.
She gives advice to different schools and nurseries, with experience in training and personal growth seminars.
She has published several articles in specialized magazines and is author of the books: *Infant Gestalt Therapy*, *Letters to Peter (manual for a beginner therapist)*, *Gestalt Therapy Manual for Teenagers* and *The Common Space: new contributions to Gestalt Therapy for Children and Teenagers*.

**“TALKING IS SOMETHING MORE THAN WORDS?”**
In this workshop, Loretta will speak about the ease or the difficulties in transmitting a message. This will be a theoretic and practical workshop, where we will experiment with our own communication systems, knowing our abilities and difficulties to communicate.
We will see different kind and techniques of communication as well to participate of some group dynamics which will help us to improve our skills.
DeAnna Elliot

DeAnna Elliot became an instructor with IAIM in 1982 and an International Trainer in 1990. She is one of the pioneers of the program and worked along Vimala and other colleagues to give birth to the IAIM. She has been a member of the group of experienced Trainers that have been training other trainers for several years.

Her studies and experience in the field of imprinting and its consequences for people has lead her to help both in individual therapy and group work, hundreds of people to overcome challenges of their life and experience true resilience.

She is the author of 2 films:

- *Heart To Heart* (that was the first film done around the work of IAIM).
- *Cellular Echoes, Environmental Influences in the Journey From the Womb to the World* (that bridges ancient cultures and modern neuroscience to help us understand imprinting).

She is passionate about arborigenous culture and loves to bring its wisdom to the modern mind. She is also an artist, creating clothes that nourishes the soul.

She works and lives in the beautiful mountains of Colorado, USA.

“AN INDEPTH PERSPECTIVE OF THE VAST SCOPE OF INFANT MASSAGE AND ITS IMPACT ON OUR SHARED WORLD”

With this workshop, DeAnna will use and share her vast experience with the phenomenon of imprinting and how love or the absence of love can have a major impact on how we evolve in life. She will also share about how neuroscience has showed that human beings have “brain plasticity” and are capable of “reshaping” their neuronal circuits and heal pain, neglect and trauma affecting their lives. She intend to raise awareness of IAIM instructors about the phenomenon, because the practice of the IAIM program contributes to those changes in babies, their parents and ourselves as instructors.

After a short presentation about the matter, she will lead participants to work in a group process. With precise questions participants will be invited to share with one another examples of the changes brought in their practice of IAIM.
Estrella Gargallo
NIDCAP specialist nurse and NIDCAP Trainer in the neonatal unit of the Vall d’Hebron Hospital (Barcelona).
Professor and coordinator of the clinical practices of the Neonatal and Pediatric Nursing Intensive Care Master at the Universitat Autònoma of Barcelona, with extensive experience as a lecturer at congresses and in training courses related to neonatal care.
Promoter of the “Project Brothers”: Support to the family through work with siblings of babies admitted to the Neonatal Service. April 1, 2015
Co author of various publications such as: "Visual performance in preterm infants with brain injuries compared with low-risk preterm infants. Early Human Development (2012)" and “Elective extubation during skin-to-skin contact in the extreme premature (2015).”

“RESPECTING THE TIME OF BABIES IN THE NEONATAL UNITS”
In the last decades there has been an extraordinary development of Neonatology and a great improvement in neonatal survival. The efforts to improve the results continue, in this sense it has acquired great value to assist in the most appropriate way the needs of the baby and those of his family. This is essential: to place the baby in the center of the system, take care of the family and through the family, and that the care teams are trained to work with an holistic view of the baby and his family. In this sense, NIDCAP is an advanced model of care focused on the development and the family (CCDF), that is based on the ability to interpret the behavior of the newborn, to assess their level of development and to adapt the care to their needs in an individualized way. Interpreting the capacities of the babies and thinking about the next steps they will take to continue advancing in the way of their development, will give answers to small questions on how to give support and comfort, and also for parents to enjoy the contact of their children. An opportunity to reflect everything about your child’s communication through their body language, establishing a zone of dialogue in which the competence of parents is fundamental.
RATES FOR THE EDUCATIONAL CONFERENCES

**Early Bird Registration**  until 31st July 2018  210€
**Regular Registration**  from 1st until 31st August 2018  250€
**Late Registration**  from 1st September 2018  290€

**Prices include:**
- Welcome Cocktail (Friday 26th)
- All Educational Conferences and Workshops (Saturday 27th and Sunday 28th)
- Coffee/Tea Breaks during EC and GA

**Prices DO NOT include:**
- Accommodation during the Educational Conference and GA
- Meals and drinks during the Educational Conference and GA
- Gathering Dinner (Saturday 27th evening)

**Price Gathering DINNER:** 55€ (transport to-from Alcalá included)
RATES FOR THE EDUCATIONAL CONFERENCES

**Price for commercial STANDS:**
International Chapters can rent a stand, for selling IAIM related products, during the 2 days of the Educational Conferences.

