



SLOVENSKÁ SPOLOČNOSŤ PRIATEĽOV AIKIDÓ

www.sspa.sk

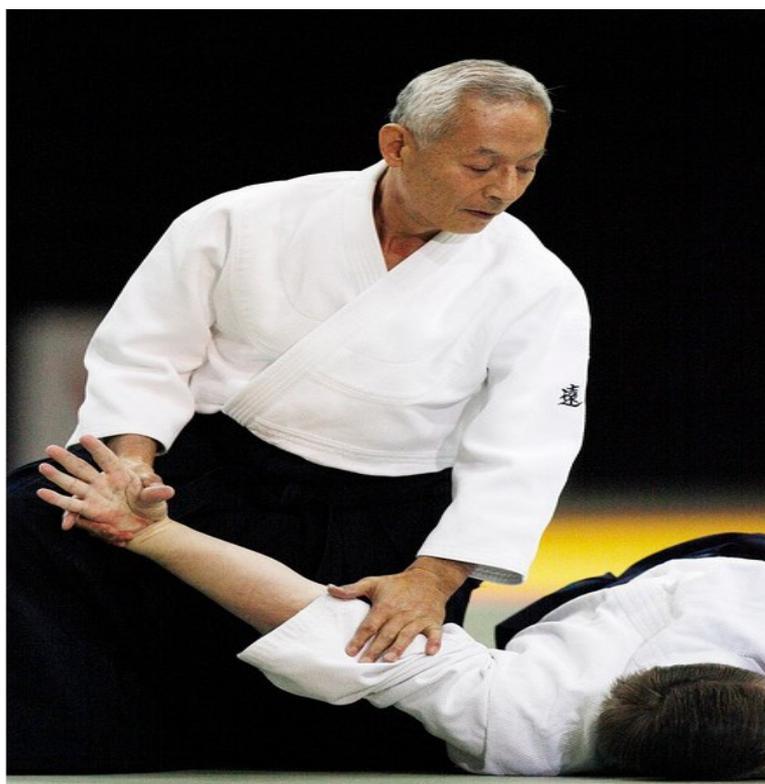
and

HONKADORI AIKIDO DOJO

www.aikido-honkadori.sk



合氣道
遠藤 伸



Invite you to aikido seminair with

SEISHIRO ENDO

8.Dan Aikikai, shihan Hombu dojo

Date: 4.th.- 7.th. July 2013

Place: sTC Aréna (<http://www.stcpu.sk/en/sportoviska/stc-arena/>)

Športovcov 675, 020 01 Púchov, Slovak Republic

Timetable: Thursday - Saturday : 10-12 a.m., 5-7 p.m.

Sunday : 10-12 a.m., 2-4 p.m.

Price: complete 45€ / day 15€

Information:

This year, the traditional summer seminair under the direction and supervision of Seshiro Endo shihan, will take place in the town called Púchov. This town is situated on a motorway passage in the direction from Bratislava to Žilina. It is approximately 50 km nearer, from the direction Bratislava, Vienna, than the former summer seminair location - Žilina.

This change was made by the organizers in effort to provide all the participants of the summer seminair simple access to the seminair location by any traffic mean and their subsequent maximum comfort, so that all of them could together and without uselessly annoying problems enjoy this traditionally perfectly spent time.

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Slovenská Spoločnosť Priateľov Aikidó
Limbova 21
974 01 Banská Bystrica, Slovak Republic

The organizers, in their effort to offer the participants of the summer seminar complex and beneficial services, have chosen the seminar location in the newly built sporting centre which provides the participants with the maximum possible comfort and services.

The offer is based on cheap and quality accommodation, easy and simple access to all-day, cheap and quality meals, as well as provision of other free-time activities, such as wellness, sauna, massage and rehabilitation procedures and open summer swimming-pool.

Accommodation:

For the seminar participants, we have provided the following offers of suitable and pricely affordable accommodation facilities:

1. Accommodation in a sporting hall on tatami in own sleeping-bag - 4,00 EUR per night

2. Accommodation in SISI-hostel, price for the seminar participants – from 6,50 EUR per night.

Basic information – SISI hostel:

- ◆ Directly by the seminar location
- ◆ 5 x new suites, reconstructed in 2009
- ◆ 6 x 2-bed rooms
- ◆ 20 x 5-bed rooms
- ◆ refrigerator and a TV in rooms
- ◆ café in the hostel building
- ◆ possibility of ordering breakfast
- ◆ the whole building is monitored by a safety camera system
- ◆ free of charge wireless internet connection
- ◆ safety-monitored free of charge parking place for the accommodated guests

<http://www.ubytovnasisi.sk>

Type of rooms:

- ◆ 4-bed room from **6,50€** /person/night
- ◆ 2-bed room from **8,50€** /person/night

These types of rooms have common sanitary facilities situated in the corridor.

