

OUTDOOR SPORTS AND RECREATION EDUCATION SUMMER SCHOOL 2012

Recreation sports in multicultural environment in Latvia

SCHEDULE

Wednesday, September 5, 2012

- 9.00 – 18.00 Arrival at LASE, Riga, Brivibas gatve 333, Room 304
18.00 Departure from LASE, Riga
20.00 – 21.00 Arrival and registration in Madona, Smeceres sils
21.00 – 22.00 Introductory meeting
Presentation of the 1st and 2nd International Summer Schools.
Kalvis Ciekurs (Latvia)
Smeceres sils Center meeting hall

Thursday, September 6, 2012

- 8.00 Morning physical activities
8.30 BREAKFAST
9.00 – 10.15 Summer school opening.
*Juris Grants and Ivars Kravalis (Latvia),
Krzysztof Piech (Poland)*
10.30 – 12.00 Lecture - Outdoor recreation activities in Latvia.
Ivars Kravalis and Ingrida Smuka (Latvia)
12.15 - 12.30 Presentation – Sedentary living and the level of physical activity in
Latvia. *Ieva Kundzina (Latvia)*
13.00 LUNCH
14.30 – 18.00 Practical activity - bicycle ride. Landscape education and training.
Inta Bula-Biteniece and Juris Grants (Latvia)
18.30 DINNER
19.30 – 21.00 Lecture - Outdoor recreation sports in Sweden.
Ieva Kraepelien Strid and Johnny Nilsson (Sweden)
21.15 – 21.45 Feedback of the day. *Inta Bula-Biteniece and Juris Grants (Latvia)*

Friday, September 7, 2012

- 8.00 Morning physical activities
8.30 BREAKFAST
9.15. – 17.00 Bicycle tour to Cesvaine – Germans' influence on Latvian culture.
Ivars Kravalis (Latvia)
18.30 DINNER
19.30 - 21.00 Different national folk games and dances.
Ingrīda Smukā (Latvia) and Oscar Romero Ramos (Spain)
21.15 – 21.45 Feedback of the day. *Ivars Kravalis (Latvia)*

Saturday, September 8, 2012

- 8.00 Morning physical activities
8.30 BREAKFAST
9.15 – 10.30 Lecture (brain storm) – A lifelong learning strategy for sport and
active leisure sector in Europe. *Juris Grants (Latvia)*

10.45 – 12.45 Workshop. Summarization of the folk games from the last two Summer Schools and preparation of the presentations.

Inta Bula Biteniece (Latvia) and Ingrida Smuka (Latvia)

Teacher meeting

13.00 LUNCH

14.00 -18.30 Outdoor surprise! Visit to Pakalnieši. *Juris Grants (Latvia)*

18.30 DINNER

19.30 – 21.30 Different national folk games and dances.

Oscar Romero Ramos (Spain)

21.30 – 22.00 Feedback of the day. *Ivars Kravalis (Latvia)*

Sunday, September 9, 2012

8.00 Morning physical activities

8.30 BREAKFAST

9.15 – 12.30 Workshop. Summarization of the folk games from the last two Summer Schools and preparation of the presentations.

Inta Bula Biteniece (Latvia) and Ingrida Smuka (Latvia)

13.00 LUNCH

14.30 -18.30 Practical activity: Nordic walking –*Krzysztof Piech (Poland)*
Inline skating - *Inta Bula Biteniece (Latvia)*

18.30 DINNER

19.30 – 20.00 Feedback of the day. *Krzysztof Piech (Poland)*

Monday, September 10, 2012

8.00 Morning physical activities

8.30 BREAKFAST

9.30 - 17.00 Hiking tour – Orthodox influence on Latvian culture.

Juris Grants (Latvia)

18.30 DINNER

19.30 - 21.00 Lecture - The multicultural outdoor life. *Håkon Engstu (Norway)*

21.30 – 22.00 Feedback of the day. *Oscar Romero Ramos (Spain)*

Tuesday, September 11, 2012

8.00 Morning physical activities

8.30 BREAKFAST

9.30 – 10.30 Lecture - Health related with outdoor recreation sports.

Artur Litwiniuk (Poland)

10.45 – 13.00 Workshop - Summarization of the folk games from the last two Summer Schools and preparation of the presentations.

Inta Bula Biteniece (Latvia) and Ingrida Smuka (Latvia)

13.00 LUNCH

14.00 – 18.00 Student presentations of different national folk games.

Ingrida Smuka (Latvia)

18.30 DINNER

19.30 - 21.00 Conclusion and evaluation of the Summer school.

Wednesday, September 12, 2012

8.00 Morning physical activities

8.30 BREAKFAST

9.00 Departure from Madona, Smeceres sils