Recreation

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1. INTRODUCTION, CONCEPTUAL PRINCIPLES

1.1. Introduction

Recreation nowadays is not a new concept, thereby it cannot be considered as a modern business system of the 21st century, after all its roots go back very far. The beginning of its formation is often traced back to ancient times, it is important to know however that we can only talk about recreation on the one hand if we have free time, and have the free use of it on the other hand, that is, we can make a decision about what we do in our spare time. Having spare and available time does not mean however that we talk about recreation, since how we spend our free time will be determined whether or not we are doing appropriate future-oriented, constructive activities.

When we want to determine the subject-matter of recreation as a concept, numerous aspects must be taken into consideration. Definitions found in specialised literature are manifold, at the same time their common point is spending spare time in a fitting way, relating to health promotion, relaxation, recreation and entertainment, to activities involving motion, play and to positive experiences, in short to living a constructive life.

Recreation is often referred to as life philosophy, as living a constructive lifestyle includes both awareness and purposefulness too. This is an important building block in spending spare time, because our lifestyle in present-day 21st century is highly accelerated, so we definitely need to live our daily lives consciously and purposefully, so that the aforementioned health promotion, sporting, time spent physically active, relaxation and recreation is present in appropriate measure and proportion, so that we can live a balanced, high quality life. Part of life philosophy is what we think about our lives, how consciously we live it and what values we consider important. The people leading hedonistic lifestyles rather live for today, fun, experience-rich accelerated life is typical of them. They think little about the future and what kind of life they will be living later on. Those electing a hedonistic lifestyle think little of any adverse health effects in their present life, which may also have a negative effect on their subsequent quality of life. Conversely, by adopting future-oriented thinking, i.e. we consider it important what will be with us in the

future and making the health-oriented lifestyle an integral part of this approach, we reach the philosophy of recreation and its subject-matter.

1.2. Systematic approach to the concept of recreation

If we were to prepare a mind map[1] of concepts that come to mind when mentioning recreation, health, exercise, sports, leisure, physical culture, health, health culture, relaxation, recreation, tourism, wellness, fitness, well-being and sporting activities would most likely appear among them. Each of these concepts may be linked to the concept of recreation, but a broader interpretation is necessary for proper etymological interpretation of the related concepts, since there are connection points. The culture, physical culture, health culture, leisure culture are closely related concepts, there are areas overlapping, however independent interpretation is also required.

Fig. 1: A possible mind map of recreation

The most practical aspect of the summary is to start from the most general, widest subject-matter circle of concepts. In the present case, this is the concept of *culture*, which includes all those areas that relate to our everyday lives. We could say that both the body and health culture is part of universal human culture. We may often encounter the concept of culture in a lot of places in many interpretations. Some time ago in the Latin language, the word 'cultura/colere' meant 'cultivation/nursing, care' that was used in connection with land cultivation (agriculture).

Under the term culture today we mean something else. This includes all the material, behavioural, mental accomplishments and the entirety of social institutions that distin-

guish man from the animal world, and through which it emerged from its natural state throughout the course of history (Takács, 2005). All those values (intellectual, material, physical) belong here that people accumulated and handed down to the next generations over the millennia. With the help of this process our knowledge is constantly expanding, the society is growing. All that we know in present days, comes from our ancestors and the knowledge, traditions, habits, values are passed on to future generations complemented with the changes of the present era.

According to a definition by Cultural Anthropology, culture is the sum of a given society's all knowledge, which ensures the connexion and survival of the human community. It incorporates the natural physical environment, as well as the man-made environment (clothing, housing, settlement), resulting in: a multitude of objects, the evolution of production and consumption patterns, the social structures (family, friends groups, workplace communities, etc), the changing lifestyle, the knowledge (sciences), the ethical and religious norms, symbols (arts).

In our time, the world has changed a lot, and the meaning of the concept too. By narrowing the meaning of the concept, today, *'culture means erudition, or in other approach it incorporates part of the arts.'* – writes Takács (1999), i.e. it represents a segment of the earlier holistic approach. For this reason the roots of the concept of recreation is worth further exploring.

On the next level already appears the activity involving motion and the person (sportsman, man pursuing recreational activity) too, who achieves this, not forgetting the expressive power of the body movement. Due to the new aspect the earlier broad concept interpretation narrows and that brings us to the concept of ***physical culture***.

As defined above, physical culture is part of universal human culture, it signifies a human's body, its state and relationship to the social environment. It reveals a close relationship with health, performance, development of physical and mental abilities and with competing. Moreover, it includes the tools required for pursuing (sporting) activities, the intellectual reflection of activities in sciences (Takács, 2005, 2007) and values related to physical culture. Physical culture is a branch of culture, the entirety of social, material, financial and intellectual assets, a system of values and norms that as an objective through physical education, sports, motion arts and physical education activities contributes to the healthy physical and mental self-development of personality (Takács, 2005).

These are the values that as part of physical culture have been created through history in physical education and sport. Thus, here can be counted the physical exercises, forces of nature, branches of sport, competitions, competition results, the tools of physical culture (sports goods), sports facilities (gym, fitness centres, swimming pools, courts). Beyond personal and material conditions here belongs the knowledge (sports science) necessary for

favourable (optimal) development of the body, as well as personal conditions (coaches, PE teachers, educators), who convey these values.

Based on this, we may take as part of the physical culture those criteria (physical, intellectual, material), and exercise-related activities (physical exercise, sports, recreation, physical education, etc) that are capable of reflecting certain value to the individual and to the society.

Among activities appearing as part of the physical culture on this basis those activities are also present, which are already closely linked to recreation. Instead of the exact *recreation* concept – and by this means its likely narrowed – definition, we better demonstrate its subject-matter here, since creating a narrow concept is not our objective. In the following it will be evident that the concept is of a very broad subject-matter.

Recreation is derived from the Latin word '*recreatio*,' whose original meaning is: holiday, relaxation, refreshment. In further spreading of the concept English language played the biggest role, so the direct source of the term is considered to be the English concept of '*recreation*'. The concept of recreation in literature has been also defined as a means of reproducing people's health, and ability to work. This interpretation is now rarely used, since recreation is not defined in its own right, but rather as a tool supporting the realisation of higher values (work, health), as a concept that depends on it. This definition suggests that recreation has a raison d'être only 'in relation to something'. In contrast, recreation is a concept that can be interpreted independently, which has a reason for existence. Its aim is not merely the reproduction of working and weight-bearing capacity.

The most common explanations identify recreation with the culture of leisure time, but it is more conducive to talk about and supplement the mode of spending leisure time that results in physical and mental recharging. Recreation is a time for relaxation, and at the same time the active and fun way of spending leisure time. This definition comes near to the most common international interpretations, according to which: recreation is a voluntary participation in a leisure activity that is meaningful and enjoyable for the individual.

According to another modern interpretation: recreation is the sum of leisure behaviours, the objective and outcome of which is the improvement of general feeling. Leisure activity nevertheless is not yet recreation in itself, only its potential opportunity. We could say, thus that recreational activities are those of a man undertaking voluntarily in his spare time, in order to maintain and restore his own health and capacity to work.

Recreation is in fact the culture of spending leisure time. A way to achieve 'perfect' general feeling. Maintenance, recovery or improvement of our physical, spiritual and intellectual energies and performances through our leisure activities. Recreation is also a recreative, reproductive activity. It means the expanded reproduction of mentally, physically tired man's energies, health and working ability. Its function is dual: it has relaxing and generative role, Thus, we need to pay attention that the activities performed by us are

directed not only towards enjoying high standard relaxation, but to fulfil its generative task (personality shaping) and training objective. Passive recreation cannot deliver this outcome, since it is impoverished and cannot make up for the missing exercise for the vast majority of people. So it is not full value recreation.

Summarising the above, the main criteria of recreation are:
- By the accepted international interpretation the *culture of spending leisure time.*
- By its original sociological interpretation *the restoration of working capacity*, its reproduction was considered as primary task.
- It *serves to create a* good general feeling, *well-being*, quality life, while it results in refreshment, recreation and entertainment for the recreating person.
- The implementer of spending relaxation time in an active and fun way.
- Platform for development of physical and mental abilities.

When circumscribing the concept of recreation, health, health culture, as well as leisure culture concepts were also repeatedly mentioned. It is worth introducing the connection points of these as well.

Health culture refers to the entirety of those values, which deal with maintaining health, making the body more resilient, as well as reducing the harmful influences to life. According to the World Health Organization (WHO) health is: the 'state of physical, mental and social well-being', not merely the absence of disease, disability, and poor health. Health is not a momentary state, but a state of dynamically changing equilibrium, which signifies the human body's successful adaptation to the constantly fluctuating environmental conditions, allowing for the individual's harmonious physical and mental development.

It appears from the definition of health and health culture that physical culture is a part of health culture, yet health culture is broader, more complex than physical culture. Recreation is linked in a direct and indirect way to health culture. As recreation forms part of physical culture, it is of course related to health culture too, this is indirect connection (e.g. someone doing yoga regularly in their spare time). We mentioned above that one of recreation's accentuated objectives is the maintenance and conservation of health, at worst recovery of health. Through this objective it is directly related to health culture (e.g. Someone starts pursuing recreational activity in order to regain their health).

