



Photo credit: Stephane Dracopoulos

# **2018 World Taekwondo International Referee Seminar - Burnaby, British Columbia, Canada**

POOMSAE: MAY 6-9, 2018  
KYORUGI: MAY 10-13, 2018



# Welcome to Burnaby, BC, Canada

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Taekwondo Canada would like to invite you to beautiful Burnaby, British Columbia, Canada for the 2018 World Taekwondo Poomsae International Referee seminar (May 6-9, 2018) and Kyorugi International Referee seminar (May 10-13, 2018).

For some International Referees, Burnaby is not a new name. Burnaby is the home of the 2016 World Taekwondo World Junior Championships.

Just 15 minutes from downtown Vancouver, Burnaby is a playground for active travelers. Sure, from a distance Burnaby is all tall evergreens and mountain views, but don't let that fool you. From the shopping bonanza that is Metrotown, to the world of cuisine within walking distance in the Heights, to the calendar of multicultural arts at the Michael J. Fox theatre, Burnaby offers something for the explorer in all of us.

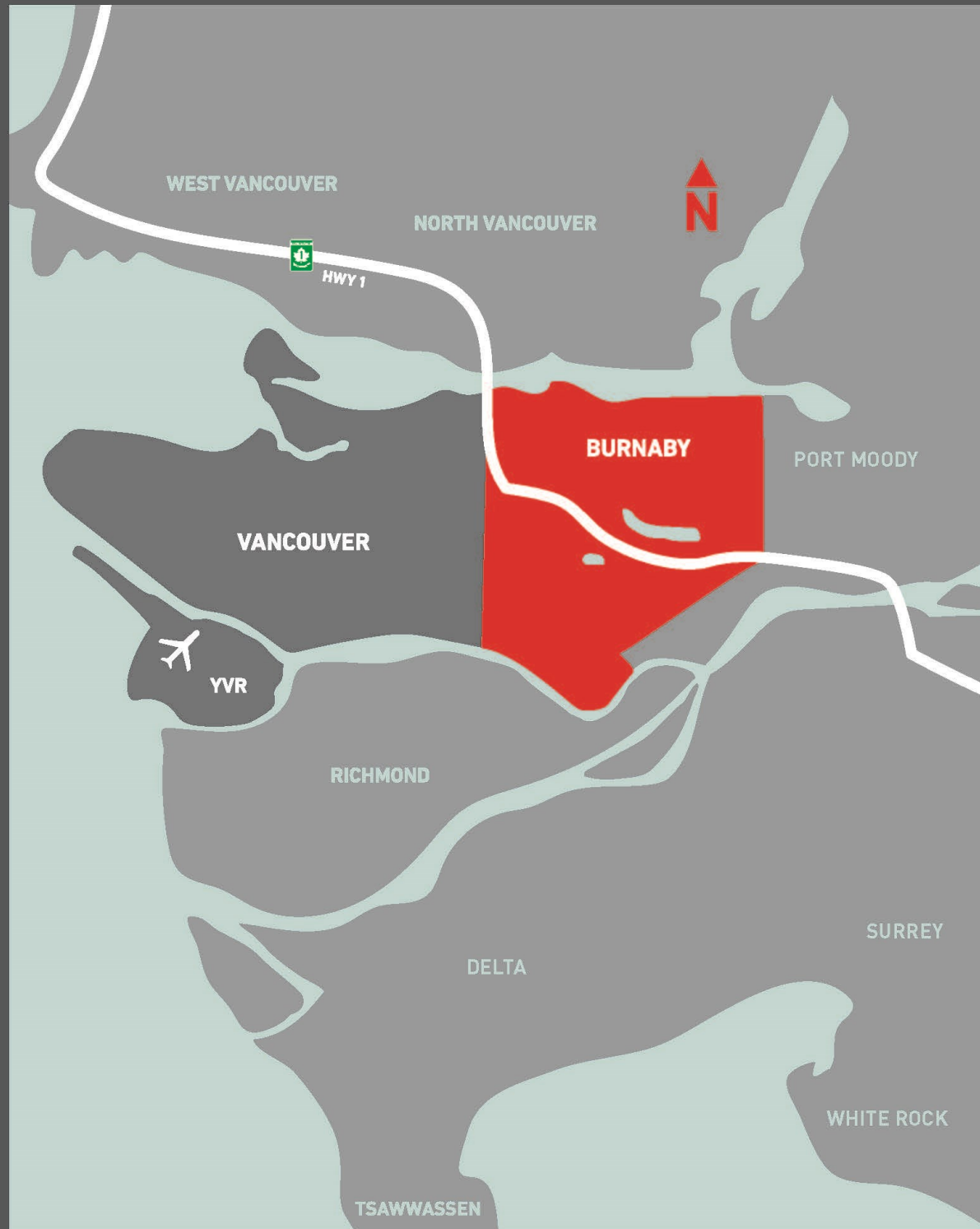
You are invited to Burnaby and we will see you there in May, 2018!

