

Abstract

Title: Proposal for the preparation and implementation of a course on survival in nature.

Objectives: In the theoretical part of the thesis the method of literature search was used. Subsequently, the knowledge and information obtained in the theoretical part was transferred to the practical part, which was additionally supplemented with own experience and inspiration from professional authors dealing with the creation of a course on survival.

Methods: In the theoretical part of the thesis the method of literature search was used. Subsequently, the knowledge and information obtained in the theoretical part was transferred to the practical part, which was additionally supplemented with own experience and inspiration from professional authors dealing with the creation of a course on survival.

Results: The result of the work is a comprehensive and practical course plan that could be useful for instructors, organizations, and individuals interested in the outdoors.

Conclusion: The aim was to design a three-day programme for fifteen people who have minimal knowledge of the outdoors. The main idea of this course is to involve game activities that will help the participants to improve their skills.

Keywords: nature, shelter building, basic orientation, fire