



Клуб за борилачке вештине и рекреацију "ЗЕМУН"
Угриновачка 104, Земун
Београд-Центар "СИНГИДУМУМ"
Косовска 19, О.Ш. "Дринка Павловић", Стари Град
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ПИБ: 103234733, Текући рачун: 325-9500600041698-86



Информације на телефон: 063 55 54 53

XXIV SUMMER AIKIDO SEMINAR
Mitrovac on Tara 2024
24-31 AUGUST, 8 DAYS / FULL BOARD FOR 7 DAYS
295,00 EUR



The children's resort "Mitrovac on Tara" is located on the plateau of the same name on Mount Tara in Serbia, at an altitude of 1,082 m. It belongs to the municipality of Bajina Bašta. It is 34 km from Bajina Bašta, 75 km from Užice, and 180 km from Belgrade. This area has a moderate, stable, mountain-continental climate, clean air, large number of sunny hours and it is famous for the "wind rose", which is why a group of naturalists from Serbian Academy of Sciences and Arts (SANU) chose it for the location of a children's resort. In the large Tara National Park we can find pine, fir, spruce, beech and Serbian (Pančić) spruce forests.

"Mitrovac on Tara" is a complex of seven pavilions, built in mountain style. The Central Pavilion, which was renovated in 2020, accommodates 70 guests, the rooms are double, triple and quadruple and each has its own bathroom. Within this pavilion, there are also two apartments that can be rented by the day. The other six pavilions have multi-bedded rooms, with a maximum of twelve beds. In the first two pavilions, there are multi-bedded rooms with bathrooms, and in the remaining four, multi-bedded rooms with shared bathrooms. There are rooms with bathrooms on each floor, for adults who accompany the children. The total capacity of the Resort is 640 guests.

Within the Central Pavilion of the Resort, there is also a restaurant, living rooms, a disco, a shop, and an indoor swimming pool that can be used according to a pre-arranged agreement (dimensions 12.5 x 16.20 m x 1.8 m). Within the complex there are grass football fields with stands,



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an auxiliary grass football field with a buggy track, several concrete fields for other team sports (basketball, volleyball, handball, indoor football) and marked and well-maintained paths to the nearby restaurant "Kachara", which serves their famous pancakes and specialties of the house. There are also good conditions for the preparation of athletes of younger categories, who train in martial arts.

Medical aid and reception services are available to the guests 24 hours a day. The service at the resort is based on full board, with meals served classically (three meals + snack for children).

Walking tours are organized every day, guided by the Resort's recreationists and animators, to famous tourist sites - Banjska rock, the "Red Brook" Nature Reserve, which includes the site "Carpet Meadow", roe deer feeders, the viewpoint of Lake Zaovine and Perućca, sharp rocks, hunting checks, habitats of Pančić's spruce, valley of hikers and other places near the facility. Optional excursions may be organized to HPP "Perućac", Bajina Bašta, SC "Kadinjača", Rača Monastery, Vrelo River, Zaovine Lake, Mokra Gora settlement, Museum-tourist complex "Šargan Eight", "Kremna" settlement, tourist zone "Predov cross".



METHOD OF PAYMENT:

35 EUR upfront to book a place;

The remaining amount can be paid in monthly installments, no later than 7 days before the trip (at the parents' meeting before the trip) - 7 installments of RSD 4,000 each;

For parents and individual guests who will be accommodated in the central pavilion:

The price of full board is 3,000 dinars for adults, for children 3-7 years the price of full board is 23 EUR dinars and for children from 7 to 15 years 25 EUR. The price includes insurance, without residence tax (this must be paid additionally). The price of transportation is 40 EUR per person for both directions. You can contact us with any other questions.

THE PRICE OF THE SEMINAR INCLUDES:

- ✓ Transportation by bus on the route Belgrade, Club for martial art "Zemun", Ugrinovačka 104 – Mitrovac, Tara - Ugrinovačka 104 (360km)
- ✓ Full board for 7 days, accommodation in multi-bedded rooms with shared bathrooms, service based on full board and snacks (breakfast, lunch, snack and dinner)



