



# OUTDOOR LESSON PLAN



<i>School</i>	<b>SECONDARY SCHOOL NO. 4 SUCEAVA</b>
<i>Subject</i>	<b>SCIENCE OUTDOORS</b>
<i>Topic/Theme</i>	<b>Discover the beauties of Suceava county</b>
<i>Timeframe</i>	<b>8 hours</b>
<i>Level</i>	5th/6th/7th/8th grade
<i>Activity</i>	<p><b>PURPOSE OF THE PROJECT</b></p> <ul style="list-style-type: none"> <li>✓ Knowing, understanding and appreciating the cultural, historical and natural values of the country.</li> <li>✓ Involvement of students in extracurricular activities that stimulate their creativity in various fields.</li> <li>✓ Opening new horizons in choosing a career.</li> <li>✓ Spending quality free time.</li> </ul>
<i>Objectives</i>	<p><b>GENERAL OBJECTIVES:</b></p> <ul style="list-style-type: none"> <li>✓ To document, discover and evaluate historical monuments and cultural objectives;</li> <li>✓ To cultivate their appreciation and attitude of respect towards the historical and cultural monuments in question;</li> </ul> <p><b>OPERATIONAL OBJECTIVES OF THE TRIP:</b></p> <p>a) cognition:</p> <ul style="list-style-type: none"> <li>• to observe the main historical and cultural objectives of the area;</li> <li>• to capitalize intra- and inter-disciplinary informational content acquired;</li> </ul> <p>b) affective-attitudinal:</p> <ul style="list-style-type: none"> <li>• to show interest in knowing the country's values;</li> <li>• update their geographical, historical and literary readings about the observed and identified elements;</li> <li>• appreciate the opportunity to be part of this project;</li> </ul> <p>c) psycho-motor:</p> <ul style="list-style-type: none"> <li>• to develop their sense of geographical orientation;</li> </ul>
<i>Material Media Resources needed</i>	<p>The teachers and students, based on the maps (Physical Map of Romania, Map of Suceava County), make the general description of the area with the help of conventional signs, locate it on the map, specify the landforms, cities and towns of historical resonance, but also economically -administrative and defines the trip itinerary.</p> <p>Using albums, fragments from didactic films, the teacher awakens curiosity, interest in making direct contact with the beauties of nature, with the values of historical monuments in this part of the country. It is remembered that the information acquired during the excursion will be used in a thematic competition.</p>

*Description/  
Step-by-step  
procedure*

**EXCURSION PREPARATION:**

1. Announcing the trip: At least one month before its date, the trip that the students will take is announced.
2. Students are prepared for this trip during a special training session, presenting the purpose of the trip, the route with the most important points. The materials necessary for each student for the activity carried out, as well as the appropriate equipment for this extracurricular activity, are specified.

**EVALUATION OBJECTIVES:**

At the end of the trip, the student will be able to:

- To communicate, using various methods and means of education, the general fund of knowledge regarding the meanings, particularities and importance of the main historical and cultural monuments visited;
- To demonstrate the ability to understand, to compare, to distinguish the particularities and common elements of historical and cultural monuments;
- To appreciate the beauties of the flora and fauna of this part of the country;
- To make intra- and interdisciplinary use of the content of historical, ethnographic, folkloric, geographical, geological, literary, religious, etc. information.
- To motivate why the knowledge and protection of historical, religious, folkloric, ethnographic monuments of the environment represent elementary duties of every inhabitant of the country.

*Reflection/  
Assessment*

**ARGUMENT**

Interdisciplinarity is promoted by current education by using information from several disciplines, facilitating their understanding and their perception as a whole.

Teamwork trains all students: the brave ones, in control of their knowledge and skills, but also the shy, insecure ones, arousing their interest and helping them to overcome certain barriers existing between them and the rest of the class. A didactic activity based on interdisciplinarity and teamwork is the trip.

The didactic content of the field trips is much more flexible and varied than the lessons held in the classroom, the students participating with great enthusiasm in these actions, thus broadening their horizon of knowledge through direct contact with reality.

Through the attractive means at its disposal, the excursion stimulates the curiosity to discover new phenomena, forms a positive ecological attitude, occasions authentic experiences of feelings of belonging to the community.

