

Dear Tai Chi friends,

Covid protocols for European WT 2023 in Amsterdam

Or: How to balance our health and wellbeing and feeling secure coming together for an in-person training.

From all over we travel to the European winter training in Amsterdam. Some from far by airplanes and several by trains, boats, cars or even bicycles. We may come from different cultural backgrounds regarding covid protocols.

Here is what we see as a balanced covid protocol for all of us in Amsterdam. We are asking all of us to feel responsible for our health so that we prevent spreading. So, in case of flu symptoms, think of others and test yourself. Bring additional self-tests and mouth masks.

1. Please test before you fly/arrive at the training.
2. Before entering a push hands session, wash and/or sanitize your hands and wash hands regularly during the day
3. Do a self-test at the third day of training (Wednesday)
4. Depending on the covid situation at the time of the training, wear a mask during the push hands. If it is not for yourself consider that all of your Tai Chi companions need it to feel safe too.

Our class spaces are well ventilated.
We will take care of soap and /or sanitizing sprays.
The spaces and bathrooms will be cleaned daily.



Any further questions check the

We are looking forward to your registration in case you have not done that yet.
Early bird applies till the 15th of December.

We are welcoming you to our live winter training and city of light.
Let's all make it with enthusiasm the best possible outcome of our gathering at the winter training.

With love and staying safe,
Gerrie and the Winter Training Committee STCC Amsterdam