Leisure time and ***leisure-culture*** is a concept closely related to recreation, so its detailed analysis is an important part of the curriculum. In every historical era the people necessarily had time that they devoted to meeting their needs, and establishing contact with other people. This time outside of work included a narrower category, the leisure time, during which a person has renewed its own resources, relaxed and had a good time. However, leisure time represents the fundamental conditions for evolution of the human race, cultural enrichment and development of personality as well. In modern societies, the

importance of leisure time is increasingly more appreciated, it is enriched with more and more features. Since leisure time is becoming increasingly less available to us and part of it is not freely at our disposal, it is appreciating. It varies by age, but it can be said that after a certain age people do not relinquish their free time, they do not replace it with material goods. The manner of spending leisure time and the activities performed in spare time provide the culture of leisure. That is, the culture of leisure is nothing else than spending leisure time in a cultured, constructive, value-creating way. For this reason, it is not indifferent what we do in our leisure time, as we can talk about leisure culture, if it is realised along with some appropriate values.
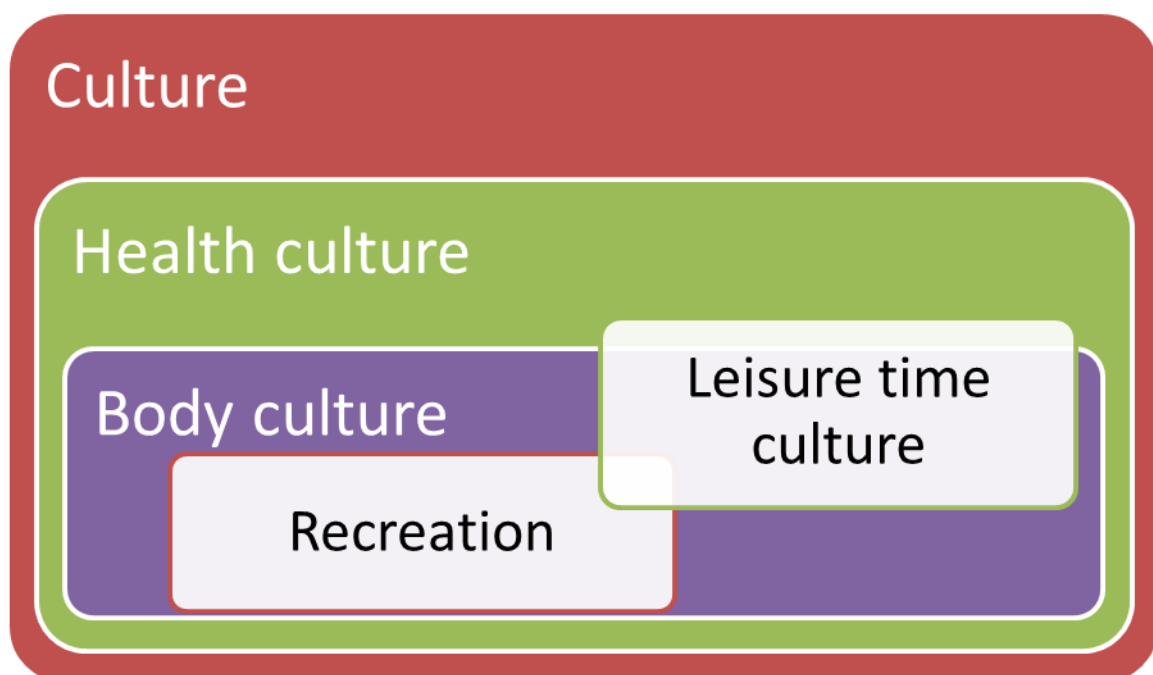
Fig. 2: The relationship system of culture, health culture, physical culture, leisure culture and recreation

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Eszter Boda

2. THE DEVELOPMENT, STORY OF RECREATION

2.1. Development of recreation

The development of recreation and the necessity of its existence carry different weight in certain historic times. Its concept is the product of modern age, although its roots can be traced all the way back to prehistoric times, as recreation is of the same age as mankind. The word recreation, as mentioned earlier is of Latin origin, which initially denoted school holidays, i.e. relaxation, recreation, doing something else (time of unrestricted use with which individuals disposed over themselves). The etymological definition by which it means back-creation, restoring the original state is not too apt, because it restricts the limits of the concept (Fritz, 2006).

Man as a social being has the task to fend for and sustain itself and support his (chosen) family with his work. This work is an essential element of human existence, it accompanies the history of mankind, but its importance and extent have changed over the ages (Fritz, 2006). The recreational movement came to being concentrated in different time and pace around the world to prevent damages caused by industrialization and urbanization. While in the US in the 1930's professionals already helped organize suitable and quality leisure, and recreational facilities were built, meanwhile this 'madness' only spread later to Europe. Now let's see in detail its development curve over the various ages, defined in the beginning as leisure.

2.2. The prehistoric man's spare time (roots of recreation)

The first that by all means needs to be mentioned is the *Australopithecus* group of human species. They managed to form such a life rhythm, which had scope for some leisure time too. This could be achieved by applying some primitive teamwork initiative in hunting, that is together they were following tracks, lying in wait, then surrounded and killed big game. By collective hunting and production and use of various tools they were able to carry out the essential subsistence activities more efficiently, in less time, and thus spent the remaining spare time to exercise tribal customs.

The next significant stage was the discovery of fire and learning how to use it. This important stepping stone is associated with *Homo Erectus*. With the knowledge of fire, human residence became warm and bright, a roaring fire provided security against wild animals, and our ancestors enjoyed even more free time. As a new task they had to keep the fire going (i.e. sitting around the fire, by this enjoying a primitive social life), but thanks to the new knowledge they did not depend in such a great extent on the sun's movement, illuminating and warming power, which was very important, because plans could also be made for activities in the evening hours. It was then, when rituals and ceremonies spread for entertainment and relaxation of tribal life. In her book Margaret Mead describes that on the island of Samoa in simple societies leisure activity is significantly separated in terms of time, which is mostly limited to the evening hours. 'Early in the evening, the community begins to gather, fishermen return from sea and everyone begins its main everyday types of action (eating, drinking), kids play a round game, community 'elders' hold a council, men discuss plans for the next day. Common forms of activities are also music and dancing. On special occasions, festivities and other community events, however, the ritual activities are performed together.' (Mead, 1928, quotes: Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

After our fire discoverer ancestor let us say a few sentences about the *Crô-Magnon caveman*, who was very similar externally to the people of today. Some of the features: hunted in groups, drew, painted cave drawings, which let us assume that they had more free time than their predecessors. Its lifestyle tied the community to a given area, which resulted in village foundation (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

For the *New Stone Age man* can we talk in practice for the first time about rudimentary recreation. He was capable of primitive writing, of arts, of holding religious ceremonies, learned to co-operate in planning and co-ordinating the activities, and all this provided even more leisure time. It is interesting that worldwide currently less than a quarter million people, only 0.001 percent of the Earth's population lives primarily from hunting and gathering (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

In summary, it can be said about the prehistoric age that the hunter-gatherer man of the primitive community was engaged as it were 'full-time' in conducting its self-sustaining activity; namely its work. In order to enable a man to fish, hunt again and again, to defend his tribe and its habitat and a woman to be able to gather plants, berries and mushrooms, to raise the children, they had to return again and again to appropriate working condition. This had two basic conditions. First was access to appropriate food (i.e. energy replacement), the second was sleep aiding 'renewal' (i.e., regeneration). In this age therefore man primarily laboured for survival, for individual and race preservation every day. Recreation served the regeneration, the recovery, the condition for constant work. This in modern sense meant part of the recreation. Consequently, the basis of con-

temporary classic recreation concept can be observed here (creation, restoration and increase of working capacity (function)). For people living in a primitive community the demand for recreation has already appeared. On occasion of a tribe's important events, e.g. on killing big game or with feasts after overcoming a hostile tribe, as well as holding inauguration rehearsals, religious-cult events following specific chronology – tribal customs and rituals – the prehistoric man relaxed, and had a good time (Fritz, 2006). Thus, the concept of recreation was further expanded by the motivational factor in addition to the function.

2.3. Leisure habits in ancient times

Eminent philosophers of the period, considered 'free time' from a different aspects. They considered that this meant they were free because they were disposing over their time freely.

Aristotle's phrasing immediately formulated the essence. In his view, for someone to be able to meditate, think, leisure time is necessary. He believed that 'spare time' incorporated enjoyment, pleasure and happy life. All this is not the privilege of the busy, but of the people who have spare time available (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

The other eminent philosopher of the age, Plato, saw the essence of leisure time differently. He brought it under strict state control and forced it among rigid rules. In his view, man is a puppet, that is, a creature, a toy of the gods, and therefore must spend his spare time in accordance with its intended designation, i.e. it must strive to attain the goodwill of the gods. This is the main feature of Plato's ideal state. Hence may be derived the need for many many sacrificial ceremonies of religious holidays, songs, round dances (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

One of the most important religious ceremonies in the life of ancient Greece was the three-day festival of Dionysus. Eminent days of such character helped such cultural values flourish for example, such as folk plays showcasing mythological themes, which for centuries have played a crucial role in the development of theatre arts and drama. In addition to the cultural development over the period of Hellenism and the Roman Empire an entire array of various games, leisure activities have evolved ranging from combat games (gladiatorial games, carriage driving competitions, circus, etc.) through puzzles requiring a high level of mental ability to decipher, all the way to sports tournaments (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011). In addition to recreational sporting activities, naturally, the Olympic spirit cannot be neglected either. Viewing a competition of champions (then exclusively the privilege of men) would be considered as a recreational engagement by today's concept.

