



24th AIKIDO SUMMER SCHOOL

Shihan Michele Quaranta, 7th dan Aikikai

1th July – 7th July 2022 in Sobeslav

Dear Aikido Friends,

we warmly invite you to the 24th Summer School AIKIDO under the leadership of Shihan Michele Quaranta, 7th dan Aikikai Hombu Dojo and the members of the Technical Commission, 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**, as well as with kind support of **AIKIDO CZECH REPUBLIC**. Below you will find **information about the time of the event, the seminar venue and accommodation and boarding possibilities**.

DATE AND TRAINING HOURS: 1th July – 7th July 2023 (Saturday - Friday)

Opening: Saturday 1th July, 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 4th July: Free afternoon

Thursday 6th July: Get together in the evening

Friday 7th 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^o1- 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 100 people** to ensure maximum learning experience and all regulations currently in force.

Price of the stage without lodging:

**CZK 3.500,- (€ 140,-) (for Aikido Česká republika Members discount
CZK 1.000,-)
½ price for children (up to 15 years).**

REGISTRATION:

till 18th June 2023 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 2023 Sobeslav](#)

Accommodation in the guesthouse Růžek (3 rooms – 2×2 beds, 1 room 5 beds), hostel TJ Spartak (12 rooms with 3 or 4 beds) and cottages at the camping place (6 cottages for 3-4 people) in the camping are provided by the organizers upon filling in the registration form. Accommodation in tent in camp or other guesthouses is provided individually. Eating during the seminar is individual or the organizer will arrange according to your choice – the fuel daily menu (breakfast, lunch and dinner price CZK 495,-/night incl. carafe with water on the table, approx. € 21,-) or mass breakfast (price CZK 160,-/day, approx. € 7,-) **please fill in the registration form**. Participants will be able to collect their entrance tickets, accommodation and catering instructions in TJ Spartak's vestibule on Saturday 1th July 2023 from 2:00 p. m.

PAYMENTS:

1. **In cash at CZK**, registration on Google Form (see link above) necessary.
2. **In cash at € (€ 140,-)**. Valid for foreigners. Registration on Google Form (see link above) necessary.

ACCOMMODATION: You can choose your Guesthouse, Hostel TJ Spartak, a small wooden house or a tent.

Accommodation fee for temporary stay in Sobeslav is set at CZK 20,-/night, approx.. € 0,80)

1. There are a number of **guesthouses close to the hall**, 10 – 15 walking distance.

- Guesthouse Růžek, 3 rooms (2× double room, 1× room for 5 people), www.restauracesobeslav.cz/ubytovani/
 - For that kind of accommodation the **registration on Google Form is necessary** in the section “Accommodation requirements“ (price CZK 600,-/night, approx. € 25,-)
- Cottages (6 cottages for 4 people) in the camping (price CZK 640,-/night, approx. € 27,-)
If only 2 beds in the Cottage are occupied, the price is CZK 550,-/night, approx. € 23,-)

➤ For that C of accommodation please contact the organizer: l.kulhavy@inva.cz

2. Hostel TJ Spartak directly in the gym – HOSTEL A. There are lot of rooms (3-4 beds) with the total capacity of 50 beds with shared WCs and showers in the corridor. Price CZK 290,- (approx.. € 12,- person/night).

2. Tents - camping “Natural swimming pool” Sobeslav. Own tent, approx. CZK 90,- (approx. € 4,- person/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.

[Kemp – TJ SPARTAK SOBĚSLAV \(spartaksobeslav.cz\)](http://spartaksobeslav.cz)

RESERVATIONS OF LODGING AS WELL AS OF EATING ARE OBLIGATORY. In case of cancellation less than 14 days before arrival, you will be charged a cancelation fee (set by the operators) of 50% of the total price.

EATING: MASS or INDIVIDUAL

Mass daily menu will be served at the House of Culture Restaurant “Narod”, (mass lunch menu (buffet style) and mass dinner (common single meal + salads according to your choice)).



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.

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.