

1. Subject : Active tourism
2. Types of lessons: lectures, classes, outdoor classes
3. Credit: acceptance with mark
4. Semester: winter

5. Proposed number of hours:20;

lectures – 10 h, classes – 4 h, field exercises 6 h (1,5 days)

6. Syllabus: Definition of active tourism and qualified tourism; characterization of active tourists and qualified tourists; main types of active tourism practiced in Poland in the light of natural conditions; lowland hiking; hillwalking; cross-country skiing; down-hill skiing; ski-touring; cycling and mountain biking; canoeing; sailing; environmental impact of active tourism; Polish and international NGOs' involved in active tourism, safety principles in active tourism, personnel in active tourism, guiding.

7. Effects of education:

a/Knowledge – student:

- has basic knowledge about active tourism and understands essential terms;
- has essential knowledge about active tourism as an important branch of tourism business in Poland.

b/Skills – student:

- has the ability to present orally his/her own opinions and projects. He/she can speak on professional issues in active tourism using proper terminology;
- is able to understand and analyze active tourism as spatial and economic phenomenon, using theoretical background and appropriate data.

c/Social competences – student:

- can individually acquire and improve his/her skills and knowledge on active tourism, using credible methods and sources;
- can work in a team, is responsible, credible, precise, esp. working on complex tasks.

8.Qualifications:

Student ought to understand term “active tourism” and its practical importance. He/she should know the most popular branches of active tourism in Poland within the context of Polish natural circumstances, as well as be able to analyze and evaluate tourism products connected with active tourism.

9. Responsible unit: Department of Tourism and Recreation

10. Teacher: dr Piotr Dąbrowski

11.Organizational conditions:

separate group, teaching in English, cost of field exercises 100 Polish zlotys, rucksack, tourist shoes and jacket necessary.

12. ECTS: 4 (proposed score, assuming homeworks )