The Dutch historian Huizinga (1944) argued that in the culture of ancient societies sports competitions and various gambling/betting games appeared as a particular area of social co-existence, public life and entertainment for the ruling strata, which had its heyday during the period of decline of the Roman Empire. It is no coincidence that contentions and competitive style game forms targeting both mental and physical capabilities were tightly linked to holidays in the Greek and Roman society, wherein efforts to strengthen the sense of community have directly taken effect (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011). The following quote is found in his *Homo Ludens (1938)* work, which vividly illustrates the doom of ancient culture:

'Churches with frozen traditions, for cults full of superstitions, halls and basilicas for such state and justice administration that through the society's erroneous political and economic set-up have gradually become a system of depletion and tyranny, with circuses and theatres for bloody and wanton games, superficial pieces, baths for rather emasculatory than exercising physical culture, all this together is indeed not a very good culture. All this served for the most part for boasting, vanity, fame and pleasure-seeking only. The Roman Empire was inside an empty, hollowed out body' (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011). Here, it was perceptible that something new will be coming, something new, some change must be coming.

All in all, in the antique cultures (Greeks and Romans) the entertainment, pleasure and relaxation fledgling in the prehistoric era came to the fore, i.e. the motivational factor of recreation versus the function became more important (Kovács, 2004). Recreational activities became closely interwoven with the religious, artistic and cultural activities. Ecstasy, the pursuit of intoxication (hedonism), conversations about the arts, as well as sciences, just like visiting the circus, theatre and sporting events, the grand feasts and amusements, the flourishing public bath culture all belonged to relaxation, and it made the people of the old-world happy (Kovács, 2004).

2.4. The 'dark middle ages': diversifying leisure culture

In the Middle Ages the differentiation began in the way of spending leisure time by social strata and classes, and while it was broadly uniform in antique culture, in this age the knight, the court/aristocratic, the folk and the urban/bourgeois leisure culture taking shape towards the end of the middle ages was relatively well separated from one another. **The leisure activities devoted to relaxation, 'recreation' also went through differentiation** (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011). By analyzing working activities typical to this age, it emerges that for example an average craftsman in medieval Paris worked approximately the same number of hours in a year than a worker in Western Europe between 1955 and 1970. This on the first reading seems very interesting, but the dif-

ference is/was not in the number of hours worked, but in the structure of work schedule. While a worker in the Middle Ages worked then and as much as it was demanded from him, i.e. when required day in day out, at other times he could rest even for longer periods. In past times only fair and public holidays were normally relieved from work, but the number of holidays was much greater. It could be said therefore that in the Middle Ages free time was increasingly determined by religion, religious holidays and world view/values interposed by Church (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011). That is, the main organizer of everyday life, of leisure, of holidays, of the entire human life became the Church itself. The pursuit of intoxication and ecstasy typical in ancient times was replaced by preparation for afterlife, relaxation became more consolidated. The 'work and pray, pray and work' ideology prevailed in the interpretation of leisure time too. According to St. Thomas Aquinas, the main objective of leisure time is to obtain wisdom, which can be achieved with greater success if performed in community (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

In summary, into the life of the medieval man thanks to religion an additional recreational possibility, a day for recreation was incorporated into. It is the 7th day sanctity, which can be found in all major religions. All time spent on work remained at around half-day, a daily number of 12-14 hours. The series of ritual holidays customary in ancient times was extended through religion (Christmas, New Year, Easter), in addition holding of family celebrations, weddings, baptisms, funeral feasts was also prevalent. Major fairs and balls (carnival, harvest, grape picking, etc.) terminating significant periods of life (production), with the related circus stunts all served recreation and, relaxation purposes. The primarily functional concept of recreation, according to which it serves the restoration of working capacity has been complemented with a theory of motivational impact:

Refreshment, recreation, entertainment (motivation)
    −everyday;
−by interval (7th day, fairs and holidays)

Recreation as part of leisure time has existed ever since man had some spare time, and disposes over it more or less on his own. As entertainment, it is present in every society, but in different versions of life opportunities and habits of social strata (Kovács, 2004).

2.5. The new age: the birth of quality leisure time demand

Let us look at some important milestones relevant to this age. Humanism, for example, not only changed the subject-matter of the leisure concept, but also the pertinent views too. The rights and interests of people were emphasized, creating with this the ideal of harmonious personality. To achieve this the 'recreational' activities were linked to the leisure time. However, this ideal applied only to selected categories of the society, not just

anyone. The humanist culture's individualistic nature had a great impact on the subsequent bourgeois individualism, which in capitalism became the foundation of lifestyle and leisure use (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

Of the Renaissance philosophers Thomas Moore's work *Utopia* should be highlighted. In Utopia the author explains that it is free, moreover the significant part of leisure time 'should' downright be spent without any consequences for 'seeking out' pleasure, since the main objective is to achieve a state of happiness. The work grants a kind of freedom to the people. They may decide on what they want, and don't want to do in their spare time.

John Locke was thinking similarly. According to him, man in their daily activities, in spending their spare time is motivated by a desire for his own delight and happiness. 'The necessity of seeking true happiness is the basis for every freedom, therefore, we have no other job than to seek happiness, by which we may become liberated.' Interestingly, he is not allowing all kinds of pleasure either. He formulated the boundaries in such a way that those 'forms of recreation, with which we want to make ourselves happy, in no way may become our addiction'. "Ruling our addictions is the appropriate way of refining our freedom.' (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

A significant turning point in shaping the concept of leisure time/recreation was the Industrial Revolution (1750-1780). But how did mechanization affect the daily lives of people? Its features and technical achievements include the steam engine (Watt, 1769), mechanization of the textile industry and it becoming a key industry (e.g. mechanical loom), flourishing of the steel industry, steamboat (Fulton, 1807) or the steam-engine (Stephenson, 1814), which revolutionized the spread of transport. Effects on lifestyle were felt significantly, industrialization was started. The increased demand for labour with the establishment of factories led to settlements around the factories (urbanization). This laid the grounds of urbanization. Crowded living spaces (cities) have started to emerge, where the wage labourers lived their daily lives working 10 to 14 hours a day for 6 days a week. One of the most significant advantages of our civilization development is that the amount of leisure time has increased in social degree compared to previous periods. How is this possible along the 6-day working week? Owing to the beneficial effect of urbanization, the workers 'saved' the time spent on commuting till then. The problem started then when masses of people did not know how to spend this time, because until then only a narrow strata of 'privileged' people could afford to have time with unrestricted use and to pay attention to leisure time habits. The monotony of factory work, the rapid deterioration of living conditions (ever dwindling green spaces, dirty air, tight places, etc.) and poor utilization of the increased spare time began to awake people, change must be brought in!

2.6. The 19th century: 'reproductive' leisure time aspect, the birth of modern era recreation

By the mid-19th century, the industrial revolution spread to the whole of Europe, heavy industry everywhere became a keystone of the economy. Technical developments and scientific discoveries proliferated like mushrooms, beginning in England. Its buzzwords were electricity, telecommunications and motorization. Notable inventions were for instance: combustion engine, carbon filament lamp, phonograph, telephone/telephone exchange, motor-vehicle, radioactivity, aircraft, etc. As a result of new inventions, increased laziness and decreased physical activity was typical in lifestyle. Life of the working class was improved compared to the first Industrial Revolution, which was due to more targeted and better nutrition (the women learnt to cook healthier). In urban life cafés and pubs/brasseries became the scenes of social life. All these have created a comfortably living, increasingly obese modern type man. Leisure time became the antipode to work, leisure activities assumed only a derived, secondary, complementary, compensatory, 'reproductive' character (Kovács, 2004).

Due to the latest developments harmful health effects continued to accumulate, which resulted in ever deteriorating lifestyle. There were attempts from several sides to reverse the deteriorating health condition of the man in the street. Buzzwords such as 'Out of town, back to nature!' unequivocally tried to compensate the harm caused by urbanization. The recreation-type sports associations (mainly in mountaineering, rowing, cycling, tourism) of citizens in industrial and trading cities started to multiply. Religion also embraced the issue and by ensuring active recreation (recreation so to speak) it tried to lure people back to the Church. That is how a Protestant youth organization bearing the name of YMCA (Young Men's Christian Association) was set up in 1844. Initially they developed playgrounds, race-tracks, recreation parks near the church, then later found camping to be an excellent means of offsetting urban lifestyle. The making the city 'liveable' movement is the other major initiative during this period. The fever of building resting and recreation parks raged in cities around the world. Such famous parks like the Central Park in New York, or the Hyde Park in London were established at this time. The theoretical foundation and literature of recreation was not lagging behind either. The book 'Woran Leiden wir' (i.e. 'What we suffer from') by Emil Hartwick (1881) first described the harms of industrial civilization, and recreation, as the possibility of its prevention. It must be mentioned, as an important step it was enacted that federal states have a duty to set up such associations, which would establish professionally equipped playgrounds. The first organization was the American Association for Health Physical Education and Recreation (AAHPER), but regional and national recreation organizations were also created across Europe. By the end of the 1800s recreation and its importance started to spill over into schools too, John Dewey in his book 'School and Society' for example analyses the

school's tasks to prepare for the recreation. The American-born physician, Gulick, creates his first model of territorial system recreational movement (Kovács, 2004).

Development of the concept is over a hectic period, but fortunately progress did not stop here.

