

# Outdoorová Vysočina

## Outdoor Highlands

[www.outdooring.eu](http://www.outdooring.eu)



# „Your spare time can be just spent or perfectly lived out“

Programmes Outdoor Highlands are designed for school or company groups or any other groups e.g. parents with children, a company of friends, a sport club, non-profit associations etc.



Dear headmasters, teachers, managers, students and pupils, non-profit associations representatives, parents, tourists, adventure fans, active free time confessors.

Our non-profit association STAN – Special Team for Adventure in Nature takes the chance to invite you to Highlands, the region of beautiful nature, region with infinite number of possibilities of active spending your free time both in summer and winter, region rich in cultural attractions. To all of these we add our project– 30 adventurous programmes associated under the name of Outdoor Highlands. The content of the programmes can be found in this catalogue, which is just a small illustration and provides brief descriptions of the programmes. It is mainly an invitation to our web portal Outdoor Highlands,

which can be found on our web address [www.istan.cz](http://www.istan.cz) or on [www.outdooring.eu](http://www.outdooring.eu)

Project Outdoor Highlands was supported from financial resources of the region of Highlands and Common Regional Operating Programme.

## Main foot-holds of the Outdoor Highlands programmes:

- **Experience and adventure**

Most of our programmes are based on experience and adventure. Our outdoor activities are full of adrenaline, experience pedagogy and education through experience. In our programmes you get maximal adventure.

- **Active free time**

Our programmes are based on the idea of best free time being active free time. What you really cannot expect is the dolce far niente. On the contrary, some of them will give you a really hard time but you can be sure the great feeling you get once you are through will retain in your memory for a long time.

- **Collective, bunch and**

Almost all our programmes tourist, firm group or a bunch of pment of team work. Some of

**team**

are designed for teams. Whether it be a school, friends, the programmes always contain items supporting the develop- them (e.g. school or firm teambuilding) concentrate straight on the topic.

- **Beautiful countryside of Highlands**

The region of Highlands is a beautiful part of the Czech Republic. Forests, rivers, beautiful sights of the countryside, peculiar charm in every season. Just the surroundings itself provides a perfect chance to spend your free time in an active way.

- **Professionalism and experience**

We did not create our programmes at the computer. They are the results of several years of hard work. They are based on evaluation of more than 15.000 clients, permanent testing of new programmes, vast investments in equipment, gaining licences and specializations, training and education of our employees, creating of our own innovative base, scientific-pedagogical council, team for strategic development and team of programme specialists. Together with the financial support of the project such a wide offer could be made.



- **Permanent progress**

At the end of the programme each client is asked to fill in a questionnaire to give comments to single parts of the programme, to write down his or her ideas or recommendations. All the questionnaires are evaluated by our instructor, who writes a final report to be read by the company management. On the basis of the information the management constantly modifies, develops and improves the programmes.

- **Equipment**

Our programmes can be carried out thanks to great equipment and facilities we dispose. High-rope centre, low-rope activities, rafts, rappel, climbing wall, shooting, paintball, snowkiting, airsoft, mountain bikes, a balloon... STOP! There is no need to go on as everything can be found in our programmes.

- **Originality**

Wide range of offered programmes, their great value, surroundings, genuine adrenaline activities. All these make our offer original.

- **Affordability**

Affordability is a distinct aspect of our programmes. Essentially it comes out of the fact that STAN – Special Team for Adventure in Nature is a non-profit organization and thus its projects are primarily not of commercial character. We believe you cannot get more for your money anywhere else. More over our programmes are financially graded the way they contain activities affordable to everyone.

- **Values**

The word „value“ is a consequence of the previous aspects. In all our programmes you can sense the effort to provide you with a great fun and also enrichment. You will feel enriched by spending several days in beautiful surroundings of Highlands doing activities where learning and surpassing yourselves. You will feel enriched by better knowledge of your friends, school mates, colleagues and also the power of team work, friendship and support.

## Our programmes are designed for:

### Group 1: schools

When we say schools we mean both elementary and secondary. Programmes are always adjusted to a certain age group. They are school groups who belong to our most numerous clientele. Why are they just school groups?

First of all it is because our offer is really complex. We realize schools in nature, school trips, sport courses, adaptative courses and even defensive courses. We do not lack media education courses, social skills trainings or special programmes for pedagogues. Outdoor language classes come a new into our offer.

Schools also choose from our offer because it is convenient for teachers as well. On a typical school trip the teacher must take care not only of the accommodation, food and check on the children but also the programme. With our programmes it is quite different. The teacher can really live the programme up as we take care of everything.

Last not least it is the bargain price of the offered programmes. We believe the price ratio is on a great level. The very good price conditions are also based on the fact that STAN – Special Team for Adventure in Nature is a non-profit organization.

Several tens of Czech schools has already choosen our organization as an exclusive realizer of their projects. Except the above mentioned aspects they are also attracted by the variety of the programmes. Thus the same group is offered something different each year.

The advantage we cannot miss out is the fact that we always try to add a special value to the school project which would affect both individuals and the collective in a positive way. Educational items aimed at the development

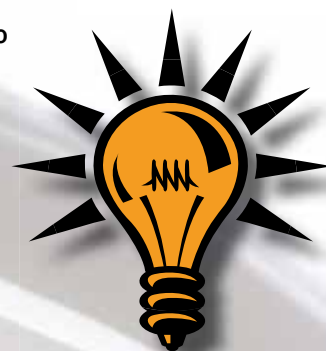




of a young personality and friendly atmosphere within the school collective are taken into account. Tens of teachers have spoken highly of the improvement of the pupils-teacher relation.

### What is important:

- Study well the whole offer on our websites to choose the most suitable programme!
- Book the term as soon as possible! We recommend at least 5 – 7 months in advance, but it is possible to make a reservation a year beforehand.
- Use our websites! It is far beyond the limits of this catalogue to present you all the offered possibilities and activities. This catalogue is to provide you with basic summary and invite you to our websites [www.istan.cz](http://www.istan.cz), where you can find everything, including on line reservation forms.



## Group 2: Firm clientele

Our offer can be greatly used by firm clientele. Here are several words about what has brought us to the idea to create programmes for firm clientele. We used to specialize solely in outdoor programmes for children and young, but then the parents of the children started to complain about the situation being unfair as there were such great programmes for children but none for adults. Having great experience in teambuilding and work with collectives, we decided to open our activities to firms as well. The programmes for firms come out from our basic outdoor programmes offer and are always adjusted according the needs of a certain firm.

How to choose an outdoor programme? Do not hurry your choice to be sure you get the right one.

### The best way to do so is as follows:

- step 1 – look through our offer. Programmes we recommend to firms: ADVENTURE, PANDORA, Landing, Survival, OUTDOOR EXCELLENT, Wilson Rock Bequest, but you can choose any other.
- step 2 – compare, choose and ask. If you like a programme or more programmes you can not choose from, be sure to contact us (best through our on line form on our websites [www.istan.cz](http://www.istan.cz)) and our operator is sure to help you.
- step 3 – give vent to your fantasy. You might choose a programme from our offer and be happy with it as it is. But you can also use your fantasy and let us know what changes you would like to make in the programme and what you would like to add in it! There are plenty of possibilities especially for relaxation programmes. It is not a problem to include grilling, evening dance, a cultural programme, wine tasting etc., after a demanding outdoor day. And again you just let us know and our work team will do their best to meet all your requirements.
- step 4 – describe what you expect. Our instructors will be preparing for your group very carefully. You can easy their situation and describe what you expect from your firm outdoor action in our on line forms. Whether you want the action to be aimed at improving relations within the firm and the whole firm to work as a team (then we stress out teambuilding activities), or whether you just want to experience maximal adventure and test your limits we can arrange everything. Let us jus know in advance what you expect!
- step 5 – book as soon as possible! This step is very important for us to find together the most suitable term and prepare your action the best way we can!!