*Students' work  
examples*

**DISSEMINATION:**

- individual and group portfolios,
- making posters, collages;
- photo exhibition;
- creating and presenting presentations in PPT;
- writing essays, literary creations with impressions from trips;

**MONITORING AND EVALUATION:**

During the course of the project, the activity of each student will be monitored and at the end a questionnaire will be applied to the students, in order to accumulate objective and quick information on the quality of the activities carried out.

# TRAVEL GUIDE – June 28<sup>th</sup>, 2022

Bukovina is one of the historical areas with resonance in the heart of Romanian people, places that have been sprinkled with blood and sweat and where the connection with divinity was the only hope in the face of barbaric raids. Located in the north of the country with an area of 10441 square kilometers, most of the area is occupied by mountains and hills covered with rich vegetation (53% of the area of Bukovina is occupied by mountains), the name "Bukovina" was used for the first time in 1774 and means "Country of Beeches".

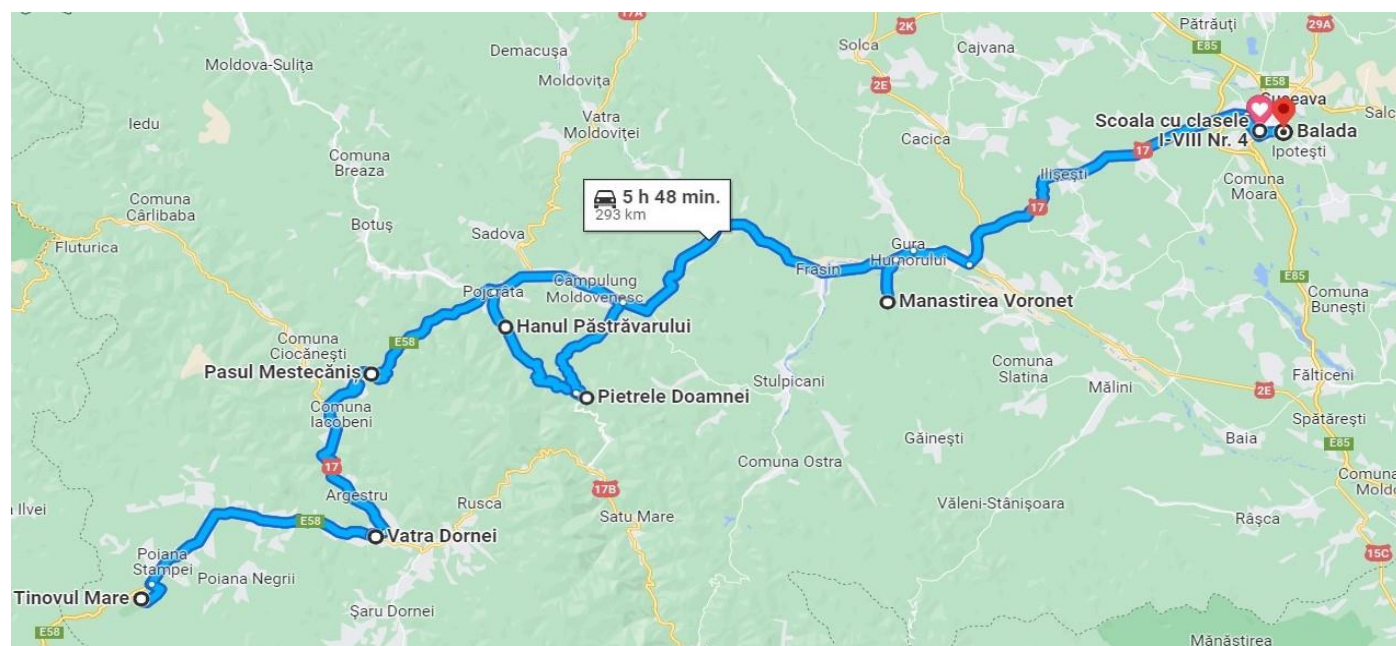


## Short historical intermezzo

The history of this land is lost in the darkness of the times and starts from the Dacian period, but "founder and legislator of the country" is Bogdan Voievod at the beginning of the fourteenth century. The area of Bukovina enters successively in the composition of Moldova until 1774, in the Austrian Empire (1774 - 1918) and of the Kingdom of Romania (1918 - 1940 and 1941 - 1944). Currently, Bukovina is divided into two parts: the south is in Romania (largely overlaps with Suceava county), and the northern part is in Ukraine (Cernăuți region).