Being the number of stands limited, the reservation will be on a first come first served basis.

Price of stand: 50€/day.

**Free of CHARGE:**
The attendance at the GA and the stroke review are free.
PAYMENT DETAILS

Cancellation policy:

Cancellation up to 60 days before the event (until 27\textsuperscript{th} Aug 2018): 50€
Cancellation from 60 to 30 days before the event (from 28\textsuperscript{th} Aug until 26 Sept 2018): 100€
Cancellation from 29 to 15 days before the event (from 27\textsuperscript{th} Sept until 11\textsuperscript{st} Oct 2018): 150€

Less than 15 days before the event (from 12\textsuperscript{th} Oct 2018): no reimbursement possible. Full costs must be paid.
HOW TO RESERVE YOUR PLACE

It is now possible to reserve your place at the Conferences and GA:

1. Click on this link to reserve: http://www.iaim.wildapricot.org/event-2900283
2. Click on "register".
3. Give the details requested and then proceed to payment.

The Registration Form will allow you to register and pay for the weekend (Conferences and Workshops), the GA and the Saturday gathering dinner.

You will receive confirmation of your registration and payment by email.
ACCOMODATION

The Conferences, Workshops and General Assembly take place at:

Hotel WEARE CHAMARTÍN
Av. Agustín de Foxá s/n, 28000 Madrid
www.weare-chamartin.com
Metro: Chamartín (L1 or L10)

You can stay at Hotel WEARE or choose accommodation nearby:

• Hotel CASTILLA PLAZA (www.hotelviacastellana.com)
• Hotel EXE PLAZA (www.exehotels.com/exe-plaza)
• Hotel TRYP MADRID CHAMARTIN (www.melia.com/es/hoteles/espana/madrid/tryp-madrid-chamartin-hotel)

Other hotels in the city:

• Hotel MELIÁ PRINCESA
• Hotel NH MADRID NACIONAL
• Hotel PLAZA MAYOR
• Hotel VINCCI SOMA
OTHER ACCOMODATION

You can also book a flat or a room with:

- Booking.com: www.booking.com
- Airbnb: www.airbnb.es
- Friendly Rentals: www.friendlyrentals.com
- Only Apartments: www.only-apartments.es
- Hundredrooms: www.hundredrooms.com
- Bed and Breakfast: www.benandbreakfast.eu
- Infohostal: www.infohostal.com

HOTEL WEARE CHAMARTÍN 4* Madrid

The WEARE CHAMARTÍN is a refurbished hotel close to Chamartin Station, located near the Paseo de la Castellana, within a few minutes from Adolfo Suárez Barajas-Madrid Airport you can drive to the main tourist attractions of Madrid. It is one of the hotels with the best communications in the city, with access to all the nearby subway or train stations.

The 378 rooms and suites of the hotel offer a unique accommodation in the center of Madrid, they are all exterior rooms, spacious and bright. Functional spaces equipped with all kinds of commodities for your comfort: flat screen TV, toiletries, hair dryer, desk, minibar, safe, WIFI, room service, laundry, wake up service and air conditioning-heating.

Rate per night (buffet breakfast included):

- Single Room: 110,00€
- Double Room: 121,00€ (60,50€ per person)
- Quadruple Room: 192,50€ (48,13€ per person)

Lunch or dinner at restaurant from 16,50€ (extra)
HOTEL WEARE CHAMARTIN 4* Madrid

If you want to book your room at Hotel WEARE, you can use the direct reservation for IAIM members by clicking on the following link: https://en.weare-chamartin.com

1. Enter the web site.
2. In the section “BOOK NOW!” fill in the dates of your stay (between 25/10 and 31/10) and add the code IAIM to get the price applied for us.

3. You’ll get a confirmation of the reservation by e-mail.
4. Reservations can only be made per unit of room (single, double or quadruple) and not per person. There are few quadruple rooms.
5. Payment will be direct at the hotel (by room). When making the reservation, you will be asked for a credit card number but only as a guarantee of the payment.
HOW TO GET TO MADRID

ADOLFO SUÁREZ MADRID-BARAJAS AIRPORT

The airport is situated 20 Km to the northeast of the city. You can get to the Hotel WEARE or to your accommodation place with several public transport services:
HOW TO GET TO MADRID

UNDERGROUND (Metro)

Metro Line 8 runs from all the airport terminals to Nuevos Ministerios Station (central Madrid), in approximately 12 minutes.

A single ticket will allow you to travel on Metro Lines within Madrid (Zone A).

