CONTENTS

| IN | INTRODUCTION | | |
|----|--|----|--|
| 1 | OUTDOOR EDUCATION AND ITS INCLUSION INTO TEACHING AT PDF MU | 0 | |
| | Eduard Hofmann, Hana Svobodová | | |
| | 1.1 Examples of Transdisciplinarity within Outdoor Education | | |
| | 1.2 References | 12 | |
| 2 | USEFUL SCIENCE—WE STUDY NATURE AROUND US Iva Frýzová, Tereza Češková, Miroslav Jireček, Petr Knecht | 15 | |
| | 2.1 Location of outdoor education—Jedovnice | 15 | |
| | 2.2 Course concept | 16 | |
| | 2.3 Course characteristics | 17 | |
| | 2.4 Course methodology | 18 | |
| | 2.4.1 Geographical and historical themes—Natural conditions and their influence on human activities in the landscape | 18 | |
| | 2.4.2 Historical and geographical day: Past and present of Jedovnice and its surroundings | 25 | |
| | 2.4.3 Biological-geographical topics: Habitats close to nature | 30 | |
| | 2.4.4 Biological-environmental day—Habitats significantly influenced by humans | 36 | |
| | 2.4.5 Diagnostic-reflective day | 45 | |
| | 2.5 Conclusion | 47 | |
| | 2.6 References | 47 | |
| | 2.7 List of appendices | 48 | |
| | Appendix 1: Maps and photographs for the geographical-historical day | 49 | |
| | Appendix 2: Worksheets for biological-geographical themes | 56 | |
| | Appendix 3: Worksheets for biological-environmental themes | 63 | |
| | Appendix 4: Reflective sheets for individual days | | |
| | Appendix 5: Plants in the meadow—colourful flowering herbs | 72 | |
| | Appendix 6: Reflective sheets for individual days | | |
| 3 | USEFUL SCIENCE—THE KEY TO SUSTAINABLE DEVELOPMENT Eduard Hofmann, Hana Svobodová, Radek Durna, Darina Mísařová, | | |
| | Jaromír Kolejka, Tereza Češková, Miroslav Jireček | | |
| | 3.1 Useful science—the key sustainable development | | |
| | 3.2 Teaching organization | | |
| | 3.3 Framework programme | 80 | |

| | 3.4 Worksheets for outdoor education | 81 |
|---|---|-----|
| | 3.4.1 Moravian karst and surroundings—places for outdoor education | 81 |
| | 3.4.2 Landscape language | 83 |
| | 3.4.3 Orientation in the field using a map for orienteering | 89 |
| | 3.4.4 Natural conditions and their influence on human activity in the landscape | 91 |
| | 3.4.5 History and present situation of Jedovnice and its surroundings | 92 |
| | 3.4.6 Soil as a necessary prerequisite for life | 93 |
| | 3.4.7 Evaluation of suburbanization in the village Březina | 97 |
| | 3.5 Analysis of equipment and development of ATC Olšovec, Jedovnice | 100 |
| | 3.6 Conclusion | 102 |
| | 3.7 References | 102 |
| | 3.8 List of Appendices | 103 |
| | Appendix № 1: Educational map for orienteering | 104 |
| | Appendix № 2: Preparation of data for mapping | 104 |
| | Appendix № 3: Creation of a panoramic sketch | 106 |
| | Appendix № 4: Questionnaire for feedback | 107 |
| 4 | HEALTHY LIFESTYLE AND SPRING SOJOURN IN NATURE Marek Trávníček, Jaroslav Vrbas | 111 |
| | 4.1 Localisation of outdoor education—Moravec | |
| | 4.2 Course organisation | |
| | 4.3 Thematical content and timetable of the course | |
| | 4.4 Study materials | |
| | 4.4.1 Basics of watermanship | |
| | 4.4.2 Games in a meadow | |
| | 4.4.3 All-day hiking | |
| | 4.4.4 Orientation in nature | |
| | 4.4.5 Physical education the outdoors | |
| | 4.4.6 Traffic education | |
| | 4.4.7 Cyclo-tourism | |
| | 4.5 References | |
| _ | LIFALTUV LIFECTVI F AND WINTED CO LOUDN IN MATURE | |
| 5 | HEALTHY LIFESTYLE AND WINTER SOJOURN IN NATURE Jaroslav Vrbas, Marek Trávníček | 131 |
| | 5.1 Localisation of outdoor education—Ski resort Herlíkovice | |
| | 5.2 Course Organisation | |
| | | |

| | 5.3 Frame and Timetable of the Course | 132 |
|---|--|-----|
| | 5.4 Study materials | 133 |
| | 5.4.1 Basics of currently used methodology of gliding and turning on snow | 134 |
| | 5.4.2 Winter hiking with snowshoes | 137 |
| | 5.4.3 Games and other activities on snow | 138 |
| | 5.4.4 Possibilities of physical activities—"non traditional day" | 139 |
| | 5.4.5 Lectures—theory and practice | 140 |
| | 5.5 References | 140 |
| 6 | INTEGRATED LANGUAGE AND METHODOLOGY COURSE | |
| | Světlana Hanušová, Ailsa Marion Randall, Jaroslav Suchý, | |
| | Alena Dobrovolná, Pavla Buchtová, Zuzana Kršková, Ondřej Krahulec, Filip Pultar, Ondřej Vitula, Marek Antal | 1/1 |
| | 6.1 Introduction | |
| | 6.2 Localisation of outdoor education—Fryšták | |
| | 6.3 Integrated Language and Methodology Course | |
| | 6.4 Course design | |
| | 6.4.1 Whole course activities | |
| | 6.4.2 Course timetable | |
| | 6.5 Activity descriptions | |
| | 6.5.1 Bewitched Pictures | |
| | 6.5.2 One Thousand And One Riddles With A Few Thrown In | |
| | 6.5.3 Mapping the Territory | |
| | 6.5.4 Easy or Tough? Speak off the Cuff! | |
| | 6.5.5 Northwest Passage | |
| | 6.5.6 Conquer that Booty | |
| | 6.5.7 All Aboard! | |
| | 6.5.8 Introduction, Icebreakers | 159 |
| | 6.5.9 Changes in latitude, changes in attitude | 160 |
| | 6.5.10 Arty Party | 160 |
| | 6.6 Conclusion | |
| | 6.7 References | 161 |
| | 6.8 Appendix | 161 |
| | 6.8.1 GDPR statement | 161 |
| | 6.8.2 Northwest Passage—materials | 162 |

| 7 | METHODOLOGY COURSE ON THE DEVELOPEMENT |
|---|--|
| | OF PERSONAL AND SOCIAL EDUCATION |

| | Petr Soják | 189 |
|---|---|-----|
| | 7.1 Localisation of outdoor education—Lipnice nad Sázavou | 189 |
| | 7.2 Introductory description | 190 |
| | 7.3 Description of the course realisation in relation to students | 192 |
| | 7.4 Environment description, schedule, and script of the course | 195 |
| | 7.5 Description of selected activities | 198 |
| C | DNCLUSION | 202 |