



Subject: Field Workshop/camp

GENERAL INFORMATION

Organization unit	Faculty of Physical Education, Chair of Tourism and Recreation Chairman: Prof. P. Tomaszewski
Course name	Field Workshop/camp
Subject code	TiRI-26R/T/Z
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	2
Semester	4
ECTS points	3
Professor	Przemysław Płoskonka, Phd
Studies program in which the subject is realized	Tourism and recreation
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Basic physical fitness

DETAILED INFORMATION

Course aims and objectives

Introducing students to active tourism and its use in outdoor health-promoting programs; preparing them to plan and adapt outdoor activities for diverse groups; developing skills in organizing field activities that promote a healthy lifestyle and familiarizing them with current trends in outdoor recreation.

Main topics

No	Topic
Lectures/classes	
Exercises 1–10; 8 -10 hours	Organizational introduction with safety rules and team roles; orientation workshop using maps, compass, GPS, and route planning; design and implementation of field games; orienteering hike with team tasks, basic



	outdoor skills, and time management; introduction to forest tourism and environmental education based on Leave No Trace principles.
Exercises 11–20; 8 -10 hours	Preparation for the cycling rally, including safety rules, equipment check, and route planning; cycling rally through forest and urban areas with field tasks and analysis of the tourism potential of Warsaw.
Exercises 21–30; 8 -10 hours	Kayaking activities, including safety briefing, route overview, equipment distribution, and team organization; kayaking trip; camp summary with individual and group reflection and conclusions for professional tourism practice

CONDITIONS FOR PASSING CLASSES:

1. Attendance and active participation in classes.
2. Completion of tasks carried out during the classes.

1 ECTS point =25..... hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
Self-education, including the development of personal physical fitness/improvement of technical skills, and studying teaching materials	30
Preparation for course completion / passing the course	15
Total = 75 hours- ECTS points: 3	

Author of the class card:	Name, surname and email
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