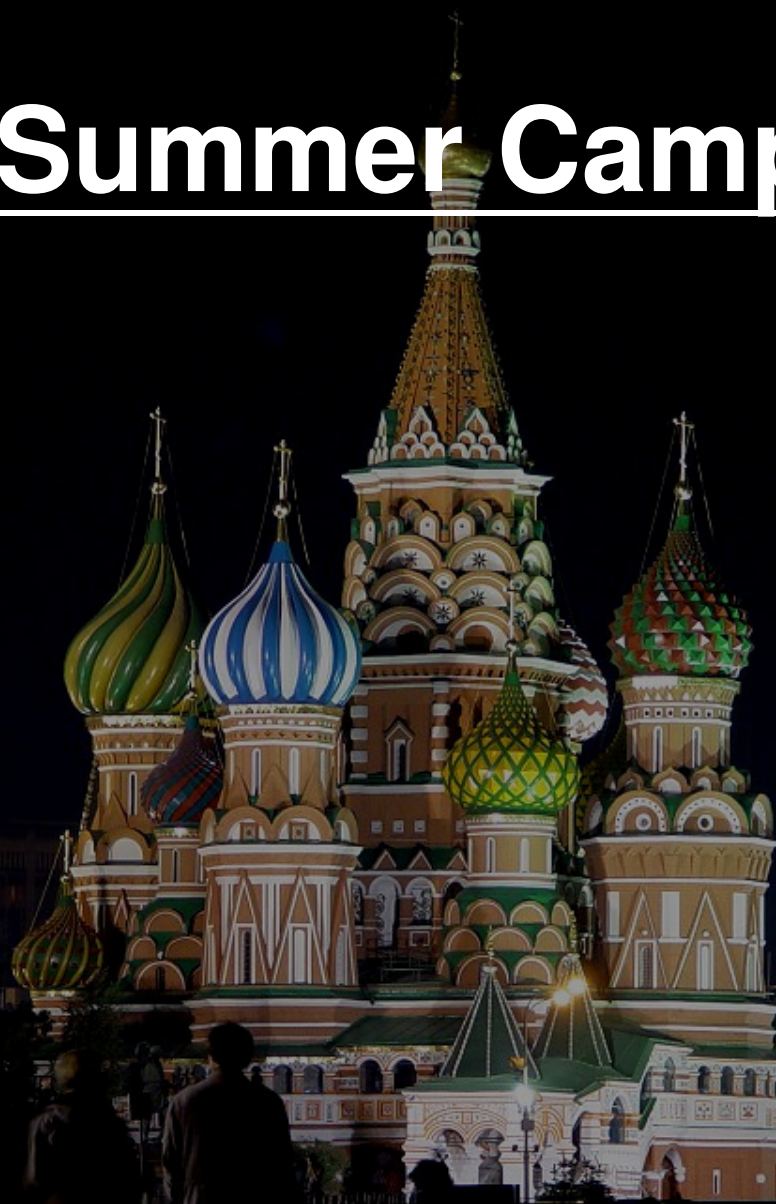


Russian Summer Camp 2013



2013 俄羅斯夏令營

Camp Information 訓練營資料

Date of Camp 訓練營日期	July 30, 2013 – August 11, 2013 (2013年7月30日 - 8月11日) *Participants should arrive on July 30, 2013 or before *參賽者應於2013年7月29日或之前抵達當地
Accommodation and Rink Information 住宿和溜冰場資料	Ice Styles Ice Hockey Camp Facilities: Dormitories and Hotel Address 地址：143200 Moscow city Mozhaik st. Mira, 15 Tel 電話： +7 (903) 590-9284 +7 (906) 065-2883 +7 (963) 626-3926
Emergency Contact in Russia 俄羅斯緊急聯絡	Michael Lam 林懷高先生 (RUS 俄羅斯) TBC (HK 香港) 852- 6432 6135



Logistic Information 行程資訊

Departure Date 出發日期	July 30 th , 2013 (2013年7月30日)
Airport – Hotel 由多莫傑多沃機場 往酒店/訓練營場地	A 40-seats coach arranged to pick up from Domodedovo International Airport in Moscow, Russia 大會安排一部40座旅遊車由 多莫傑多沃機場 接載往 酒店/訓練營場地 http://www.travelallrussia.com/russia-travel-news-and-stories/russia-taxi-r27.html
From Domodedovo Airport 離開多莫傑多沃機場	Departing time: 9:00 am 離開時間：9:00 am
Return Date 回程日期	August 11 th , 2013 (2013年8月11日)
Hotel – Airport 由酒店/訓練營場地 往多莫傑多沃機場	A 40-seats coach arranged going to Domodedovo Airport on the next day after the camp is finished. 大會安排一部40座旅遊車由 酒店/訓練營場地 接載往 多莫傑多沃機場
To Domodedovo Airport 往多莫傑多沃機場	Departing time: 1:00 pm 離開時間 1:00 pm
Tour Dates 遊覽日期	August 5 th , 9 th (2013年8月5日、8月9日)
Palace of Sport Bagration to Moscow 由訓練營場地往莫斯科	A 40-seats coach arranged going from Ice Styles Hockey Camp Facilities to Moscow on the above dates 大會安排一部40座旅遊車由 訓練營場地 接載往 莫斯科