- ◆ Suites 2+1; 3+1 from **10,50€** /person/night, incl. bathroom, toilet

Contact details: www.sisipuchov.sk

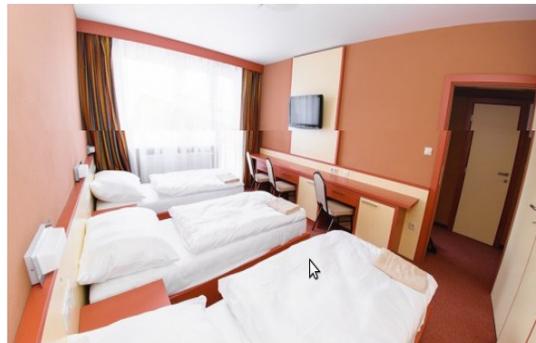
mail: a.ondriciova@gmail.com

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3./ Accommodation in sTC area - newly built accommodation facility :

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Contact details:

web: www.stcpu.sk

mail: repcia@stcpu.sk

tel .: +421 422999000

fax.: +421 422999001

Address: Svätoplukova 1463, 020 01 Púchov

Accommodation in sTC is limited to 94 persons:

- **Modern design and furnishing**
- **LCD television and Wi-fi access to the Internet**
- **WC a shower in every room**

Price:

Single room	- 25,00 €/person/night
3 – bed room	- 15,00 €/person/night
4 – bed room	- 15,00 €/person/night
Local fee	- 0 ,50 €/person/night

- **Modern design and furnishing**
- **LCD television and Wi-fi access to the Internet**
- **WC a shower in every room**

Wellness: group of 15 persons – 60,00 €/hour

Board:

Breakfast – buffet style	- 5,00 €/person/day
Lunch	- 6,00 €/person/day
Dinner	- 5,00 €/person/day

4./ If you are interested in other type of accommodation, organizer is ready to help you.

Food:

We would like to acknowledge all the seminar participants of a possibility of all-day catering in sTC.

Catering will be ensured for those who will order it while booking accommodation or it is advised to book catering minimum 10 days in advance.

The great possibility of provision of quality meals with a reasonable price without problems and temporal stress. A possibility of a choice from a daily menu will be available in effort to suit almost everybody's needs.

Breakfast:

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- ☐ served in buffet style, or continental breakfast
- ☐ price: 5,00 EUR / person/ day

Lunch:

- ☐ served as common boarding for the seminair participants in the restaurant sTC in the period from 12:30 to 2:00p.m
- ☐ possibility of a choice from a daily menu
- ☐ price : 6,00 EUR / person/ day

Dinner:

- ☐ served as common boarding for the seminair participants in the restaurant sTC in the period from 8:00 to 9:00p.m
- ☐ possibility of a choice from a daily menu
- ☐ price : 5,00 EUR / person/ day

Menu of the day:

- **in case of interest we ask you to select dishes from the daily menu and confirm it when you are ordering**

7.4.2013	7.5.2013	7.6.2013	7.7.2013
Breakfast	Breakfast	Breakfast	Breakfast
tea, coffee, milk, juice	tea, coffee, milk, juice	tea, coffee, milk, juice	tea, coffee, milk, juice
bread, buns, rolls, pastry	bread, buns, rolls, pastry	bread, buns, rolls, pastry	bread, buns, rolls, pastry
ham, cheese, sausages, eggs	ham, cheese, sausages, eggs	ham, cheese, sausages, eggs	ham, cheese, sausages, eggs
butter, spread, vegetable	butter, spread, vegetable	butter, spread, vegetable	butter, spread, vegetable
jam, honey, butter, yoghurt	jam, honey, butter, yoghurt	jam, honey, butter, yoghurt	jam, honey, butter, yoghurt
cereals, fruit	cereals, fruit	cereals, fruit	cereals, fruit
Lunch	Lunch	Lunch	Lunch
Chicken broth with meat and noodles	Peas cream	Vegetable soup with pastes	Buckwheat soup (with leek)
A: Roast chicken rise, compote	A: Turkey fillet 1/2 rise, 1/2 baked potatoes vegetable garnish	A: Chicken mixtures, slovak rise, vegetable garnish	A: Chicken breast with red pepper sauce, pasta
B: Greek salad with cheese and olives	B: Spaghetti with cheese sauce and mushrooms	B: Soya pieces in red sauce, rise	B: Vegetable mixture salad with pieces of grilled salmon
Dinner	Dinner	Dinner	Dinner
A: Fried chicken escalope, mashed potatoes, tomato salad	A: Vegetable mixture salad with pieces of poultry, dresing	A: Meat on skewer, baked potatoes, conserved mixed vegetable	A: Risotto with pork, cheese, vegetable garnish
B: Baked broccoli with pasta, red beet salad	B: Baked broccoli with pasta and cheese	B: Grilled vegetable, baked potatoes	B: Pancakes with fruit, whipped cream
+ fruit according to dayli offer	+ fruit according to dayli offer	+ fruit according to dayli offer	+ fruit according to dayli offer