-Taekwondo Canada





## METRO VANCOUVER



# Visa Application

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Step 1: Check if you require a Visa to visit Canada. Please visit the website [here](http://www.cic.gc.ca/english/visit/visas-tool.asp?) ( <http://www.cic.gc.ca/english/visit/visas-tool.asp?>)

Step 2: If you require a Visa, please email [ir@taekwondo-canada.com](mailto:ir@taekwondo-canada.com) for an invitation letter from Taekwondo Canada as a supporting document

Step 3: Please note Canada does not have a Visa Office in every country so it is important that delegates visit the website of the Canadian [Visa Office](#) responsible for processing their Visa application. Information is available on the website for how to submit a Visa application and the documentation required.

[Processing times for Visa applications](#) vary depending on the Visa office and the time of the year. Participants are encouraged to apply approximately **12 weeks** in advance of their departure date to ensure they receive the Visa in time.

# Travel Information

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Vancouver International Airport (YVR) is located approximately 16km (about 25 min drive) from the host venue/hotel – Hilton Vancouver Metrotown Hotel (6083 McKay Ave, Burnaby, BC, V5H 2W7)

Vancouver International Airport is the second (2nd) busiest airport in Canada. Many international airlines offer nonstop flights to this airport from the major cities in each continent.



# Airport-Hilton Vancouver Metrotown Hotel (Venue)

**Address:** 6083 McKay Ave, Burnaby, BC, V5H 2W7, **Tel:** 1-888-744-5866 or 1-604-438-1200

SkyTrain:

