International Participant Information

Lodging

***We will make your lodging arrangements.*** IICAB reserves lodging for ALL international participants!

We have arranged for motel rooms at the cost of $85.00 USD per night for a single room. Motel charges should be paid directly to IICAB at the beginning of the program. The host hotel is the Grandstay Hotel, 1606 S. Kellogg, Ames, Iowa, 50010. (Phone: 515 232 8363). The Grandstay Hotel offers free warm breakfast, a kitchen area in each room, indoor pool and guest laundry area. It is close to restaurants, shopping, and public transportation for travel within Ames.

**If you make your own lodging arrangements elsewhere, let us know (dbuhrow@iastate.edu) so we can avoid charging you for unused rooms at the Grandstay Hotel.**

Meal and Incidentals

We estimate meal and incidental expenses at $40 per day. **Lunch and breaks** during the Program are provided by IICAB.

Flight/Travel Arrangements

You should make arrangements for round trip flights from your home to the Des Moines (Iowa) International Airport. IICAB will provide transportation to and from the Des Moines Airport to Ames and between the motel and the course location. If you would like us to provide transportation from the Des Moines Airport to Ames, please send us a copy of your flight itinerary by May 1, 2014. If you plan to rent a car, let us know. International participants attending Block 2 should plan to arrive in Ames on Saturday, May 17th in order to be rested and ready for the start of the Block 2 on Monday, May 19, 2014.