



International Bothmer Summer Week in Polička, Czech Republic 22 July 2018 - 28 July 2019

We are happy to welcome you to Polička for the **2019 Bothmer® International Summer Intensive!**

Polička is situated on the border between Bohemia and Moravia, and serves as a gateway to the Žďár Hills, one of the most beautiful parts of the Czech-Moravian Highlands. The picturesque town of Polička lies hidden among the hills, surrounded by charming countryside full of flowery meadows, rocky hills and valleys threaded with streams.

Polička was founded in 1265 by King Přemysl Otakar II of Bohemia. It used to be a dowry town of Czech Queens in the past, and was one of the richest cities in Eastern Bohemia during 18th century. An impressive 1220 metres long wall, fortified by 19 towers, encircles the historic town centre and it even has a gallery, which is partly open for the public. The town walls are amongst the best-preserved fortification walls in central Europe.



One of town's dominant landmarks is the Church of St James, built in Neo-Gothic style in the years 1853-1865, after the old church burned down in a huge fire in 1845. A firewatcher's room was later established in the tower of the new Church. There, high above the rooftops, a famous Czech composer Bohuslav Martinů was born. The tower is open to public and has a wonderful panoramic view of the town of Polička.



A fine Marian Pillar, one of the most remarkable monuments of its kind in the Czech Republic, is located at the main square, near to the baroque City Hall with

its Municipal Art Museum. Just around the corner from the square there is the Bohuslav Martinů Centre which houses a new exhibition about the life and work of the composer as well as a display detailing the history of the area and exhibitions of local glassworks.



Polička is a small and peaceful town. The people are hospitable and friendly. You can get everywhere on foot or by bike. For the town of its size (population just below 10.000) it is equipped with some excellent cultural and sport facilities and hosts many cultural and sport events throughout the year. The outdoor swimming pool, with a beach volleyball court, is a place to be in summer while in winter the municipal ski slope, right on the edge of town, offers a great outdoor experience.

About the week:

Date: 9:00 am Monday, 22 July 2019- Midday Sunday, 28 July 2019

Arrival and registration: Sunday afternoon, 21 July 2019 at the Elementary School, Masarykova základní škola Polička

Address for registration: Nábřeží Svobody 447, Polička 572 01

The intensive week will have a similar schedule to the last years. We will have Bothmer gymnastics in different groups in the morning. After lunch we will enjoy the afternoon courses and at the end of the afternoon we can join some sport activities. We will round the day off with a variety of organised evening activities with plenty of room for personal initiatives.

There are three different categories of morning courses. Students of the current trainings will be assigned to a group. These groups will have the chance to work with several teachers during the week (Jessie Delage, Eric van Wijnen, Rob Sim, Márton Szűcs, Stephan Thilo and Dmitry Milakov). Postgraduate Bothmer

gymnasts have the choice to either join the group of the current students or to attend the postgraduate course. The postgraduate course will be led by Adrian Constantinescu and László Varga-Szemes.

For people who are currently not in a Bothmer gymnastics training, we will be offering an Open Bothmer course. This course is suitable for beginners as well as for people with experience! The course will be taught by Martin Baker and Kevin Campbell Davidson.

This year we are offering the possibility of signing up for the afternoon courses, which will be during the first afternoon session, on the registration form. Please be aware, that some of the courses have limited places and we will be filling the places in the order of the arrival of the registrations. These activities are offered as a course running from Monday to Saturday (except Thursday).

You can choose from the following activities:

Afternoon Courses:

1. Eutony with Jessie Delage (France/Spain)

The sensory experiences of our body help us to understand and regulate our muscle tonus adapting it to the situations we find ourselves in.

This workshop will explore and stimulate especially the functions of the skin (touch and contact) and of the bone-system (the conscious use of the skeleton reduces stress and unnecessary activity in posture and movement).

We will work with individual exercises as well as in pairs and in small groups.

