

Ministry of Education and Science of Ukraine
Yuriy Fedkovych Chernivtsi National University
Faculty of Physical Education, Sports and Rehabilitation



APPROVED

Rector of Yuriy Fedkovych
Chernivtsi National University
Ruslan BILOSKURSKYI

«27» 06 2025

PROGRAMME

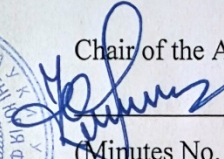
Summer Tourism School

‘STAY ACTIVE: Sport-Carpathians 2025’

APPROVED

by the Academic Council of the Faculty of
Physical Education, Sports and Rehabilitation

Chair of the Academic Council


Yuriy MOSEYCHUK

(Minutes No. 9 dated 25.06 2025)



Chernivtsi, 2025

DEVELOPED: by the working group of the Faculty of Physical Culture, Sports and Rehabilitation of Yuriy Fedkovych Chernivtsi National University

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The three-day "STAY ACTIVE: Sport-Carpathians 2025" summer tourist school is a training and practical programme taking place in the Carpathian Mountains at the Zaroslyak National Tourist Board. The event aims to prepare students for the independent organisation, support and participation in health and recreational activities, particularly in the field of sports tourism. The summer tourist school is dedicated to the 150th anniversary of Yuriy Fedkovych Chernivtsi National University's foundation.

The programme includes a combination of mini-lectures, workshops and team competitions (sports days) incorporating tourism elements, as well as a compulsory ascent of Hoverla as part of the field training module. Participants will improve their physical skills and gain experience in organising active leisure in a natural environment in accordance with the principles of environmental responsibility and safety. The summer tourist school addresses current challenges in training physical culture and sports specialists. The modern education system requires a transition from predominantly theoretical training to practical forms that develop real professional competencies in a natural environment.

Society's growing interest in active lifestyles, sports tourism, health, recreational physical activity, and the psychophysical rehabilitation of young people increases the demand for specialists who can organise high-quality health and recreational physical activities.

In this context, the school acts as an effective educational and practical platform:

- strengthening the professional training of future organisers of active leisure.
- developing teamwork, leadership and responsibility skills in real-life conditions;
- stimulating independence, creative thinking and the tourist instructor skills of students.

The school's goal is to develop students' knowledge, skills and practical experience in sports tourism and recreational physical activity. It also aims to foster the personal qualities necessary for organising active leisure, maintaining health and promoting a healthy lifestyle.

Particular emphasis is placed on:

- improving students' physical condition in natural environments;
- mastering the techniques and tactics of sports tourism;
- developing teamwork, leadership and mobility skills.
- familiarisation with the possibilities of health and recreational physical activity in mountainous areas;
- developing environmental and social responsibility during active recreation.

The "STAY ACTIVE: Sport-Carpathians 2025" school aims to integrate students' theoretical knowledge with real-life experience of organising tourist events, routes and recreational and sporting activities. This contributes to the development of

competent specialists who can design and lead active leisure activities in natural environments.

Target audience:

Students of higher education institutions of all forms of ownership and management.

Form of participation:

Full-time.

Volume (duration):

45 hours (1.5 ECTS credits).

Types of activities:

The programme for the summer tourist school 'STAY ACTIVE: Sport-Carpathians 2025' includes various training sessions and opportunities for active participation, ensuring the all-round development of participants' professional and personal skills.

- *Lectures*: Theoretical sessions focusing on the fundamentals of sports tourism, mountain safety, health and recreational practices, and environmental responsibility.

- *Practical classes*: development of tourist training techniques (orienteering, working with equipment, route organisation, instructor practice), organisation of active leisure and participation in health, recreational and sporting events.

- *Trekking to Hoverla Petros*: a training expedition forming an integral part of the programme, building endurance, cohesion, and the ability to work in extreme conditions.

- *Workshops, masterclasses and seminars*: intensive training events where participants primarily learn through active participation.

- *Reflective sessions and group work*: evening discussions and summaries.

During the Summer Tourism School, 'STAY ACTIVE: Sport-Carpathians 2025', participants acquire theoretical knowledge and practical skills while immersing themselves in an atmosphere of interdisciplinary interaction and professional dialogue. The programme involves students actively participating in discussions, exchanging views, jointly analysing problems, and searching for solutions alongside teachers, trainers, and invited experts from related fields.

Knowledge and experience are integrated through common tasks, teamwork, modelling of real-life cases and subsequent presentation of the results.

To successfully complete the School and receive a certificate of participation, the following conditions must be met:

- Take an active part in all activities planned by the programme, including lectures, practical classes, a hike to Hoverla-Petros, workshops, masterclasses, reflective sessions, and group work.

- Participate in the final summative session, which includes test tasks, discussions, team self-assessment and reflection.

- Adhere to the principles of academic integrity, treat team members and other participants with respect, and maintain an ethical atmosphere of mutual responsibility and trust.

Participants who have fully completed the programme and passed the final test will receive a personalised certificate confirming participation in the training event, which has a volume of 45 hours/1.5 ECTS credits.

