

Invitation to a winter course

TECHNOMETER COTTAGE

Date: 17 January - 22 January 2021

Place: Cottage Technometra - Horní Rokytnice nad Jizerou - Giant Mountains

This cottage is located about 1000 m above sea level. in the ski resort Rokytnice nad Jizerou, near the mountain cottage Dvoračky. This is about a stylish mountain hut. Due to the location of the cottage, the ski conditions are suitable for both downhill and cross-country skiing and snowboarding. We ski in the Rokytnice nad Jizerou - Horní Domky area. An integral part of the course is also cross country skiing.

Own transport

Program: - practical lessons of downhill and cross-country skiing and snowboarding

- new trends in winter sports equipment and armament
- lubrication technique for downhill and cross-country skis

Estimated price: 2850, - CZK

The price includes: accommodation, meals (half board), downhill and running waxes, luggage transport from the parking lot in Rokytnice nad Jizerou to the cottage Erlebach

Boarding: we prepare breakfast ourselves, we go to the Dvoračky cottage for dinner

Special dietary requirements (for health reasons) must be announced no later than one week before the start of the course course leader or Mgr. Kovaříkové odp. For the preparation of ZSK

Accommodation: four or more bed rooms

Equipment: !!! Mandatory own downhill skis or snowboard and cross-country equipment !!!

ÚTV 2. LF UK offers a limited amount of rental of running material at the address: Prague 10, Bruslařská 10, basement the main building of SC UK. The loan period will be specified on the ÚTV website.

For the borrowed material you pay in advance: complete cross-country set: cross-country skis, poles, boots) 300, - CZK / week.

If you do not meet the deadline for returning the material, you will pay a penalty of 50 CZK for each additional day. Necessary with you: index, ISIC card, personal documents, health insurance card, own medication / against colds / including medical supplies for mountain environments, personal belongings, downhill and sunglasses, helmet, headlamps, footwear shoe, musical instrument, etc.

All students who take this course must have it enrolled as compulsory, an optional or compulsory elective course in the index with confirmation from the study department and in the SIS. The entry in the index will be checked upon entering the course.

Absence from the course must be reported by telephone to the ÚTV secretariat / 272082500 / a

then electronically to: hana.hirsalova@lfmotol.cuni.cz

If you do not find a substitute from among the students and the place remains vacant, you will pay cancellation fee, which is listed on our website.

PaedDr. Hana Milerová

Head of ÚTV 2.LF UK