Gerda Alexander (1908-1994) developed her method between the first and second world war, partly for her own need to save her vital forces, and partly because of her work as a Dalcroze eurythmist with children, artists, musicians and dancers.

Eutony promotes ease of movement and freedom of gesture through its effect on both physical and psychological tensions.

Jessie Delage is the leading teacher of the Bothmer training in Spain, professor of Eutony, trainer in curative education and a traveler.

Please bring socks, warm clothes and something to lay on (blanket, camping mat, sleeping bag) with you!

2. Embodiment with Birte Kjaer (Denmark)

We will be working with movement exercises with the aim of integrating retained infant reflexes. Slow, gentle and precise exercises lying on mats. The core of the exercises is the rotational movement of head, neck and upper body. Please bring a *blanket and two balance pads* if it is possible!

Birte is the leading teacher of the Bothmer Training in Denmark and she is a certified Embodiment therapist.

Birte Kjaer was kind enough to offer to bring balance pads for those who do not have them. These pads have been especially made for Embodiment and we are shipping them from Denmark to Polička and back. If you would like to use these balance pads, we will kindly ask you to contribute toward the shipping fees by paying a rental fee of € 5 /pad for the week. (Please note that the cost will be € 10 for the week, as you need two of them!)

Maximum number of participants: 20

3. *Massage* with Otto Karkus (Hungary)

We are going to learn the basics of the Pressel Massage. The focus is going to be on the social aspect of the massage and on what the massage can offer for interactions of people.

Costs: € 2 (massage oil)

Maximum number of participants: 20

Otto is one of the lead teachers of the Hungarian Bothmer Training, a movement therapist, Waldorf teacher and lecturer.

Please bring a camping mat, a bed sheet (please not a fitted one!) and a blanket or sleeping bag!

4. *Handclapping games* with Kevin Campbell Davidson (Great Britain)

Handclapping games are rich pedagogical activities, weaving together movement, language and music. We can develop authentic connections with others, experiencing diversity of character through movement and collaborative creativity. In this workshop we will learn a wide range of different handclapping games and songs, building day by day, and exploring variations to deepen the activities.

Kevin is a Bothmer gymnast, Waldorf teacher, lecturer, games and dance instructor, actor and musician.

5. *Mime* with Csaba Méhes (Hungary)

We will get to know the classic, Decroux pantomime technique (“mime pure”), body isolation, unconventional movement possibilities and we will explore how to create fictitious objects and how to handle them.

We will look at the use of space from the point of view of mime. Through situational exercises, we will examine the importance of the actor's presence on the stage, the rhythm of the actor's play, his/her relationship with the partner and the environment. With the help of improvisational exercises, we will aim at presenting short pieces by the end of the week.

Csaba is a Bothmer Gymnast, internationally acknowledged mime artist, drama and clowning -teacher, actor, comedian and entertainer

Maximum number of participants: 25

6. Bothmer Exercise Clinic

Participants in the introductory course will be working in one group, students on current trainings and postgrads will be working in another group.

You will be working every day on a different Bothmer exercise with a different teacher.

How to get to Polička:

Public transportation:

All bigger airports in Europe offer flights to **Prague**. You can also arrive to Prague by train or coach. The best way to get to Polička from Prague is by train, although there is no direct connection. If you arrive to Prague by plane to Vaclav Havel Airport (PRG), you can take the Airport Express Bus (AE) straight to Prague's main railway station.

If you arrive to Prague by bus most companies stop at Florenc bus station, which is on the underground (Metro) just one stop from the main railway station (line C). Some companies (FlixBus) also stop at the main railway station.

From Prague's main railway station (Hlavní Nádraží) there are trains in a two-hour-interval going to Svitavy (direction Brno) where you change for a local train to Polička. The whole journey takes 2,5 hr. You can also take a train to Česká Třebová and change there for Svitavy and again for Polička. If you travel from Ostrava (direction from Poland) you get off at Česká Třebová as well. If you travel from Brno (direction from Slovakia, Hungary, Austria) you get off at Svitavy.