2.7. The 20th century: leisure time studies, recreation today

In the early 20th century for workers in large industrial centres free time was just a dream again. Meanwhile, leisure time gained a new and more important role. The people's time was no longer divided just into weekdays and public holidays, but also to working and leisure time. The new trends began to spread both in the lower and upper levels of society. A new 'class' emerged at the top levels, which had almost unlimited leisure time at its disposal. The middle levels of society got more and more spare time too thanks to economic growth. There were efforts to improve the living conditions of the working class too. Working hours were regulated and welfare measures were introduced. Employers began to realize that well-educated, stable, (and most importantly) workers with available spare time can produce more effectively (basics of workplace health promotion). **The workers' health condition and working ability became important for the first time.** Owing to this, by the second half of the 20th century the workers also had increasingly more and more spare time (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

From then on, leisure time research was launched and more and more studies and formulations followed each other. For example, they considered that it was necessary to distinguish between the two types of till then just simply called 'spare' time (that is, free time and leisure time). Free time is the whole amount of time that is unbound at least in a sense that it is not bound by the obligation to work. Leisure, however, is qualitatively defined, as a realm of self-realization and self-fulfilment, freedom and 'flow', i.e. recreation at its true modern sense (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011). Sebastian de Grazia, the Pulitzer Prize-winning American author in his work "Of Time, Work and Leisure" in 1962 wrote about this as follows: 'Everyone can have free time, but not everyone can have leisure time' (de Grazia, 1962). Thereby also implying that leisure means a lot more than a mere free time.

According to the perception of one of the most famous leisure time researchers, the French-born Dumazedier, types of leisure time diverge at many points. He distinguishes between passive and active recreation, between spare time spent on entertainment and hobby, creation, at home and 'out of doors', furthermore time spent alone, with family and time devoted to activities performed in various communities. He introduced the 'truly free' and 'semi-leisure time' concepts. The 'semi-leisure time' serves to define the unavoidable subsidiary activities (getting up, going to bed, biological needs, travel to the work-

place and back, visiting a doctor, housework, obligatory visits). Dumazedier separates the three functions of free time, these are: ensuring personal development, entertainment, and recreation/recovery (basics of recreation can also be found here) (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

The Information Revolution (1975-) was considered to be another milestone, building on the 'information society' model against the existing views focusing on work. The unstoppable, high-speed flow of information was due primarily to the emergence of computers, microprocessors and chips, and later to mobile communication and the Internet. The information society 'makes intellectual creativity prosper'. With the increasing weight of knowledge and information acquisition, in material and non-material production human labour itself was also transformed. The value and range of intellectual work is increased, where with the spread of 'mixed jobs' even the remaining physical work is supplemented by information processing (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

In effect this laid the foundation for the new status and features of leisure time, realigned the issues of working and leisure time. Leisure time from then on was no more equivalent of 'time freed' from work, and in line with this it became impossible to divide working time from leisure time. So it was not so easy to say that because of the long working hours someone had less spare time, day by day. **Consequently, recreational activities have become increasingly more layer-specific.** This new interpretation divides leisure time into three parts, but contrary to Dumazedier into the following: to resting time, i.e. to the traditional meaning of the word. This encompasses the forms of rest and play, but these are not yet sufficient to fully explain and to fill the leisure time. The other important part is the learning. The continuous and rapid flow of information and the fast development of technology causes that more and more people spend their leisure time by getting acquainted with the means of, learning the use of modern technology. The third part of leisure time is destined to help achieve better social life, information gathering and - analysis for understanding social activity, as well as plans and conceptions for the future (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

2.8. Recreation today

Seth Stewart, in 1907 launches the first recreational journal, first titled Playground, and later Recreation. Before World War I something irreversible began. Unfortunately wars further increased the number of people in need of recreation. In the US in 1935 the Central Council of Physical Recreation was established, which was the world's first official recreational organization. Its task is to organize leisure activities, to remedy the problems of facilities and personnel, as well as to co-ordinate recreation with physical education in schools (Kovács, 2004). Adverse effects of the scientific and technological revolution after World War 2 resulted in health deterioration of amazing proportions among the popula-

tion. In the fifties America infarction claimed more victims than the number of those who had died in the war (!). The results of atrocious fitness tests published after the Korean War, shocked the entire American public (for example the fitness level of school children aged 6-16 years lagged behind 10% in comparison to European children). Eisenhower, then president of the United States in 1956 convened a fitness conference, whereon a fitness offensive was launched, especially against the sedentary lifestyle, transport effeminacy and at the time fashionable unhealthy habits of youth cellar clubs (Gáldi and Kovács, 1991).

The recreational vanguard of the 1960s was JF Kennedy. He became a leading figure in the US fitness movement with a Pulitzer Prize-winning article written during his candidature for presidency, entitled 'the enervated American', and while he was president sponsoring fitness movements in the states setting an example for politicians and heads of state. This is corroborated by a TV show live broadcast, where he smoked up his last cigarette with millions of others acting likewise that evening (Dobozy and Jakabházy, 1992). The American Physical Fitness Commission was created as a presidential advisory body and recreational organizations were brought into the National Education Association. Organized the on bicycle towards fitness action for the population. President Nixon realigned the Fitness Research Commission into a consulting and supervisory organization of nationwide competence, of whose main task was to work out measures for enhancing the fitness of youth. In the field of nutrition they also tried to pick up the gauntlet, first by an anti-carbohydrate (sixties), then by a meat-free (seventies), and finally by an anti-cholesterol, anti-smoking and anti-alcohol campaign (eighties). Placing nutrition in the centre today is also important, as according to reports the vast majority of Americans (8 out of 10?) is amorphously obese.

Fortunately, not only presidents took side with public health, but prominent professionals, celebrities and doctors also laboured to improve the fitness status of the population. Such a significant person was Kenneth H. Cooper, professor of medicine, who stressed the need for introducing aerobic physical training into our everyday life. His aerobic training programme was developed and perfected while examining Air Force and Navy servicemen. To improve the endurance of the organism he used gymnastic exercises with a high repetition number, without rest periods, 3-4 times a week and time and again over 40-50 minutes. His method was later also used to train NASA astronauts. Furthermore his name is also associated with the book 'The Aerobics Program for Total Well-Being' ('The perfect well-being Programme', 1982), which is often referred to as the Bible of recreation. Here, in addition to physical exercise he also writes in detail about quality eating and the importance of emotional balance and rules (ed. Katona, 2013). Today, the most influential international organization for sports and recreation is the International Sport for All Federation. The organization's principal document was published by the

Council of Europe in Brussels in 1975, entitled *European Sport for All Charter*, in which the importance of regular physical activity and sporting is set out for the population. (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011). In 1977, the WHO (World Health Organisation) launched the 'Health for All by 2000' programme, which mainly targeted the area of health influencing lifestyle, health risk factors and the environment, multisectoral health policy of the supply systems and governments (Kovács, 2004).

In Europe it was the Scandinavian countries spearheading the formation and development of recreation. In Norway, between 1960-1966 10% of the population, between 1967-1972 30% of the population, while between 1973-1982 62% of the entire population was included into the recreation movement. In Sweden, more than 5,000 recreational groups were established by which nearly 50% of the adult population's regular sporting engagement was solved. Finland, from 1982 organized every four years a national physical education and sports festival, which was similar to those of the former socialist "Spartakiads" with the restraint that the goal was not the selection and ceremonial showcasing of champions, but the regular engagement of the masses (Kovács, 2004).

In summary, in the developed world people's purchasing power and leisure time has both increased. The main question became, how to seize on this and not to abuse it. Civilization development brought a number of positive changes to people's lives. With the formation of metropolitan style life achieved through the scientific-technological revolution, the demographic explosion became manageable, i.e. more and more people can live longer on Earth (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011). Due to mechanization, the workers can do their work with less physical effort. The development of transport and telecommunications almost dismantled the long-distance and time constraints. Thanks to innovations used in agriculture yet unprecedented yields can be produced. Unfortunately, the benefits generated negative effects too, it could be said they became a curse, which greatly damaged the people's quality of life. One of these, the sedentary lifestyle (Homo Sitting- Kovács, 2004), for example, came about as a consequence of mechanization and automation. It would be a big mistake however, to blame the problem on urbanization alone. Greater responsibility lies with the people badly managing their means of leisure, since, as discussed earlier in detail with the development of modern sport in urbanization the potential to compensate for a sedentary lifestyle was created (playgrounds, sports associations, parks, etc). The next maleficience is born out of crowded and hectic everyday life. This is the pressure to perform, i.e. more and more, better and faster approach. This creates a constant distress (negative stress) situation, which may give rise to the development of a number of addictions. The abundant crop supplies have led to the following negative effects. This is over-consumption, which not only includes abundant energy intake, but also the storing up due to the abundance of goods phenomenon. As a curiosity: The amount of energy consumed by the US come to the energy consumption of China,

Russia, Japan and Africa combined (Kovács, 2004). Last but not least, we have to mention the harm, against which the individual himself is not capable of doing anything. It is damage caused by environmental harm. Deforestation, chemicalization, or motorization polluting our waters, air and soil at an accelerating rate.

The discerning leisure time, i.e. recreation gets to play a significant role, which thereby fulfilled the concept of quality and fully lived life. In this sense recreation is called the tenet of quality life. Since it is the responsibility of recreation professionals to give positive direction to an individual's way of life (lifestyle), to help them avoid the quality life hampering, impossible elements, hence recreators are called lifestyle pros. The lifestyle pro helps setting life strategies, facilitating its implementation through the way we live to forming an everyday desirable lifestyle. For this reason the mission and/or the function of recreation became the culture (task) of leisure time from the middle of the 20th century. Thus, the concept of recreation was extended today – in the accepted international interpretation – to the culture of spending leisure time, more specifically to the craft of cultured leisure time spending (Fritz, 2006).

