



# OUTDOOR EXPERIENCE

## INSTITUUT VOOR SPORTSTUDIES

*'Fun, excitement, discovering yourself and others.'* 2023

### When?

Sportkunde and Sportstudies: from **Friday September 29 until Tuesday October 3**

- Classes Sportkunde 1A, 1B, 1C, 1D and 1E
- Class(es) Sportstudies 1A and 1B

### Transport

It is up to you to travel to Maastricht. From there, a train will leave for the Ardennes. Own transport abroad (Belgium) is not allowed.

On Friday September 29, please be present at 13:00 at Maastricht Central Station and report to the Group Contact Person (GCP). Make sure you arrive on time and don't miss the next train, otherwise you will have to take the train from Maastricht to Comblain on your own! Any additional costs unfortunately are for you.

The exact departure time from Maastricht will be communicated one week before the start, because we only get the confirmation from the Belgian Railways then. Please check Blackboard for this!

If you miss your train, please report this immediately to Buffel Outdoor, the outdoor company on location, so we know where you are. Please use the number +31 (0)88 - 6883667. Please use this number only for logistics. (you will find a separate letter with information for your parents on your Blackboard course, and the necessary information is also on the website for the Outdoor Experience).

Camping de la Rocher de la Vierge

4170, rue de Ferron 14

Comblain-la-Tour, België

T: +31 (0)88 688 3667

Return; Around 13:00 on Tuesday October 3<sup>rd</sup> the Sportkunde and Sport Studies classes will leave the Ardennes for Maastricht. Expected return at Maastricht Central Station is 15:00, from where students travel home on their own.

For parents and other interested people; Check the website of this Outdoor Experience, [www.ardennen.hanze.nl](http://www.ardennen.hanze.nl), for up-to-date information, daily reports and pictures.

### Costs

The Outdoor Experience in the Ardennes is subject to costs. This year's contribution is € 275,-

To pay for this you will receive an email in the next week with a link to the Formdesk system. In this secure system you will find all your personal details, such as your own details and emergency address, necessary for any communication with the home front, and insurances. There is also a payment link in Formdesk with which the costs for the practical week can be paid. If you request / have requested a substitute assignment, you can also mention this in the system. Without registration in Formdesk, you cannot participate in the practical week or replacement programmes.

## Participation

The Outdoor Experience is a regular part of the initial curriculum and therefore mandatory for every student. Active participation and a satisfactory evaluation by the supervisor will result in the award of the study credit. Please make timely arrangements to replace your job, job placement and/or sports participation for the dates you will be travelling in Belgium with your class.

## Replacement Assignment

In some exceptional cases, it may occur that you cannot participate in this intensive practice week. Examples include serious injuries, some special cases in the top sports regulation, exceptional medical cases, or otherwise. In case of doubt, consult the project management in time (=before the deadline for requesting a replacement assignment!).

Should the situation arise that you are unable to participate, it is required to make a replacement assignment. For this purpose, you must always submit a request for a replacement assignment within the given period. The replacement assignment is only possible after the project management has granted your request. The replacement assignment consists of a practical day at the training and a homework assignment, planned in the examweek in November. You will be informed of the specific planning and execution by means of an email from the project organisation.

Requesting a replacement assignment must be done before **Monday September 18**. After consultation with your study coach, draw up a letter, addressed to the project organisation, with evidence (doctor's statement, Hanze top-class sports coordinator, etc.). Hand in the letter in hard copy to Annemiek Wassens-Schilstra at the front office on the 2nd floor (orange counter). The replacement assignment is only possible after the project management has granted your application. In special cases, the project organisation will submit the application to the institute's examination board. The examination board will then make the final decision as to whether you will be granted a replacement assignment.

## Discount on Outdoor materials

For all first year students who need materials for the Outdoor Experience, we have arranged some discount offers. Until the start of the Outdoor Experience you can go to **Kampeerhal Roden**, where you will receive a 15% discount on the purchase of Outdoor Materials. You can also order online by using the discount code **ALOEXPERIENCE15**.

**Bever** (St. Janstraat, Groningen, city centre) also participates, where you get the chance to buy materials at a discount on 1 specific occasions: Tuesday September 26 in the evening hours of the shop you can get a 20% discount. Bring your student card for both shops to make use of the discount.

## Mobile phone

During this week you will be outside in the forest all the time. Apart from the fact that a phone can get broken or be empty quickly, you will be working in groups most of the time during this week and in the next semester. To get the most out of this week, we (organisation and teachers) would like it if you would bring as few phones as possible. At the beginning of the week there will be a possibility to hand in your phone. This will then be stored safely and you will get it back at the end (before you board the train).



