

VARESE - ITALY  
APRIL 25<sup>th</sup>-26<sup>th</sup>, 2026

# INTERNATIONAL AIKIDO SEMINAR



ASSOCIAZIONE INTERNAZIONALE AIKIDO asd

**JOIN US**  
everyone is welcome

INFO and REGISTRATION at [www.aikido.it](http://www.aikido.it)

in collaboration with AIKIDO BUIKUKAI VARESE - Società Varesina di Ginnastica e Scherma asd



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## LOCATION

AIKIDO BUIKUKAI VARESE  
"Società Varesina di Ginnastica e Scherma asd"  
via Donatello, 1  
21100 VARESE - ITALY

## AIKIDO LESSONS FEES

**AIA members:** free of charge 

**Non members:** 20 € per lesson or  
50 € whole seminar

## HOW TO REACH US

### BY PLANE

MILANO MALPENSA (MXP)  
MILANO LINATE (LIN)

### BY TRAIN

VARESE FS  
VARESE NORD FNM

### BY CAR

A8 HIGHWAY exit VARESE

## WHERE TO STAY

**B&B Le due G** [bb-ledueg.it/it/](http://bb-ledueg.it/)

**Hotel Vecchia Riva** [www.vecchiariva.com/en/](http://www.vecchiariva.com/en/)

**Hotel Ungheria** [www.hotelungheria.it/en/](http://www.hotelungheria.it/en/)

**Hotel Capolago** [www.capolago.it](http://www.capolago.it)

**Art Hotel** [www.arthotelvarese.it](http://www.arthotelvarese.it)

## HOW TO BOOK

Fill in the form available at [www.aikido.it](http://www.aikido.it)  
by end of March 2026.

Several other options available.  
Feel free to search for the one that best suits you.

**JOIN US ! - ADVANCED BOOKING REQUIRED - INFO and REGISTRATION at [www.aikido.it](http://www.aikido.it)**



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## SCHEDULE

25

- 09:00 - 09:45 Check-in  
09:45 - 10:00 Welcome message  
10:00 - 12:30 Aikido 1 (*break around 11:15*)  
12:30 - 14:00 Lunch break  
    (*bring a packed lunch*)  
14:00 - 18:00 Aikido 2 (*break around 15:50*)  
  
20:30 *group dinner at a local restaurant*

SATURDAY

26

- 09:15 - 10:00 Check-in  
10:00 - 12:30 Aikido 3 (*break around 11:15*)  
12:30 - 12:45 Goodbye message  
  
13:30 *group lunch at a local restaurant*

SUNDAY

The aikido lessons will be held by the AIA Masters.

*\*Schedule may vary.*

## TOURIST INFO

The city of Varese is known as the "Città Giardino" (Garden City) due to its many parks, such as, the "Giardini Estensi" (Town Hall park), the park of Villa Mylius, the park of Villa Toeplitz, the parks of Villa Panza and Villa Ponti, and the "Zanzi" park on the shores of Varese Lake.

Varese is built on seven hills (like Rome) and extends across a unique area known as the "7 Laghi" (7 Lakes).

It boasts numerous monuments—it is one of the capitals of Liberty Art—museums, and tourist attractions, including four UNESCO World Heritage sites. The "Sacro Monte di Varese" is one of UNESCO sites and it is one of the most fascinating pilgrimage sites of Italy.

Futher information at [www.varesedoyoulake.it/en/](http://www.varesedoyoulake.it/en/)

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