

RAFTING GUIDE TRAINING, IRF, STRUMA RIVER, KRESNA – SIMITLI, BULGARIA

Official dates: 31.03-03.04.2015

INSTRUCTORS:

Alexander Pastir, Bosnia - IRF instructor, class 3.

[Davor Kos, Croatia](#) - IRF instructor, class 4/5.

Emil Begunov, Bulgaria - IRF instructor, class 3.

Local organizer - Adventure Net, email: office@adventurenetbg.com, <http://adventurenetbg.com/>

Place:

Kresna Gorge, Struma River, class 3 IRF

Every day theoretical and practical training, training on the river, from 9am to 17pm.

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.

For beginners!

It is possible to organize additional training for beginners before the course!

Detailed program will be announced soon.

Each participant should have:

- First aid certification (must be brought to the workshop as well as any log book of experience)
- Full equipment (paddle, helmet, life jacket, throw bag, knife, and flipline).

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

Payment and price:

The course fee is 100 euro (free for women) + additional expenses for food, transport and accommodation for the course instructors, including local transport, drivers for the participants' buses and boat trailer (Expected amount is around 20-30 E per person).

IRF guide card and IRF's guide database

за гидове – 35 евро; за трип лидери – 55 евро.

In order to be included in the IRF's guide database and to receive an IRF Guide Card, each participant must have paid registration fee to the IRF (guides – 35 E, trip leader – 55 E), present first aid certificate and be 18 years or older when passing the exam.

Accommodation:

We provide support with arranging accommodation if needed:

- Tents in Adventure Net camp
- Eco village Debeli Dab, village Stara Kresna: 20 lv. 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 a course of 4 to 5 April 2015 will be held rafting competition - European Cup and National Championship R6, Struma, Bulgaria.