### What is the contribution to your firm?

It would take a great part of this catalogue to name single contributions. You will find everything presented and explained on our websites [www.istan.cz](http://www.istan.cz). Put in brief, our outdoor teambuilding programme can change completely the atmosphere in your firm and change a motley collective into a real team. It can also improve the relations between the management and the stuff and do a great job for your firm culture. Successful companies with strong firm culture in developed countries realize such programmes very often. And they know very well why...

## Group 3: Non-profit organizations, clubs, teams

We must not forget non-profit organizations, clubs or teams. A full of adventure high-quality outdoor programme might be a great high point of their year – long activities or something that gives the members a new motion. It can be something the club or team members fully experience together. The procedure is in fact the same as with firms. First you choose a programme and you can go through it as it is designed or we can modify it according to your wish. As our organization – STAN – Special Team for Adventure in Nature is a non-profit one, we can offer such associations, clubs or teams prices of non-commercial character.

## Group 4: Parents with children, tourist groups, outdoor fans and trippers

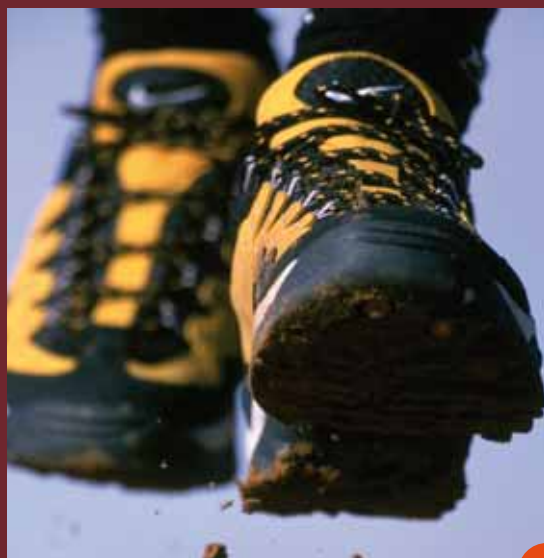
Are you interested in our programmes and you are not a school, firm or a non-profit organization? It does not really matter as it will do when you form a group (remember the minimal number of members is 10 and more) and you can choose and experience any programmes from our offer. And again there is the high variability of our programmes. Of course, it is easier for us when you choose a programme designed by us, but there is space for modifying the programme or you can even create a programme of your own and pick out just some of the activities. Moreover, except the basic programme offer, there are three more programmes concentrating entirely on touring. Our advice is to study carefully our entire offer on our websites [www.istan.cz](http://www.istan.cz) and only then think of a variant you choose. We would like to point out that our websites contain transparent information concerning both cultural and natural attractivities of the region of Vysočina. There can also be found a signpost of tourist reference for the region.

## Group 5: Children and young

Three programme blocks of Outdoor Highlands are prepared for these groups. They are the blocks of summer camps, spring camps and we did not forget about winter camps either. We reach outstanding results in this sphere and we enjoy the trust of the parents who consign us their children. We are able to prepare an unforgettable programme, which on the top includes a lot of positive points like the stay in healthy surroundings of the region of Vysočina, significant improvement of physical condition or development of independent decision-making and team work. All of it happens under the supervision of professional leaders who work with children and young throughout the year and instantly develop their work skills as they are required by our organization. To describe the three blocks in details is far too demanding to fit in this catalogue, therefore we invite you again to visit our websites [www.istan.cz](http://www.istan.cz) or [www.outdooring.eu](http://www.outdooring.eu), where you can find much more.

## Drop by...

Since 1st September, when we opened our biggest base in the Leisure Centre Březová, there has been opened a tourist information centre Outdoor Highlands. When you travel round highlands, be sure to drop by. We will be happy to show you our activities. We can also give you some useful advice or recommend some attractions of the region. You can get refreshed and if you are interested you can get our presentation DVD with demonstrations of our programmes. We look forward to your visit to our tourist information centre Outdoor Highlands.





## We introduce single attractions:

On these pages of our catalogue we introduce single attractions we use in our programmes. We are, however, afraid that the limits of catalogue allow us to provide you with just brief descriptions. You can learn much more on our websites [www.istan.cz](http://www.istan.cz), or [www.outdooring.eu](http://www.outdooring.eu). The attractions are added by tens of photos and some of them even by videos.

### ROPES & ADRENALINE

- **High-rope Centre**

Is one of the most popular attractions. We include it in most at our programmes, which are realized in the Leisure Centre Březová. The centre has 5 rope bridges and hurdles in total. They are placed 7 – 8 metres above the ground. The safety is secured by double backbond and experienced programme specialists. The embarkation tower is 11 metres high. The High-rope Centre is one of the programme points of experience pedagogy and education through an experience. For participating you need a fair amount of courage and after getting over of all the bridges you will be rewarded by the great feeling of surpassing yourselves!

- **Low-rope Centre**

We include this centre in most of our programmes as well, and it is a logical first stage to the High-rope Centre. Here you can try out 14 great rope bridges and hurdles, all of it 1 - 2 metres above the ground. But be careful. Some of the hurdles are more demanding than they seem to be and to get over them you will have to use your not only your muscles but also your intelligence and inventiveness. Some of the hurdless are set the way the whole team must participate to get over.

- **Cableway**

It is brand new in our offer. Climbing the higher of the two embarkation towers, you get into the height of 16 metres. Your head might swim when looking down, but you do not have to be afraid as the double backbond is tested for the weight of several tons. So, there is no excuse for you and everything is just a question of your courage. The instructor will get you into the thimble and hitch you to the rope. After a short run-up and a take-off from the ramp many will close their eyes and hold their breath the cableway is 120 metres long. We include it into several of our programmes for the demanding and the most demanding groups. You can see a video on our websites [www.istan.cz](http://www.istan.cz).

- **Daemonic swing**

It is also new in our offer and we include it in the programmes for the most demanding groups. You climb up the embarkation tower as well. The instructor gets you into the thimble, secures you by a double backbond and then it is just up to you. For this activity you need even more courage than for the cableway. After a run-up, take-off and jump into emptiness, you experience an unforgettable feeling intensified by survival in several G. You will find more in our video.

- **Climbing wall**

It was our very first adventurous activity. You can use two climbing walls. The smaller one is 9 metres high and we include it in almost all our programmes, which take place in the Leisure Centre Březová. The bigger one is 15 metres high and we include it in the programmes for demanding and the most demanding groups. It is much harder for both your skills and courage.



