

# THAIBOX - WORKSHOP

## ADDITIONAL INFORMATION

### Muay Thai

Muay Thai is a full-contact sport with punches, kicks, knees, and elbows, involving a lot of physical contact. Some sessions are accompanied by loud music.

### The Spaces

Friday: BIK

- Basement room with large windows and natural light; good ventilation.
- No separate changing room.
- Public toilet available (shared, not very clean).

Saturday & Sunday: Sports Hall

- Large hall.
- Changing rooms, toilets, and showers available

### Language

Training is instructed in German (and English if needed). Much of it can be understood by observing and participating in the exercises.

### Childcare

If you need childcare in order to attend, let us know and we'll try to find a solution.

### Accommodation & Meals

- Self-organized.
- A sleeping-place exchange is available – you can use the [PAD](#) for coordination

### Costs

If you can't afford the suggested contribution, please email us. Everyone should be able to join – paying less is absolutely fine. If you can give a bit more, that's welcome too; this helps keep the solidarity system running.

If you're unsure whether the workshop is right for you, feel free to get in touch!

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