

LESSONS AT ITM THAI HAND AMSTERDAM

- WHAT YOU NEED TO BRING FOR YOUR FIRST LESSON
- WHAT YOU NEED TO KNOW FOR YOUR FIRST LESSON
- DIRECTIONS AND ACCOMMODATIONS



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READ THIS GUIDE AND YOU'LL DISCOVER:

What you need to bring for your first lesson

What you need to know for your first lesson

Directions and Accommodations



Dear massage student,

Great that you come to our school in Amsterdam for your first lesson!

Please read this first before you start your first lesson at our school in Amsterdam. If you learn only online with us and don't intend to come to our physical school, you can skip this read.

Here you find all the information you need to know before you start your first lesson in our school.

Create a healthy day and see you soon in our school,

Nicole and Manel

*Founders of International Training Massage School
ITM Thai Hand Amsterdam*



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*Founders of International Training Massage School
ITM Thai Hand Amsterdam*



READ THIS BEFORE STARTING YOUR MASSAGE COURSE, WORKSHOP OR PROGRAM IN OUR SCHOOL:

Only if you start a course or program. Not a workshop:

a. Before starting your course/program:

Please email to us to course@thai-hand.com the following documents **before the first starting day of your course**:

- A copy of your passport
- A passport-sized picture of yourself
- The Contract students (ITM Thai Hand 2018) filled in (Please fill up this form – 2 pages – and add the filled-in form as an attachment to your email)

Please note The email address course@thai-hand.com is only to send us the documents. For questions please use info@thai-hand.com.



FOR ALL LESSONS IN OUR SCHOOL: YOUR MESSAGE COURSE, WORKSHOP OR PROGRAM:

b. What to bring to your course, workshop or program:

Please bring to the course:

- Comfortable clothes in which you can move freely, like a t-shirt with long sleeves, long sports trousers and socks.
- A pen

c. What you need to know before starting:

Please note:

- In the massage profession we find good hygiene very important. So this is why we assume everyone comes to the school clean and changes into a clean shirt, clean trousers and clean clothes in our school.
- Be aware that the door opens 15 minutes before the start of the lesson to register and change, and closes 5 minutes after the start of the lesson, so everyone can fully enjoy the course without interruptions.
- During our lessons we always serve tea
- During the lessons of less than 3 hours, we usually don't have a break. During the lessons of more than 3 hours, we have a short break in which you can eat or drink something if you like for about 15 minutes (please bring your own sandwich/food, or you can eat something in the cafeteria around the corner, we serve tea, but don't have a kitchen)
- Before the start of the first lesson you have emailed us the documents (pass photo, passport copy and contract) so we have all the information for our administration. In the case your medical condition changes during the course, please let the teacher know at the beginning of your lesson, so we are aware in the case of positions that are not fitting for you at that moment.



DIRECTIONS AND ACCOMMODATIONS:

Directions ITM Thai Hand Amsterdam

International Training Massage School Thai Hand Amsterdam
Piri Reisplein 70
1057 KH Amsterdam
(Amsterdam Oud-West)

How to get to us: [click here for all the information](#)

Accommodation:

Our school is near the center of Amsterdam (15 minutes by tram from Amsterdam central station/city center and 15 minutes by tram from Amsterdam Lelylaan Station (the station you will get off if you take the train from the airport)).

There are many accommodation facilities around, within walking, cycling or tram distance.

Most of our students check these sites:

- www.airbnb.com you can select down in the menu your own language
<http://www.budgetplaces.com/amsterdam/budget-hotels-list/>
- Hotel Not Hotel is right next to us, check: <http://www.hotelnothotel.com/> - This is a very beautiful place to stay. But if you look for very low budget, there might be cheaper options when you check the above links.
- If you like to be really close to our school, in most booking sites you can search for Near Piri Reisplein or Amsterdam de Baarsjesu (the area our school is located in) or Amsterdam West.



Favorite hotels of our students:

- Westcord Hotel u2013 Fashion Hotel Amsterdam: parking directly at hotel, close to tram 17 that passes to the school and Central Station.
- De Hallen: 5 minutes to tram 17 (3 tram stops to the school)
- Hotel Heye 130: 5 minutes to tram 17 or you can even walk in 10 minutes to the school
- Colourful bed & breakfast: 10 minutes walk to tram 17 => Recommended if you like to stay longer than 1 night.