### • Bridge rappel

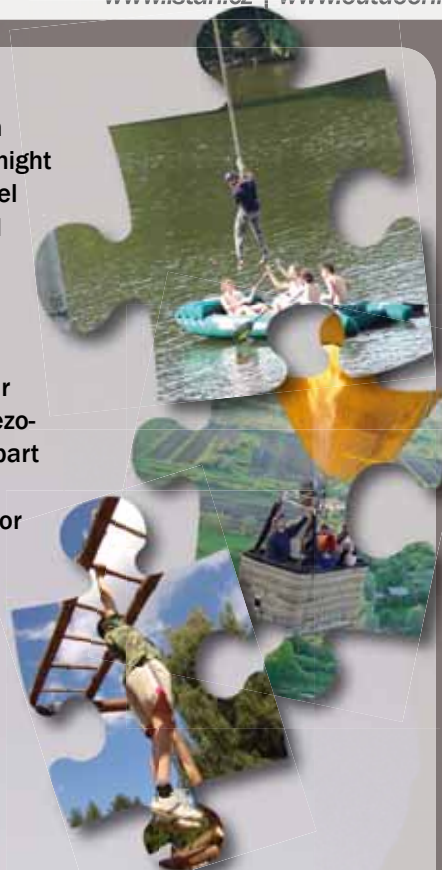
The experience and courage gained when doing our rope activities will come in handy when rappelling a bridge. And here we get higher again. This time it is the height of 30 – 40 metres (in accordance with the level of water in the dam). You rappel a bridge over Dalešická dam and the raft you rappel into will seem really small to you when looking down at it from the height of 40 metres. Bridge rappel is also a part of many programmes and it belongs to very popular activities.

### • A balloon flight

During this activity you discover the beauties of the region of Vysočina. A hot-air balloon will carry you into the height of 500 meters above the Leisure Centre Březová. The highlands will lie open beneath you. Quality binoculars are a common part of the board equipment, so you can watch the towns of Třebíč, Telč and others. The balloon flight is a part of OUTDOOR EXCELENT Programme (a programme for the most demanding), but we can easily include it in another one.

### • Rambotrack

This attraction will perfectly test your physical condition. It is a very demanding assault course developed by our programme specialists who found their inspiration in the training methodology of special troops. It consists of 12 demanding hurdles. To make it even more interesting and exiting the hurdles stay in two parallel lines so that two teams could compete.



## ACTION AND ADVENTUROUS PARTS OF OUR PROGRAMMES

### • Paintball

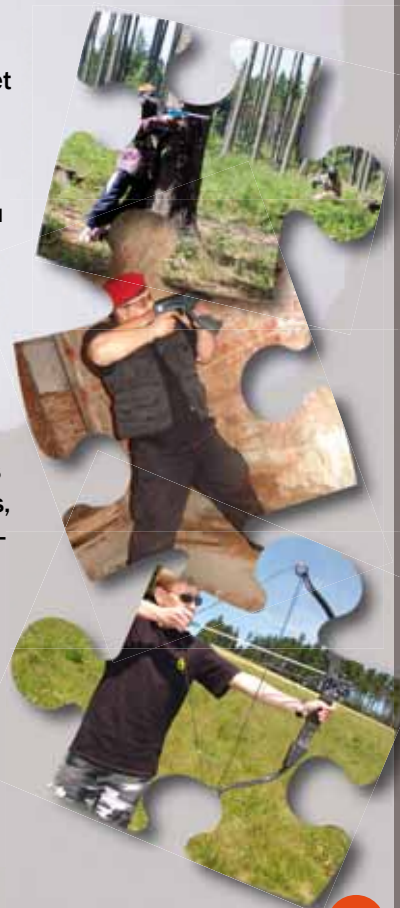
Paintball is an extremely popular activity. To those who do not know this activity yet we recommend to visit our websites [www.istan.cz](http://www.istan.cz) or [www.outdooring.eu](http://www.outdooring.eu). We use quality semi-automatic markers Spyder Victor II. Paintball is included in almost all of our programmes but it differs in rules, time donation and the amount of munition. While in the basic programmes like Standard or Cove of Secret Messages you meet the activity in one or two games, in the more demanding programmes like PANDORA, OUTDOOR EXCELENT or others they can be several-hour tactical operations played on a paintball ground or in spaces like vast deserted buildings with several floors and a basement.

### • Airsoft

It is an analogy to paintball. It uses a different type of guns. It is also very popular. We use quality manual or fully automatic guns, which you can see on our websites [www.istan.cz](http://www.istan.cz). Airsoft is included in many of our programmes but it differs in rules, time donation and the amount of munition. Like in paintball you can play on a special ground or (in programmes for the demanding) in vast deserted buildings. For the most demanding programmes we have prepared attractive night missions.

### • Airgun, bow and crossbow shooting

You can compete in several shooting disciplines and become the King of shooters of your team. The sharpness of your sight and firmness of your hand will be perfectly tested in our shooting range, where you can try shooting from several types of airguns, a bow and a crossbow. Try shooting from trochlear bow too.





# SPORT, RELAXATION, CULTURE

## • Sport

Because of the limits of this catalogue we have to reduce our efforts to present further activities to just brief presentations. You will, of course, find everything on our websites [www.istan.cz](http://www.istan.cz) or [www.outdooring.eu](http://www.outdooring.eu). Sport and sport activities can not be missing in our programmes. In our centre Březová you can use these facilities: 4 playgrounds for volleyball and netball, 2 playgrounds for beach volleyball, basketball baskets, small football pitch, softball equipment, petangue, fitness centre, dance hall, aerobic equipment, spinning etc. Since 2007 we have had such broad sport equipment and facilities available, that we are able to meet the most demanding requirements.

## • Relaxation, culture, evening programmes...

Physical stress needs to be compensated by an effective relaxation. Therefore one of the facilities we have at our disposal is a big swimming pool. Another two pools with a chute and a water slide are going to be built in 2007. A club with a buffet, small dance floor, billiards, darts and table footballs can be found in the premises as well. Almost every evening you can take part in a social programme, every third day there is a disco and every second day a video projection.

## • What about in winter?

In this catalogue we would like to draw your attention to our winter programmes. A detailed list of them can be found on our websites [www.istan.cz](http://www.istan.cz) or [www.outdooring.eu](http://www.outdooring.eu). Winter programmes has recently gone through a vast development and derive benefit from the fact that in winter there is enough snow and ideal conditions for winter frolic in Vysočina. For downhill skiing we use slopes in near surroundings, a frozen pond in the middle of the premises is ideal for skating and ice hockey. The surroundings of Březová with a great number of forest roads and beautiful sights of the landscape is a real paradise for langlaufers. For those who love nontraditional activities we have prepared snowkiting (ski or snowboard driving behind a parachute), for which there are ideal conditions as well. You can find more about our winter activities on our websites.





# Outdoor Highlands Programmes Offer

Here is the actual offer of the programmes. We have prepared 30 excellent programmes altogether within the Outdoor Highlands project. In this catalogue, we would like to present them in brief to you. We would also like to highlight that the 30 programmes do not constitute our complete offer and that we are constantly developing new products. All the programmes in their standard form comprise a complete set of services, which includes five meals a day, landing programme equipment and accommodation. You can find detailed presentations of the programmes on our websites [www.istan.cz](http://www.istan.cz) or [www.outdooring.eu](http://www.outdooring.eu).

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- Basic Programme
- Programme For The Demanding
- Programme For The Most Demanding
- Special Orientation



## 1

## Standard Programme

✓ **Schools** ✓ **Non-profit Organizations** ✓ **Tourists**

It is the basic type of the outdoor programme. Even though it is the basic type, there are many activities and a complete programme, during which visitors won't experience a moment of boredom. This programme can be carried out as a two to eight-day course from March to November. It is an attractive programme particularly for its price.

