



20th AIKIDO SUMMER SCHOOL

Shihan Michele Quaranta, 7th dan Aikikai

29th June – 5th July 2019 in Sobeslav

Dear Aikido Friends,

we warmly invite you to the 20th Summer School AIKIDO under the leadership of Shihan Michele Quaranta, 7th dan Aikikai Hombu Dojo, which, like last year, will take place in Sobeslav, a picturesque town in southern Bohemia. The organization of the placement is ensured by an association of clubs **Aikido South Bohemia and Vysocina – AC Spartak Sobeslav**. Below you will find **information about the time of the event, the seminar venue and accommodation and boarding possibilities**.

DATE AND TRAINING HOURS: **29th June – 5th July 2019** (Saturday - Friday)

Opening: Saturday 29th June, Registration at 2:00 p. m. in the training hall, first training starts at 4.30 p. m. to 6:30 p. m.

Daily trainings: 3× a day, morning, before lunch, in the afternoon, total 5-6 hours

Tuesday 2th July: Free afternoon

Thursday 4th July: Get together & party in the evening

Friday 5th July: End of stage at 12:00 a. m.

Exact program will be available at the beginning of the stage. **Changes of the program reserved!**

LOCATION OF THE STAGE: [Video Summer camp Soběslav 2018](#)

The stage will take place in the **Sport areal TJ Spartak Sobeslav located in The Sobeslav Winter Stadium**. We will have two training halls with over **400 m² tatami available** and a big training place outside.

The areal is **easily accessible** by a main road E55 Praha – Tabor – Sobeslav – Ceske Budejovice. The distance is 100 km from Prague, 70 km from the Highway N°1- Exit Humpolec, 20 km from Tabor and 40 km from Ceske Budejovice. **The transport is possible also by bus and train.**



PRICE OF THE STAGE:

The stage is possible **only complete** (exception in agreement with the organizer), **maximum number of participants is limited to 110 people** to ensure maximum learning experience.

Price of the stage without lodging: **CZK 2.500,-** (€ 100,-),
½ price for children (up to 15 years).

Price of the stage including the reservation fee for lodging: **CZK 3.000,-** (€ 120,-).

REGISTRATION: **Till 19th May 2019 latest!**

We need to know the number of participants due to lodging capacities needed to be reserved for the stage. Please, register as soon as possible in the **Google Form**:

Registration for the Summer School 2019 Sobeslav

Accommodation in the guesthouse Pavla, hostel TJ Spartak and campsites are provided by the organizers upon filling in the registration form. Accommodation in tent in camp or other guesthouses is provided individually. Catering during the seminar is individual or the organizer will arrange according to your choice – please fill in the fuel daily menu (price 370CZK/day) or mass breakfast (price 110CZK/day) in the registration form. Participants will be able to collect their entrance tickets, accommodation and catering instructions in TJ Spartak's vestibule on Saturday 29th June 2019 from 2:00 p. m. For more information, see below.

PAYMENTS:

1. **In cash at CZK**, registration on Google Form (see link above) necessary.
2. **In cash at €** (€ 100,-). Valid for foreigners. Registration on Google Form (see link above) necessary.

ACCOMMODATION: **You can choose your Guesthouse, a small wooden house or a tent.**

1. There are a number of **guesthouses close to the hall**, 10 – 15 walking distance.
 - Guesthouse Pavla, approx. 300 m from the hall, www.penzion-pavla.cz –(same as MQ) **RESERVATION NEEDED IN THE REGISTRATION FORM**, 40 accommodation places, price CZK 400,- (approx. € 16,-)/ person/night
 - Guesthouse Arvi, www.arvi.cz
 - Guesthouse V Růžku, www.penzion-v-ruzku-sobeslav.az-ubytovani.com,
 - Guesthouse Nikola, www.penzion-nikola.wz.cz
2. **Hostel TJ Spartak** directly in the gym there are 8 rooms (3-4 beds) with shared WCs and showers in the corridor. Price CZK 210,- (approx.. € 8,50) per person per night.



3. Wooden hut. There are 10 four-bed wooden houses located in the camping “Natural swimming pool” Sobeslav. Huts have shared bathrooms, WC and showers. Price CZK 420,- (approx. € 17,-) per hut per night.

4. Tents - camping “Natural swimming pool” Sobeslav. Own tent, approx. CZK 80,- (approx. € 3,50) per person per night, paid on site at the reception of the camp. The camp is located about 100 m from the hall behind the river Luznice in the area of a nice, quiet natural swimming pool with showers and toilets. A restaurant with outdoor seating and a standard offer of smaller and main meals and drinks. Outdoor minigolf, table tennis, volleyball court and large fireplace for up to 100 people. No reservation needed.

https://www.facebook.com/pg/KempPlovarnaSobeslav/photos/?ref=page_internal

RESERVATIONS OF THE PENSIONS, LODGING IN THE TRAINING HALL, AND WOODEN HUTS ARE OBLIGATORY. In case of cancellation, we keep the reservation fee of CZK 500,- (approx. € 20,-).

DINING: MASS or INDIVIDUAL

There are many restaurants in Sobeslav, all in a good walking distance (up to 10 min.), such as “Paluba” Restaurant, opposite the sports hall across the road, Restaurant “V Ruzku” at the main square, Pizzeria “Ruze” Sobeslav and the House of Culture Restaurant “Narod”. Mass breakfast will be served at the “Paluba” Restaurant, mass lunch menu (buffet style) and mass dinner (common single meal + choice salads) at the House of Culture Restaurant “Narod”.



ORGANISATION AND CONTACTS:

Registrations, cash payments, lodging, and local information: Ing. Lukáš Kulhavý – the leader of AC Spartak Soběslav, e-mail: l.kulhavy@inva.cz, GSM: +420 606 744 446.

WE ARE LOOKING FORWARD TO SEEING YOU IN SOBESLAV.