



OUTDOOR WEEK 2018

HANZE SPORT STUDIES

.....
'Fun, challenge, experience, discovering yourself and others.'

When

- 1SPS: Monday 16 April until Friday 20 April 2018.

Transport

It is up to you to travel to central station Breda. From Breda there will be tour busses that will take you to the Ardennes. It is not allowed to travel to the location in Belgium with your own transport.

- For the SGM classes including 1SHMclass. The buses will leave on Monday 16th of April exactly at **11.30 AM** from central station Breda. This means you have to be in Breda at **11.00 AM latest** and inform the GCP that you are present. Be aware, busses don't wait! If you miss the bus you have to get the train to Dinant by yourself. Additional costs will be for your own account.

Report to Mountain Network if you miss the bus. This is the outdoor company at the location in Belgium. You have to do this so we know where you are. You can call the following number: +31 881236880. This number is NOT meant for overall information or questions from parents etcetera.

The trip home on the 20th of April will be 1 o'clock from the Ardennes back to central station Breda. *For the parents; Check for the current information the Ardennes website. www.ardennen.hanze.nl*

Costs

There are additional costs to participate in the Outdoor Experience week in the Ardennes. The contribution is **€195,-**. No payment = no credits. You will receive an invoice by regular mail.

Discount Evening Spac Sport (Kwinkenplein 1 Groningen)

On the 4th of April there will be an discount evening at Spac Sport for all sportstudies students. This discount evening will be from 18.30 till 20.30 and you will be given a discount of 10% on everything (including sale) except on Binoculars and watches.

Alternative assignment

The Outdoor Experience week is mandatory for every student. If your personal situation is that exceptional that you can't participate then you have to request an alternative assignment. You can apply a request after a consult with your SLB teacher. You can send the request to Annemiek Wassens- Schilstra, provided with the necessary evidence. The exams committee will decide on each individual request. The assignment will be visible from the 16th of April on BlackBoard.

Exemption

If you think you might be viable for an exemption, due to a medical condition or an athlete program, you will have to make an request letter to the exam commission. You will have to do this together with your coach before the 4th of April.

Phones

During the outdoor week you will be spending all your time outdoors and you will be learning a lot about behaviour and teambuilding. We (the organisation and Teachers) would like to ask you to not bring your phone during the week. We hope that this will enlarge the behavioural changes and will make you more alert. At the beginning of the week you will get the option to leave your phone behind and it will be safely stored. At the end of the week you will receive your phone before you get back on the bus.

Packing list

Introduction

What do you bring to the Ardennes? Make sure you bring enough, it can be very cold in November! A first hint would be to already put on the outdoor clothing on forehand, so you can step into the woods on arrival right away. You will be dropped into the woods on arrival. There will be no time to change clothes and there will be no grocery stores around.

Product

Big backpack (50 – 70 liter) where everything fits in. You will walk with your backpack the whole week.

Sleeping:

- A warm sleeping bag. One that you will be comfortable in even when it's freezing (mummy sleeping bag). Not the sleeping bag with flowers that you bring for a weekend Ameland...
- A sleeping bag liner, provides extra warmth and keeps you sleeping bag from getting dirty.
- A bivy bag is optional. A bivy bag is a waterproof cover for your sleeping bag.
- A lightweight (trekking) sleeping mattress as isolation from the cold ground.

Clothing:

- A pair of sturdy hiking-shoes. Don't forget to grease your shoes (when leather...) and check the shoelaces. Keep a spare set of shoelaces in your backpack
- **Extra pair of shoes for water and muddy activities. (Mandatory!).**
- Clean pair of socks and underwear for each day
- Base-layer; thermo- underwear
- Outdoor pants / jogging pants (Quick dry). No jeans (as it dries very slow, chances of hypothermia)
- T-shirt and warm sweater (fleece)
- **Rain coat and pants (mandatory!)**
- Hat and scarf (or Buff) gloves
- 1 pair of clothing to wear. 1 pair as a spare packed waterproof. One pair means: base layer, t-shirt and mid layer and pants.

toiletries:

- Toiletry: toothbrush, toothpaste, toilet paper, hand sanitizer, small towel, biological degradable soap.
- First Aid kit: band-aids, blister patches, paracetamol/ibuprofen, sport tape and if needed, personal medication.

Food:

- For the first day; breakfast, lunch and snacks for in the bus.
- Bread topping for 4x breakfast and 4x lunch (don't forget the sandwich bags!).
- Snacks like energy bars, snickers, peanuts, lemonade, tea, instant coffee, chocolate powder, candy, ect.
- 4 instant meals were you only have to add hot water. (adventure food from the **Spacsport (discount evening!)** /Decathlon or Knorr from the supermarket)
- Cutlery, plate, mug, gas stove, gas cans with screw cap so it won't leak in your bag!, cooking pot, water bottle 1,5L and a sportsbottle (for mountain biking)

Remaining:

- Enough garbage bags for garbage, wet clothes and keeping your stuff dry.
- Flashlight with enough batteries, preferably a headlight.
- Pocket knife
- Matches or lighter
- Rope (action), workinggloves
- Maximum of 3 pegs
- Passport or ID card
- OV card?
- Insurance card
- Optional, pocket money for when you want to buy something while traveling in the Netherlands. There is no possibility to shop in the Ardennes.
- Small notebook and pencil.

Check your insurance:

- Travel insurance (for those who don't have a full-year travel insurance)
- Provided by Instituut voor Sportstudies:
 - Additional Outdoor-sports insurance
- For your own responsibility:
 - Ensure that your personal health insurance actually covers foreign(European) countries
 - Your insurance card