### Who is the programme intended for?

We recommend this programme primarily to various types of schools as a school trip, a sport course or an outdoor school camp. It is suitable especially for schools that prefer shorter courses, for example two or three-day ones. The programme can be carried out as an eight-day course as well. It is also possible to customize it according to the type of school.

### The alternatives for this programme:

If you are interested in an outdoor programme, which is a bit more expensive and includes more activities for which more time is reserved, we recommend to consider the ADVENTURE programme. If you are unsure which one of the two programmes to choose, you can call our operator or post a query to our on-line advisory centre that can be found on our website [www.istan.cz](http://www.istan.cz) and we will help you to choose the right programme. First, you should go through what both programmes include in detail on our websites.

### Activities included in the STANDARD programme:

- high-rope centre
- low-rope centre
- climbing wall (basic)
- rambo track
- airgun shooting and archery
- evening programme (disco, cinema, karaoke show)
- raft training and frolic
- team work, courage and trust games
- paintball

All the sport and relaxation equipment of the premises is available for you, that is a swimming pool, bicycles, a club with table football and billiard tables, pitches for volleyball/netball/beach volleyball/basketball, a small football pitch, a place for a barbecue and making a campfire. The programme includes five meals a day, accommodation in the main building or in cabins, and a free accompaniment (a pedagogue, a group leader) for 12 or more persons. Up-to-date price list of the STANDARD programme can be found on [www.istan.cz](http://www.istan.cz).



## 2

## Standard Junior Programme

✓ **Schools** ✓ **Non-profit Organizations** ✓ **Tourists**

Similar to the STANDARD programme except that it is customized for the younger, for example primary school pupils. It aims to educate by games, in the whole programme the children are guided through an exciting story and all the activities are parts of the story. Illustrative story (there will be more variants later on) can be found on [www.istan.cz](http://www.istan.cz). The offer of activities is identical with the STANDARD programme. The STANDARD JUNIOR Programme is offered also at affordable price. We offer this programme as a two to eight-day course from March to November. It is the perfect choice for a school trip, a sport course or an outdoor school camp. We are able to customize the programme according to the type of a school event, for example it is possible to integrate ecological educational activities, various types of sport activities can be integrated in a sport course etc.





# 3

## Standard Junior Plus Programme

Standard Junior  
Plus Programme

✓ **Schools** ✓ **Non-profit Organizations** ✓ **Tourists**

It is aimed at groups that want to approach the programme for the use of travelling. The programme is identical with the STANDARD JUNIOR Programme and it is aimed at groups who want, in addition to offered activities, to include travelling around Vysočina region. The form of the programme depends on an individual agreement. It is possible to visit the towns of Třebíč and Telč (both listed under UNESCO), the ZOO or the Water Paradise in Jihlava. There are various alternatives. In any case if you intend to participate in our programme and travel around Vysočina region at a time, it is necessary to choose the four-day stay at the minimum to manage all the activities. That is why we offer this programme as a four to eight-day course. As regards price this programme and the STANDARD JUNIOR programme differ on the transportation costs and admission fees or possibly other costs connected with travelling. We have prepared several options to travel around Vysočina region and experience all the activities on our website [www.istan.cz](http://www.istan.cz). There is also the cost calculation.



# 4

## Adventure Programme

Adventure  
Programme

✓ **Schools** ✓ **Non-profit Organizations** ✓ **Tourists**

We suppose this programme is going to be one of the hit programmes of the next season. It is presumed to be the most ordered programme of the forthcoming season. Affordable price – it is a bit more expensive than the STANDARD Programme – and the variety of activities that are included, will surely appeal to you. We carry out the ADVENTURE Programme as a four to eight-day course. It is possible to customize the programme for a school trip, a sport course or an outdoor school camp. The programme is also attractive for other target groups, for example groups of tourists, clubs, varied units, non-profit organizations and companies.

### Activities included in the ADVENTURE programme:

- high-rope centre
- low-rope centre
- climbing wall (tall one with training)
- rambo track
- shooting activities package (airgun, bow and crossbow)
- evening programme (disco, cinema, karaoke show)
- raft training and frolic
- night spy game
- team work, courage and trust games
- airsoft
- paintball
- jump into the void



All the sport and relaxation equipment of the premises is available for you, that is a swimming pool, bicycles, a club with table football and billiard tables, pitches for volleyball/netball/beach volleyball/basketball, a small football pitch, a place for a barbecue and making a campfire. The programme includes five meals a day, accommodation in the main building or in cabins, and a free accompaniment (a pedagogue, a group leader) for 12 or more persons. Up-to-date price list of the ADVENTURE programme can be found on [www.istan.cz](http://www.istan.cz).

### Alternatives to this programme:

If you seek more than what the ADVENTURE programme offers, we recommend you the PANDORA, the LANDING or even the OUTDOOR EXCELLENT programmes. On the contrary, if you seek a cheaper alternative, you have the option to participate in the STANDARD programme.

## 5

## Pandora Programme

✓ **Schools** ✓ **Firms** ✓ **Non-profit Organizations** ✓ **Tourists**

This programme is aimed at the demanding groups, who seek to experience a true and utmost adventure. It falls into a higher category than the ADVENTURE programme. It is the perfect choice for various types of schools as an arduous school trip, a sport course or a special type of an adaptation or a class team building course as well as for companies, non-profit organizations, clubs, varied units and organized groups of tourists. This programme can be carried out as a four to seven-day course from April to November.

#### Activities included in the PANDORA programme:

- high-rope centre
- low-rope centre
- climbing wall (extra tall with an overhang)
- roping down a 40-meter tall bridge
- paintball game ALCATRAZ in a capacious premises
- airsoft game
- daemonic ropeway
- rafting
- evening programme (disco, cinema, karaoke show)
- night spy game
- jump into the void
- rambo track
- shooting activities package (air rifle, bow and crossbow shooting)
- astronomical package

All the sport and relaxation equipment of the premises is available for you, that is a swimming pool, bicycles, a club with table football and billiard tables, pitches for volleyball/netball/beach volleyball/basketball, a small football pitch, a place for a barbecue and making a campfire. The programme includes five meals a day, accommodation in the main building or in cabins, and a free accompaniment (a pedagogue, a group leader) for 12 or more persons. Up-to-date price list of the PANDORA programme can be found on [www.istan.cz](http://www.istan.cz).

#### Alternatives to this programme:

If what the PANDORA programme offers seems insufficient to you, we recommend you the OUTDOOR EXCELLENT programmes. On the contrary, if you seek a programme at affordable price, even though it contains fewer activities, you have the option to consider the ADVENTURE programme. If you seek a programme at the same level, which includes more water sport activities, we venture to recommend you the LANDING programme.



## 6

## Landing Programme

✓ **Schools** ✓ **Firms** ✓ **Non-profit Organizations** ✓ **Tourists**

While the PANDORA programme is aimed at land activities, the LANDING programme takes place mainly on the surface of the Dalešická reservoir. The activities within this programme are basically identical with those within the PANDORA programme with the exception that we play large naval operations with the use of rafts instead of land paintball and airsoft activities. We use the exquisite landscape of the Dalešická reservoir, the varied surface, lots of creeks, islands and ruins of castles in particular. The LANDING programme can be carried out as a four to seven-day course from April to October. Similarly to the PANDORA programme, the LANDING programme is the right choice for a school trip, an arduous sport course, an adaptation or a class team building course. It is highly recommended not only to various types of schools but also to companies, non-profit organizations, miscellaneous groups and working groups.

