

Vipassana Meditation as taught by S.N. Goenka in the tradition of Sayagyi U Ba Khin

By public transport or bike

On the starting day of every course there is shuttle service from Sittard, and from Aachen on the starting day of every English-/German course. Please read the information provided in the box.

By air

From Brussels Airport take a train to Leuven (Louvain) and change train to Genk. For further information, see below "Travelling from within Belgium".

Travelling from within Belgium

Take a train to Genk and then take bus #X27 towards Maaseik. Get off at "Dilsen Kruispunt". Note: After the "Lanklaar Nijverheidslaan" bus stop, the bus turns left at a large traffic circle. When the bus passes in front of the Lidl Supermarket in Dilsen then press the bus stop button to get down at "Dilsen Kruispunt". In case of doubt, don't hesitate to ask the bus driver. Bus #X27 runs regularly and takes approximately 30 minutes. Please see the route planner at http://www.delijn.be/en (bus), www.belgiantrain.be/en (train).

On the starting day of every course there is a pick up from bus stop "Dilsen Kruispunt" at 14.40 and 15.40. Please let the centre know in advance at what time you need to be picked up via

info@pajjota.dhamma.org or *phone* [+32] (0) 89 51 82 30. The cost is €5, payable to the driver in cash.

Travelling from the Netherlands

There are different possibilities to reach Dhamma Pajjota by public transport. On the starting day of each course we recommend taking the first route as it saves you travel time. Please note that you can not pay in cash on public transport in the Netherlands. You have to either use 'OV-chipkaart' or EC card to buy a ticket.

1) Travel to Sittard

- 1.1) On the starting day of every course there is a shuttle service from Sittard to Dhamma Pajjota. For more information see the information provided in the box.
- 1.2) At other days servers can be picked up at the ferry across the Maas river at Berg aan de Maas (Urmond). From Sittard take bus #39 to Berg aan de Maas (Urmond) and get off at "Beatrixplein" bus stop.

Shuttle service on starting day of the course

On the starting day of every course, there is a shuttle service from **Sittard** to Dhamma Pajjota at 14:30. This is arranged with Taxicentrale Geleen. You find their cars and/or vans at the back of Sittard Railway station - Exit Geerweg.

If you want to make use of this service you have to book a seatat least 2 days before the course starts by sending an email to the centre. You will need to pay $\leq 13,5$ (update August 2022) directly to the driver either in cash or with your bankcard ($\leq 0,50$ extra charge). Please also inform us in advance if you want to cancel your seat.

On the starting day of every German/English course, there is a shuttle service from **Aachen** Hauptbahnhof (Central Railway Station) to Dhamma Pajjota at 14:30. This is arranged with Euro Taxi Aachen. You find their cars and/or vans at the bus stop opposite the main exit of the railway station near the donut shop Sweet Empire.

You can book a seat by sending an e-mail to the centre. Please book at least **three** days before the course starts. We will then inform Euro Taxi Aachen and reserve a seat for you. The price varies between €27,50 and €43, depending on how many people share the car/van. You will need to pay the amount to the driver in cash. This price is only available for bookings via Dhamma Pajjota. You can also book directly with Euro Taxi Aachen for other times and will be charged the individual rate of about €150 per trip. Once you booked a seat you should be certain to use it. If for valid reasons you need to cancel, please do so as early as possible. Please note that this service is only offered if there are at least four people sharing a car. We will inform you when this minimum requirement is not met.

This shuttle service is only available at the beginning of the course. For the return journey, it is likely to find a lift with other participants. Please check the board "Lifts Offered" on the last day of the course. If you need any assistance, please contact the office.

From Sittard bus #39 leaves every hour, except for holidays. For more details and bus times, check the journey planner at: http://9292.nl/en/

From "Beatrixplein" bus stop, it is a walk of about 4 minutes to the ferry across the Maas River. The ferry is free for passengers on foot or with a bike. The ferry operates continuously and requires 5-10 minutes, depending on the waiting time for the crossing. The whole journey from Sittard to the ferry takes about 30 minutes. The centre car can pick you up if you inform them in advance. The cost is €5, payable to the driver in cash.

2) Travel from Maastricht

Take either one of the two different bus connections described below.

- 2.1) Take bus #63 in the direction of "Maaseik" and get off at "Dilsen Kruispunt" bus stop. These buses run regularly. The journey time to is approximately 75 minutes. For complete details and times, please visit the route planner at www.delijn.be/en
- 2.2) Take bus #45 in the direction of "Hasselt" and get off at "Genk Shopping Center". Proceed to the bus stop across the street and take bus #X27 towards Maaseik Bospoort. Get off at "Dilsen Kruispunt".

There is a pick up from bus stop "Dilsen Kruispunt", for more information see section Travelling from within Belgium.

Travelling from Germany

There are two possible routes to reach Dhamma Pajjota by public transport. On the starting day of each course we recommend taking the first route as it saves you travel time.

1) Take a train to Aachen.

- 1.1) On the starting day of every English/German course there is a shuttle service from Aachen to Dhamma Pajjota. On the starting day of ALL the courses there is a shuttle service from Sittard to Dhamma Pajjota. For more information see the information provided in the box.
- 1.2) On other days servers can be picked up at the ferry across the Maas river at Berg aan de Maas (Urmond). From Sittard take bus #39 to Berg aan de Maas (Urmond) and get off at "Beatrixplein" bus stop. For more information please follow section 1.2) Travelling from the Netherlands.
- 2) Take a train to Aachen. From there travel to Maastricht either by bus or by train. For the train connections to reach Maastricht, please visit *https://int.bahn.de/en*

For the bus connections from Maastricht, please follow the bus routes information provided in the section 2) Travelling from the Netherlands.



By public transport or bike

By bike

Cyclists can make use of the official bicycle path system of the province of Limburg (Kempen and Maasland counties). Dhamma Pajjota is to be found at crossroad nr. 42 on that system. http://www.fietsnet.be/

From Genk Station, it's about 20 km. At the station, take Europalaan to the left and then follow the signs "Fietsroutenet". From there, go by crossroads #30, #535, #565, #41, #501, #42. From Maastricht station, it's about 33 km by crossroads #79, #2, #1, #10, #559, #58, #57, #56, #55, #48, #44, #42.

