

INTERNATIONAL 470 AND LASER RADIAL PRACTICE CAMP

From 4th to 9th of March 2006 SC Uskok is hosting an international 470 and Laser Radial practice camp. It is our intention to gather sailors from all over Europe to exchange knowledge and experience at the start of a new season for olympic classes. We've prepared an interesting programme consisting of sailing, analysis and workshops. After the camp, from the 10th to 12th of March, you can participate in Regata Zadarskog kanala, an event for Laser, Laser Radial, Finn and 470.

Programme:

- 04.03. - Saturday – official arrival day
 - 20.00 – meeting with the hosts nad coaches, introduction
- 05.03 - Sunday
 - 11.00 – practice
 - 16.00 – lunch
 - 19.00 – practice analyses with video
 - 20.30 – workshop – tactics
- 06.03. – Monday
 - 11.00 – practice
 - 16.00 – lunch
 - 19.00 – practice analyses with video
 - 20.30 – workshop - RRS
- 07.03. – Tuesday
 - 11.00 – practice
 - 16.00 – lunch
 - 19.00 – practice analyses with video
 - 20.30 – workshop - fitness

- 08.03. – Wednesday
- 11.00 – practice
 - 16.00 – lunch
 - 19.00 – practice analyses
 - 20.30 – workshop – nutrition
- 09.03. – Thursday
- 11.00 – practice
 - 16.00 – lunch

10. – 12.03. – Regata Zadarskog kanala

Head coach 470 – Ivan Bulaja, participated as a sailor in Sydney 2000 and as a coach in Athens 2004; national 470 class secretary; member of national 470 coach team

Head coach Laser Radial – Petar Cupač, 4th at LRD WC 2000; coach of Renata Petani – European female champion Laser 4.7 2005

Entry fee for the international camp: 100 euros per LRD boat, 120 euros per 470 boat, 30 euros per coach.

Entry fee includes: head coach, lunch, daily water supplies, parking, water, electricity, study room with projector, Internet access, educational workshops.

Accommodation – we offer you 3 possibilities – apartment, youth hostel and 4- stars hotel. You can book yourselves or we can do it for you. Accommodation is not included in the entry fee.

Our partner for accommodation: www.terratravel.hr

Entry deadline: 01.02.2006.

More info: office@uskok.biz.hr

Za domaće sudionike pristupnina iznosi 30 eura po jedriličaru.

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HRVATSKI FERIJALNI I HOSTELSKI SAVEZ

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Žiro račun: 2360000-1101485191; Devizni račun: 70300-978-2100055483/070

Obala kneza Trpimira br. 76, 23000 Zadar

tel. 023/331-145, fax. 023/331-190

www.hfhs.hr ; zadar@hfhs.hr

MB 3206556

Dear friends,

By this letter we would like to present you our Youth Hostel Zadar, whose purpose is for an organised and individual stay of children and youths. Our YH is situated in well-known tourist area of Zadar, named Borik, which is 5 km from the town centre (regular city buses # 5 Puntamika and # 8 Diklo are more frequent during the summer). Nice marina just across the street and two well-equipped beaches (sand and pebbles in hotel resort Borik and pebbles at SC Uskok) in less than 5 minute walking distance make it more attractive. Around the hostel is more than enough of public parking places big enough even for buses.

The capacity of YH Zadar is 308 beds in several different buildings. There are:

- **Management building:** reception and offices, 7 three-bedded rooms and 6 two-bedded rooms on two floors; two showers cabins and one toilette on each floor, and each room has built in basin for hand-washing. These rooms are usually for the guides, bus drivers and teachers (two rooms usually if not agreed otherwise) – if they require accommodation separated from the rest of the group. In two bedded rooms are bunk beds
- **Pavilion 1:** 2/8, 10/6, 2/4, 1/3, 2/1 rooms with shower/toilet each and bunk beds – a bit more expensive accommodation – **separate pricelist.**
- **Pavilion 2:** 2 six-bedded rooms with toilet and shower in the room (one on each floor), 2 eight-bedded rooms, 5 four-bedded rooms and 6 six-bedded rooms on two floors; four shower cabins, four toilettes and several hand-washing facilities on each floor, each room has built in basin for hand-washing. All beds are bunk beds.
- Pavilions “**Pašman**”, “**Jadran**” and “**Velebit**”: 8 four-bedded rooms; two toilettes and two shower cabins. All beds are bunk beds.

IT IS NOT ALLOWED TO SMOKE OR DRINK ALCOHOL IN THE ROOMS.

In the price are included sheets in the room but not the towels.

Being YH is open through whole year in winter period it works with smaller capacity because only Pavilion 1 has central heating while the heating with electrical heaters is limited to Management building and Pavilion 2.

The YH Zadar also provides services of food, in a self-service restaurant with one menu, and drinks, on the open therrase of the restaurant there is a small bar.

IT IS NOT ALLOWED TO BRING IN THE FOOD OR BEVERAGES INTO THE ROOMS OR TO THE TERACE OF THE RESTAURANT.

Beside the restaurant and the bar, YH Zadar also has a midium size air-conditioned conference room convenient for different meattings, workshops, dinners and parties. For workshops needs, conference room is equipped with sounding, TV/VCR, canvas for projections and black-board. There is also small summer stage in YH’s courtyard, and to facilitate guests communication hostel offers Internet corner and there are also payphone and mail box just in front of the reception. We also provide our guests with laundry facilities.

The YH Zadar has its own sportsground for basketball, football, facilities for table tennis and mini-golf courses. There is also a sailing club - “Uskok” few hundred meters down the street.

In the surrounding area there are news stand, numerous bars, restaurants, pizzerias, small supermarket, petrol station, bank and even one smaller nightclub just around the corner.

We are looking forward to welcome you in our Youth Hostel!

Yours sincerely,

Reception of the YH Zadar



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INDIVIDUAL GUESTS PRICELIST FOR 2006.

Dorm rooms with toilet and shower

PERIOD	Bed & Breakfast – B/B	Half Board - H/B
1, 2, 3, 4, 11, 12. mj.	12,20 €	16,30 €
01.05. – 31.05. 01.10. – 31.10.	13,40 €	17,50 €
01.06. – 30.06. 01.09. – 30.09.	14,10 €	18,20 €
01.07. – 31.08.	16,60 €	20,70 €

Dorm rooms with shared toilets and showers

PERIOD	Bed & Breakfast – B/B	Half Board - H/B
1, 2, 3, 4, 11, 12. mj.	10,20 €	14,90 €
01.05. – 31.05. 20.09. – 31.10.	11,40 €	15,50 €
01.06. – 30.06. 01.09. – 30.09.	12,10 €	16,10 €
01.07. – 31.08.	13,90 €	18,00 €

EXTRA LUNCH: 5,40 EUR

RESIDENCE FEE IS NOT INCLUDED IN THE PRICE

Months	I, II, III, IV, XI, XII	V, VI, IX, X	VII, VIII
Price	0,70 €	0,80 €	1,00 €

NOTICE / special and group conditions:

- Children under 12 years of age do not pay Residence Fee, and children 12 – 18 years pay half Residence Fee.
- If the stay is organised by the school institution, the group is free of paying Residence Fee if it provides list of participants certified with the stamp of the institution.
- All guests should be members of their national hostel associations or of Hostelling International; the groups are advised to look up possibility of making a Group Card (<http://www.hihostels.com/openCountries.sma>).
- Non-member will be charged 1.50 € for Welcome Stamp for each overnight (up to 6 nights) in the youth hostel.
- To groups of 20 and more people we approve 1 person free-of-charge for each 21st guest and 10% discount - if they stay in our hostel more than two nights.