All the sport and relaxation equipment of the premises is available for you, that is a swimming pool, bicycles, a club with table football and billiard tables, pitches for volleyball/netball/beach volleyball/basketball, a small football pitch, a place for a barbecue and making a campfire. The programme includes five meals a day, accommodation in the main building or in cabins, and a free accompaniment (a pedagogue, a group leader) for 12 or more persons. Up-to-date price list of the LANDING programme can be found on [www.istan.cz](http://www.istan.cz).





### Activities included in the PANDORA programme:

- high-rope centre
- low-rope centre
- climbing wall (extra tall with an overhang)
- roping down a 40-meter tall bridge
- paintball game LANDING IN NORMANDY (conquering watersides on rafts)
- airsoft game (battling on watersides)
- demonic ropeway
- rafting and kayaking, water sport training
- evening programme (disco, cinema, karaoke show)
- night spy game (the treasure island)
- jump into the void
- rambo track
- shooting activities package (airgun, bow, crossbow and tackle bow shooting)
- astronomical package



# 7

## Outdoor Excellent Programme

Outdoor Excellent Programme

✓ **Schools** ✓ **Firms** ✓ **Non-profit Organizations** ✓ **Tourists**

This programme is aimed at the most demanding groups. It is the high point of our programmes. The OUTDOOR EXCELLENT programme can be carried out as a four to seven-day course and we recommend you therewith a five-day or longer stay to be able to experience and enjoy fully the huge number of activities included. The programme is aimed at both various types of schools and companies, clubs, varied units and miscellaneous groups. It can be modified and new activities can be included by request, if you are for example a group of adults, it is possible to include wine tasting in a nearby wine growing region. As a part of the OUTDOOR EXCELLENT programme there will be a cameraman present during the whole course, who will film, cut and create a DVD from this unique event, which will be given to every participant as a souvenir to remind you about a remarkable adventure. The OUTDOOR EXCELLENT programme is the best of what we are able to arrange.

### Activities included in the OUTDOOR EXCELLENT programme:

- high-rope centre
- low-rope centre
- climbing wall (extra tall with an overhang)
- ballooning at a height of several hundred meters over the Leisure Centre Březová and its surroundings
- roping down a 40-meter tall bridge
- swing for the most courageous
- paintball game ALCATRAZ in a capacious premises
- airsoft game with the use of walkie-talkies and the night passage with night vision
- quad, minibike racing
- demonic ropeway
- rafting
- evening programme with a barbecue
- evening programme (disco, cinema, karaoke show)
- night spy game
- jump into the void
- shooting activities package (airgun, bow, crossbow and tackle bow shooting)
- rambo track
- astronomical package



All the sport and relaxation equipment of the premises is available for you, that is a swimming pool, bicycles, a club with table football and billiard tables, pitches for volleyball/netball/beach volleyball/basketball, a small football pitch, a place for a barbecue and making a campfire. The programme includes five meals a day, accommodation in the main building or in cabins, and a free accompaniment (a pedagogue, a group leader) for 12 or more persons. Up-to-date price list of the OUTDOOR EXCELLENT programme can be found on [www.istan.cz](http://www.istan.cz).

## 8

## Outdoor Teambuilding Excellent Programme



**Tearbuilding programme for the most demanding groups**

This programme is designed specially for companies. It includes the same outdoor activities as the OUTDOOR EXCELLENT programme but is markedly aimed at teambuilding and development of a firm culture within a company. All outdoor activities include teambuilding elements. The space among various activities is filled with trust, team work games as well as games for learning to know oneself, improve one's self-confidence and realise one's place and importance for others in a working team. There is more to find out about our teambuilding activities on our website [www.istan.cz](http://www.istan.cz).



## 9

## Survival Programme



A completely new programme within our offer, this programme is one of our TOP programmes for the most demanding groups. It is designed for various types of schools that seek to experience something extraordinary. This school programme can be carried out solely as a four or five-day course. A half of the programme constitutes an arduous game called SURVIVAL, which you will read more about in this brochure. It is to be mentioned that this programme is very useful even as a sport course because it is very exhausting and your muscles will be fatigued. We recommend you to choose the five-day course, in which you will be able to manage all the activities – you will play the strategic game called SURVIVAL for three days and for the rest of the time you will experience the best activities in the Leisure Centre Březová.

A school, a company, a unit or another type of a group seeking adventure will arrive to the Leisure Centre Březová. The group is later on divided into four teams and the huge two or three-day strategic game may start. There are about 30 rough kilometres waiting for every group to travel. But don't worry, you have two to three days time and you don't have to walk the whole distance, you'll partly travel on rafts, bicycles and by military off-road vehicles. Be patient and you'll find out all you need to know on the spot. You can learn more on our web portal. Here is what every team will be provided with for the whole journey: a chest with airsoft rifles and ammunition, a set of maps with marked strategic points, GPS navigator, raft and rafting equipment, which will be taken for you to the starting point – don't worry, you won't have to carry it by yourself – food packages, which will be resupplied at every checkpoint, tents and other miscellaneous equipment. There are passages when you'll use the airsoft and paintball rifles.

**Activities included in the SURVIVAL programme:**

- high-rope centre
- low-rope centre
- climbing wall (extra tall with an overhang)
- two to three-day adventurous game called SURVIVAL
- daemonic swing
- rafting
- evening programme with a barbecue
- evening programme (disco, cinema, karaoke show)
- paintball and airsoft



## 10

## Cove Of Secret Messages Programme



A basic type of an outdoor trip, this programme takes place in our second base, which is located at the Dalešická reservoir. It includes accommodation in round tents, rich programme, and marvellous landscapes and environment. As regards activities, the programme consists of water sport training, rope down grounding, paintball and many other activities. It is to be mentioned that this programme is offered for a really best price. It is carried out as a two to five-day course.



Yes, this is the right programme to fully and perfectly enjoy rafting and everything connected with it such as water sport training, water trips on the Dalešická reservoir, roping down and many other interesting games and activities connected with this subject. The COVE OF SECRET MESSAGES is a thematic game at which you will explore every corner of the Dalešická reservoir to eventually reach the desired cove that is hidden in the waters and finish deciphering the messages, which you will find throughout the whole way.

#### The Cove Of Secret Messages Programme Includes:

- wholetrip strategic game with an exciting story
- paintball
- low-rope activities
- water sport activities, rafting, canoeing
- night game
- sport activities
- team and trust development games
- campfire and a barbecue
- rope down training



#### Alternative programmes:

If you seek more demanding programme taking place at the Dalešická reservoir, we recommend you to choose the WILSON ROCK BEQUEST. If you seek even more demanding programme the mission ADMIRAL is designed exactly for you.

# 11

## Wilson Rock Bequest Programme

Wilson Rock Bequest Programme

✓ **Schools** ✓ **Non-profit Organizations** ✓ **Tourists**

This programme also takes place in the beautiful environment of the Dalešická reservoir. As regards activities included and the price of this programme, it ranks higher than the COVE OF SECRET MESSAGES programme. It is carried out as a three to seven-day course. It is the perfect choice for a school trip, an outdoor school camp, a sport course, attractive events for non-profit organizations, clubs and various units and organized groups of tourists.

