



Cawangan Negeri Sembilan  
Kampus Seremban

# FACULTY OF SPORTS SCIENCE AND RECREATION

*"Where sports and knowledge come together"*



## FSR@S3 e-BULLETIN

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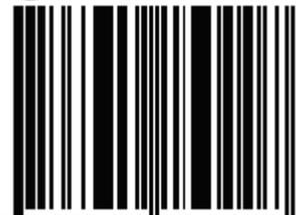
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## OUTDOOR RECREATION CAMP: FRATERNITE

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The Launch of The Outdoor Recreational Program at Taman Cabaran UiTM Seremban 3, took place on the 30th May 2023 until 4th June 2023. The 48 participants shared many beautiful and good memories. The context of this program emphasizes the skills and manners in carrying out outdoor recreational activities or training which is an educational concept that is very suitable for human development. The implementation of this program will provide with skills and experience related to outdoor recreational activities. This is very important because the students can place themselves in this industry either during industrial training or upon graduation.

All forms of recreational activities in the environment outside the classroom are defined as practical outdoor recreation. This program focuses on several disciplines in outdoor recreational activities, namely, camping crafts, ties and knots, emergency assistance in nature, kayaking, orienteering, navigation, trekking, trying to live in nature and rope activities. With a program like this, it is hoped high fighting spirit, integration, communication, and motivation among students is fostered.

The registration fee paid was RM100 because this program involved food and drink, clothes, and all paid equipment. The outdoor recreational program was held at Taman Cabaran UiTM Seremban 3 - the venue was chosen to offer an environment that supports education and teamwork, ensuring a positive experience for each participant. We can also learn that such activities require teamwork and cannot be done alone- and that we should cultivate the spirit of separation and strengthen cooperation. In such a way, the participants can learn new knowledge and think critically to build an organization and be able to set up a tent using the natural resources around. There, we built a central tent, an equipment tent, a kitchen, a toilet, and a sick bay using the wood resources available at the campsite. At first, the participants complained about having to set everything up by themselves but day by day they felt proud because they managed to do something beyond their own expectations.

Through the Outdoor Recreational Program, a difficult environment where individuals can openly learn how to survive in the forest, build a strong and brave identity and challenge themselves in the forest is created. There is a dedicated team of experienced professionals, who provide guidance tailored to students' needs, educators, and the available resources. With a wide range of engaging activities, participants were able to explore different disciplines and gain knowledge. By going through this camp, the participants also formed their own identities while learning to be independent.



*Picture 1: Numerous activities conducted during the event*