Perhaps the most important message is that in the urban, civilized, developed world from the pleasure of the few, sport has turned into a leisure activity of many. Special attention is deserved by school and youth sports, because this is the period of intense biological processes of growth, maturation, which requires regular exercise. Without proper impulses, strain, physical activity children are lagging behind their genetically defined opportunities, which cannot be compensated for later. We can regenerate in adulthood – that capacity is delimiting our cardiovascular, respiratory performance –, which we possess at the completion of growth, at 18-22 years of age (Frenkl, 1999). Accordingly, the purpose of recreational sport is the medium with the most important impact on the socialization of young people. Properly interpreted, guided sport teaches us among others to 'handling' success and enduring failure, load-taking, appreciate each other, solidarity, responsibility, conflict resolution, in other words the uppercase life (Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

It's just the same, therefore in which historic era, or what age we are in currently, recreation and quality leisure time is always needed. The physical/spiritual/mental balance is available for all people. Shaping our quality of life is in our hands, let us try seizing on this opportunity and not abusing it.

Let us summarize in tabular form what we learnt in the chapter.

Period	Triggering causes	Characteristics
Prehistoric age	Invention of fire, speech, evolution of primitive writing, co-operation in the planning and organization.	Gatherings in the early evening, children's games, music, dancing and religious rituals. Relatively uniform leisure time.
Ancient times	The structure of the slave-holding societies enables versatile leisure time spending for free citizens.	Work is detached from 'spare time', competitions, intellectual and fighting games are the scene of community life. There is differentiation with respect to the free and the slaves.
Middle Ages; beginning of the new era, feudalism	With the formation of subordination and hierarchical relations, the stratification of society begins in spending leisure time to.	The knightly, court/aristocratic, folk and civic leisure time spending is separated from the late Middle Ages. Later, the civic is also differentiated.
The emergence of industrial societies (19th-20th century)	The health of workers, working capacity is becoming increasingly more important.	Working time and leisure begin to be separated, work gradually loses its former dominant character. The first urban recreation parks are formed.
Industrial societies of the 1960-70s	Spare time for the cultural elite decreases, for the middle and lower layers increases.	Recreational activities become layer-specific, 'mass taste' becomes dominant. The working paradigm is replaced by the information society.
Information societies of the 1970-2000s	Formation of the welfare states, intensification of man-made hazards Mass appearance of the so-called civilization diseases, demographic changes.	The outdoor, health promotion and adventure seeking recreation develops. Influencing factors: cultural capital, settlement patterns, occupation, financial status, etc.
The end of the 20th century and the early 21st century, post-modern societies	Recognition of the economic competition disadvantages, in addition to the increase in leisure time deterioration of life quality.	Useful, active leisure time spending. The importance of social environment, social relationships, and of civilized entertainment appreciates.

Table 1: The evolution of recreation (based on Nádori–Gáspár–Rétsági–Szegnerné–Woth–Gáldi, 2011).

2.9. Areas of recreation

The majority of literature on recreation divides recreation into two large areas, next to which a third area is displayed as well (fig 2.). Two main areas are the physical (motional) and intellectual recreation (Tamás Kovács, 2004, Ábrahám, 2010)[2]. The complementary area of this is sports tourism. The sharp demarcation difficulty that each activity has motor/psychomotor/(motional) and mental aspects too, so with categorization the more dominant character is taken into account. Tourism (leisure tourism) forms an independent, third category, although it is indisputable that some of its parts show up in the activity set of mental and physical recreation (e.g. a museum visit signifies cultural experiences, while adventure tourism also represents intense physical activity, etc.).
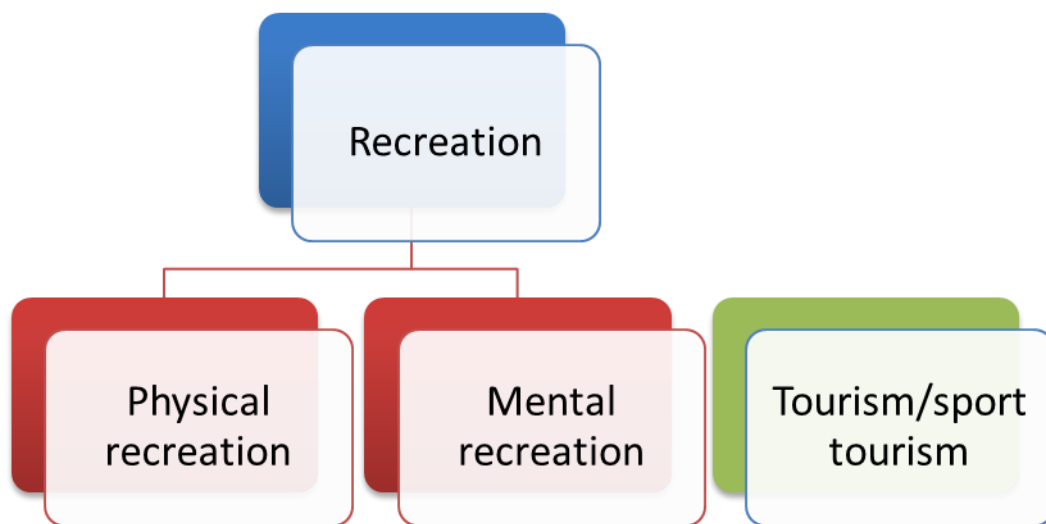
figure 3.: Types of recreation

Physical recreation includes all those activities, in which physical exercise has an accentuated role. Activities not involving active physical exercise cannot be classified into physical recreation. Physical activity appears either as the immediate objective (e.g. Nordic walking), or as the primary instrument for achieving another required objective (e.g. hobby horticulture). Physical recreation can be broken down into further sub-groups:

➢ **dance and dance-type movements**
➢ **tourism** (e.g. aquaic, pedestrian, bicycle tour)
➢ **games with motion** (e.g. foot tennis, table tennis)
➢ **recreational sports** (e.g. roller-skating, skiing)
➢ **hobbies with physical strain** (e.g. hunting, gardening).

The intellectual recreation activities are those in which the intellectual or emotional functions (possibly manual dexterity) have an important role. These include education, culture, entertainment-related pastimes, amateur art activities and hobbies involving collection. Similarly to the physical recreation, the spiritual recreation can be divided into further categories:

- ➤ **activities involving active participation** (crosswords, cards)
- ➤ **passive activities** (watching TV, cinema, listening to music)
- ➤ **creative activities** (writing poetry, painting, amateur acting)
- ➤ **hobby** (collecting various objects, DIY)

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Judit Herpainé Lakó

3. MENTAL RECREATION

3.1. Introduction

The individual is born into the system of a given society which has a definite structure, values, norms, expected activities and behaviour system. During socialisation and enculturalisation the micro- and macro environment facilitates the acquisition of the scale of values mentioned above.

Socialisation is concerned with the relevant values and norms, scales of values and behaviours and the way of how they appear in various institutionalised forms and is the subject matter of teaching and learning. The young generation becomes socially able to act with respect to the society or one group of society they belong to in the social medium, in the field of values, norms, scales of values and attitudes and behaviours by socialisation. The process of socialisation is double functions; on the one hand it has an impact on the individual and makes them able to act, on the other hand it ensures the ability of the functioning and survival of the social system. Socialisation is primarily realised in language, the social action, religion and arts, sciences and public administration, which are developed by the help of such institutionalised forms as the family, nursery school, public education, higher education, vocational training, place of work and employment, as well as marriage (Kron, 2000; Fend, 1977).

In Kron's view (2000) values are symbolically interpretable goods which have value and significance for the community and its members and are valid for its every member. A value appears as an "ideal" in the individual's personality and in a concrete form they have a social and action relevance situated above the rules and norms. It is an essential element of both enculturalisation, socialisation processes and the processes of education and social learning (Kron 2000). Thus every person **takes over the culture transmitted by his/her own environment and makes it an internal value** during the process of enculturalisation. This culture can appear among others in objects, habits, the scale of value, free time activities, behaviour patterns, in language use and communication style (Gelencsér, 2002). What kind of a culture structure an individual creates in themselves greatly depends on the life situation, **the cultural stimuli of the environment** and the possibilities of obtaining it. The optimal result of enculturalisation is the ideal type of **a mature and cultured and educated personality** (Gelencsér, 2002), who **spends his/her free time in a useful**

and value-creating way, and by this he/she creates not only his/her physical and mental revival and recreation but provides a valuable work force indirectly for society as well.

Recreation activities, – especially the mental ones – facilitate considerably the development and improvement of an educated personality, which is a life-long process. Recreation is not only a possibility of recreation and relaxation but it is also an essential condition for personality enrichment. The activities done in free time play an important role in people's social life, behaviour and in the relationship with other people, and thus they are closely related to the individual's social development.