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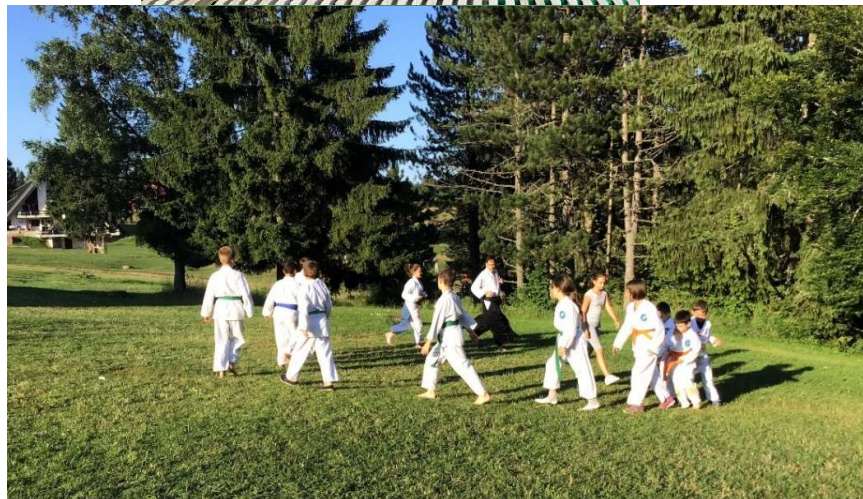
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- ✓ Use of the sports fields for basketball, volleyball, football...
- ✓ Morning and evening aikido trainings - **seminar fee**
- ✓ Preventive 24-hour health care
- ✓ Travel organization costs
- ✓ Residence tax and insurance

THE PRICE OF THE SEMINAR DOES NOT INCLUDE:

- ✓ Use of the swimming-pool – 2 EUR per person per a time-slot;
- ✓ Optional excursions;
- ✓ Individual and other expenses of seminar participants;
- ✓ Table tennis and billiards - rent by the hour.

In case of changes in the monetary market or an insufficient number of registered passengers, we reserve the right to adjust the prices, change the program or cancel the trip no later than 7 days before the start of the trip.





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AIKIDO SEMINAR - briefly about the importance of this type of activity...

An Aikido Seminar or a school in nature, or an Aikido camp, or summer training, or a club recreation...all that can be summed up within this type of our activity. That is why it is simply easier to say: "AIKIDO SEMINAR".

The summer multi-day aikido seminar takes place in the period when there are no regular trainings, and it has a multiple role:

- Aikido Seminar is led by aikido trainer Dejan Žuža, black belt master 7th DAN, who has led over twenty seminars of this type with over 600 participants in total;
- To make up for or "interrupt" the usual two-month (and for some clubs even three-month) break in aikido training; to complete and freshen the knowledge during the summer months for those who miss aikido during that period, i.e. real aikido fans;
- It brings together members from different aikido clubs who do not have the opportunity during the year to visit other clubs and meet other members who practice in the Aikido club "Singidunum" O.Š. "Drinka Pavlović"-Stari Grad, Martial Arts Club "Zemun" in Ugrinovačka 104 or other clubs of the Serbian Aikido Association;
- To enable exchange of experiences, comparison of knowledge, but not for the purpose of rivalry, but with the aim of gaining greater self-confidence and awareness of the acquired knowledge;
- To make new acquaintances that can turn into real friendships, because at the Seminar there is enough time for intensive socializing in a relaxed atmosphere where we are not burdened by hours, appointments, etc.;
- To get to know the coach better, delve deeper into the lore of aikido, the meaning of training, the world of martial arts in general and get useful answers, in a direct conversation, to many questions that might have been asked during the season, but there was not enough time for that;
- During the Seminar, due to the unlimited space and time for practice, aikido training allows greater freedom and creativity. Thus, the training is enriched and even more interesting, providing a new dimension - working with wooden weapons...defense against multiple attackers, etc.;
- Trainings take place in the open and fresh air in completely natural conditions;
- Younger members are taught greater independence, self-organization, self-discipline and discipline in general, personal hygiene, consistency and persistence.
- In relation to others, students become more tolerant, they socialize, learn to give and share, make direct contact with living beings without virtual obstacles in the form of electronic and screened aids, i.e. devices such as phones, televisions, computers, video games, social networks, etc.
- They get used to a regular, varied, and proper diet, a sleeping and waking regime with a daily routine of a healthy life, and in return they receive enough understanding, attention and love.
- At the seminar itself, they learn about the cultural, geographical and historical characteristics of the place where they are located and the values that can be recognized there, i.e. the plant and animal life that characterizes the area;
- During the seminar, they are in a good company, they respect the authority of the master and all the time they learn to behave and treat others nicely, they adapt and solve various everyday situations. They use moral principles and true values of family, culture and tradition.
- During the daily activities, entertainment and evening gatherings with songs, jokes and various shenanigans, some unforgettable moments are experienced that are later shared for generations.