

■ INFORMATION FOR OUR ENGLISH SPEAKING GUESTS

■ **ZIST is** a center for the development of human competence through potential-oriented inquiry in counseling, path-work, psychotherapy and coaching. Founded in 1973, ZIST has sponsored open experiential workshops as well as professional training programs, and more recently, the annual international congress *Potential and Reality* in Garmisch.

■ ZIST Penzberg

The seminar center is located in magnificent landscape on a Southern slope facing the Alps, surrounded by pastures, forests, and lakes in a remote yet easily accessible rural area about 50 km south of Munich.

■ Directions to ZIST Penzberg

By airplane:

Fly to Munich. Take the S-Bahn (S1 or S8) or the Airport Bus to München Hauptbahnhof. From there continue by train or taxi.

By train:

At Starnberger Bahnhof, a wing of München Hauptbahnhof, take the train at platform 27...33 to Garmisch-Mittenwald-Innsbruck. In Tutzing, take the train to Kochel either on the same platform or on platform 1, get off in Penzberg (4th stop), and take a taxi to ZIST.

We recommend ordering the taxi beforehand:
+49-8856-2270 or +49-8856-81844.

By car:

Take the Autobahn München-Garmisch, exit at Penzberg, turn right.

After about 120 meters see a yellow sign saying UNTEREURACH, notice a yellow ZIST sign on left hand side of the road, directing you to turn right again into a narrow paved road. Follow this road 3,7 km through meadows and woods and past small lakes until you see a large ZIST sign. Take a sharp right turn onto the visitors' parking lot. For unloading heavy luggage, you may drive up to the property.

■ Recreation

There is ample opportunity for extended walks in serene nature. In the summer, you can explore the environment on our complimentary bikes and swim in one of the nearby lakes. In the winter, you can go cross-country skiing in prepared trails passing ZIST. Tennis and golf courts can be reached in minutes, and several ski areas are less than 30 km away. On the property, you can play ping-pong, volleyball or boccia and enjoy our fine sauna. During breaks, participants meet in the ZIST-Café and enjoy good company, a fine selection of tea and coffee, and in the evening wine, beer, mineral water and juices, and snacks.

■ Accommodation and food

ZIST Penzberg offers comfortable accommodation in plain and clean rooms of different categories: single or two-bed units with private shower/WC and telephone, and double, triple or dormitory units with separate shower/WC and telephone.

■ Prices for food and accommodation ...

in rooms with private shower/WC & telephone:

- two-bed room 67 €
- single room 85 €

in rooms with separate shower/WC & telephone in the hallway:

- dormitory 40 €
- 4...5-bed apartment 45 €
- three-bed room 50 €
- two-bed room 56 €
- single room 70 €

Prices include fine vegetarian meals cooked from mostly organically grown ingredients. Coffee, tea, and fruit are complimentary.

■ Registration

Please register, and specify your preference for accommodation on the form Anmeldung/Registration on our website.

