

Week Without Walls Program September, 2019 NOVA International Schools		Dare to awake the adventurer in you		
Location: Tara, Zlatibor - Serbia Dates: 24 – 28.September, 2019 (4 nights) Type of a project: Adventure, physical activity, teamwork Group size: 15 – 36 (grade 10 & 11) Travel and accommodation: - travel by bus; - accommodation in Hotel Omorika (Mountain Tara, Serbia - www.hotelitara.mod.gov.rs/en/hotels/hotel-omorika/)		Driving Challenge / Question <i>Are you up to the challenge of moving out of your comfort zone by participating in adventurous physical activities?</i> Brief description of the project <i>Is there a better way to learn more about yourself, improve your fitness level, and develop leadership skills than participating in adventurous activities in a challenging environment on one of the Serbian most beautiful mountains - Tara?</i>		
By participation in this project students will: <i>(what will student learn and be able to do?)</i>		Assessment for the project:		
- develop physical fitness, leadership skills, teamwork and physical courage through exposure to adventurous activities in a challenging environment; - move out of their comfort zone and overcome some of their fears; - experience body reactions and adaptations when performing different physical activities, and develop awareness of their behavior and emotions through self-reflection; - Gain insight into the work and life of the Serbian filmmaker, actor and musician - Emir Kusturica;		Product / Competency	Assessment Tool	Grade Weight
		Active participation in planned activities	Rubric and observation	75%
		Reflective journal (in various formats.....)	Rubric	25%
Estimated cost: 25,300 MKD (approx. 411 Euro) <i>*the price may be subject to change if the trip is organized with less than 15 students</i>				
Not included in the cost: <ul style="list-style-type: none"> travel and health insurance visa expenses (if visa is needed) optional fees 		Included in the cost: <ul style="list-style-type: none"> Transport Skopje – Tara - Zlatibor - Drvengrad – Skopje Transportation Hotel - Rafting camp - Hotel Hotel accommodation on FB basis (breakfast, lunch, dinner) Local instructors with full equipment for the activities Tickets for Dino Park (Archery, zip-line, wall climbing, air soft). Adventure Park (6 levels of obstacle course), entrance ticket for Drven grad 		
Optional fees: <ul style="list-style-type: none"> 45 Euro for rafting (a trip to the rafting camp will be organized and students who would like to do rafting will need to pay this fee) 		Mandatory fees: N / A		
IMPORTANT NOTES! <i>* The order of activities is due to change because of weather restrictions</i>				

Date	Tentative itinerary
day 1 (Tuesday) (24.09.2019)	<ul style="list-style-type: none"> • 6:30 - Departure from NOVA (around 10 hours bus drive) • Late afternoon arrival / accommodation in hotel / Dinner • Evening session: Info meeting
day 2 (Wednesday) (25.09.2019)	<ul style="list-style-type: none"> • Morning exercise • Breakfast • Morning session: bubble football & archery & flag football (students work in groups) • Lunch • Afternoon session 1: water games at hotel's swimming pool (swimming, relay races....) • Afternoon session 2: cross country race on a trail around hotel • Dinner • Evening session: Reflection + Teambuilding activities
day 3 (Thursday) (26.09.2019)	<ul style="list-style-type: none"> • Morning exercise • Breakfast • 4 - 5 hours trip to rafting camp (145 km.) • Rafting on Tara • Lunch • 4 - 5 hours trip back to hotel (145 km.); Visiting Visegrad on the way back to hotel • Dinner • Evening session: Reflection + Teambuilding activities
day 4 (Friday) (27.09.2019)	<ul style="list-style-type: none"> • Morning exercise • Breakfast • Morning session: Adventure park (7 levels of obstacle course) & Photo scavenger hunt on Zlatibor • Lunch • Afternoon session: Wall climbing & zip line & Air soft in Dino Park (students work in groups) • Dinner • Evening session: Reflection + Teambuilding activities
Day 5 (Saturday) (28.09.2019)	<ul style="list-style-type: none"> • Breakfast • Visit to ethno village Drvengrad • Lunch (lunch pack provided) • Getting back home: 10 hours bus ride • Arrival in the evening

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Last Year Experiences

“Dare to awake the adventurer in you”