This programme is an elaborated thematic game when throughout the whole game you will be gaining hints that will help you to reach the coveted goal. It is an adventurous programme and without adventure education it would not be as enjoyable as it is. The landscape itself and its romantic face invite to experience manifold adventures. You will stray in the past to find out about the remains of the fortress, which once rose on the Wilson Rock. You will hear an ancient legend that is tied up with the place and with the help of the hints you will be gaining for accomplishing miscellaneous quests you may be able to unravel the secret of the ancient legend and discover old scrolls owned by a powerful lord, who once lived in the fortress. The game is divided into several exciting parts.

#### The WILSON ROCK BEQUEST programme includes:

- wholetrip strategic game with an exciting story
- paintball
- low-rope activities
- water sport activities, rafting, canoeing
- night game - battle of an island
- sport activities
- team and trust development games
- campfire and a barbecue
- rope down training
- roping down a 40-meter tall bridge into a raft
- airsoft military game
- visit of the 50-meter tall Wilson Rock



#### Alternative programmes:

The alternative to the WILSON ROCK BEQUEST programme is the ADMIRAL programme, which is aimed at the most demanding groups.

## 12

## Admiral Programme

✓ Schools ✓ Firms ✓ Non-profit Organizations ✓ Tourists

This is the best of programmes that take place at the Dalešická reservoir. It is aimed at the most demanding groups that are not bothered by the modest accommodation in tents at a beach of the Dalešická reservoir but are more interested in the programme itself and demand ultimate adventures. We carry out the programme solely as a five to six-day course.

The ADMIRAL programme includes:

- wholetrip game
- paintball game LANDING IN NORMANDY (conquering watersides on rafts)
- low-rope activities
- water sport activities, rafting, canoeing
- night game – battle of an island
- sport activities
- team and trust development games
- campfire and a barbecue
- rope down training
- roping down a 40-meter tall bridge into a raft
- airsoft military game
- visit of the 50-meter tall Wilson Rock
- ballooning above the Dalešická reservoir
- sailing
- jump of courage



This programme is carried out at the Dalešická reservoir from April to October. It is aimed at various types of schools, clubs, various units, companies and organized groups of tourists.

## 13

## Cool Programme

✓ Schools

The Cool Programme is a starting spot of another section of programmes that are outdoor based, but apart from these adventure activities have one other important purpose. THE COOL Programme was built as a top-class adaptation course, the Team Programme creates perfectly working teams from heterogenous groups. The MEDIA and MEDIA EXCELLENT programmes focus on self-presentation, marketing, company and school presentation including a course on video presentation. The PERSONALITY Programme offers social skills development for schools, groups and individuals. To maximise the positive effect of the course for the schools, we are able to provide well-developed and well-tried drug prevention programme if requested, as well as prevention programmes dealing with likewise negative phenomena.

The COOL Programme is focused on teambuilding, particularly on newly developing teams. The COOL Programme is an ideal choice as an adaptation course for high school first year classes or any developing school groups. The range of activities is based on the STANDARD Programme with selected parts of the ADVENTURE Programme. To provide a detailed description of the methods and the way a group full of anxiety and distrust is transformed into a working crew, a team where each member has a distinctive part is impossible for this brochure, therefore we leave this to our web pages, where the methods are described in detail and from various perspectives. Needless to say that the COOL Programme includes also adventure activities such as high-rope centre, low-rope centre, climbing wall, rambotrack, shooting activities package, raft training and frolic, team, courage and trust development games, evening programme (disco, cinema, karaoke show), airsoft, paintball, jump into the void.

Virtually any of our programmes may be adjusted to become an adaptation course. The LANDING, PANDORA, WILSON ROCK BEQUEST, OUTDOOR EXCELIENT programmes are particularly suitable for this purpose. It is necessary to include the requirement that the programme should be modified into an adjustment course in the booking form so that we can compile the activities, games and feedback to provide the results desired and be to the students' best benefit.





# 14 Team Programme

✓ **Schools** ✓ **Firms**

The TEAM programme is very similar to the COOL programme but the difference is that this programme is aimed at groups whose members know one another well but who are just a group of people, which does not necessarily mean that they are fine well-working team. It is the goal of this programme to create a well-working and cooperating team. Needless to say that the TEAM programme includes also outdoor activities connected with adventure education.

Who is the programme intended for?

First of all the TEAM programme is aimed at schools, specifically at the middle schools and all grades of secondary schools with the exception of the first grades for whom the COOL programme is primarily designed. As regards corporate clientele whose goal is to develop teamwork skills, a company may choose this programme but it may also choose any other programme, for example the PANDORA, SURVIVAL, LANDING or WINTER SPORT EDITION programmes and add the word TEAM to the notes in the reservation form. This clearly tells us what additional activities should be included. There is more to find out about our teambuilding activities on our website [www.istan.cz](http://www.istan.cz).

Since the TEAM programme is indeed aimed at a wide range of groups and requirements for the types of outdoor activities may greatly vary, we leave the offer of the outdoor adventure education open. You may variably choose, in the standard version there are included the same attractions as in the COOL programme.



Team Programme

# 15 Media Programme

✓ **Schools** ✓ **Firms**

This programme is aimed at pupils of middle schools and students of secondary schools. Its task and goal is to enable teenagers to acquire the basic attitudes to media, especially to both television and newspapers and magazines. To be standing in front of a camcorder and read preprocessed text is not as easy as it may seem. Do you know the tricks advertisers use to attract our attention? Let's analyse a film together. It is not enough to just passively absorb it. This programme is supplemented with many varied interesting activities. Adventure education elements are an essential part of the programme. That is why it includes paintball, airsoft, climbing wall, low-rope activities, high-rope activities and other activities. In addition to that we do not forget the good classical games such as motion games, playing in the woods, battling games, relaxation and slackening games and games that develop effective communication. We combine media education with social skills training for various reasons but mainly because the two areas overlap. During the outdoor programmes you will be given a camcorder and you will be allowed to use a computer and a video editing and cutting software.



Media Programme

# 16 Media Excellent Programme

✓ **Schools** ✓ **Firms**

This is an extension of the MEDIA programme. The central theme of the MEDIA EXCELLENT programme is a fierce competition of two TV stations. The whole group is divided in two teams that constitute imaginary TV staff. Within each team the participants will assign new roles. There will be a manager, presenters, a cutter, a film crew, reporters, editors, scriptwriters and directors. Both teams will have a small TV studio, a high-performance computer for cutting digital video shootings, camcorders with a stand and for fieldwork, microphones etc. at their disposal. Their task will be to prepare evening television broadcasting including news reports. Thanks to the cable distribution it is possible to broadcast the processed evening TV programmes from the TV studios to several TV sets all around the Leisure Centre and to post the TV programmes on the Internet.

During the course the pedagogical staff as well as other students may watch the created product on the Internet in the school. This programme helps students to experience the added value of cooperating and working in a team in which members rely on one another. They will also improve their presentation skills to be able later on to successfully assert themselves in the real world of free market economy and sell their qualities and skills. It is a significant part of general education and is very often not being taught at schools. That is why we offer a breakthrough in the form of the MEDIA EXCELLENT programme. Read more on [www.istan.cz](http://www.istan.cz).