Travel Document (旅遊證件)

Passport (護照)

The Agreement between the Government of the Russian Federation and the Government of the Hong Kong SAR of the PRC on Mutual Exemption of Visa Requirements for Nationals of the Russian Federation and Permanent Residents of the Hong Kong SAR of the PRC came into force on 1 July 2009. The Agreement provides for a mutual visa-free access to the nationals of the Russian Federation and permanent residents of the Hong Kong SAR (holders of the Hong Kong SAR passport) for a stay of up to 14 days in the area of the Hong Kong SAR and the territory of the Russian Federation respectively.

Visas (簽證)

Hong Kong Passport holders are given 14 days of travel in Russia visa free.
Canadian, US, Australian and Chinese citizens require visa application to the Russian Consulate
Travelers should always make their visa arrangements in advance in their home country.

Please visit the consulate website here: <http://www.russia.com.hk/>

詳情請瀏覽俄羅斯聯邦駐中華人民共和國香港特別行政區總領事館網址 <http://www.russia.com.hk/>



WEATHER (天氣概況)

During the summer months, from May till October, Moscow's temperature is an average high of 23° C while the low fluctuates between 8° C and 13° C. Nighttime may remain somewhat chilly as the temperature dramatically drops in Moscow. July is both the hottest and wettest month of the year with more than 25° C of average high and around 90mm of precipitation. For more information <http://www.weather-and-climate.com/average-monthly-Rainfall-Temperature-Sunshine,Moscow,Russia>

Average minimum and maximum temperature over the year

The monthly mean minimum and maximum daily temperature. Show temperatures in [Fahrenheit](#) »



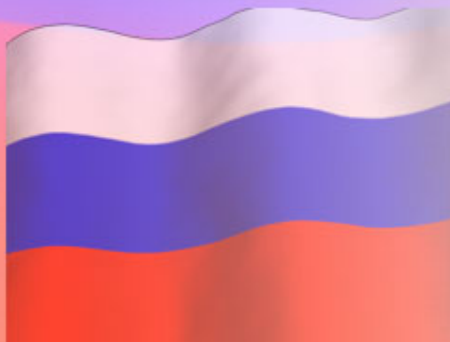
Average monthly hours of sunshine over the year

This is the monthly total of sunhours



Average monthly precipitation over the year (rainfall, snow)

This is the mean monthly precipitation, including rain, snow, hail etc.



Currency (貨幣)

Russian currency is called **рубль** (ruble 盧布), often abbreviated as RUB.
The unit of ruble is 100 kopecks (*kopecks* 戈比) The conversion among the three is:

- 1 ruble = 100 kopecks (1盧布等如100戈比)
- RUB is issued both in notes and coins. The denominations of paper notes (ruble) include 5000, 1000, 500, 100, 50, 10. The denominations of coins (ruble) are 10, 5, 2, 1 and then coins (kopek) 50, 10, 5, 1.
- **Credit cards (信用卡)**
Credit cards, especially Visa and MasterCard, are becoming more widely accepted, not only at upmarket hotels, restaurants and stores. You can also use your credit card to get a cash advance at most major banks in Moscow.



ELECTRIC VOLTAGE (電壓)

Russia uses a 220 volt so electric appliances from countries that use 220/240 will operate without any adapter. Please note that power outlets only accept the plugs below. If you have a computer or charger for electronics, most are dual voltage meaning they can operate on 110-120 and 220-240 Volts. Please check carefully on your electrical charger or device before plugging it into the socket. 當地電壓為 220 伏特，請留意隨身用品之電壓。



MEDICAL (藥物管制)

Visitors bringing in a quantity of medication are advised to carry a doctor's certificate. 如需攜帶藥物，請配備醫生證明。

DRINKING WATER (飲用水)

National tap water is NOT recommended for drinking, though boiling water prior to consumption is advisable.

Buying bottled water for brushing your teeth and drinking is also advised.