THE PROGRAMME FOR THE SUMMER TRAVEL SCHOOL

STAY ACTIVE: SPORT CARPATHIANS 2025

Venue: NTB 'Zaroslyak'

Duration: 11–13 September 2025 (3 days)

Focus: Active leisure, including tourism, health and recreational physical activity, sports events, ecology and team building.

No	Topic/activity	Form of organisation	Duration
1	Safety briefing. Familiarisation with the territory	Practical training and excursion	2 hours
2	Walking to the waterfall and getting acquainted with the natural environment of the Zaroslyak National Nature Park	Excursion	2 hours
3	Travel wisely: a safe and eco-friendly route in the mountains	Workshop	2 hours
4	Obstacle course, orienteering, river crossing and cornhole	Practical training	4 hours
5	Evening at the campfire: introducing teams, legends and songs	Masterclass (team building)	3 hours
6	Exercise	Practical training	1 hours
7	Mountain tourism as a form of health improvement Functional loads in the mountains Psychology of team climbing Let's cook tasty, healthy food on time: rational nutrition for tourists Natural resources of the Carpathians	Lectures	6 hours
8	. Hiking Hoverla-Petros	workshop and excursion	8 hours
9	Tourist relay race, tenting and mini-football	Practical training	4 hours
10	Rafting (rafting from Verkhovyna to Bystrets)	Workshop	4 hours
11	Intellectual quest: 'Survive'. To know. Enjoy!'	Workshop (interactive game)	2 hours
12	Leadership and teamwork in the mountains	Masterclass (reflection session)	3 hours
13	Planning and modelling of recreational tourist routes	Workshop	2 hours
	Taking the final test. Awarding of the sports day winners and presentation of certificates to participants of the school.	Testing	2 hours

List of competencies to be acquired/improved to be acquired/improved

General competencies:

General educational: the ability to continuously learn, master modern approaches to organising health, recreation and tourism activities, and critically learn innovative methods, forms and technologies of active leisure in the natural environment.

Research and praxeology: the ability to identify and formulate topical issues in health, recreational physical activity and tourism practice; analyse situations in the natural environment; make informed decisions; and evaluate performance.

Communication: the ability to interact effectively within a team, demonstrate constructive communication skills in the field, develop empathy and formulate and transmit information to different categories of participants in the organisation of active leisure.

Civic: the ability to act responsibly and lawfully in accordance with the law and social responsibility when organising and conducting outdoor activities and participating in public and social initiatives.

Ethical: the ability to adhere to ethical norms and respect people and communication culture, and to behave responsibly when interacting with the natural environment and participants in health and recreational physical activity.

Socio-cultural: the ability to act in accordance with the cultural context of the area; to promote sustainable tourism; and to adopt a culturally responsible attitude towards natural environments and traditions.

Interpersonal interaction: the ability to work effectively in a team, resolve conflicts constructively and accept the role of leader or group member depending on the situation. The ability to develop perseverance, self-criticism and mutual respect.

Adaptive: the ability to act effectively in new, changing or stressful conditions on a tourist route, maintaining performance and making decisions in uncertain situations.

Reflective: the ability to assess and reflect on one's experience of participating in tourist and sports events; readiness for self-development and improvement of personal and professional qualities, based on analysis of past experience.

Professional competencies:

Subject: The ability to apply knowledge of sports tourism theory and practice, health and recreational physical activity theory and technology, physical culture, hygiene, ecology, and leisure organisation for health activities in the natural environment.

Emotional and value-based: the ability to develop a positive attitude towards nature, health and active leisure culture by participating in tourism, health and recreation and sports events, and by fostering an internal motivation for a healthy lifestyle.

Recreational and spatial: the ability to analyse natural areas as recreational spaces, evaluate their potential and design routes that consider terrain, climate, safety and the psychophysiological characteristics of participants.

Information and interactive: the ability to use modern tourism, information and geoinformation technologies (GPS, digital maps, mobile applications, etc.) to search for and critically analyse information when planning and implementing routes.

Description of the results achieved through training and activities within the framework of the Summer Tourist School

STAY ACTIVE: Sport-Carpathians 2025

- Understanding of modern approaches to organising health, recreation and tourism activities in a natural environment. Knowledge of the fundamentals of hygiene, ecology, safety, and socially responsible tourism. Recognition of the importance of sustainable tourism and the preservation of the Carpathian region's natural environment and cultural heritage. Participants will learn new professional information, evaluate and present their own experience, and analyse and apply the experience of colleagues.

- Knowledge of the principles of teamwork, leadership and ethical interaction in extreme conditions. Demonstrate independent working skills and critical and self-critical thinking.

Understand the role of active leisure in forming a healthy lifestyle, promoting psycho-emotional well-being, and encouraging personal development. Demonstrate a readiness to improve personal and public health by promoting physical activity and other healthy lifestyle factors, and by conducting outreach activities among different population groups.

- Master the methods of organising and conducting recreational and sports events and tourist routes.

