



## PAYMENT DETAILS

### Summer Schools 2020

**The tuition fee is equal for both summer schools (1090 EUR) and covers the following:**

#### Promotion of Physical Activity and Healthy Lifestyle

- accommodation;
- meals (lunch only + meal box for one day trips, excluding the meals during a 3-day outdoor camp);
- 38 hours of classes directly related to a healthy lifestyle;
- one-week swimming block (5 intensive hours);
- 3-day outdoor sports camp;
- 3 cultural and sightseeing trips (Jeseníky Mountains, Prague, Vienna);
- a tour of the historical centre of Olomouc;
- free access to a fitness centre/swimming pool (in allocated times);
- presentation of the diagnostic equipment of the AC Baluo research centre (testing of basic indicators of physical fitness and healthy lifestyle, measurement of anthropometric parameters, assumption of growth, determination of biological age, test of explosive force of lower limbs, assessment of muscle imbalances, examination of autonomic nervous system activity - heart rate variability).

#### Promotion of Adapted Physical Activity

- accommodation;
- meals (lunch only + meal box for one day trips, excluded Sundays lunch);
- 60 hours of classes directly related to the Adapted Physical Activity and Special Education;
- 1-day cycling trip to Litovelské Pomoraví Protected Landscape Area;
- 1-day therapeutic activities with horses and para-vaulting (stable Hostěnice);
- 3 cultural and sightseeing trips (Jeseníky Mountains, Prague, Vienna);
- a tour of the historical centre of Olomouc;
- free access to a fitness centre/swimming pool (in allocated times);
- presentation of the diagnostic equipment of the AC Baluo research centre (testing of basic indicators of physical fitness and healthy lifestyle, measurement of anthropometric parameters, assumption of growth, determination of biological age, test of explosive force of lower limbs, assessment of muscle imbalances, examination of autonomic nervous system activity - heart rate variability).

**The bank account for payment transfer is:**

- Account number: 43-3855090287/0100
- **Variable code\***: 995120991
- IBAN: CZ9801000000433855090287
- SWIFT Code: KOMBCZPPxxx
- Purpose of payment: FTK UP Summer school 2020

\* Please make sure not to forget to use the variable symbol during the transaction. It is essential in order for the transaction to be recognized.

Czech bank's details:

- Name: Komerční Banka, a.s.
- Address: Tr. Svobody 14, Olomouc 772 14
- The recipient's name: Univerzita Palackého v Olomouci
- The recipient's address: Krizkovského 511/8, Olomouc 771 47

Remitter's name:

- Name of the person sending a payment (or name of the university in case the transaction is processed by the institution).

**Upon payment, the participant shall send the confirmation of payment to Mrs. Jitka Martinová ([jitka.martincova@upol.cz](mailto:jitka.martincova@upol.cz)).**

**DEADLINE FOR THE PAYMENT IS MAY 31, 2020!**

### **IMPORTANT INFORMATION**

The official opening ceremony of both summer schools will be held on July 20, 2020 at 10am. I would like to respectfully request full attendance at the ceremony.

The lectures, trips to Prague, Jesníky Mountains and Vienna, as well as guided Olomouc tour will be arranged between July 21 and August 9, 2020.

The closing ceremony will be held on August 7, 2020 in the afternoon. During the closing ceremony, the participants will be awarded with the certificate of attendance and if required, the transcript with ECTS credits.

The accommodation will be provided from July 19 to August 9, 2020.

We look forward to seeing you in Olomouc.

Yours faithfully,

**Michal Kudlacek, Ph.D.**  
Vice-Dean for International Relations  
Faculty of Physical Culture  
Palacký University Olomouc