

Plamnina Foundation



Planned activities for Summer Camp 2020

Morning yoga, stretching or exercises: improve overall health and build a healthy routine.

Hiking and mountain climbing: students will learn how to hike in a group, care for one another and reach personal determination while exploring the natural world of the mountain. Planned hikes are standard tourist routes that wouldn't be too physically challenging and demotivating.

Orientation: students will build strong teamwork skills while learning how to use map, compass and natural elements like the sun and trees to navigate themselves through the mountains.

First aid: students will learn how to give first aid in the mountains and necessary skills and behavior in an accident situation (calling authorities and rescue units, giving location, remaining calm, accessing the situation, etc.)

Mountain gear and equipment: students will learn about the necessary hiking equipment and its use in different situations.

Survival: students will learn and work together to gain skills in camping and outdoor survival (setting tents, camps, fire, cooking, etc.)

Solo: this is a reflection activity to assess your personal growth and development in a natural surrounding.

Geography: students will learn the main geographical regions of the mountains, elements of maps and will explore lakes, waterfalls, rivers, peaks and forests.

Biodiversity: here students will gain knowledge of their surrounding flora and fauna through different activities for observing, describing and collecting samples.

Artistic activities: students will tap into their talents to participate in outdoor cooking, campfire poetry reading, natural landscape painting, theater in the woods and creative writing.

Reflection and discussion: these activities will offer the best chance for sharing experiences and thoughts, reflecting on personal growth and development, setting future goals and boosting motivation.

Games: games will be played daily for strengthening positive atmosphere, teamwork and strategic skills (bow and arrow, charades, scavenger hunt, etc.)