## Packlist

What to bring to the Ardennes? Make sure you bring enough, in October it can be chilly, especially in the evening at the bivouac! In recent years we have experienced editions with sun and swimming-temperatures, but also with rain... In any case, make sure you have the right clothes on to start with in the outdoor area. There is no time to change or to do some shopping! See the following pages for an overview of the most essential materials. In case of questions, you can also ask the (student) process counsellors, who will visit each class personally prior to the Experience.

Alcohol and/or drugs are not allowed during training activities, including the Outdoor Experience.

| Paklijst  |
|---|
| Large backpack with a good hip belt (55 - 70 litres) in which everything fits. You will be walking with this backpack the whole week. NO sports bag or other variants! Pack clothing and other items per category separately in plastic bags, against possible moisture of rain or water activity...  |
| <b>Sleeping:</b>  |
| <ul style="list-style-type: none"> <li>• A good warm (comfort value +5°C) mummy-shape sleeping bag, not a summer sleeping bag for a weekend on Ibiza...</li> <li>• A liner in your sleeping bag for extra warmth and so your sleeping bag doesn't get dirty from the inside.</li> <li>• An insulating sleeping mat (plus a sticky set)</li> <li>• When sleeping, one layer of clothing (thermo from daytime?) and a warm, dry hat (fleece)</li> <li>• If you happen to have the opportunity to borrow a bivouac bag, it is recommended, but the profit lies in building a good bivouac ;-). When it rains, your sleeping bag stays dry.</li> </ul>  |
| <b>Clothing :</b>   |
| <ul style="list-style-type: none"> <li>• 1 pair of sturdy, high, waterproof hiking boots + spare laces</li> <li>• (Mandatory!) 1 Extra pair of (sports) shoes that can get wet and dirty. These will be used for mountain biking, cave exploration and canoeing</li> <li>• One pair of clean hiking socks and underwear for each day</li> <li>• Thermo underwear</li> <li>• Outdoor trousers (quick drying trousers). No jeans! These dry very slowly, leaving you wet and cold for too long after a shower, and are also very uncomfortable.</li> <li>• T-shirt and a warm vest/sweater (fleece). Work with the "layer principle".</li> <li>• Wind and waterproof outerwear (rain suit obligatory!).</li> <li>• Cap, scarf (or buff) and gloves.</li> <li>• 1 pair of clothing on and 1 pair of waterproof clothing in the bag. With 1 pair of clothing is meant a bottom layer of thermo clothing, as second layer a T-shirt and long trousers. The third layer should be a warm vest or sweater..</li> </ul> |
| <b>hygiene :</b>  |
| <ul style="list-style-type: none"> <li>• Toiletries such as toothbrush and -paste, toilet paper, refreshing wipes, a small towel, biodegradable soap, ect.</li> <li>• Disinfectant hand gel (obligatory), for general hygiene, personal and group.</li> <li>• Your own small first aid kit with (blister) plasters, a roll of sports tape, a quick bandage and any personal medication.</li> </ul>  |



**Food:**

- For the first day (Tuesday); breakfast, lunch and snacks
- Sandwich toppings for 4x breakfast and 4x lunch (don't forget sandwich bags!). Bread will be supplied.
- Snacks such as energy bars, Snickers, peanuts, syrup, tea, instant coffee, chocolate powder, sweets, etc.
- 4 ready-made warm evening meals to which you only have to add warm water (adventure food via Kampeerhal Roden / Bever / Decathlon / supermarket (Knorr))
- Cutlery, plate, mug, 1x water bottle of 1,5L and a bidon, for ATB and at hand during walking.
- Per buddy pair; gas stove and a pan. Gas can with screw closure so it can not leak into your bag.

**Other:**

- Enough rubbish bags for waste, wet clothes and keeping things dry
- Torch with sufficient batteries, preferably a headlamp
- Pocket knife, preferably with "folding lock". Not a hunting knife that cannot be taken along with the public transport...
- Matches / piezo lighter
- Accessory rope (action), work gloves
- Maximum 3 pegs
- Passport or ID card
- Public transport chip card
- Insurance card, name and policy number of your health insurance company
- Small notepad and pencil

**Check je verzekering:**

- (choice); Travel insurance (for people who do not have continuous travel insurance)
- (recommended); cancellation insurance

**Covered by the HIS:**

- Additional risk sports insurance

**Own responsibility:**

- Insurance Card.
- Registration with all necessary data in Formdesk

We think that with this letter, we have given you all the information you might need to have a wonderful Outdoor Experience. Take care, remember that you have a whole team of classmates around you to make this adventure a success, and enjoy the nature in the Belgian Ardennes.

If you still have any questions, please contact teacher Jan Willem Herder, coordinator of this Experience, by e-mail at [j.w.herder@pl.hanze.nl](mailto:j.w.herder@pl.hanze.nl)

Have a nice time!

