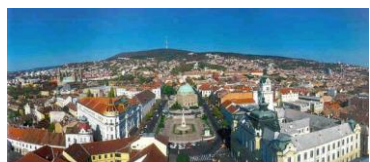


MEASURE LEISURE – STUDY & FUN

International Summerschool by World Leisure Center of Excellence (WLCE UP)

University of Pécs H-7626 Pécs Ifjúság u. 6. (+36300746492, 36708849008)

Email: wlce.up@gmail.com



Course Location: University of Pécs, Pécs, Hungary, and its region

Date: 21-29 August 2022

Organizing unit: WLCE University of Pécs, Faculty of Sciences

Organizing team:

- Prof. Dr. Marta Wilhelm (WLCE director)
- Ass. Prof. Dr. Miklos Banhidi (WLO, Board member)
- Ass. Lecturer Judit Prókai (WLCE secretary)

Ass. Lecturer Zsuzsanna Gep (WLCE program coordinator)

Target group:

- BA, BSC, MA, MSc students of recreation, leisure, tourism, health studies,
- PhD students

Language of instruction: English

Language requirement: spoken English

Credits: 6 European credits (part of European Credit System)

Application deadline: 30th of June 2022

How to apply: sending an email to: wlce.up@gmail.com

Goals of the camp:

- To offer seminars and workshops for students in formal and informal settings lead by university professionals
- To provide a platform for international and local students to learn special skills in research and practice
- To help students developing in professional fields and skills, such as using research tools, recording and analysing data and publishing results.

Program description:

The suggested program as an interdisciplinary approach to measure leisure environments in the region and measuring the psycho-physiological effects of leisure activities.

It is in a form of a camp. The workshops are conducted in university laboratories (UP), in the unique urban and natural environment, such as the district of the European Cultural Capital, the Mecsek mountains and the world famous Harkány Thermal Spa. The activities will be theoretical and practical as well, connected to the lab, recreational physical activity and joy as well. Combining theories/lab equipments and leisure activities will lead to understand self and nature better.

Students need to create projects that each of the participating leaders will give out (single or group projects, needed to be completed) from every topic discussed. After evaluating them teachers will choose the best of each finished project, and the named students will have an opportunity to present their work in a mini symposium organized at the end of the course, and/or publish in a journal.

Course fee (for seminars and workshops and logistics)

- 100 euros/person (without lodging and food),
- 350 euros/person (including, food, lodging and the courses)

PROGRAM SCHEDULE

Sunday, 21th August 2022

16:00 Arrival to Pécs, settle down, orientation. Getting around the area.

18:30 Dinner

19:30 Introduction evening

- Introduction of World Leisure Organization – Miklos Banhidi (WLO Board)
- Introduction of WLCE UP – Marta Wilhelm (director, WLCE)
- Introduction of participants: Each group (participant) should introduce their home country/city/university. Discussion on the plans and expectations.
- Discussion on the professional plan

Monday, 22nd August 2022

7:30 Breakfast

8:30 Lab workshop (Faculty of Science)

- Introducing the Physiology lab - theoretical lecture about HR measurement (Marta Wilhelm)
- Trial measurements

12:30 Lunch

14:00 Field research in the cultural district of Pécs

- Visiting the cultural sites in Pécs (site trip, practical measurements, environmental challenges)
- Shooting photos – the best photos will be awarded

18:30 Dinner

19:30 Evaluation of the day

- Creating a virtual photo exhibition
- Analyzing the content of the photos

Tuesday, 23rd August 2022

7:30 Breakfast

8:30 Fitness, and dance workshop (Faculty of Science)

- Yoga workshop (Zsuzsanna Gép)
- Dance workshop - learning and practicing a choreography (Judit Prókai)

12:30 Lunch

14:00 Walking to the downtown - Dance Flashmobs around the downtown area

18:30 Kebab dinner in the downtown

- Evaluation of the day
- Having fun in the city

Wednesday, 24th August 2022

8:00 Breakfast and preparing lunch boxes

9:00 Hiking tour to the hills of Mecsek

- Hiking tour on popular hiking trails.
- Visiting small villages
- Measuring and analyzing the routes and physiological effects of a walk.
- Evaluating the physical condition of the forest areas. Collecting edible plants of the woods

17:30 Cooking in the evening on an open fire

- Evaluation of the day

Thursday, 25th August 2022

7:30 Breakfast

8:30 Data analysis in the computer lab (Miklos Banhidi)

- Learn statistics and publishing methods

12:30 Lunch

14:00 Visiting a swimming pool

- Fun games and water therapeutic activities in the area

19:30 Dinner

20:30 Night tour in Pécs – city bound game

Friday, 26th August 2022

6:30 Breakfast and preparing lunch boxes

7:30 Excursion to Orfű lake by bus

- Water sport activities at the Water Sport Center - SUP yoga, swimming, kayaking.
- Measurement of the water conditions and the effects of physical activities
- Beach games activities

17:30 Traveling back to Pécs

19:00 Dinner

- Evaluation of the day

Saturday, 27th August 2022

7:00 Breakfast and preparing lunch boxes

8:00 Travel to Harkány by bus

- Visiting Harkány Spa
- Recreation therapeutic activities in the thermal water.
- Measuring the heart rate responses in the hot environment.

13:00 Lunch

14:00 Walking tour to the medieval Siklós Castle, the iconic place from the Rákóczi War of Independence

18:00 Dinner in a pizza restaurant

19:00 Traveling back to Pécs

20:30 Evaluation of the day

Sunday, 28th August 2022

10:00 Benefits of leisure activities - Symposium (Conference room - Faculty of Science)

13:00 Lunch

15:00 Free time

19:00 Dinner

20:30 Final evening

- Evaluation of the week
- Discussion of the follow up plans - publications
- Final party

Monday, 29th August 2022

End of the program, traveling home