The concept closely related to mental recreation is learning, which reflects the cultural level of an individual, a group, layer or society. Learning is a normative concept which means that it can have a different content and orientation at different age and in different society. It follows from the division and stratification that the various levels of learning can differ as well. Therefore the concept of learning also has the function of evaluating differences. If the levels of learning were completely the same in a society, the concept of learning would also become unnecessary. Four trends of the image of learning have been developed during thousands of years. **Encyclopaedic knowledge** emphasises the need of the completeness of mental culture but t denies the practical role of education. **Human knowledge** regards literature, arts and history to be the essence of education and acknowledges natural sciences more like qualifications. In contrast, **scientific knowledge** emphasises the crucial role of natural sciences and considers the so-called human knowledge as something to be disregarded or at least reduced. **Practical knowledge** finds exclusively the knowledge and ability that can be utilised in practice necessary, and restricts learning beyond the basic knowledge to qualifications. The task of **general knowledge** is to make our place in the world to be understood, and systemise the knowledge obtained in various areas in such a way that it should become a world concept. Only systemised knowledge is a value providing learning. General knowledge has, on the one hand, a foundation role which children can obtain from family and quality free-time activities besides schools, on the other hand it can be built around qualifications through related fields, and thus it can provide the possibility of wider views, raising people's awareness of relations (Maróti, 2005). According to Marx György (1980), learning is not a state but a process, and thus learning mustn't be closed down by school education. It must be understood as a foundation for life-long learning. The process of gaining knowledge is education, which is a more or less different concept historically and it is synonymous with and corresponds to the concept of culture in a comprehensive and the most general sense. Its specific meaning content is that it refers to the doer's activity, the inherent character of the action and its reaction on the doer.

An important part of learning is "consumption", i.e. what kind of a cultural product we consume. In our days a less valuable culture of low level is spreading, which pushes prod-

ucts of quality culture into the background in more and more cases. **Mass culture** is generally the culture transmitted by means of mass communication and technical equipment; it characteristic is that it appears in a homogeneous form in the entertainment and games of great masses of people. It means the phenomenon of conveying the same or similar contents at the same time towards the great masses of consumers. The main features of mass culture are quantity and standardisation. In Friedman's view (1998) mass culture is the sum total of the cultural consumers' goods (newspapers, TV and radio programmes, concerts and films, etc.) made for the public in a broadest sense available within the industrial civilisation by the means of mass communication. According to Király (1992) mass culture is popular culture, which has its own justification and value. The general characteristic of mass culture is that it is separated from classical art, it can rather be regarded to be an entertainment branch of industry, production appears in it (products produced in a large scale) and is changed by the development of the means of mass communication. As people have more and more free time they turn their attention more and more to the television and the internet by which products reach masses of people. An important goal of the manufactures of these products is to gain profit and that they could be sold; the emphasis is on quantity and not so much on quality. The dangers of mass culture can be eliminated and reduced by offering free time activities of high level counterbalanced, and it is also important to teach the various generations to become a conscious consumer of culture. To achieve this, a concerted action of experts working in the field of education, culture and recreation in needed besides family education.

The main goal of mental recreation is to create the quality possibilities of culture, education, self-teaching and entertainment and to make it accessible to as many people as possible.

3.2. The classification of mental recreation

Mental recreation involves activities in which intellectual and emotional functions and manual skills have an outstanding role. It includes free time activities related to education, culture and entertainment, amateur and art activities, hobbies such as involving collection of things, creative activity and active relaxation. Mental recreation activities include self-education, self-training and learning and further education as well. Thus it involves free-time activities which do not require physical efforts but activities which can fall under the category of mental and physical recreation as well. For an exact categorisation it is worth considering whether the physical or mental relation is more dominant during the activity. Similarly to physical recreation, mental recreation can also be grouped into several further categories:

- ➢ **passive activities** (E.g. watching TV, going to the cinema and listening to music)
- ➢ **activities involving active participation** (E.g. doing puzzles and playing cards)

➢ **creative activities** (E.g. writing a poem, painting and amateur acting)

➢ **hobby** (E.g. collecting various things and do-it-yourself)

According to another classification mental recreation involves four different big areas; the first is the range of cultural activities, that of the second one is activities of entertainment and games, the third group includes recreation activities in nature and the fourth category includes complementary and relaxation procedures.

The character of spending free-time		The types of activity
Mental recreation	Cultural activities	art
		collection
		intellectual
	Activities of entertainment and games	games
		gatherings
		being a fan
		sport activities
	Natural	studying an observing nature,
		collecting natural objects of interest
	Complementary and relaxation procedures	solarium
		physiotherapy
		types of steam chambers and baths
		massage
		progressive muscle relaxation
		autogenic training
		meditation
		breathing exercises
		aromatherapy
		listening to music

Table 2: The classification of mental recreation (Fritz et al., 2013)

Within **the cultural category** we make a distinction between **art activities** (E.g. theatre, cinema and concerts), **collection activities** (E.g. collecting stamps, books, coins and works of arts) and **other mental activities** (E.g. reading, learning, watching TV, listening to the radio, the Internet, information technology, doing and making puzzles).

The category of entertainment and games involve **games** (E.g. cards, board and computer games), **get-togethers** (birthdays, namedays, christening, weddings, religious holidays, wine tasting and balls), **being a sports fan** (E.g. visiting championships, cups, matches and competitions) and **sport activities** (E.g. playing chess).

The category of **spending free time in nature** involves (visiting a botanic garden, game preserves, collecting and observing not protected natural objects, **observing and studying**

nature, collecting not protected natural values and documenting and getting acquainted with protected natural treasures.

The category of **complementary and relaxation procedures** involve methods which facilitate physical, psychological and mental relaxation and recreation. We can mention here **solarium, physiotherapy**, various types of **steam chambers and baths**, the various kinds of **massages**, **progressive muscle relaxation, autogenic training, meditation, breathing exercises, aromatherapy** and **listening to music** as well (Fritz et al. 2013).

This classification combines the various types of programmes, locations and forms of activities by which these activities can be classified more precisely but the dividing line between the particular categories is less marked.

Next we will discuss the classical classification presented first in detail.

3.3. The activity system of mental recreation

3.3.1. Passive activities

The common feature of passive activities is that the „"participating" presence of the individual is not necessary for doing the action, the free time activity. It does not mean that the person does not take part in the activity, but for example, when he/she goes to the theatre, he/she appears as a spectator and sits in the auditorium as a receiver. This reception process is an autonomous sphere of human abilities in which the social one is manifested through the individual and personal one (S. Nagy, 1997). If he/she takes part in the performance of a play as a player, it can be grouped into the category of creative activities.

Various types of actions appear within the passive activities, among others typically activities related to culture and public education, entertainment, tourism and being a fan and supporting a team.

The activities of passive mental recreation related to culture and public education can be of various kinds. To explore these activities, first we must make the concept of culture clear, the definitions of which can be classified into two groups. According to the first group culture is a system of symbols, by which people interpret the world around them and get in touch with each other: values, norms, beliefs, social rules, manner of speaking and norms of behaviour but also objects with a symbolic meaning belong here. The other type of approaches combines the concept of culture with concrete activities: with activities in which an artistic, aesthetic value, a product is created. According to most definitions creating and performance-art means culture. Approaching it from the side of consumption, such activities can be regarded to be cultural ones during which the reception, the "consumption" of an artistic product takes place. (Hunyadi, 2005).

Theatres, watching a play at the theatre

The art of theatre is a branch of arts in which a pay is put on stage by a writer, a stage director, actors and other participants. A value transmitting production effects people's views, gives them food for thought and shapes their opinions. The audience is a part, an active component of the process of creation.

Libraries, reading (books, publications, the documents of written and electronic press)

A library is a collection for preserving universal knowledge obtained about the world in books, documents and usually in written-printed words as well as for reading and doing research on this (Kormos, 1996). Reading develops imagination, the ability of developing memory and solving problems in an excellent way and greatly contributes to the development of thinking. Identification with the characters enriches the reader's conceptions of the world and contributes to the development of a tolerant personality and develops empathy in many respects.

Museums, visiting a museum- and exhibition

A museum is a cultural, scientific and general-educational institution which collects and takes care of conserving artefacts and other objects of artistic, cultural, historical, or scientific importance, makes its collection scientifically catalogued available for public viewing, exhibits it, and facilitates its reception by various methods (E.g. museum pedagogy, exhibition publications, and presenters). A complex experience of a museum must involve the mood evoked by the museum, the attraction of objects that can be observed in the original and from a close distance as well as the meeting with a museum expert. If all this is realised, the museum is suitable to serve the needs of different audience groups and create exhibitions offering useful experience.

Art of music and dance, classical, folk and pop music concerts, listening to music, dance art performances

Movements and sounds are humans' oldest means of expression, the basic unit of music and dance. What they have in common are rhythm and dynamics and in dance music spatiality is also added to these. Every cultural circle has its traditional and modern characteristics of music and dances which are typical of that given culture. Classical programme venues and artists: opera houses, philharmonic concert halls, professional choirs, orchestras and dance groups.

Church and liturgical activities and activities outside liturgy

Participation in church services, processions, religious holidays, gatherings related to church rituals, bible circles, and private worship at home.

Watching television, televiewing

One of our most important means of mass media is television, the main goals of which are giving information, propagation of general knowledge, entertainment and education. It is a means full of contradictions because according to how it is used it can be a "blessing" or a "curse", the source of information but also the drug of society (Kormos, 1996). According to the types of TV programmes we can make a distinction between information, educational, general knowledge propagating, cultural, entertaining, religious, advertising, commercial programmes and other forms of programmes. Depending on whether we talk about civil service or commercial television, the types mentioned above are present to a various extent. The rate of these is generally determined by the media regulation laws (In Hungary the Act of 2010 on CLXXXV Media Services and Mass Media is in force at the moment.)

