

1. **Subject:** Basics of survival and bushcraft
2. **Type of course:** class contact, outdoor classes
3. **Completion form:** credit with mark
4. **Semester:** summer
5. **The number of classes:** 20 hours (class contact –10 h, field exercises 10 h)

6. Syllabus:

Survival and bushcraft – characteristics, history, types. Survival and bushcraft - as forms of tourism and recreation. Methodology of organizing and conducting survival and bushcraft classes. Security. Leave No Trace idea. Basics of topography. Fundamentals of meteorology in the field. Camping – shelters in the field in various conditions. Equipment, clothing - types and selection. Alarm signaling - forms and methods of remote communication. Water - extraction, treatment, transport. Fire - choice of terrain, types of fires, ways of lighting a fire. Food (green cuisine) - the basics of nutrition in the field (obtaining, preparing and storing food), wild, edible and useful plants. Rope techniques - the use of ropes in camping, overcoming obstacles, knots. Survival and bushcraft outdoor games.

7. Effects of education:

Knowledge – student:

- knows the basic issues related to survival and bushcraft as a form of tourism and recreation;
- understands essential terms concerning survival and bushcraft.

Skills – student:

- can express himself / herself on topics related to survival and bushcraft, using appropriate terminology;
- has skills in the field of survival techniques (including treatment of drinking water, lighting a fire, food preparation based on plant specimens available in nature, prepare a shelter, choose equipment);
- can apply the acquired knowledge in practical activities with a group.

Social competences – student:

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

8. The first degree qualification

9. Organizational Unit implementing an subject: Department of Tourism and Recreation

10. Lecturer: dr Iwona Dominek

11. Conditions of realizing classes: the separate group in English

12. The proposed numbers of ECTS points: 4 points

13. The cost of field trip (the vicinity of Kraków) – about 15 euro/person