A land blessed by God with a strong Christian community, this land full of history and legend is known worldwide thanks to the monasteries with exterior frescoes where the initiated tourist comes for silence and the novice to admire the beauty of vivid natural colors that have lasted over the centuries. Among the chain of monasteries from Bukovina, 8 of them are UNESCO protected and the other monasteries and churches of various denominations are completing the spiritual itinerary to which we invite you to take part.

**Route: The Mestecanis Pass - Tinovu Mare Reserve - Vatra Dornei - Rarau/Giumalau Mountains - Voronet Monastery**



## The Mestecanis Pass

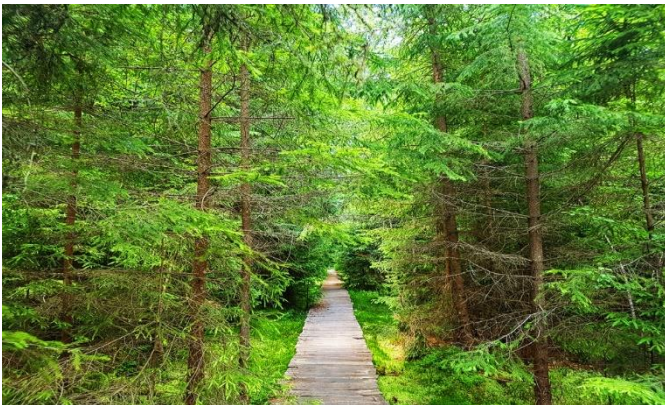
Mestecanis Pass is a mountain pass at an elevation of 1.096m (3,595ft) above the sea level, located in Suceava County, north-eastern Romania. The road over the pass (situated in the historical region of Bukovina) is paved. It's called DN17 (part of the European Route 58). Starting from Iacoveni, the ascent is 6 km long. Over this distance, the elevation gain is 213 meters. The average percentage is 3.6 %. On top there are some restaurants, bars and a souvenir shop.

The step is a peak of peaks from which you can admire a beautiful landscape. The road that crosses the pass, DN17, connects Transylvania and Moldova, over the eastern Carpathians, connects the towns of Dej and Suceava. It is 252 km route passing through Beclean, Bistrita, Vatra Dornei, Campulung Moldovenesc, Suceava. Also near Pasul Mestecanis is the "Ascension of the Lord" Monastery, built in honor of the dead Romans on the battlefields or as prisoners of war in camps.



## „Tinovul Mare - Poiana Stampei“ Forest Reserve

Located 18 km from Vatra Dornei, it is the largest peat swamp reserve in the country, which impresses with its appearance that is similar to the Siberian tundra. The mud from Poiana Stampei is used in the spa treatment, in the various structures offering spa treatment services. The predominant forest element is Scots pine, followed by downy birch and some birch hybrids. The flora of the reserve is unique, composed of rare and protected plants, including a carnivorous plant, *Roua Cerului* (*Dew of Heaven*), which is declared a protected plant.



## Vatra Dornei

The resort of Vatra Dornei, also known as „Perla Bucovinei“ (*Pearl Bucovinei*) is located at an altitude of 802 m in Dornelor Depression, at 70 miles from Suceava. It is a very popular tourist resort, thanks to its thermal waters, landscape, climate and skiing facilities and different types of tourism: active, cultural, rural, spa, events. Here you can find something for everyone: river rafting, climbing, mountain bike, and horse riding. „Dorna E-xtrem“, „Dorna Kayak Fest“, „Snow Festivities“, „Dorna Art“, „Hit the Egg“ mountain running competition, „World Cup of Sledging on Natural Trails“ are just some of emblematic events of beautiful resort. Those who lead a more leisurely life can visit the museums in town, but also in the area and relax tonic, stimulating bioclimate, with beneficial influence on the nervous system or treat various ailments in the treatment and recreation bases in the resort.

## Rarau - Giumalau Massifs

Rarau- Giumalau Mountains are part of the Eastern Carpathians, located in the picturesque Bucovina area, in the upper watersheds of Moldova and Bistrita rivers. The specific climate of these mountains is continental (long, snowy winters and short, cool and humid summers). Maxim altitude: Giumalau - 1857 m, Rarau – 1651 m. Numbers of trails: 24 marked routes.

