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To the parent(s) / caretaker(s) of

Date
25-10-2016

Our markingnumber
5.3.7

Phone number:
050-595 2203

Subject

Program Outdoor Experience week
First year students of the Institute of Sportstudies

E-mail
sportstudies@org.hanze.nl

Dear parent(s)/caretaker(s),

For the first year students of the Institute of Sportstudies of the Hanze University, an Outdoor Experience week in the Ardennes is scheduled in April. Maybe your son or daughter has informed you about this already, but to make sure you are provided with all important information, we send you this letter.

The Sportstudies (SPS) students will stay in the Ardennes from Monday the 16th of April till Friday the 20th of April. The Outdoor Experience Week is a part of the obligatory education program. Bringing students into a new environment makes them get to know themselves and each other in a valuable way. Our experience with this Outdoor Experience week tells us that students benefit from this knowledge in the following years of the SPS course.

The Goal of the Outdoor Experience week is split up in two sections. During the week the first focus will be on team development and teamwork. Self-regulation, communication and leadership play an important role within this focus. This creates a base for working in study groups. The students will be working in groups for an external client. It's important that the study group is able to work as a team to achieve a good result. A multi day, joint expedition with a shared goal in an outdoor environment will be the right catalyst for the group process. The second focus will be on the "experience" being outside experiencing nature. The students will experience the beautiful nature of the Ardennes.

For example, these are some questions we will focus on during the week:

- *"What is my role in the team?"*
- *"What is the role of others in the team?"*
- *"What are the qualities and flaws of the team?"*

The activities students will participate as well during this Outdoor Experience week, based on the method of active coaching on the (group/development) process, they will provide the answers to the questions.

Coaching and guidance on activities and the process in general, are provided by both the study coaches of the group and two students (2nd and 3rd year students) who are currently specializing in coaching and outdoor sports topics. For these students this week is the ultimate chance to gain experience in the work field of outdoor sports and coaching group dynamics. As an institute, we will be working together with a renowned outdoor company in the Ardennes called 'Mountain Network'. Certified instructors and coaches of this company will supervise our 2nd and 3rd year students.

During this event, safety of the students is our main focus. We have secured this in the following way: the program is characterized by a positive approach from the individual student and group, with the purpose of completing the 5 day journey through the Ardennes with the whole group.

- The implementation of the activities will be under the guidance of a renowned and quality-labeled outdoor company;
- The program will, if necessary, be adapted to the weather conditions;
- In case of illness or injury, the student will be taken care of at the outdoor center. If necessary, there is medical help. The outdoor company guarantees a 24-hour communication with each group;
- For each student the Institute for Sports Studies has an additional insurance for outdoor environment;
- Each class is guided by two or three coaches who will keep a close eye on both physical and mental well being of the students. The coaches will be with the group continuously, 24h a day.

Students have been informed by all important information during information lectures at the institute (during their weekly scheduled 'Study Coaching' classes).

Pay attention! It is **not** allowed for students to travel to the Ardennes with their own transport (car). The main reason for this is that, due to fatigue after spending an intensive week outdoors, it is too risky make a long distance journey by car.

Students will have no access to electricity and might there for not be reachable by phone during the week. If you urgently need to get in touch with your son or daughter during the week, you can reach the school on telephone number: 050 595 2203. The school will contact the outdoor company at the location directly.

To stay informed about all current activities and operations during the Outdoor Experience, please visit the website <http://ardennen.hanze.nl>. On this site we place a daily report, photos and more, every day after 21:00.

With kind regards,

Kris Tuinier,
Dean Institute of Sportstudies