

RAFTING GUIDE TRAINING, IRF, STRUMA RIVER, KRESNA – SIMITLI, BULGARIA
Official dates: 28.03-01.04.2016

INSTRUCTORS:

Alexander Pastir, Bosnia - IRF instructor, class 3.

Davor Kos, Croatia - IRF instructor, class 4/5.

Local organizer : Adventure Net, email: office@adventurenetbg.com, adventurenetbg.com

Place:

Struma River, class 3 IRF, Kresna Gorge, between Simitli and Kresna towns.

The training will include the next modules:

- ✓ Common theoretical part. Safety briefing.
- ✓ Paddling techniques, guiding techniques. Flip and re-flip.
- ✓ Communication in the river. Signals.
- ✓ Rescue and self-rescue techniques. Swimming in the river. Safety rope. First aid.
- ✓ Rope, nuts, rope systems.
- ✓ Scenarios and situations in the river.

Detailed program will be announced soon.

Each participant should have:

- First aid certification.

- Full equipment (paddle, helmet, life jacket, throw bag, knife, and flip-line).

If you need any equipment, we can provide it upon a request.

Price and payment:

The course fee is 100 EUR (free for women) + additional expenses for food, transport and accommodation for the course instructors (including local transport with buses and trailer). Expected amount is around 30 EUR per person.

Important! There will be organized pre-training and workshop for beginners 3 days before the official dates (from 25 till 27.03 when the beginners can prepare for the official training). Extra pay is 30 EUR per person.

IRF guide card and IRF's guide database:

Those who pass the exam need to be included in the IRF's guide database and receive an IRF Guide Card. Each participant must have paid registration fee to the IRF (guides – 40 USD; trip leaders – 60 USD), present first aid certificate and be more than 18 years old.

Accommodation:

We provide support with arranging accommodation if needed:

- Tents in Adventure Net camp
- Eco village Debeli Dab, village Stara Kresna: 20 BGN per person in double room with hot water, WC,
- 3 * hotel „Brioni” in the town of Kresna: 20 BGN per person in a double room, WC, hot water.
- Motel at Kresnenski Hancheta : 20 BGN per double room with WC, hotwater.
- Local family houses in the nearby villages: 15 BGN per person with WC, hot water
- If you need reservation or some other equipment – please contact us.

There are hot springs in the area!

Food:

There are several dining options in the region – at the Adventure Net camp, Eco village Debeli dab, the restaurants in Kresna, Kresnenski Hancheta or self-catering in Kresna shops.

*Changes in the program are possible depending on weather and other unforeseeable events for which all participants will be informed accordingly.

Contact: office@adventurenetbg.com, Emilia Begunova, Phone: +359 888889371, office: +359(02) 9446765

*** After the course all are welcome on the official rafting open season ceremony on 2 April 2016