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<td>1 ticket</td>
<td>1,50€</td>
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<tr>
<td>10 tickets</td>
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<td>1 ticket from Airport</td>
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(this ticket lets you travel between the Airport T1-T2-T3 or Airport T4 stations and any Metro station in Zone A)

To get the Hotel WEARE by metro you should travel to Nuevos Ministerios Station (Line 8) and then transfer to Chamartín Station (Line 10).

For more information on how to get around:
HOW TO GET TO MADRID

TRAIN

A modern suburban train line connects Airport’s Terminal 4 with several key locations in Madrid.

The Airport T4 Station has wider turnstiles than usual to allow for luggage, and ticket machines selling all Renfe products. There are free buses that connect all the airport's terminals.

This is the direct way to get to the Hotel WEARE from the airport.

To get the Hotel WEARE by train you should take Line C1 (Renfe Cercanías) and go to Chamartín Station.

One-way ticket 2,60€

For more information on how to get around:
HOW TO GET TO MADRID

CITY BUSES

Several buses lines run from the Airport to central Madrid.

- **City bus route 101** runs from terminals T1, T2 and T3 of the Airport to the Canillejas Transport Hub, where there are connections to several city and intercity bus routes, as well to the Madrid Metro system (underground).

  1 ticket 1,50€
  10 tickets 12,20€

- **City bus route 200** runs from terminals T1, T2, T3 and T4 of the Airport to the Avenida de América Transport Hub, where there are connections to several city and intercity bus routes, as well to the Madrid Metro system (underground).

  1 ticket 1,50€
  10 tickets 12,20€

- **Airport Express** is the direct connection between Atocha station and the Airport (24h/day, 365 days/year). There are buses every 15-20 minutes (daytime service) and every 35 minutes (night time service). Stops at the most central points of the city from which you can connect with the rest of the urban transport system.

  1 ticket 5€ (luggage carried free)

For more information on how to get around:
HOW TO GET TO MADRID

TAXIS

You can also take a taxi to go to the Hotel WEARE:

• From Adolfo Suárez Madrid-Barajas Airport: 14 min, about 30€ (one way + luggage)
• From Atocha Station (train/metro): 20 min, about 12€
• From Sol Station (train/metro): 24 min, about 18€

For more information on how to get around: http://www.aena.es/en/madrid-barajas-airport/taxi.html
USEFUL INFORMATION

Getting to the venue, Hotel WEARE CHAMARTÍN

The district of the venue is Chamartín. Many of the available apartments in the city, as well hotels and hostels are close to a subway station so in a few minutes you can go anywhere.

In case you don’t stay at Hotel WEARE, when you look for accommodation, the best lines of metro (underground) to have in mind are Line 1 and Line 10, both go directly to the venue and you have a lot of stops well located. Here you are some stop references with time distances to the venue:

• From ATOCHA Station (L1), 20 minutes
• From SOL Station (L1), 20 minutes
• From GRAN VIA Station (L1), 19 minutes
• From PLAZA ESPAÑA Station (L10), 14 minutes
• From ALONSO MNEZ. Station (L10), 12 minutes
• From ALVARADO Station (L1), 10 minutes
• From TETUAN Station (L1), 6 minutes
• From PLAZA CASTILLA (L10), 3 minutes

For more information on how to get around:
http://www.crtm.es/media/146302/serie_0a_esqmetro.pdf
**USEFUL INFORMATION**

**Electricity**
The electricity network of Madrid responds to a current of 220 volts, with plugs of two cylindrical pads and lateral grounding. It will be easy to find adapters for those sockets of our electrical appliances that do not respond to these characteristics and, of course, in many hotel establishments can provide us.

**Water**
Open the tap, fill a glass and drink it can be done in Madrid with the total guarantee that we are facing one of the healthiest waters in the country. Coming from the nearby Sierra Norte and channeled directly to the consumption points, the water in Madrid is of excellent quality.

**Weather**
Due to its location, Madrid has a continental climate with temperatures that range from 32º F (0º Celsius), or slightly lower in the winter, up to 104º F (40º C) in the summertime. Autumn in Madrid is mild, in October it is still quite warm, with an average daytime temperature of 68ºF (20º C), so it's still a pleasant time to visit Madrid.

**Emergencies**
In case of any emergency, health or any other type, you can go to the toll-free number 112 (valid throughout the territory of Spain and throughout the European Union). It operates 24 hours a day, 365 hours a year, allows the immediate location of the caller and has a tele translation service of up to 80 languages.

**Discover Madrid**
Many web sites will help you in the organization of your visit, here you can find some of them:
- https://www.esmadrid.com/en
- http://www.disfrutamadrid.com
We are waiting for you in Madrid!