Department of Physical Education, 2nd FoM, CU, Bruslařská 10, 102 00 Praha 10 Tel. 272 082 500 – 506 https://telovychova.lf2.cuni.cz/en

Winter sport course in

AUSTRIAN DOLOMITI

Date: 28th January - 3rd February 2022

Location: Lavant, East Tyrol, Austria in the district of Lienz

Ski resorts: skiing is possible in several resorts located on the slopes of the largest Austrian mountain range, the High Tauern, near the highest mountain in Austria - Grossglockner (3798 m). We can choose from the following resorts: Sillian, Zettersfeld, Hochstein, St. Jakob, Mölltal Glacier or Großglockner Skiarene Matrei – Kals.

Transport: together by bus

Departure: time and exact place will be specified later

Programme: practical lessons of downhill skiing and snowboarding according to your choice **!!! THE COURSE IS NOT FOR BEGINNERS!!!**

Expected price: 9. 510 CZK

<u>What is included:</u> bus transport, accommodation for 5 days including food (half board – breakfasts and dinners), skipass for 5 days, compulsory insurance of the course

Food: half board

Special dietary requirements must be notified at least *one week before the course starts* to the guarantor of the winter sport courses Mgr. Andrea Kovaříková.

Accommodation: Gasthof Lavanterhof in two to six bed rooms with private bathroom. There are 3 smaller and one basement common room for leisur time activities.

Equipment: !!! You need your own skis or snowboard!!!

<u>What to bring:</u> ISIC card, ID, health insurance card, medical supplies for mountain environment, sport equipment including helmet, headlamp for cross-country skiing or hiking, indoor shoes, etc.

All the students have to be registered for the course in SIS in advance!

Enrolment will be checked at the start of the course.

If you have to cancel the course due to Covid-19 positive result, no cancellation fees will be charged and participants will receive a full refund. Other reasons (personal or health reasons) is subject to cancellation according to the terms and conditions published on our website.

In any case contact our secretary hana.hirsalova@lfmotol.cuni.cz as soon as you can.

PaedDr. Hana Milerová The head of DoPE, 2nd FoM, CU