

Safe mountain explorer

ERASMUS BLENDED INTENSIVE PROGRAMME (BIP)

- Wrocław University of Health and Sport Sciences | Poland
- June 15–19 | 2026
- 3 ECTS



Study programme

- **TITLE: SAFE MOUNTAIN EXPLORER**
- **CODE: 2025-1-PL01-KA131-HED-000313041-1**
- **ECTS: 3**

We are pleased to extend an invitation to students to participate in a distinguished international educational program organized under the Erasmus+ Blended Intensive Programme (BIP), titled "Safe Mountain Explorer."

This initiative represents a practical course aimed at enhancing knowledge, safety, and integration within the realm of mountain tourism and outdoor activities. Participants will benefit from a comprehensive combination of practical training, regional education, and immersive outdoor experiences, all designed to strengthen individual skills and promote effective collaboration within groups, all set against a picturesque mountainous backdrop.

The course aims to enhance participants' skills in three essential areas

SAFETY EDUCATION

Equip students with the knowledge to ensure safety in mountain tourism by teaching them how to prevent and respond to potentially life-threatening or health-risk situations.

TOURISM AND REGIONAL KNOWLEDGE

Offer insights into the natural landscapes and cultural attractions

of the Sudetes Mountains and the wider Lower Silesia region.

ACADEMIC COMMUNITY INTEGRATION

Foster collaboration and integration among students through outdoor activities, group games, and team-building exercises in a natural environment.

Course topics include

- Master the art of terrain orientation using maps, compasses, and GPS devices!
- Gain essential first aid skills
- Discover the thrilling world of rock climbing techniques
- Learn vital mountain survival skills
- Select and prepare the perfect gear for your hiking adventures
- Embrace mountain safety principles for a confident experience

Programme structure

- 10 hours of online learning via ZOOM
- 50 hours of intensive in-person workshop
- 25 hours of individual study

TOTAL

60 contact hours
3 ECTS credits

Who can participate?

The course is open to Bachelor's and Master's students, prioritising tourism and recreation, sport, followed by other study areas.

Where?

The Wrocław University of Health and Sport Sciences, Wrocław, Poland will host in-person sessions.

Online sessions will take place via ZOOM.

Equipment to Bring:

- Backpack (30-45L)
 - Mountain hiking shoes and clothes
 - Rain jacket
 - Headlight
 - Sport shoes (for running)
 - Basic first aid kit
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- Sport climbing shoes are highly valued and appreciated.

Virtual component description

Meeting focused on international teamwork and integration, providing students with an opportunity to get to know each other, form project groups, and establish rules for effective collaboration.

The session will also introduce the main goals and structure of the project, helping participants prepare for the tasks and experiences awaiting them during the in-person phase.

The workshop aims to build a supportive and inclusive environment from the very beginning of the programme.

How to apply?

Applications for the BIP study project can only be submitted via the student's Home University Erasmus+ Office.

Limited spots available – only 3 participants per university can enroll.

Contact

For more information, don't hesitate to get in touch with the BIP Coordinator:
office@awf.wroc.pl



**Erasmus
Blended
Intensive
Programme**

**Don't miss the chance
to acquire practical
skills and gain
international experience!**