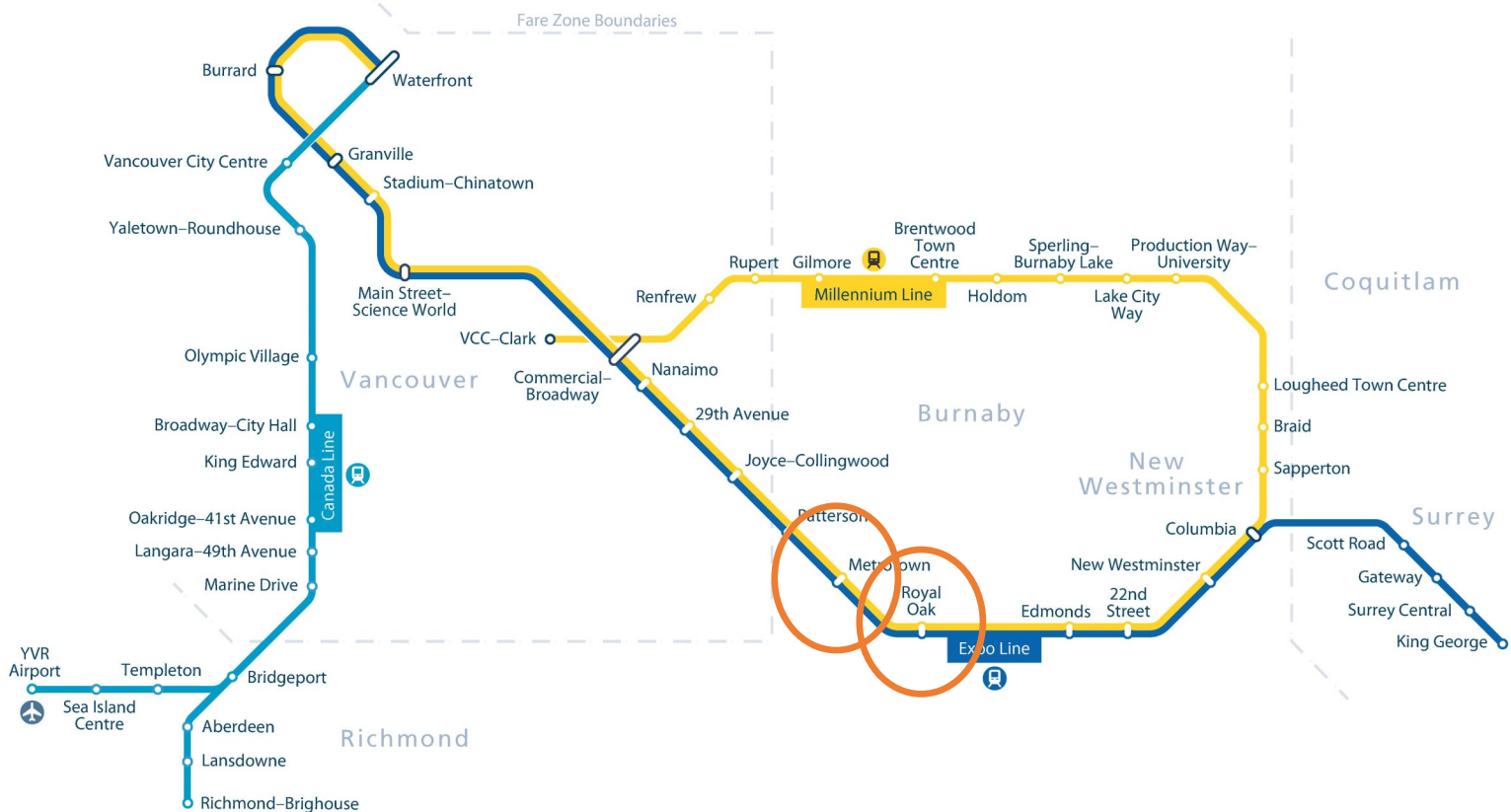
- Canada Line) YVR Airport Station -> (Canada Line) Vancouver City Centre Station -> (Expo Line) Granville Station -> (Expo Line) Metrotown.
- For Skytrain schedule, please visit: <https://www.translink.ca/Schedules-and-Maps/SkyTrain/SkyTrain-Schedules.aspx>
- Skytrain and hotel is one block away

# Airport-Best Western Plus Burnaby Hotel

**Address:** 5411 Kingsway St, Burnaby, BC, V5H 2G1, **Tel:** 1-800-780-7234 or 1-604-438-1383

SkyTrain:

- (Canada Line) YVR Airport Station -> (Canada Line) Vancouver City Centre Station -> (Expo Line) Granville Station -> (Expo Line) Royal Oak Station.
- For Skytrain schedule, please visit: <https://www.translink.ca/Schedules-and-Maps/SkyTrain/SkyTrain-Schedules.aspx>
- Skytrain and hotel is about 800m away





# Things to do in Burnaby—Park

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## BURNABY MOUNTAIN CONSERVATION AREA

Visitors from around the world come to Burnaby Mountain to check out the breathtaking views the city. Come in the evening and watch the sunset, pack a picnic, bring your camera and enjoy views of the mountains, the inlet and the city. Burnaby Mountain has natural, recreational and cultural elements, making it a wonderful place to visit any time of the year.

Address: [800 Burnaby Mountain Parkway, Burnaby, BC V5A2X9](#)

## CENTRAL PARK

This 86.4-hectare urban park is notable for its immense douglas fir, western hemlock, cedar, poplar and maple groves. Central Park is known for its excellent sports and recreation facilities. Tennis courts, outdoor swimming pool, horseshoe pitch and a pitch-and-putt golf course are popular draws. The park offers the award-winning Variety Club Playground – an integrated play area providing fun and challenges for kids of all ages and abilities.