Radio, listening to the radio

Radio has two basic activities, on the one hand, spreading culture, on the other hand broadcasting information and news. According to the function of spreading culture radio programmes can be classified in the following way: propagating general culture, educational, art, creative, giving cultural information, organisational and entertaining. According to **what kind of a role the different types of radios have** and the manner of function they can have **a character of public service** (these are maintained mostly by the state or local governments), serving **commercial interests**, and operated by a **community**, in other words free radios, having a non-profit character. It depends on the role they have how dominant the cultural transmission or the entertainment character in their function is.

Using the computer and the internet

The internet is a global system of interconnected computer networks which are usually organised into so-called local networks. In our days the number of internet users reaches 75% of the population in developed countries; many people use it not only for work but also for spending their free time. The users usually visit social networks and use games. We can observe a qualitative and quantitative difference in the use of the computer and internet among the various age groups. The use of the computer and the internet is an important field of mental recreation which becomes stronger and stronger. However, the priority for the users is not always education and culture but very often entertainment.

The cinema, motion picture and films

The motion film or motion photo that was developed at the end of the 19th century became an unforgettable experience for millions of people all over the world. By today by the television gaining ground the focus of the circulation of films has shifted from the cinema screen to the monitor. However, it does not provide the classical cinema experience

for the viewer. This is how a great number of cinemas survived and function even today in spite of the film supply provided by the new audio-visual devices. Its position has weakened because home cinema systems, and the possibilities of watching films provided by satellite televisions, videos and the internet make an easy and comfortable access available.

Cultural tourism

It means a journey the motivation of which is to get acquainted with other cultures, participate in cultural events and visit cultural attractions. It involves the use of programmes presenting the elements of cultural heritage, the present-day culture and art of a given nation and the church and religious places for the purpose of tourism. They types of cultural tourism:

Cities and visiting cities: The mainly cultural offers of the central players of the tourism market at an international level, the capitals, towns in the country and villages are complemented well by the folk traditions, folk art and village tourism that can be get acquainted with in smaller villages.

Festivals: The festival-market makes a distinction between programmes having a **traditional folk**, folk art character, **cultural** ones (including total art festivals, the ones linked to a season, literature and film, classical music, pop music and theatre festivals) and **scientific and gastronomy-related** events.

Contemporary cultural tourism: Getting acquainted with contemporary cultural life, visiting works of art, artists, programmes linked to certain branches of art in a given destination.

Religious tourism: Visiting religious, sacred monuments (churches, abbeys, showrooms), participating in religious programmes (holidays related to religious life, visiting religious cultural and music programmes and church personalities), pilgrimage, spiritual exercises (youth camps, mission camps).

Heritage sites: The world heritage sites are values regarded to be of special cultural or physical significance, which are listed in the World Heritage Programme administered by the World Heritage Committee functioning within UNESCO. The goal of the programme is to conserve and catalogue sites of outstanding cultural and natural importance to the common heritage of humanity. The goal of visiting these sites is to get acquainted with these values.

Living traditions: Getting acquainted with the local traditions, habits, behaviour, activities and objects which were passed down to us by a long line of past generations.

Being a sports fan

Being a sports fan is more than sheer entertainment. The most important thing that people can achieve by being a sports fan is a sense of belonging to somewhere and the feel-

ing of bonding. Insistence with a similar direction produces a particular connectedness in people.

3.3.2. Activities involving active participation

The second group of mental recreation includes the activities involving active participation. It includes various mind and brain training games. Before we start giving a detailed description of this area, we must make clear what is considered to be a play, a game. According to the Concise Explanatory Dictionary of the Hungarian Language Concise the word "játék" (game, play) has 38 meaning variations in Hungarian. We can interpret it as an action, activity, but we can call the play of an actor or musician or sport games like that; what is more it can refer to concrete objects, i.e. toys like a doll or a car, etc. The main characteristic of plays/games is that it is typically done not only by people but animals play as well. Our whole life is accompanied by playing. While the primary activity of children (before they start school) is playing, it is a free time activity of adults. Playing is a behaviour which has no direct adaptive benefit, which is done for the activity itself, independent of external goals, it is for its own sake, for the activity, which is accompanied by a source of pleasure and it is not a routine-like activity. Playing/a game has an effect of stress relieving, a source of pleasure, an involuntary activity chosen freely and is characterised by freedom.

Comparing the play of adults and children

Similarities: In both age groups relaxation and recreation have an important role in the play activity, the game determined by the goal of the play/game. There are some types of games that are enjoyed by both age groups: E.g. board games, competition games, ball games and folk games, etc. The personality of the participant is changed by the games and new patterns behaviour can be created.

Differences: It is a work activity that has a crucial role in the life of adults, while in the life of children it is playing. Playing and games develop and change children more than adults. A certain group of games typically serves the entertainment of older people while children cannot get involved in them as an equal partner. Games are a form of spending their free time for adults.

The most important content and formal features of games:

1. the direct goal of games is to win

2. a game is an activity without an interest

3. a game is a free activity

4. a games is played between spatial and temporal limits

5. one of the most important characteristics of games is that they are played according to compulsory rules (Maszler, 2002).

Games can be classified according several approaches. Psychology makes a distinction between the groups of perceptual, motor and mind games. According to the pedagogic

classification we can differentiate between the categories of creative, role playing games, constructive games, rule games, didactic games, movement games and sport games.

According to Maszler (2002) games can be classified in the following way:

1. Imaginative and creative games
- Games emphasising operation
- Games emphasising roles
- Games emphasising rules

2. Rule games
- Physical education games
- Sport games
- Indoor games

3. Computer games

1. Imaginative and creative games

1.1. Games emphasising operation

- **Practice games**: a child can perform some particular operations of a real activity and repeat them again and again, which improves his/her skills. Its types are: games suitable for practising sound and speech (nursery rhymes), games practising movement (bouncing balls and rope jumping), games with various devices (stacking devices) and games with materials.
- **Construction- and building games**: A child creates buildings and figures from various components and semi-finished parts (building game, Rubik's Cube).
- **Do-it-yourself**: different generations make various kinds of objects with the help of tools. Its types are: making game devices (puppets), making presents, decorations (embroidery) and preparing objects.

1.2. Games emphasising roles

- **Role playing games:** children recreate and complement the roles and activities of adults, the social and work relationships between adults under specific game circumstances by the help of their imagination. There are special role playing games, imagination games (virtual and actual) for adults as well, they assume the role of certain characters; there have been made rules books, descriptions and even costumes for these games.
- **Puppetry:** representing a human being (an animal, etc.) by a **puppet,** an inanimate object animated or manipulated by a puppeteer. Its types are, for example, marionettes, rod puppets, stick puppets, glove puppets, flat puppets and masked puppets.
- **Dramatization, drama and acting:** Both children and adults put themselves into the shoes of characters from fairy tales in events and life-like situations, relive events and try to represent them in an individual way as a play.

1.3. Games emphasising rules

- **Folk games:** games that were created in past centuries without being recoded in a written form, they live and spread by oral performances and plays, and as a result they have evolved over time into new versions depending on the region and place. Its types are: E.g. 1-2-3 person-games, circle games, role changing decreasing-increasing pattern games or pair-changing games.
- **Movement games:** in which various kinds of natural movements are performed and children's the active motion is ensured by obeying the rules.

2. Rule games

Rule games are called games which are played by following **pre-determined rules** correctly and their series of actions take place in the form of **a competition**.

2.1. Physical education games

Its types are (on the basis of the task of the game): chasing games, running over-, searching for place-, changing places- games, running games, target throwing-, evading hits- games, and overcoming obstacles games.

2.2. Sport games

Fighting games involving special technical elements and complicated tactical procedures, which are played as a competition all over the world.

2.3. Indoor games

They are played by two or more persons together, and develop the combination skills of the players. Its types are, for example, board games, puzzles, card games, crossword puzzles and language games.

3. Computer games

They are played on electronic devices – on personal computers, tablets, consoles or mobile phones, etc. Its types are, for example, army and strategic games, adventure games, role-playing games, action games, simulation games, teaching games, sport games, based on lexical knowledge, quizzes and skill-based games (card games, logic games and board games).

Language games defined by Grétsy (1998).

Quite many of the games mentioned above belong to group of active mental recreation activities, all of them with the exception of the ones that require physical activity (movement games, physical education games and sport games) can be grouped here. However, we must point out **language games** which improve memory and contribute to increasing the level of education due to their strengthening creativity and encouraging thinking.

Since the art of writing was developed, people have enjoyed playing with the tiny components of words that can be written down. Knowing our mother tongue and vocabulary is the duty of all of us, and therefore everybody ranging from old, and young people through adults, school children to teachers and students can play with them. The sounds,

words, sentences and stories are the basic building blocks of a language. These games help babies to explore the foundations of a language early. They provide the foundations for learning, how sounds are combined to be words, how sentences are made from words and how sentences make up stories.

Language games are – usually indoor – games, the topic of which is given by words, sentences or other components of a language. Its types include exercises developing attention, tricky exercises and brain teasers, word puzzles, exercises related to compound words, picture puzzles, word coinage, guessing proverbs and sayings.