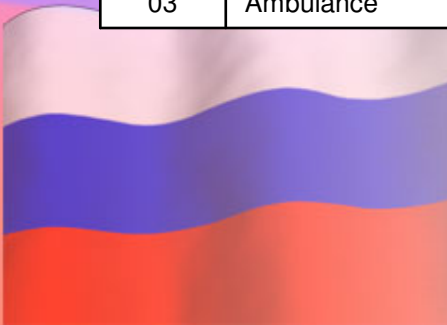
不建議直接飲用或未經煮沸的水，建議購買樽裝水作飲用及漱口用。

TELEPHONE (緊急電話)

01	Fire service
02	Police
03	Ambulance

PUBLIC SECURITY (公眾安全)

- Keep valuable items safe especially passport, cash, or camera, never left in a parked car or vehicle. 請勿留低貴重物品如護照、現金、相機在車上。
- Avoid remote dark areas at night time 盡量避免逗留在昏暗地區
- To carry a basic first aid kit in case of emergency use 建議隨身攜帶緊急藥箱



HOCKEY EQUIPMENT ARRANGEMENT (冰球用具安排)

- Each student will be responsible for their own set of equipment. Students are expected to get ready on their own and dress down on their own.

每個學生需自行準備個人的冰球裝備，並於每次訓練前自行穿著妥當。

MEAL ARRANGEMENT (膳食安排)

- Daily breakfast and lunch will be served at the dormitory mess hall. For other meals, students will be arranged by coaches to arrange dinner.

主辦單位會負責供應每日的早、午餐，晚餐則會由教練負責安排，並由學生協助處理。

ACCOMMODATIONS (住宿安排)

- Rooms with bunk beds 4 students to a room will be provided. Curfews will be strictly enforced with coaches checking rooms during bed time. Parents will have the choice to stay in the hotel which is also run by the camp organizers. The cost per night is USD50.00 per night.

<http://www.hockeycoach.ru/hockeyrangers/isestyleklinhc>

訓練營的宿舍的房間配有2張雙層床，供4個學生使用。就寢時間後會實施宵禁，教練亦會巡查各房間。

家長可入住由主辦單位營運的酒店，房價每晚 \$50美金。



TRANSPORTATION (交通安排)

- Transportation will be provided for our participants for transport from the airport to the dormitories and to the rink and vice versa. For other guests, transport must be arranged individually. For the touring students participating in the camp will be provided with transport along with parents. 主辦單位會將提供往返機場至宿舍、及宿舍至溜冰場的交通，其餘隨行家長需自行安排出入之交通。參與外出遊覽的學生，主辦單位亦會安排交通，隨行家長則需自行安排。

INSURANCE (個人旅遊保險)

- All students will be responsible for acquiring their own travel insurance for the duration of the summer camp. This travel insurance should include basic coverage for medical care / hospitalization while overseas as well as lost luggage or other inconveniences caused while traveling. All students are advised to carry with them a copy of their insurance provider's contact details with them in case of emergency. 所有的學生需要購買個人旅遊保險，包括基本的醫療及住院保障、行李遺失等其他意外。建議學生於訓練營的行程期間，隨身帶備旅遊保單的副本，以應付緊急事故。

CLOTHING (適合服飾)

- For travel during summer, your clothing should be casual and designed for comfort. Bring light cotton clothes that are easily washed and not too delicate. HKAIH t-shirt will be provided and should be brought along when we go out to events. Please note that the evenings are chilly and students should bring sufficient clothing when it is bed time.

訓練營於當地的夏季舉行，請準備輕便及舒適的服飾。建議可穿較薄的棉質衣服，容易清洗。香港冰球訓練學校亦會提供本校的T恤，在外出活動時用。請注意，當地日夜溫差較大，晚上會較為寒冷，學生應攜帶足夠的衣物作保暖用。



Practice Day Schedule (訓練日程)

8:00 am to 8:30 am	-	wake up 起床
8:30 am to 9:15 am	-	breakfast is served 早餐
9:15 am to 9:30 am	-	bus to ice rink (8km - 15 minutes) 坐車到冰場
9:30 am to 10:00 am	-	get ready for ice hockey practice 裝備
10:00 am to 11:30 am	-	ice hockey practice 冰球訓練
11:30 am to 11:40 am	-	prepare for departure 收拾及準備往另一訓練場地
11:40 am to 12:00 pm	-	bus to dorms 交通
12:00 pm to 1:00 pm	-	dry land fitness in gymnasium 陸地訓練
1:00 pm to 1:15 pm	-	get ready for lunch 收拾及準備午餐
1:15 pm to 2:15 pm	-	Lunch 午餐
2:15 pm to 3:30 pm	-	nap or free time 小休
3:30 pm to 4:00 pm	-	bus to ice rink (8km - 15 minutes) 交通
4:00 pm to 4:30 pm	-	get ready for ice hockey practice 裝備
4:30 pm to 6:00 pm	-	ice hockey practice 冰球訓練
6:00 pm to 6:15 pm	-	prepare for stretching 熱身運動
6:15 pm to 6:30 pm	-	stretching exercises 伸展訓練
6:30 pm to 6:45 pm	-	prepare for departure to dorms 收拾
6:45 pm to 7:00 pm	-	bus to dorms 交通
7:00 pm to 7:15 pm	-	prepare for dinner 小休
7:15 pm to 8:00 pm	-	Dinner 晚餐
8:00 pm to 8:45 pm	-	stick handling class 控球訓練
8:45 pm to 10:00 pm	-	rest / free time 小休
10:00 PM	-	bed time 就寢

