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| Dokumendi omanik |
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|  1 PEREKONNANIMI \* |  2 EESNIMI \* |  3 AADRESS |
| Tommiegek | Tommiegek |

Effective Techniques for Dark Mountain Bike

Nighttime mountain biking can be an exciting journey if undertaken with the proper techniques and precautions. Initially and most importantly, make sure you have a powerful and reliable lighting setup, with one beam attached on your bike and another on your headgear to provide sufficient lighting and maneuverability. Intense, variable beams aid you handle paths and spot hindrances more smoothly.

Donning bright apparel and gear enhances your presence to others, enhancing security. Commence by riding well-known trails to get accustomed to the unique challenges of biking in the dark before exploring new places. Keep a controlled pace to handle the route protected and be vigilant for wildlife and surprising barriers that are more difficult to identify in the night.

Riding with a buddy can greatly enhance security and pleasure, providing reciprocal aid and an additional set of senses. The distinct view that night biking offers can transform well-known trails into new experiences, bringing an aspect of adventure and mystery. By adhering to these methods, you can safely savor the excitement of nighttime hillside biking, transforming regular paths into extraordinary journeys.

[url=https://mountainsdare.shop/product/bicycle-puncture-proof-belt-26-27-29-700c-bicycle-tire-liner-inner-tube-protector-road-mountain-bike-repair-stab-tape-pad/]Dual Damping All-terrain Slope Bicycle [/url]
[url=https://infobeskidy.eu/dodaj-ogloszenie/]Guidance Hill Biking Companion[/url] 868df7d  |
|  4 SÜNNIAEG |  5 KODAKONDSUS |
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| Väljaandev organisatsioon |
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|  6 ORGANISATSIOONI NIMETUS \* |  7 DOKUMENDI NUMBER \* |  8 VÄLJASTAMISE KUUPÄEV \* |
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| Lähetav partner |
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|  9 NIMETUS JA AADRESS \* |  10 TEMPEL JA/VÕI ALLKIRI |
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|  11 KONTAKTISIKU/JUHENDAJA PEREKONNANIMI JA EESNIMI \* |  12 TELEFON |
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|  13 AMETIKOHT |  |  14 E-POST |
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| Vastuvõttev partner |
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|  15 NIMETUS, TÜÜPJA AADRESS \* |  16 TEMPEL JA/VÕI ALLKIRI |
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|  17 KONTAKTISIKU/JUHENDAJA PEREKONNANIMI JA EESNIMI \* |  18 TELEFON |
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|  19 AMETIKOHT |  |  20 E-POST |
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| \* Tärniga märgitud lahtrid on kohustuslikud. |

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| Õpirändeperioodi kirjeldus |
|  |
|  21 ÕPIRÄNDE EESMÄRK \* |
|  |
|  22 HARIDUS- VÕI KOOLITUSPROGRAMM, MILLE RAAMES ON ÕPIRÄNNE LÄBITUD  |
|  |
|  23 SEOTUD ÜHENDUSE VÕI ÕPIRÄNDE PROGRAMM |
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|  ÕPIRÄNDE KESTUS |
|  24 ALATES \* |

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 |  25 KUNI \* |

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| Õpirände jooksul saadud oskuste kirjeldus |
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|  26A SOORITATUD TEGEVUSED/ÜLESANDED \* |
|  |
|  27A TÖÖALASED OSKUSED |
| F51 |
|  28A KEELEOSKUSED |
| F52 |
|  29A ARVUTIOSKUSED |
| F53 |
|  30A ORGANISATOORSED- / JUHTIMISOSKUSED |
|  |
|  31A SUHTLEMISOSKUSED |
|  |
|  32A MUUD OSKUSED |
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|  33A KUUPÄEV \*  |  34A KONTAKTISIKU/JUHENDAJA ALLKIRI \* |  35A OMANIKU ALLKIRI |
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| \* Tärniga märgitud lahtrid on kohustuslikud. |

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| Nimekiri läbitud kursustest ja saadud individuaalsetest hinnetest / ainepunktidest |
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|  26B ÕPPURI IMMATRIKULEERIMISE NUMBER \* | Sisesta tekst |
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| 27BKURSUSE KOOD [[1]](#footnote-1) | 28BKURSUSE NIMETUS \* | 29BKESTUS [[2]](#footnote-2) \* | 30BKOHALIK HINNE [[3]](#footnote-3) \* | 31BECTS/ECVETHINNE | 32BECTS/ECVETAINEPUNKTID [[4]](#footnote-4) |
| AAA | BBB | CCC | DDD | EEE | FFF |
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| Kui vajalik, lisage või kustutage lahtreid. |
|  33B ESSEE/REFERAAT/VÄITEKIRI |
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|  34B ANTUD TUNNISTUS/KUTSETUNNISTUS/DIPLOM/KRAAD |
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|  35B JUHENDAJA/JUHTIVAMETNIKU PEREKONNANIMI JA EESNIMI \* |  36B OMANIKU ALLKIRI |
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|  37B KINNITAMISE KUUPÄEV \* |
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|  38B ASUTUSE NIMETUS, AADRESS \* |  39B TEMPEL JA/VÕI ALLKIRI |
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| \* Tärniga märgitud lahtrid on kohustuslikud. |

1. KURSUSE KOOD: Vaadake vastuvõtva asutuse koduleheküljel toodud ECTS infopaketti [↑](#footnote-ref-1)
2. KURSUSE KESTUS: Y = 1 täisõppeaasta | 1S = 1 semester | 2S = 2 semestrit | 1T = 1 trimester | 2T = 2 trimestrit [↑](#footnote-ref-2)
3. INSTITUTSIONAALSE HINDAMISSÜSTEEMI KIRJELDUS: [↑](#footnote-ref-3)
4. ECTS AINEPUNKTID: 1 täisõppeaasta = 60 ainepunkti | 1 semester = 30 ainepunkti | 1 term/trimester = 20 ainepunkti [↑](#footnote-ref-4)