Media Excellent Programme

## 17

## Frolic In The Snow Programme

✓ **Schools** ✓ **Non-profit Organizations** ✓ **Tourists**

It is the first winter programme and is aimed primarily at various types of schools. Before describing this programme in detail, let us introduce the winter programmes in general. The winter programmes are an innovation in our offer. What made us to design the new attractive winter programmes? There were four factors as follows. Firstly, despite the fact that Březová is from the geographic point of view merely a highland region and not a mountain range, there are three ski slopes with ski tows in the surroundings within 10 kilometres. The slopes are long enough and they are perfectly sufficient for ski training. Secondly, the surroundings of Březová is entirely unique for cross country skiers from nearby towns for whom it is nowadays one of the most sought-after localities. Thirdly, the fact is that schools gradually stop going for one-week ski courses in the mountains because it is not affordable for many pupils or students any more. Lastly, skiing and cross-country seems not enough for a winter sport course. That is why we included several additional activities, which you certainly won't be offered anywhere else.



What advantages will a winter sport course, carried out by us in the Vysočina region, bring to you?

We offer significantly lower price of food and accommodation than if you participated in a ski course carried out by a school. In comparison to a ski course in the mountains we offer much lower prices for ski tows at the slopes in the surroundings. This year the price of a one-day ski tow ticket was about 70 crowns, whereas in the mountains it is about 350 crowns. Perfect conditions for cross-country skiers, many wide pathways, widespread snow plains, splendid sights of the landscape and newly labelled tracks. All is highly appreciated by visitors from nearby towns for whom the surroundings of Březová is an often sought-after locality. We offer a rich accompanying programme, which we will design for your pupils or students. We will fully devote all our time to your pupils or students during the whole programme. We have prepared plenty of tried games, we can hold a disco and karaoke shows. Wide range of facilities of the premises are fully available for you. In winter you can use the fit centre, sauna and solarium. In addition to this you can use a jukebox in our club, table football, pool tables, darts, and large-screen video projection. This winter course can be supplemented with drug prevention activities or class teambuilding activities, media education, or basically any other activity included in our programmes by request. The winter course can be for your pupils or students not only a sport course but also an adrenalin experience and big fun.

Ice skating on a pond - those of you, who have already visited Březová centre, know that there is a big pond in the middle of the premises. In winter we lower the level of water to make it safe for ice skating and the frozen surface is a great place for several ice hockey playing areas, race circuits, simply anything. Plenty of unique attractions - an outstanding chance is for instance a snowmobile ride, but even bigger attraction coming brand new is snowkiting. These special attractions are parts of WINTER SPORT EDITION Programme. Make your stay as long as you wish

When spending your free time in the mountains you usually have to make your stay one week long (at least as far as we know). Our offer is much more flexible. You can choose a 2, 3, 4, 5, 6, 7 and 8 day variant. The last point is very important as well. In case there is no snow in the booked terms (it has not happened for last three years), you can easily cancel your stay and rebook for another term. In that case we charge no cancellation fees!

FROLIC IN THE SNOW Programme is a basic winter programme and as you can tell from its name, it is about winter sports and frolic. As it is already very flexible in the length of the stay and as there are so many variants, we refer you straight to our websites [www.istan.cz](http://www.istan.cz).



# 18

## Winter Sport Edition Programme

Winter Sport Edition Programme

✓ **Schools** ✓ **Firms** ✓ **Non-profit Organizations** ✓ **Tourists**

This Programme is designed for those clubs, groups and school classes that seek to make use of fine winter days to the max. The WINTER SPORT EDITION Programme is a 3 to 7 day's activity held in January and February – when the snow is guaranteed in the RS Březová and the Vysočina Region. This programme is addition to frolic in the snow with thrilling treats such as a special track where you can enjoy snowboard riding towed by a snowmobile, snowkiting or snowmobile rides added to the traditional winter sports. Even with these attractive activities this Programme is still considerably cheaper than most ski courses.



# 19

## Vysočina Tour Programme

Vysočina Tour Programme

✓ **Schools** ✓ **Firms** ✓ **Non-profit Organizations** ✓ **Tourists**

This programme is aimed at organized groups of people who like to use their free time in an active way and seek to travel around Vysočina Region. The age of the participants doesn't matter, we are able to adjust the programme to the needs of any age group. The VYSOČINA TOUR programme is a specific programme and encompasses three other subprogrammes. The subprogrammes constitute designed routes that will enable you to explore and experience the Vysočina Region, especially its natural magnificence. Gradually we would like to offer you about ten programmes of this kind. With respect to the number of possible options, it is unfortunately not possible to present them all. You can find out all information on our website. There are detailed maps and descriptions of sights and places of interest you will visit during the programme.

# 20

## Vysočina Tour Plus Programme

Vysočina Tour Plus Programme

✓ **Schools** ✓ **Firms** ✓ **Non-profit Organizations** ✓ **Tourists**

This programme differs from the previous one in having the opportunity to use our full services. While for the VYSOČINA TOUR programme you will be given maps, advices, the route plan and recommendations regarding stops, points and sights you should not miss, and we will arrange accommodation for you in our centres if need be, the VYSOČINA TOUR Plus programme is partly under our supervision. You can choose an arduous route and if need be we will make sure to look after you during the programme. Not only we will arrange accommodation and food, lend rafts or bicycles but also if needed we will provide a guide for you, bring the equipment to an agreed point, take it back or guide you around various interesting places. We may adjust the programme and add an adrenalin activity by request. The goal of the VYSOČINA TOUR Plus programme is to make it easier for a groups of tourists interested in exploring the Vysočina Region, which will choose the route and the way of getting to know the region. We would like you to fully experience the programme and not to worry about anything.



# 21

## Vysočina Tour Excellent Programme

Vysočina Tour Excellent Programme

✓ **Schools** ✓ **Firms** ✓ **Non-profit Organizations** ✓ **Tourists**

This programme is aimed at more demanding groups of tourists. It is an improvement of the VYSOČINA TOUR Plus programme. In addition to the previous programme it includes ballooning above the Vysočina Region and other activities according to specific routes. It is possible to arrange exploring the Vysočina Region in the saddle riding a horse. The ballooning above the Vysočina Region will surely enhance the experience of travelling around our region and add a new dimension to it. Similarly to the previous two programmes we would like to highlight that this brochure should just briefly inform you about the existence of our programmes. It does not aim to describe them in completely in detail. It will enable our web portal [www.istan.cz](http://www.istan.cz).

## 22

## Outdoor Fintess Programme

✓ Schools ✓ Firms ✓ Non-profit Organizations ✓ Tourists ✓ Campers

The OUTDOOR FINTESS programme is aimed at all those, who decided to improve their physical well-being in the healthy Vysočina Region. Here we also offer many courses and activities but the best option is to frame your own fitness programme as you wish via our on-line customizing offer on [www.istan.cz](http://www.istan.cz). This brochure aims to highlight this programme because, as it was previously mentioned, there are plentiful options. Our sport specialists and trainers will evaluate your orders and optimize it the way it would be most contributing and effective for you. The advantage of our fitness programmes is the fact that they are carried out in a beautiful environment, they offer plenty of additional activities, comprehensiveness, accommodation and food services and wide range of other services. You can count on a very good background and quality facilities such as the mirror hall, the fitness centre, bicycles for spinning, aerobics facilities etc. There are three basic client groups who participate in the OUTDOOR FINTESS programme. Firstly, various sport clubs and units carry out their workshops by participating in our programmes. Secondly, working groups or groups of friends who come to noticeably improve their physical condition. Lastly, small groups or individuals choose one of our complex fitness programmes that we carry out every year. It is possible to supplement any of our programmes with outdoor and adventure activities included in other programmes.