For train (and bus) timetables go

to: <https://jizdnirady.idnes.cz/vlakyautobusymhd/spojeni/>

How to get to Polička by car:

Those travelling from *Germany* will need to go via Prague and then either take the motorway D1 to Humpolec where they exit (Exit 90) onto the road 34 which will take them to Polička (via Havlíčkův Brod and Hlinsko). As the motorway D1 tends to be jammed due to an extensive reconstruction (road works) it may be advisable to take motorway D11 from Prague either to Pardubice or Hradec Králové and then road 35 or 36 to Polička (via Vysoké Mýto and Litomyšl).

Those travelling from *Hungary and Slovakia* will need to go via Brno (motorway D2) and from there take the road 43 to Svitavy and then road 34, which takes them to Polička.

Those travelling from *Poland* could come via Ostrava following motorway D1 to Olomouc and from there by motorway D35 to Mohelnice. From Mohelnice it is road 35 all the way to Polička (via Svitavy).

The motorways in the Czech Republic are subject to a time-based fee, paid by the purchase of a windscreen **toll vignette** with a validity of either 10 days (310 CZK) or 1 month (440 CZK). The vignettes are sold at petrol stations.

Organised transport from Prague:

We are renting a bus taking all interested participants from Prague to the location of the summer camp. You can sign up for the bus on the registration form. Please note, that this is a binding registration, since we are booking a seat for you on the bus.

You can sign up for the bus **till 26 May**.

Cost: € 10 one-way. (Based on a full bus! If the bus is not full, the price might be slightly higher!)

Pick up point: Prague Main Railway Station (Hlavní Nádraží)

Pick up time: 4:00 pm, Sunday, 21 July 2019

Rental car

There are several rental companies at the airport. You can book a car online:

<https://www.prg.aero/en#/>

Under the heading "After Arrival" you will find the option for car rentals

Accommodation:

Classroom:

Sleeping in the **classrooms** costs **€ 35** for the week (7 nights, Sunday to Sunday) per person. There are no mattresses available, so please bring your sleeping bag, camping mat and whatever you need for a good night sleep.

If you want to book individual nights, one night is **€6**.

This year we got some mattresses, which you can rent for the week. The number of those is limited, so please sign up for it early (first come, first served). You can indicate it on your registration if you would like to rent a mattress.

There is a big kitchen with adjoining dining room, which we can use. The kitchen is not the school kitchen. It is used for teaching students how to cook and bake. It

is in a separate wing of the school (not where the regular classrooms are, where we will be sleeping!)

Dormitory rooms:

There is a dormitory just across the street from the big gym we will be using. The dormitory has only double rooms (two single beds). Each room has a small bathroom with a shower and toilet. There is also a spacious kitchen on each floor with dining room.

This is a dormitory, so please do not expect hotel quality! The rooms, as well as the kitchen, are simple and used, but they are clean and serve their purpose. Bedding will be provided, please bring your towel!

The dormitory costs € 10 per person per night, based on double occupation.

Rooms will be offered on first come, first served basis!

Tents and caravans:

There are a few places available for tents and caravans (we have about 7-8 places for tents and 2-3 places for RVs). These places will be given away on first comes, first served basis! If you have a big tent, please let us know on the registration form in the remarks section! (because of space reasons) Thank you!

Cost: € 35 for the week per person (7 nights, Sunday to Sunday)

We recommend that you arrive on Sunday, 21 July and leave on Sunday, 28 July. If you would like to spend additional nights in Polička before or after these dates, please contact Krisztina!

Hotels and bed & breakfasts:

Here is a list of hotels and bed & breakfasts. These are all within 10-15 minutes walking distance to the gyms.