The Rink 溜冰場

Palace of Sport Bagration

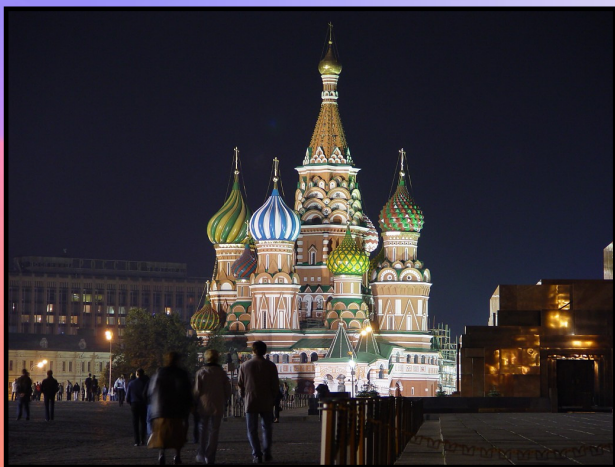
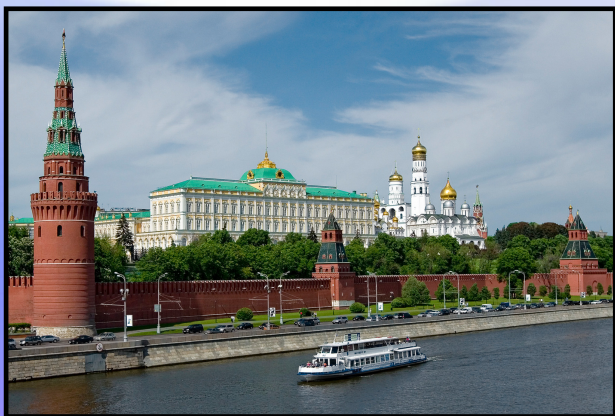
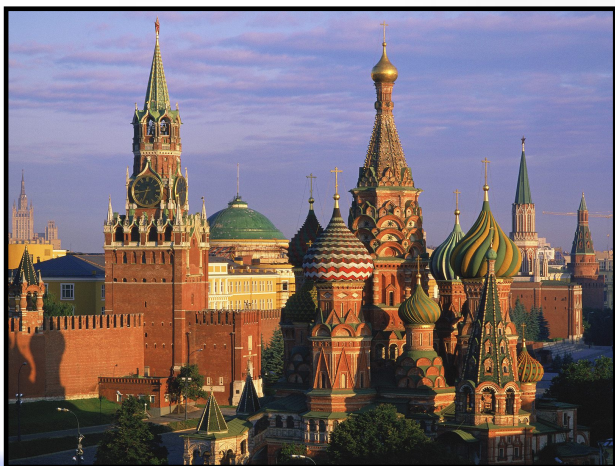




Gymnasium 體育館

Off Ice Training 陸地訓練





Camp Schedule from July 30 to August 11, 2013
訓練營行程表 (2013年7月30日至8月11日)

July 30, 2013 7月30日	-	Arrive in Moscow, Travel to hockey camp 抵達莫斯科，乘車到訓練營
July 31, 2013 7月31日	-	Practice day 訓練日
August 1, 2013 8月1日	-	Practice day 訓練日
August 2, 2013 8月2日	-	Practice day 訓練日
August 3, 2013 8月3日	-	Practice day 訓練日
August 4, 2013 8月4日	-	Practice day 訓練日
August 5, 2013 8月5日	-	Bus to Moscow, excursion 乘車到莫斯科遊覽
August 6, 2013 8月7日	-	Practice day 訓練日
August 7, 2013 8月7日	-	Practice day 訓練日
August 8, 2013 8月8日	-	Practice day 訓練日
August 9, 2013 8月9日	-	Bus to Moscow, excursion 乘車到莫斯科遊覽
August 10, 2013 8月10日	-	Practice day 訓練日
August 11, 2013 8月11日	-	Travel to airport, flights home 乘車往機場返港

Map of the camp area 訓練營及周邊地圖

