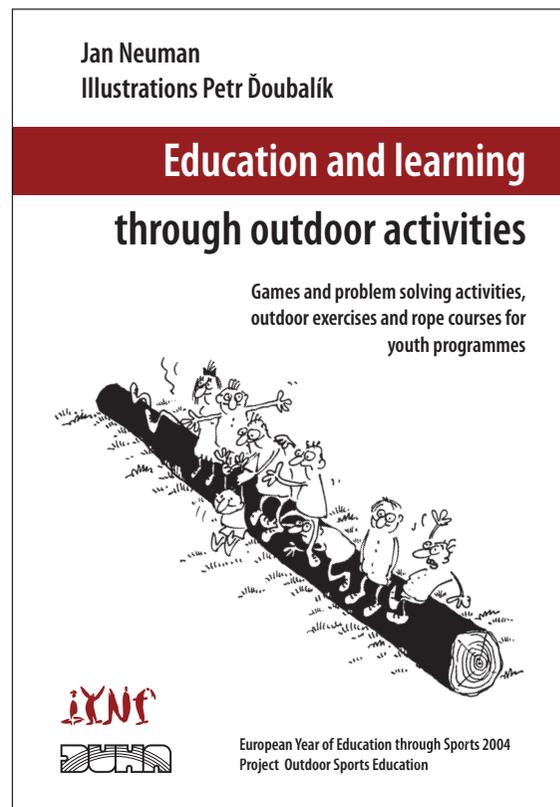


# Education and learning through outdoor activities

Jan Neuman, Petr Doubalik

Order an IYNF book providing an extensive collection of games and problem solving activities, outdoor exercises and rope courses for youth programmes, which together with fantastic illustrations makes a perfect guide for all leaders of educational activities. The activities are introduced by a comprehensive chapters on theory of outdoor education and rope courses.



Do you know that feeling? When you have been doing something for some time, trying to do it as good as possible, sometimes trying to explain what and why you are doing it, and then you hear someone explaining what you have been doing, how and why you did it that way, and all that in a more precise way than you were ever able to do... And then you say: 'Yes! That's it, that's exactly what I meant!' Psychologists call it the 'AHA!-Experience', referring to the common expression 'AHA!' we many times use in these situations.

And I must say that was exactly my experience when I first lay my eyes on the texts by Dr. Jan Neuman. As Friends of Nature, we have been using Outdoor Sports for educational purpose for decades already, and yet, we hardly achieved writing down this experience, never found the right words, nor made the time for it. We just kept on doing, playing, climbing...

When we met Jan Neuman, in his faculty at the Prague Charles University, and he talked with us about his vision on education in outdoor-sports, and I could only say: 'AHA! Yes, that's it, that's exactly what we meant to say'.

That's why it was an honour and a pleasure, for us Friends of Nature, young and old, to cooperate with Jan Neuman and his team in this project of Outdoor Sports Education. And it is an honour – and a pleasure – for me, as a person, to get to know this nature-rooted academic and write an introduction to his book. This handbook tells about activities we, Friends of Nature, do in our local groups and explains us how we can perform them even better.

I'm sure many trainers in Friends of Nature, and other organisation will find great inspiration in it.

Wilfried Meulenbergs

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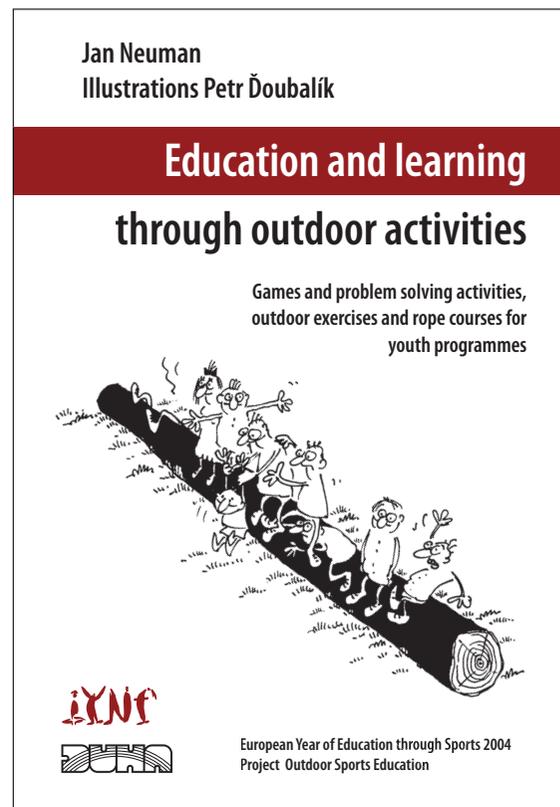
For examples of the published games and excercises look at [www.iynf.org](http://www.iynf.org)

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