<http://www.hotelpivovar.eu/>

<https://www.ubytovani-policka.cz/>

<https://www.hotelopus.cz/>

<http://www.penzionnachalupe.cz/>

<http://www.upurkmistra.cz/>

<http://parkany.cz/>

<http://penzionotakar.cz/>

There is also a hotel and camping site 4 km from Polička:

<https://www.deoudewatermolen.nl/en/>

Food:

Early bird prices, with registration before and on 12 June 2019

Full board: € 60 (Starting Monday breakfast, finishing Sunday breakfast, without supper on Thursday)

Lunches only: € 35 (Monday to Saturday)

Prices after 12 June 2019:

Full board: € 80 (Starting Monday breakfast, finishing Sunday breakfast, without supper on Thursday)

Lunches only: € 45 (Monday to Saturday)

The food will be seasonal and mainly made of regional produce.

You will have the choice of meat, vegetarian or vegan food. This year we are also offering **gluten free** option!

Please make your choice on the registration form.

If you have any food allergies or special dietary needs, please contact Krisztina or write it into the remarks section of the registration form, detailing your exact allergies and needs! Please be as specific as possible!

Please note, that we will NOT be able to offer food based on single meal orders or take orders for only certain days! Your food order is for the whole week.

In addition to the weekly package, there is the possibility of ordering supper for the Sunday evening, 21 July (€ 6) and lunch for Sunday, 28 July (€ 6), if there is a minimum of 50 orders. (Gluten free meals are € 7)

There are several shops, restaurants, cafes, bakeries and take-away services close to all of our locations.

Wi-Fi:

Free Wi-Fi is available in all gyms, most dormitories, cafes and restaurants.

Tuition:

Early bird registration till 12 June 2019:

- Participant on current four year course € 120
- Postgraduate € 140
- Visitor, interested participant € 130

Registration after 12 June 2019:

- Participant on current four year course € 140
- Postgraduate € 160
- Visitor, interested participant € 150

To ensure that you get a place, please make sure that you register early!

Thursday afternoon outings:

We will have the Thursday afternoon (25 July) free. This is your time to socialise, to get to know Polička a bit more, to visit towns nearby or to have a rest. You will have plenty of choices and as we get closer to the actual dates, we will be sending you more information about the different possibilities.

However, for one of the outings we will be using a bus. We need to book the bus in the coming weeks, so if you are interested in this outing, please sign up on the registration form.

Litomyšl - a beautiful historical town with a UNESCO World Heritage site (the Castle) where a world famous composer Bedřich Smetana was born. You can read about the town and get a first impression from some photos here:

<http://www.litomysl.cz/?lang=en>

Cost: bus: €10, guided tour: € 3-4

We will be leaving at 2:00 pm from the school. The guided tour will start at 3:00 pm and will show you the main attractions of Litomyšl (about 90 min). Afterwards you will have free time to look around, visit museums, have dinner or even go swimming at the local swimming pool.



Attending the intensive week with family and friends:

We are glad, if you bring your family and friends with you for the week. All friends and family members older than 18 are welcome to sign up for the Open Bothmer gym course! If you bring your children, please make sure that you have an accompanying adult, who can take care of your children, while you are busy. Children are not invited for the morning sessions. There might be some afternoon sports and games sessions where they are welcome. This will be announced during the week in the mornings.

Morning activity for children:

This year we are offering organised morning activities for children aged 6-14. Three teachers are going to pick up the children at 9:00 am at the gym and will bring them back there by 1:00 pm. The mornings will be spent with various activities depending on the weather (games in the park, going swimming, visiting a medieval castle, making art, etc.).

Cost: € 50 per child for the week (including a mid-morning snack and all entrance fees)

On the registration sheet please let us know the name, the gender and the age of your child!

Please note: this service we can only offer if there are at least 10 children!

To ensure that you get a place, please make sure that you register early!

Please make sure that you fill in a registration form per person when booking food and accommodation (even if your accompanying family member or friend does not participate in the courses). Thank you!

You can register online using the following link:

<https://tinyurl.com/y5rraqd5>

Please be aware that the **early bird prices** for food and course fees are only valid till midnight, **12 June 2019!** Registrations arriving after this date will be charged with the normal fees.

If you have any questions or would like to use a different way of registration, please contact Krisztina at krisztina@bothmer-movement.eu