

Bezoekadres
Zernikeplein 17, Groningen
Telefoon (050) 5953750
Fax (050) 5953737

Zernikeplein 17, 9747 AS Groningen

www.hanze.nl

To the parent(s)/guardian(s), of

Datum
1 September 2023

Uw brief

Uw kenmerk

Ons kenmerk

Subject

Programme Outdoor Experience October 2022
Firstyear students Institute for Sportstudies

Telefoonnummer:
+ (0)50 595 4993

E-mail
sportstudies@org.hanze.nl

Dear parent(s)/guardian(s),

Soon, the first year students Sports Science, Sports Studies, ALO and ALO-Pabo will leave for the Belgian Ardennes for the Outdoor Experience.

The Sportkunde and Sport Studies students will stay from Friday, September 29th until Tuesday, October 3rd in the forests around Comblain-la-Tour, south of Liège, Belgium, in the Ourthe valley. Per class the student groups will make a challenging trip through the Belgian Ardennes. On Friday, September 29th students will travel independently by train to Maastricht, where they will change to a Belgian train. The students are expected back in Maastricht by the same train on Tuesday, October 3rd at around 15:00.

Follow the adventures via the website <http://ardennen.hanze.nl> . On this site we will post an update per class every evening, including some photos 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 in this. This is an important basis for cooperation in groups, which is necessary for example for carrying out the assignments during the training. The group process is essential here. A several-day joint venture in a simple outdoor environment with a common goal is an excellent means 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 Belgian Ardennes and various challenging outdoor activities. Staying in nature, from a sustainable and respectful perspective, but certainly also becoming aware of and able to appreciate the natural environment are some of the important pillars of this week's programme.

Examples of questions we focus on:

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

The activities we offer this practical week ensure that the students and the 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 organisation and supervision of the Outdoor Experience lies with the Dutch Outdoor company Buffel Outdoor, together with Outdoor teachers from our own study programme. They work together with second- and third-year ALO and Sport Science students who follow the "Outdoor & Adventure" profile. For the second- and third-year students, this week is an ultimate learning opportunity where they get to know the (outdoor) work field and various target groups. The second-year students supervise the activities, guided by the teachers. The third-year students, together with the study counsellors, will accompany the entire programme as supervisors and coaches.

During this week, the safety of all our students is paramount. To this end, we have secured a number of specific matters:

- The programme is characterised by a positive and stimulating approach to the individual student and group, with the aim of accomplishing the 5-day journey through the woods together;
- The execution of the activities takes place under the direction of the Dutch Outdoor company Buffalo Outdoor, together with professional instructors of our own training.
- The programme will be adapted to the circumstances, where necessary; this may concern the weather, but also the condition of the group, local events or otherwise.
- In case of illness or injury, the student will be received and cared for at the Buffel Outdoor base location. If necessary, appropriate medical assistance will be called in.
- The Institute of Sport Studies has taken out appropriate accident insurance for each student.

The students have already attended an extensive information lecture regarding the Outdoor Experience. They have also received an information letter with all the information they need to make this week a success, including a list of materials and useful tips.

Please note! Students are not allowed to travel to Belgium with their own transport. There is no room for it, it is logistically too complex and above all we think it is too risky to get into a car after an intensive week.

If you need urgent contact during this week, you can reach the study programme on +31 (0)50 595 4993 (available 24 hours a day). You will then be contacted immediately.

In order to be informed of all activities and achievements on a daily basis, we 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 photos of the adventure.

We hope to have informed you sufficiently with this letter and we are looking forward, together with all first year students of the Hanze Institute for Sport Studies, to a fantastic edition of the Outdoor Experience 2023.

With kind regards,

Kris Tuinier
Dean Institute of Sport Studies

Jan Willem Herder
teacher, project leader Outdoor Experience 2023