

1. **Subject: Winter trekking**
2. **Type of course:** outdoor training, class contact
3. **Completion form:** credit with mark
4. **Winter semester**
5. **The number of classes:** 20 hours (18 hours outdoor training + 2 hours lecture)
6. **Syllabus:**

Risks and safety rules in high mountain winter trekking. Avalanche risks and safety.
Basis of winter high mountain techniques.

7. **Educational effects:**

Knowledge:

He/she has basic knowledge and recognizes different types of alpine winter outdoor activities. He/she realizes the risks and hazards and understands the safety rules of winter trekking in alpine terrain. He/she has knowledge how to use basic equipment in high mountain winter trekking.

Skills:

Student can use basic winter techniques to move around in alpine terrain (e.g.avalanche equipment). He/she is able to proceed a partner avalanche search.

Competences:

Student is able to work in a project team when planning an winter trekking activity in an alpine terrain.

8. **Determination of first degree qualification**
9. **Organizational Unit implementing an subject:** Faculty of Tourism and Recreation
10. **Lecturers/instructors:**

dr Mikołaj Bielański (certified Instructor of Ski Mountaineering of Polish Alpine Federation, also a member of Tatra Mountain Rescue Team, certified Ski Instructor SITN and MENiS)

11. **Conditions of realizing classes:** max. 12 students, the separate group in English, 2 day outdoor training will take place in Tatra Mountains,1 meeting will take place at AWF, the rest of the lectures will be conducted during the trip.

12. **The proposed number of ECTS points:** 3 points

13. **Costs:** The cost of renting the equipment and the cost of accommodation will be covered by students themselves. Lecturers will provide the special rates for students for duration of the training, it will be approx. 25 euro (100 złotych) . This includes the necessary equipment and the accommodation (1 night) in the mountain hut.

Bus ticket price to Zakopane is around 6 Euro (25 złotych) one way.

14. Maximum group size: 12 students