

PSPP620 Outdoor Adventure Education & Czech Culture Course FOR ERASMUS STUDENTS (5 days = 3 credits)

The subject consists of 3-day outdoor residential course (4th – 6th October) in the university outdoor centre and 2 days of outdoor activities (hiking with BBC and canoeing) in Prague during the winter semester - 11th October and 1st November 2024.

Three-day residential course at an outdoor recreation center in South Bohemia includes outdoor activities such as bouldering, low and high rope obstacles, orienteering, and various games aimed at familiarizing foreign students with each other and with the Czech concept of outdoor education and Czech culture.



Course Outline :

- Introduction and Safety Principles
- Icebreakers and Warm-up Games
- Outdoor Games: Trust games, problem-solving games, cooperative games
- Orienteering and Fun Orienteering Race
- Exercise in Nature: Low and high rope courses
- Bouldering
- Czech Cultural and Creative Activities
- Campfire

Why Participate?

- Experience outdoor fun and adventure
- Engage in games and outdoor activities
- Learn about Czech culture
- Meet new people from all over the world
- Enjoy the beautiful nature and surroundings of South Bohemia



Date: course 3 days in Stráž and Nežárkou **4th – 6th October 2024**

The course **starts** the first day at **12:00** and **finishes** the last day at about **14:00**.

2 days – Fryday in Prague 11th October and 1st November 2024

Place: The course takes place in the faculty's outdoor centre near villages Stráž nad Nežárkou and Dvorce in Southern Bohemia.

Address: Sportovní a výukové středisko UK FTVS, Plavsko 89, 378 02, Stráž nad Nežárkou

TOTAL PRICE: 3200,- CZK

(includes: food (breakfast, lunch, dinner), accommodation in modern huts, organization expenses and outdoor equipment (ropes, harnesses, maps, compasses, etc.), transport by bus there and back



