

Sports camp BUEM

Autumn in the High Tatras 2023

instructions of the BUEM hiking course

I. TERM, starts on **SUNDAY 15.10.2023** - meeting at 14.30, later accommodation in Pension **LITVOR** on Štrbské Pleso, where we will be accommodated and we will be provided with meals (All inclusive-buffet form - breakfast, lunch, dinner). (start Sunday dinner, end lunch Tuesday) End of the course - **TUESDAY 17.10.2023**, (in the afternoon).

II. TERM, starts on **TUESDAY 17.10.2023** - meeting at 14.30, later accommodation in Pension LITVOR on Štrbské pleso, where we will be accommodated, and we will have meals. (start Tuesday dinner, end lunch Thursday) End of the course - **THURSDAY 19.10.2023**, (in the afternoon)

It is possible to attend both courses if you wish. All participants will be excused by the other teachers in attendance from the days they attend this physical activity at Štrbské pleso.

The fee in amount **100 EUR**, by which you confirm your ENROLLMENT, must be paid by bank transfer or by depositing the funds into the account below no later than Sunday **8.10.2023 by 24.00!!!** After this date, priority will be given to substitutes or other candidates who are waiting in line.

Please follow the following procedure when depositing money into the account:

Cost **100€**/ I. Term, **100€**/ II. Term, **200€** / Both Terms together

Tatra Banka account no. 261 679 3554 / 1100, IBAN: SK651100000000261616793554

Message to the recipient:

Name and surname of the student

After sending the money to the account, please send an informative email to **Frantisek.Kubala@vsemba.sk**, in which you confirm the payment of the above-mentioned amount with a proof of payment.

3. Transport - individual

You need to decide with your classmates which means of transport you use, f.e. carpool or use train or bus. Capacity is adjusted to: 10 students in both tours!!!

4. Insurance

As we are going to a high mountain environment where normal health insurance may not be enough for you, I recommend everyone to take out commercial insurance – travel insurance to mountains (special type not included in base travel insurance product).

5. Program

We will be hiking in the High Tatras as much as the weather and trails will allow, or we may use the pools or wellness centres in the area + other outdoor sports

6. Weather

The weather in the mountains will probably be colder (probably snow in some places), so you should choose appropriate warmer transitional clothing and especially sturdy hiking shoes, swimwear (as part of the regeneration we will visit the pool directly on Štrbské pleso, or Podbanske) and the rest we will leave up to you.

We are looking forward to meeting you at Štrbské pleso.

If you have any questions, do not hesitate to contact us.

Contact and registration

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