

Review of I. Bula-Biteniece, K. Ciekurs, J. Grants, I. Kravalis,
A. Litwiniuk, K. Piech, I. Smukā book
„OSRESS – Outdoor Sports and Recreation Education Summer School”



On the event of the 5th anniversary of Summer School Latvian and Polish authors created a book “OSRESS – Outdoor Sports and Recreation Education Summer School”, aiming to reflect on the history of previous Summer Schools. In the chapter “Publications” authors shared personal

practical and scientific experience in the fields of outdoor recreation didactics, outdoor folk games, and philosophic approach to recreation, biking recreation, physical activity and health.

In the book you will find both publications and practical recommendations for recreation and education outdoors. A special chapter is devoted to outdoor Latvian folk games collected by students. Each folk game and folk dance collected by students is a part of nation's cultural heritage. Nowadays when much of our lives are immersed in new technologies, everyday new achievements and material values, more and more public attention is drawn to an active lifestyle, more and more people talk about a healthy lifestyle and the importance of recreation in human life.

Results of the summer schools workshops are good examples of collected outdoor games which we can use in the work with people of different age. Summer school participants – both students and teachers – working together were able to break down barriers between the students and their teachers. Learning skills were developed in practical classes during joint bike and hiking tours. Cultural history of the environment was explored, using the methods of qualitative research.

Johnny Nilsson
PhD, Professor
Swedish School of Sport and Health Sciences (GIH)