



OSRESS 2012

OUTDOOR SPORTS AND RECREATION EDUCATION SUMMER SCHOOL 2012

Recreation sports in multicultural environment in Latvia

Historical Perspective in Latvia

September 5 - 12, 2012

Latvia, Madona, Smeceres sils

Consortium of the Universities:

Latvian Academy of Sport Education, Latvia, Jozef Pilsudski University of Physical Education in Warsaw, Faculty of PE in Biala Podlaska, Poland, State College of Computer Science and Business Administration in Lomza, Poland, Swedish School of Sport and Health Science, Sweden, University of Malaga, Spain in collaboration with Latvian Association of Outdoor Education and Recreation.

At the end of summer in [Madona Smeceres Sils](#) from September 5 to September 12 already the third time by Latvian Academy of Sport Education and

[Latvian Association of Recreation Education](#)

was organized International Summer School. Professor J. Grants, associated professor I. Kravalis, assistant professor. I. Bula-Biteniece, lecturer. I. Smukā un assistant K. Ciekurs together with partner universities from Poland (Josef Pilsudski University of Physical Education in Warsaw and the College of Computer Science and Business Administration in Lomža, associated professor K. Piech and associated professor A. Litwiniuk), Sweden (Swedish School of Sport and Health Science, professor J. Nilsson, and Mg.Art. E. Kraepelien Strid) Spain (Universidad de Málaga, associated professor O.Romero Ramos). International summer school aims at promoting non-formal education, on equal basis in educational process involving both students and teachers, promoting the development of student and lecturer professional competences.

This year in Summer School participated [16 students](#) and 16 lecturers from 7 countries (Poland, Sweden, Spain, Lithuania, Croatia, Norway and Latvia), representing 10 universities - Josef Pilsudski University of Physical Education in Warsaw, College of Computer Science and Business Administration in Lomža, Academy of Physical Education and Sport, Gdansk, Swedish School of Sport and Health Science, Universidad de Malaga, Lithuanian University of Educational Sciences, University of Zagreb, Telemark University College, TAFE North Sydney College.

This year was offered very versatile [program](#) :

Each morning began with [morning activities](#) , conducted by the representatives of various countries:

September 6th

- [Opening of the summer school](#)
- Lecture: Latvian Recreation Opportunities ([1.PDF](#) , [2.PDF](#)) ([I. Kravalis](#) un [I. Smukā](#),
LAT)
- Lecture: [Sedentary living and the level of physical activity in Latvia](#) ([I. Kundziņa](#) , **LAT**)
- Practical class: [Landscape therapy - Discover Madona](#)
- Lecture: [Outdoor recreation sports in Sweden](#) . ([I. Kraepelien Strid](#) un [J. Nilsson](#), **SWE**)

September 7th

- Practical class: [cycling trip to Cesvaine. Cesvaine church, Cesvaine castle](#)
- Practical class: [Latvian and Spanish dances](#)

September 8th

- Lecture: [Health related with outdoor recreation sports](#) . ([A. Litwiniuk](#) , *POL*)
- Practical class: summarizing the games, collected in previous years ([Game descriptions](#) , [video1](#) , [video2](#) , [video3](#))
- Surprise: [wood class in „Pakalnieši”](#)
- Practical class: [Latvian and Spanish dances](#)

September 9th

- Practical class: summarizing the games, collected in previous years ([Game descriptions](#) , [video1](#) , [video2](#))
- Practical class: [Nordic walking, roller skating, garden games](#) .

September 10th

- [Hike to Teiči marshland and getting acquainted with local people.](#)
- Lecture: [The multicultural outdoor life](#) . ([H. Engstu](#) , *NOR*)

September 11th

- Lecture: [A lifelong learning strategy for sport and active leisure sector in Europe](#) . ([J. Grants](#) , *LAT*)
- Practical class: summarizing the games, collected in previous years

- ([Game descriptions1](#) , [game descriptions 2](#) , [video1](#) , [video2](#) , [video3](#) , [video4](#))
- [Student presentations](#)
 - [Call for proposals for the next International Summer School](#)

Lecturers, thinking about the future and the next International Summer School, signed a [Declaration of intent](#)

, confirming lecturer wish to continue to cooperate and develop common projects in the sphere of recreation. Our activities in Madona were also reflected in the

[local press](#)

"

[Stars](#)

" and on local TV (

[2012](#)

and

[2011](#)

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Latvian Team

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Riga, April 25, 2012.

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