Rarau Massif offers one of the most interesting geological forms in the Eastern Carpathians: „Pietrele Doamnei“ („Lady’s Stones“), Peștera Liliecilor („The Bat Cave“) and „Moara Dracului“ Quays – a very narrow section of quays (2-3 m wide, approx. 40m long), are other attractions that arouse the interest of visitors. It is the most accessible mountains in the area due to the infrastructure of generally well – maintained access roads and hiking trails, accomodation possibilities and the shortdistance from neighbouring localities. These are curently the most visited mountains in the area.



- „**Pine Stone and Falcon Stone**“ **wildlife reserve** is a protected area of national interest (geological, paleontological land landscape wildlife reserve), located in the tourist resort of Gura Humorului. **Pine stone geological reserve**, a slope covered with bloks of rock and debrits, partly covered with pine, fir, spruce and beech, represents a extremely important ecosystem from a paleontological point of view. Within the reserve there is a unique phenomenon in the country, namely the growth of blackfinch at the lowest altitude (600 m). **Falcon Stone** located a few hundred meters upstream from **Pine Stone**, is visited for the picturesque cliffs in the forest.



- „**Lady’s Stones**“ **reserve** located 14 km away from Campulung Moldovenesc, on the crest of Rarau Massif, presents a ruiniform relief of towers and debrits, enedemic plant species, edelweiss, lady’s slipper, mountain avens, juniper and juniper bushes.



Voronet Monastery

The founding Voivodes left to Bukovina formidable monasteries. Their churches are adorned with disproportionate and flattened roofs, like broad wings, slightly raised skirts. On the walls they protect, the artists have transposed in color both their version of the Bible and a vision of their family world. These medieval cartoons are an invaluable testimony of Moldova from the fourteenth to the sixteenth centuries.

The walk from monastery to monastery is at the same time a pretext for discovering wonderful landscapes, amazing villages and a mosaic of the traditions of a region where so many communities meet. The hay is gathered in pots, the houses are neat and decorated. Returning from work, tasting mushrooms, picking berries, life continues its natural course under the eyes of the captive traveler.

(Romania - Michelin Guide, Green Guide Collection, 2018)



#### **Ten Lesser-Known Things About Voronet Monastery:**

1. The church of Voronet Monastery was built in 1488 in only 3 months and 3 weeks, which is a record for that time;
2. The interior painting of the church dates, for the most part, from the time of Stephen the Great, being made in 1496, and the exterior painting was done during the period of Peter Rareș;
3. The church of the Voronet Monastery is nicknamed the "Sistine Chapel of the East" due to the fresco on the western facade that illustrates the "Judgment of Then"
4. Daniil Sihastrul spent the last 26 years of his life at the Voronet Monastery. The hermit died in 1496 and was buried in the church of Voronet Monastery. It was canonized in 1992 and became Saint Cuvios Daniil Sihastrul.
5. The characteristic of Voronet is not only the nature of the blue pigment, the so-called "Blue of Voronet", but especially its resistance in very harsh climatic conditions, which is due to the originality of the working technique applied by the Moldovan painters;
6. Except for black pigment, obtained from charcoal, all other pigments used in painting (interior and exterior) are mineral, natural or synthetic substances: clays colored with hydrated iron oxide (ocher), or anhydrous iron oxide (red ocher), hydrosilicate of Fe, Al, Mg and K (earth green), red lead oxide (minium), copper ores (azurite and malachite), mercury sulphide (cinnabar red), silicates (enamel blue), calcium carbonate (white lime);
7. Surprisingly, the painting also includes the 12 zodiac signs, in the immediate vicinity of the Savior;
8. Dissolved in 1785, by the Austrian occupants, the Voronet Monastery resumed its activity only in 1991;
9. The church of Voronet Monastery was declared a historical monument 97 years ago, in 1918;
10. It was included in 1993 in the UNESCO World Cultural Heritage.

A characteristic note of these frescoes is also the rich creative imagination of its makers, who introduce folk elements into the composition (for example, the archangels who blow from the buds, instruments specific to the mountain shepherds). Inside the church, attention is paid to the lattices and strangers from the 16th century (among others a royal lattice, a true masterpiece of wood sculpture), the tomb of Metropolitan Grigore Roșca, from the porch, the tomb of the Daniil (Daniil Sihastrul), from the pronaos.

