**WINTER TRAINING COURSE INSTRUCTIONS**

**Course date:**

January 16 - January 27, 2022

**Place:**

Kouty nad Desnou, land register Loučná nad Desnou; directly at the final train stop, close to the bus stop. We will ski on Červenohorské sedlo, in Kouty nad Desnou, in the Kareš Ski Resort, or elsewhere.

**Expected arrival:**

16. 1. 2022 between 02:00 - 03:00 pm at the Hotel Dlouhé Stráně in the village Loučná nad Desnou (part of the village Kouty nad Desnou).

**Opening:**

January 16, 2022 at 5:30 pm in the hotel clubroom (you can find it at the reception).

We going to manage the renting of ski equipment with you between 3:00 – 5:00 pm near the hotel.

**End:**

27. 1. 2022 after the final check between 10 am - 11 am.

**Transport:**

Each participant of the course is transported to the venue at his / her own expense. Possible to get by car - parking at the hotel. Possibility to get by train (direct train – f.e. <https://idos.idnes.cz/vlakyautobusymhdvse/spojeni/vysledky/?f=Olomouc&fc=1&t=Kouty%20n.Desnou&tc=100003>) - railway station (final stop) just below the hotel (about 200 m). Possibility to transport by bus - stop about 500 m from the turn below the hotel. Transport to various places during the course is not part of the course itself, nevertheless we will provide for you the possibility of public or private transport to increase your comfort on the course.

**Accommodation:**

Hotel Dlouhé Stráně. Half board – breakfast without coffee (just tea); dinner with soup; special diet please write into the Binding application (viz bellow). Rooms 2-4 bed, single and cell type with shared bathrooms.

**Course price:**

8 000, - CZK (accommodation, half board, material depreciation); however, it is necessary to count with about 2.500, - CZK for lifts (you will pay cash at the place). Rent a ski equipment – 1 500,- CZK (you can have yourse).

**Method of payment:**

Bank transfer (at the desk in Faculty of Physical Culture – cash): to account number 19-1096330227 / 0100, variable symbol: 99510802

Bank transfer: to account number **CZK:** 19-1096330227/0100

**IBAN: CZ09 0100 0000 1910 9633 0227**

**SWIFT CODE: KOMBCZPP**

Bank transfer: to account number **EUR:** 43-3855090287/0100

**IBAN: CZ98 0100 0000 4338 5509 0287**

**SWIFT CODE: KOMBCZPP**

**Var. symbol: 99510802**

**Course guarantor (s):**

Ondřej Ješina – [ondrej.jesina@upol.cz](mailto:ondrej.jesina@upol.cz)

**Head of the group of English speaking students:**

Martin Kudláček - [martin.kudlacek@upol.cz](mailto:martin.kudlacek@upol.cz)

**Course tutors:**

Zbyněk Janečka (didactics of skiing, skiing VI), Svatava Panská (skiing HD), Radka Číháková and Lucie Ješinová (skiing PI), Daniel Mikeška (skiing of foreign students and skiing ZVI), Tomáš Vyhlídal (snowboarding / ID skiing), Michal Botek (didactics of skiing), Radim Antel (didactics of skiing), Martin Kudláček, František Chmelík, possibly other lecturers with regard to the number (foreign students), Renata Vařeková (course doctor).

**The course is designed for students:**

1st year of follow-up study Mgr. (full-time, part-time study) of the courses “APE and APA” and foreign students in the ERASMUS, IMAPA program and foreign students of the MA study in the paid form of study.

**Estimated number of participants:**

* approx. 30 APE and APA students (+ FPC teachers)
* 20 foreign students
* approx. 10 children with hearing impairment (+ accompaniment approx. 2 persons)
* approx. 10 children with visual impairment (+ 2 teachers)
* approx. 8 children with multiple disabilities (+ 2 teachers)
* In parallel, there are 2 monoski courses: up to 20 instructors, 5 persons with TP, 5 of their assistants. There will be a skiing course for visually impaired pupils and a weekend for families of visually impaired children. At the end of the course, we start a weekend for families with children with ski disabilities. The course will be parallel courses of friendly organizations from the Czech Republic and abroad.

In total we expect more than 200 people. Could be less because of COVID.

**If you are interested in finding out more information:**

About accommodation in hotel Dlouhé stráně (www.dlouhestrane.hotel.cz) or skiing in Kouty nad Desnou, including ski resort Červenohorské sedlo (https://cervenohorskesedlo.eu/), where didactics of skiing, or Ski area Kareš (www.skiarealkares). cz), where will be the majority of teaching APA skiing.

**Financial expenses:**

For accommodation will be about 450, - CZK per person per night.

Half board - approx. 250, - CZK per person and day (dinner with soup). 21,- CZK is recreational fee to the municipality. Gluten-free diet - extra pay 60, - day.

The total price includes accommodation, meals, hotel services (rental of rooms including gaming rooms, reservation of social and cultural spaces, internet, etc.), the price of a ski lift for monoski in the Kareš Ski Resort, repairs and other selected services of the Kareš Ski Resort sports aids (monoski, biski, outtriggers, freewhell, etc.), rental and amortization of sports equipment for those, who do not own it (snowboard, snowboard boots to a limited extent).

All transport and other lifts are paid by each person (approx. 2 500, - CZK).

Course content:

a) Didactics of downhill skiing.

b) Basics of snowboarding.

c) Didactics and assistance riding monoski.

d) Didactics of skiing of people with visual impairment.

e) Didactics of skiing of people with hearing impairment.

f) Snowboarding of persons with disabilities.

f) Skiing theory and APA skiing.

(g) Accompanying activities

**Equipment:**

**For downhill skiing (do not forget ski goggles, helmet!!!, poles). The prerequisite for the successful mastery of the course are adjusted carving skis. If you have your equipment, you can take yours. If you do not have your equipment, we rent it directly at the course - the estimated price is 1 500, - (150, -/day).**

**Entries:**

**The completed application forms together with the confirmation of payment should be sent or handed over personally to the address of FTK UP, Department of Adapted Physical Activities, Secretariat, tř. Míru 117, 771 11 Olomouc, or sent to** [**renata.koliskova@upol.cz**](mailto:renata.koliskova@upol.cz)**. Deadline is 5th January.**

Notice:

Cancellation fees are based on the valid FTK UP guidelines in Olomouc. Exceptions for this year will be explained in person by the course manager during a personal or group consultation by the end of the calendar year.

**Ondřej Ješina**

**Course Garant**

**Binding application for ZVK fields of study Physical Education Teaching**

**In Kouty nad Desnou, January 16 - January 27, 2022**

I apply for the compulsory winter training course, which is organized for students of I. NMGR study in full-time and combined stages of the study program “APE and APA” and students of foreign forms of study organized by the Department of APA, FTK UP in Olmec. The course takes place from 17 January to 28 January 2021 in Kouty nad Desnou (hotel Dlouhé Stráně). There are two following courses - skiing and snowboarding and APA skiing.

I declare that I am aware that any change of decision or absence from the course is subject to a penalty from now on.

Name: ………………………………………………………………………………………

Home address: ……………………………………………………………………………

Year: ………………………………………………………………………………………

Tel .: ………………………………………………………………………………………

Email: ................................................ .................................................................................

Dietary requirements; other special needs: ……………………………………………… ..

…………………………………………………………………………………………………

I agree that the photo and video documentation taken at the course can be published on the website of FTK UP in Olomouc, www.apa.upol.cz or used for educational and promotional purposes.

Date …………………………

Signature