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

Visiting Adress

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Date

20 maart 2022

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Subject

Program Outdoor Experience April 2022
First year students of the Institute of Sportstudies

Dear parent(s)/caregiver(s),

Soon the first year students Sports Science, Sports Studies, ALO and ALO-Pabo to the region Drenthe in the Netherlands for the Outdoor Experience.

The Sport Science and Sport Studies students will stay in the forests of Drenthe, near Grolloo, from Wednesday April 6 until Friday April 8 2022. From our own institute the classes will be transported by buses to the location in Drenthe. Per class the student groups will make a challenging trip through the forests of Drenthe. The students are expected back in Groningen on Friday afternoon, April 8, around 16.00 hrs.

Follow the adventures via the website <http://ardennen.hanze.nl> On this site we will post an update per class every evening, including some pictures of the adventure.

The objective of the Outdoor Experience is twofold. On the one hand, the focus is on team development and cooperation. Self-regulation, communication and leadership are important factors here. This is an important basis for cooperation in groups, necessary for example for carrying out the assignments during the training. The group process is essential here. A multi-day, joint venture in a simple outdoor environment with a common goal is an excellent tool for the group process. On the other hand, it is all about the experience in nature itself. During an impressive trip, the students get to know the beautiful nature of the forests of Drenthe and various challenging outdoor activities. Staying in nature, from a sustainable and respectful perspective, but certainly also becoming aware and able to appreciate the natural environment are some of the important pillars of the program of this week.

Examples of questions we focus on:

- o "What are my personal qualities and how can I make a positive contribution within the team?"
- o "What are the qualities of my teammates and how do they come together to work successfully within the team?"
- o "What positive behaviors, communications and physical actions in collaboration with other individuals within the team support a successful outcome in this collaborative, multi-day journey?"
- o "How can I stay and enjoy a natural environment with basic resources?"

The activities we offer this week of practice will ensure that students and study teams get answers to the above questions. Project-based work, team building and communication come into their own in this outdoor environment.

The overall supervision lies with the subject teachers of the program. They work together with second- and third-year ALO and Sports Science students who follow the "Outdoor & Adventure" profiling. For the second and third year students this week is an ultimate learning experience where they get acquainted with the (outdoor) field and different target groups. The second year students supervise the activities, guided by the teachers. The third-year students, together with the study counsellors, walk along with the group the whole program as a supervisor and coach.

During this week, the safety of all our students is paramount. We have secured a number of specific things for this purpose:

- o The program is characterized by a positive and stimulating approach to the individual student and group, with the goal of jointly completing the 5-day trek through the forests of Drenthe;
- o The implementation of the activities takes place under the direction of our own subject teachers.
- o The program will be adapted, where necessary, to the circumstances; this may concern the weather, but also the condition of the group, local events or otherwise.
- o In case of illness or injury, the student will be received and cared for at the base location at a camping farm. If necessary, appropriate medical attention will be sought.
- o For each student, the Institute of Sport Studies has taken out appropriate accident insurance.

Students have now attended a comprehensive information lecture regarding the Outdoor Experience. They have also received an information letter containing all the information to make this week a success, including equipment list and useful tips.

Attention! Students are not allowed to travel to Drenthe with their own transport. There is no room for this, it is logistically too complex and above all we think it is too risky to get straight into a car after an intensive outdoor program.

If you need urgent contact during this week, you can reach the school on 050 595 4993 (available 24 hours a day). The responsible (teacher) coordinator on site will then be contacted immediately. Please use this number only in urgent situations.

In order to be informed of all activities and operations on a daily basis, we cordially invite you to visit the website <http://ardennen.hanze.nl> on a daily basis. On this site we will post an update per class every evening, including some pictures of the adventure.

We hope to have informed you sufficiently with this letter and we look forward, together with all first year students of the Hanze Institute for Sport Studies, to a fantastic edition of the Outdoor Experience 2022.

Kind regards,

Kris Tuinier
Dean Institute of Sport Studies teacher,

Jan Willem Herder
project leader Outdoor Experience 2022