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# Trained Activites ESA's European Summer Space Camp

- Edito et News - Liens autres -

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**Welcome to the ESA's European Summer Space Camp of 2016 in Switzerland !**

*Please choose the trained activities the participant wishes to do this year !*

Sommaire

- [Presentation of the Activities](#)
- [Your Selection !](#)

## **Presentation of the Activities**

Bellow you find the short presentation of the different activities we propose you this year.



### 1. Biodiversity and Hiking

Hey Explorers from all around the world !

We have a very special mission for you ...

We just received a message from our satellite E-Kuspo : it has monitored images that show surprising color patches we don't understand. it is possible that our world is changing. We now need to build a super-team of explorers to investigate this strange phenomenon.

It's all about hiking and biking around the camp to discover the wilderness and its inhabitants !

So if your heart beats for exploration, step forward and join us ! For the bravest explorers, subscribe for a night expedition.

Come with your better shoes for Nature and Mountain.



### 2. Geology and Climbing

We will, we will ROCK YOU !

Do you like rock climbing ? Have you ever wondered what you are climbing on ? Come find with us.

First contact with the rock (literally) : safety rules and climbing.

First session (also) : Discover geological tools (hammer, magnifying glass). Global observation. How does the rock look like, feel like. Using the magnifying glass, observe minerals. Notion of minerals and rocks. Main rock families.

Learn climbing techniques in same time you be a Cristal Hunter !

Come with your best tennis shoes.



### **3. Speed Hunting, Orienteering and Hiking**

Be the best in orientation in Mountain, Forests or Countryside !

Find all, everywhere, and anytime !

Just connect to the worldwide network of the geocaching better experts, and share with your compass or your GPS in search of secret points, learns to read a hiking map. Becomes a modern adventurer. (Map, Compass, GPS, geocaching). Hide your own object, and make the next traveller in the Switzerland have to find (or not !) your creation.

Come with your better shoes for Nature and Mountain.

### **4. Rugby touch**

We propose a practice of a collective sport, where you'll practice depending on your level. These sports will take place at the holiday Centre.

We'll do different exercises, learn new techniques, learn how to improve fast your level even if you are a beginner.

We'll also learn how to warm up your body, avoid wounds. And above all, we want you to have fun and take sport as an entertainment. Just develop your team spirit !

### **5. Volleyball**

We propose a practice of a collective sport, where you'll practice depending on your level. These sports will take place at the holiday Centre.

We'll do different exercises, learn new techniques, learn how to improve fast your level even if you are a beginner.

We'll also learn how to warm up your body, avoid wounds. And above all, we want you to have fun and take sport as an entertainment. Just develop your team spirit !

### **6. Handball**

We propose a practice of a collective sport, where you'll practice depending on your level. These sports will take place at the holiday Centre.

We'll do different exercises, learn new techniques, learn how to improve fast your level even if you are a beginner.

We'll also learn how to warm up your body, avoid wounds. And above all, we want you to have fun and take sport as an entertainment. Just develop your team spirit !

### 7. Basketball

We propose a practice of a collective sport, where you'll practice depending on your level. These sports will take place at the holiday Centre.

We'll do different exercises, learn new techniques, learn how to improve fast your level even if you are a beginner. We'll also learn how to warm up your body, avoid wounds. And above all, we want you to have fun and take sport as an entertainment. Just develop your team spirit !

### 8. Swimming

We propose a practice of an individual sport ; you'll practice the sport depending on your level. This sport will take place at Lenk Swimming Pool.

We'll do different exercises, learn new techniques and the specific tools for each sport, learn how to improve fast your level even if you are a beginner. We'll also learn how to warm up your body, avoid wounds. And above all, we want you to have fun and take sport as an entertainment. Go further !

Come with your better swimsuit (not a short), swimming goggles and bathing cap.

### 9. Roller skating

We propose a practice of an individual sport ; you'll practice the sport depending on your level.

You will learn all the techniques to advance. Cornering, speed, braking, control. You will master all the elements necessary to the proper practice of this activity, not to mention safety. And above all, we want you to have fun and take sport as an entertainment. Go further !

Please indicate us your shoes size in the coming safety liaison form (see other email to come).

## Your Selection !

Please select here which activities you want to do !

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