• Mastery of tools for planning tourist routes, taking into account the physical, age-related and psychological characteristics of participants.

- Mastering the skills of reflection, self-assessment and self-development in the field of health and recreational physical activity, including tourism.

Acquiring practical skills for safe behaviour in mountainous terrain, orienteering, pitching tents and organising crossings. Using the acquired skills and abilities to engage in popular types of recreational physical activity.

- Acquire skills in using tourist and geographic information technologies (digital maps, GPS and mobile applications) for navigation and route planning. Apply theoretical knowledge to solve practical problems and interpret results meaningfully.

- Development of communication, group interaction, leadership, effective teamwork and conflict resolution skills.

This document is issued upon completion of the School.

Successful completion of the School is confirmed by the relevant certificate of participation (see Appendix A), developed by the University and signed by the Rector or their authorised representative, the First Vice-Rector.

Contents of the participant certificates

Ministry of Education and Science of Ukraine
Yuriy Fedkovych Chernivtsi National University

Certificate of participation
Summer tourist school
'STAY ACTIVE: Sport-Carpathians 2025'

Series _____, Number _____, from " ____ " _____ 20__.

LAST NAME, FIRST NAME, PATRONYMIC

from " ____ " _____ 20__ to " ____ " _____ 20__.

The programme runs for a total of 45 hours (1.5 ECTS credits).

The form of participation is full-time.

Professional opportunities based on the results of the programme
Summer tourist school 'STAY ACTIVE: Sport-Carpathians 2025'

Description of the learning outcomes achieved:

- Understanding of modern approaches to organising health, recreation and tourism activities in the natural environment. Knowledge of the fundamentals of hygiene, ecology, safety, and socially responsible tourism. Recognition of the importance of sustainable tourism and the preservation of the Carpathian region's natural environment and cultural heritage. Learning new professional information and evaluating and presenting one's own experience and analysing and applying the experience of colleagues.
- Knowledge of the principles of teamwork, leadership and ethical interaction in extreme conditions. Demonstrate independent working skills and critical and self-critical thinking.
- Understand the role of active leisure in forming a healthy lifestyle, promoting psycho-emotional well-being, and encouraging personal development. Demonstrate a readiness to improve personal and public health by promoting physical activity and other healthy lifestyle factors, and by conducting outreach activities among different population groups.
- Master the methods of organising and conducting recreational and sports events and tourist routes.
- Mastery of tools for planning tourist routes, taking into account the physical, age-related and psychological characteristics of participants.
- Master the skills of reflection, self-assessment and self-development in the field of health and recreational physical activity, including tourism.
- Acquire practical skills for safe behaviour in mountainous terrain, orienteering, setting up a tent and organising a crossing. Use the acquired skills and abilities to engage in popular types of recreational physical activity.
- Acquire skills in using tourist and geographic information technologies (digital maps, GPS and mobile applications) for navigation and route planning. Apply theoretical knowledge to solve practical problems and interpret results meaningfully.
- Development of communication, group interaction, leadership, effective teamwork and conflict resolution skills.

Rector

Ruslan BILOSKURSKY

Programme of the Summer Tourist School**NTB 'Zaroslyak'****Duration: 3 days****Focus: active tourism, sports, ecology and team building.****Day 1: Integration and teamwork activities**

Time	Activity
12:00–13:00	Arrival, accommodation, safety briefing
13:00–14:00	Lunch
14:00–15:00	Walk to the waterfall and familiarise yourself with the area.
15:00–16:00	Workshop: 'Walk Wisely: A Safe and Eco-Friendly Route in the Mountains'
16:00–18:30	Spartakiad: obstacle course, orienteering maze, river crossing and cornhole
18:30–19:30	Dinner
19:30 – 21:00	Evening at the campfire with legends, songs and team introductions.

Day 2: Practical mountain test: climbing Hoverla

Time	Activity
05:30–06:00	Exercise, breakfast
06:00–14:30	Hike to Hoverla–Petros (route through Zaroslyak with stops for lectures)
	'Mountain tourism as a form of health improvement' 'Functional loads in the mountains' 'Psychology of team climbing' 'Let's cook tasty and healthy food on time: rational nutrition for tourists' 'Natural resources of the Carpathians'
14:30–15:30	Return, lunch
15:30–17:30	Spartakiad: tourist relay, tent installation and mini-football
17:30–18:30	Dinner
18:30–20:00	Intellectual quest: 'Survive'. Learn. Enjoy!'
20:00–21:00	Evening of reflection: Reflection session on leadership and teamwork in the context of tourism activities

Day 3: Final reflection, practical tasks and awards ceremony

Time	Activity
08:30–09:30	Exercise, breakfast
10:30 - 12:00	Workshop/Practice: 'Planning and modelling of wellness tourist routes'
12:00–13:00	Lunch
13:30 - 16:00	Workshop: Rafting (Verkhovyna–Bystrets)
16:30 - 17:30	Awarding of the winners of the sports competition and presentation of certificates
17:30–18:30	Packing and departure