Address: [5826-5846 Boundary Road, Burnaby, BC V5S3R2](#)

## DEER LAKE PARK

Deer Lake Park is situated in a peaceful natural environment that serves as the cultural precinct for the City of Burnaby's arts and heritage amenities. Leisurely walking trails with scenic views connect the lake, the Burnaby Art Gallery, Shadbolt Centre for the Arts, Burnaby Village Museum and Hart House Restaurant. During the busy summer festival season, the park is a bustling hub of activity.

Address: [6450 Deer Lake Avenue, Burnaby, BC V5H4R4](#)

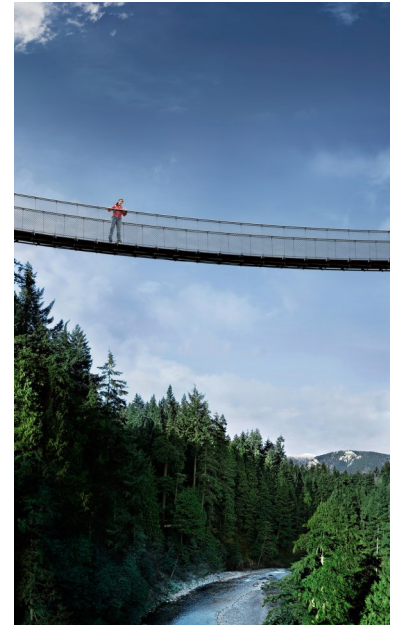


# Things to do in Burnaby—Beyond Burnaby

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## CAPILANO SUSPENSION BRIDGE

Breathtakingly suspended 230 feet above and 450 feet across Capilano River, Capilano Suspension Bridge takes you to towering evergreens, serene trails and our award winning attraction, Treetops Adventure. This walk takes you high above the forest floor for a thrilling encounter with the very heart of the forest. A guided nature walk reveals the mysteries of the forest and stunning views of the canyon. First Nations legends are woven, beaded, carved and shared with guests at the Big House Cultural Center. Beautiful gardens skirt colorful totem poles. Voices from the past at the Story Centre mingle with the sounds of nature and live seasonal entertainment. Fabulous Canadian shopping and cuisine round out this one-of-a-kind West Coast experience. Open year-round and only minutes from Burnaby.



## VANCOUVER AQUARIUM IN STANLEY PARK

In 2006 the Aquarium, located in world famous Stanley Park is celebrating “50 amazing years” as one of North America’s premier marine life centres. Don’t miss the beluga whales, dolphins, and sea otters, and thousands of other fascinating creatures, from the Arctic to the Amazon. For an unforgettable extra, try one of the Aquarium’s hands-on Animal Encounters or Trainer Tours. Between shows, relax over lunch at the Upstream Café and visit the unique ClamShell Gift Shop. Open every day of the year. Daily 9:30am-5:30pm, July & August 9:30am-7pm.

## SCIENCE WORLD AT TELUS WORLD OF SCIENCE

By SkyTrain, just 15 minutes from Burnaby, there’s a whole world of wonder waiting for you at TELUS World of Science, including popular, hands-on, interactive displays and spectacular OMNIMAX films on one of the world’s largest dome screens. Don’t miss exciting new feature exhibits, awesome shows in Science Theatre, special events, their unique Gift Shop and tasty Triple O’s Restaurant.

## GROUSE MOUNTAIN

Grouse Mountain is Vancouver’s most visited four-season attraction. Panoramic views of the city, oceans and mountains unfold as the Skyride, North America’s largest aerial tram system, whisks visitors to the mountaintop, 3,700’ above the city. Experience year-round activities including a Refuge for Endangered Wildlife, where two orphaned grizzly bear cubs and three timber wolves play in a protected and secure sanctuary. In the Peak Chalet, enticing aromas of Westcoast cuisine from our award winning dining facilities will tempt you. Our Theatre in the Sky showcases a breathtaking scenic overview of Southwestern BC from an eagle’s perspective. In summer, enjoy entertaining lumberjack shows, hiking trails, guided eco walks, paragliding, falconry demonstrations, scenic chairlift rides, and helicopter tours. Grouse Mountain’s winter activities include some of the finest in local skiing and snowboarding, as well as snowshoeing, ice-skating and sleigh rides. Their Friday Night Entertainment Series showcases the best local music talent in a stunning alpine venue. Grouse Mountain is only 15 minutes from Burnaby.