## 23

## Outdoor Fitness Junior Programme

✓ Schools ✓ Firms ✓ Non-profit Organizations ✓ Tourists ✓ Campers

Outdoor fitness junior is an analogy to the previous one. The main target group is in this case children and young. It is designed for four groups. The first one is schools, where it is drawn as a sport course. The second one is children and youth clubs, where the attention is paid to sport, dance or aerobic. The third one is formed by groups of young people who come to form thier bodies and improve their physical condition. Individuals form the fourth group. They take part in our fitness programmes, which are enounced in several terms within a year.

## 24

## Army Outdoor Programme

✓ Schools ✓ Firms ✓ Non-profit Organizations ✓ Tourists ✓ Campers

It is a special outdoor programme the popularity of which is rising. The previous fitness programmes are often more attractive for women and girls. That is why we come with something for men (we have to confess that there is a great interest even among women). It is the ARMY OUTDOOR programme. It is a tough training programme inspired by training of special troops. In this programme the training will test your physical condition really well. The programme combines training, adventurous and action parts, it does not lack demanding parts putting stress on your physical condition and courage. You will find tactical games and operations there as well. According to this description the programme might appear hard and demanding, but we can always customize it to the needs of a concrete group or an individual. Complete Army Outdoor programme can be found on our websites.

## 25

## Leader, Instructor and Teacher Programme

✓ Schools ✓ Non-profit Organizations ✓ Campers

STAN – Special team for Adventure in Nature has its own base for developing new outdoor activities. It pays a special attention to programmes improvement and discovers new methodologies and procedures. Gained values are a very important part of our programmes. STAN has come to the point when they want to share their experience. That is why they present a set of educational outdoor programmes intended for several target groups. The programmes are offered in two ways. In the first one a group of teachers from different schools orders a programme and forms it in our on line offer. The other way is teachers´ participation in our programmes, which are proclaimed several times a year. Another target group is formed by young people who want to become camp leaders, outdoor programme instructors, children collective leaders etc. These



people can also form a group and take part as one or they can participate in an outdoor instructor course for individuals. Such courses are proclaimed several times a year and their actual offer can be found on our websites [www.istan.cz](http://www.istan.cz).

# 26

## Language Courses Outdoor Programme

Language  
Courses Outdoor  
Programme

### ✓Schools

Within the scope of the project Outdoor Vysočina we have prepared another type of an outdoor course. It is a language oriented course. As this programme is still being prepared, we will just tell you what you can expect. It is intended for schools or more precisely for classes with extended language education. Your instructors and speakers of the groups will be outdoor specialists from foreign countries, native speakers, who will communicate with you in their native language. At this moment we are preparing English and German outdoor programmes. Another variant we are working on now is a joint participation of a Czech and a foreign partner school. You will soon find out about the above mentioned possibilities on our websites.

# 27

## Winter Holidays Programme

Winter Holidays  
Programme

### ✓Campers

For the target group of children and young from all over the Czech Republic we have prepared several winter stay outdoor programmes – camps. Winter camps are very short, usually four or five days, and they give children the chance to enjoy fully the winter frolic during their winter holidays. We present the list of winter camps and their content on our websites [www.istan.cz](http://www.istan.cz) every September.

# 28

## Spring Holidays Programme

Spring Holidays  
Programme

### ✓Campers

For the Spring holidays (February - March) we always prepare a rich offer for children. In six courses we hold many outdoor stays – camps of different orientation, for instance adventurous or sport. The complete offer is modified every year and published on our websites every October.

# 29

## Summer holidays programme

Summer holidays  
programme

### ✓Campers

Summer holidays mean the greatest opportunities for children. For every summer we prepare about 30 courses of summer camps for children from all over our country. They are camps full of quality programmes, sports and adventure. Outdoor programmes for children are instantly honed. And even here we have to complain about the catalogue for not being big enough for us to present the entire offer as we would need it to be three times as big as it is now just for this programme. The complete list of summer courses is presented on our websites from November.

# 30

## A package of weekend programmes

A package of  
weekend  
programmes

### ✓Tourists ✓Campers

For every year we prepare 30 weekend actions of different outdoor orientation. A great number of them is designed for children and young. They are programmes usually realized in two or three day versions. A catalogue of these weekend programmes is published every Spring in a special edition, and it can also be found on our websites.

# About the Vysočina Region

The name of the Vysočina Region derives from the name of the Českomoravská vrchovina, a hilly, undulating countryside situated between the two historical lands of the Czech Republic. Vysočina reaches over 800 meters in altitude, in the two distinct mountain ranges of Žďárské vrchy in the north of the region and Jihlavské vrchy in the south-west. The main European water divide, echoing the former frontier between Bohemia and Moravia, divides the region into two parts almost equal in area. The region is situated in the very heart of the Czech Republic. Bordering the South-Moravian Region to the east, the South-Bohemian and Middle Bohemian Regions to the west, and sharing a border with the Pardubice Region to the north-east.

## Strengths of the Vysočina Region:

- varied tourist attractions
- wealth of foot trails with marked paths and cycle tracks
- wide range of sights
- wealth of national monuments
- favourable to active family recreation
- clean air – the highest quality in the Czech Republic
- 124 reserves, 9 natural parks
- high proportion of wooded area and healthy woods unaffected by toxic emissions

(taken from websites of Vysočina region)

There are plentiful cultural and natural sights and places of interest in the Vysočina Region that describing them would be enough for a comprehensive guidebook. Numerous quality publications about the Vysočina Region and its cultural and natural wealth has been published as well as there is plenty of material such as maps, cycle track maps and other minor publications. All the materials are available for at our Tourist Information Centre Outdoor Highlands in the Leisure Centre Březová. There are many links, such as suggested travel plans, cycle track maps and a lot of other useful information. We venture to recommend you a few website addresses, which you should visit while planning to travel around the Vysočina Region.

- [www.kr-vysocina.cz](http://www.kr-vysocina.cz) – official websites of Vysočina region, not only almost all facts about the region of Vysočina can be found there, but also facts about all the towns within the region. We especially recommend the reference of „Vysočinou turisticky“.
- [www.jihlava.cz](http://www.jihlava.cz) – websites of Jihlava
- [www.trebic.cz](http://www.trebic.cz) – websites of Třebíč (UNESCO)
- [www.telc.cz](http://www.telc.cz) – websites of Telč (UNESCO)
- [www.bystricenp.cz](http://www.bystricenp.cz) – websites of Bystřice nad Pernštejnem (Pernštejn castle)
- [www.muhb.cz](http://www.muhb.cz) – websites of Havlíčkův Brod
- [www.mupe.cz](http://www.mupe.cz) – websites of Pelhřimov (museum of records and curiosities)

This web signpost can be found on our websites [www.istan.cz](http://www.istan.cz), or [www.outdooring.cz](http://www.outdooring.cz) in a significantly broader, always actual and interactive form.





# Where to find us

## Map and route description

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Project Outdoorová Vysočina was supported from financial resources of the region of Highlands and Common Regional Operating Programme.



 **Vysocina** Region

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Design & Print Tajfun Digital – [www.tajfun.cz](http://www.tajfun.cz)