The major types of language games

- **Anagrams:** It is a type of word play in which letters of a word or sentence is rearranged in such a way that a new word or phrase should be produced. In the case of many anagrams there is a funny or other relationship between the initial and the final result, which makes the anagram more interesting and increases its value.
- **Palindromes:** In a narrower sense we play here with a word, phrase, number or other sequence of characters which reads the same backward or forward although they are not the same as the original ones.
- **Charades:** It is a puzzle formulated in a poem, which breaks a word or name down into intelligible parts and contains lines referring to part-words.
- **Acrostics:** somebody writes an intelligible text – usually a poem – in which another text or words are hidden.
- **Word chains:** It has many variations, its main idea is that everybody should say or write a word according to a certain rule. We can choose a letter or we have to collect words which begin with this. Its another version is when the next word should begin with the letter the word ends in.
- **Puns:** We should create two text parts which differ only in their first letters.
- **Picture puzzle-word pictures:** Riddles which express a word, a sentence or poem in a witty way in pictures, sometimes with certain letters or words scrambled and disregarding correct spelling.
- **Tongue twisters:** It is – usually a witty – expression, sentence, a short text or poem that is designed to be difficult to articulate properly.
- **Cross word puzzles-puzzles** (Endrei, 1986): The history of puzzles is almost as old as the history of mankind. Prehistoric men tried to get to know the world surrounding them and tried to help themselves by "solving puzzles" day by day. Our ancestors were fascinated by the power of natural forces, themselves and the secret of the existence of the world from the very first moment of becoming conscious of themselves. A popular activity of ancient times was a riddle trial and a riddle duel. On holidays public puzzle competitions, "mental tournaments" were organised. It was puzzle competitions which made a decision in matters under dispute, what is more in dis-

putes between ruler and heads of the church. Puzzles were the high lights of ancient feasts as well. There was a competition-like game going on in Greek societies and the winner was rewarded with a laurel wreath. One of the most famous medieval picture-puzzles is the so-called Fortune-amulet. Its solution was not difficult: the letters on the figure had to be joined with a line in such a way that the word FORTUNA should be created everywhere along the line by touching every square once and only once, altogether by 17 times.

F	O	R	T	A	F	O	R	U	N	A
	O	F	U	N	U	T	T	T	R	F
T	R	A	N	A	F	R	U	N	O	O
U	R	T	U	N	O	O	F	A	F	R
N	O	U	T	R	R	T	A	N	U	T
A	F	N	A	O	■	U	T	U	N	A
T	R	O	F	F	A	N	R	O	O	F
U	F	O	R	T	A	F	A	F	R	T
N	A	R	O	U	N	O	N	U	T	U
N	U	T	F	A	N	R	N	A	R	N
A	F	O	R	T	U	T	U	F	O	A

1. picture: Fortune-amulet

The puzzles of modern times and the most modern time are based mainly on classical traditions. There are hardly any puzzles that couldn't be traced back directly or indirectly to ancient times. The type of puzzles most popular today is the one the predecessor of which is the type known as the magic square. The oldest one – more than 6000 years old – survived in a Chinese record.

According to legend the first cross word puzzle type riddle was created by a prisoner in Cape Town. He filled in the grid appearing on the wall of the prison cell created by the light coming in through the window-grate to entertain himself. The prison doctor suggested that he should send the idea to the editor of an English newspaper in Cape Town who saw possibilities in it and publish it in his paper. The first modern crossword puzzles appeared in the 1913 edition of the New York World. It was made by the journalist, Arthur Wynne, "he created a puzzle with a diamond shape and a hollow centre in which different words could be created both vertically and horizontally. The marked the definitions not only by a number but he gave the number of the first and last square of the word to be solved as well.
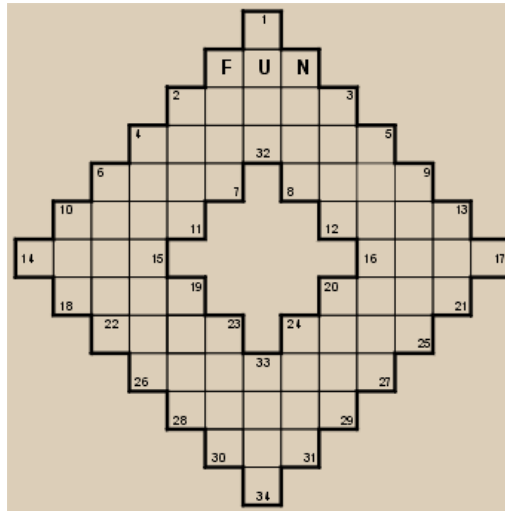
2. picture: The first crossword puzzle

The main idea of **today's crossword puzzles** is that the answers to the given questions and definitions must be written into a box for each square of which there is one letter. Puzzles have a lot of different variations.

Another type of puzzles is called logic puzzles, such as Sudoku. This game is based on simple rules, and its objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9. The puzzle setter provides a partially completed grid as a help.

In puzzles with crossing out a word we must usually put a new intelligible word or sentence together from the remaining letters.

The success of the **Scandinavian puzzles** can be put down to the fact that they contain a Scandinavian square instead of a black square which the short, essential definitions of the words are also written into. Puzzles and crossword puzzles are an important means of spending our free time and recreation.

3.3.3. Creative, producing activities

The third big group of mental recreation involves creative, producing activities, which are often mentioned as creative art activities, performance art. The main point of each activity is to produce something (a mental or physical one). However, the activity is performed not regularly as a hobby but it can take place only occasionally. As we have already discussed the majority of the activities referred to below when we discussed passive mental recreation activities, we will only enumerate them here.

Creative art activities

Performance art
- ➤ music art, instrumental music, singing, composing
- ➤ dance art (folk dance, modern dance)

- ➤ acting and puppetry, drama activities
- ➤ literature, poetry and prose-writing, performance

Fine arts,- and applied arts

- ➤ painting,
- ➤ plastic art
- ➤ sculpture
- ➤ graphics
- ➤ architecture
- ➤ ceramic art
- ➤ textile art
- ➤ jewellery art
- ➤ furniture art
- ➤ glass art
- ➤ poster art
- ➤ photo art
- ➤ film art
- ➤ digital arts (computer graphics, computer animation, etc.)

Folk art producing object, traditional craftsman's activities

- ➤ textile culture
- ➤ needlework, embroidery, making folk costumes
- ➤ pottery
- ➤ wood-working, wood-works, wood-carving
- ➤ using fibrous materials, weaving, spinning, rushwork-, straw-, and husks weaving, making husk dolls
- ➤ wicker work
- ➤ felting
- ➤ honey cake making and decorations
- ➤ candle dipping
- ➤ paper dipping
- ➤ fur-making, leather working
- ➤ blue dying
- ➤ blacksmithing
- ➤ toy making – doll making
- ➤ egg writing
- ➤ bone-lace making

Modern craftsman's, artistic activities

- ➤ glass painting
- ➤ transfer painting

- ➤ decoupage
- ➤ knitting
- ➤ crocheting
- ➤ embroidery
- ➤ stringing of beads
- ➤ pottery making
- ➤ doughing
- ➤ wood carving
- ➤ paper folding, origami etc.

Besides creative art activities we can also mention here do-it-yourself not as a hobby, repairing and renovating various vehicles, machines not as a duty and planning the process.

3.3.4. Hobby-like activities

The fourth big area of mental recreation involves hobby-like activities, which can be of a participating or producing type. The activities enumerated in the previous, creative activities can be mentioned in this category as people are very likely to perform the creative activities chosen in their free time not just once but regularly as a hobby, and therefore we won't discuss the above mentioned types here again but we will complement them.

3.3.4.1. Collection activity

Almost everybody collects something in their free time. Most people have a strong desire to accumulate certain things for themselves in their childhood and many of them also as an adult. They collect not anything but objects considered to be valuable, which are special, rare and unique in many cases. Possessing them causes pleasure, obtaining them means triumph, giving them satisfaction and can be appealing for others as well.

The types of collection activity can be as follows: numismatics, philately, post cards, tin soldiers, rocks, minerals, insects, plants, works of arts, matchboxes, old objects and pens, etc.

3.3.4.2. Model building

Its goal is to build a model of a vehicle that functions and use the creation. Railway modelling, aeroplane-, car-, motor cycle-, submarine-, helicopter and tank modelling, etc.

3.3.4.3. Building maquettes

Its goal is to build a small scale model of the original vehicle or building, however, the very exact life-like maquettes don't move. The most popular topic is preparing a fighter plane and an armoured fighting vehicle but there are maquette sets available in other topics as well, for example, modern or period means of transport and racing cars.

3.3.4.4. Do-it-yourself

There are a lot of different kinds of DIY activities, and what is important about them is that a new or restored, repaired object, a creation or an element that suits our living environment is created as a result of the work of our own hands.

3.4. The places for organised mental recreation activities

Such institutions are organisations that manage and develop the whole or one definite part of education, cultural and intellectual life and perform educational tasks. Experts working in cultural institutions organise them and provide intellectual recreation opportunities which can take place in the institutions below:

Cultural institutions:

➢ public cultural institutions: culture centres, community centres, free time centres, youth houses, children's houses, village houses, general cultural centres, cultural and sport facilities and other institutions providing public educational services,

➢ scientific institutes and institutions: academies, research centres, public collections (museums, archives, monument protection institutions),

➢ educational institutions: public educational and higher educational institutions,

➢ art and entertainment institutions: literature societies, writers' associations, theatres, theatre institutions, opera houses, philharmonic societies, professional choirs and orchestras, ballet- and dance theatres, exhibition halls of fine arts- and applied arts and galleries,

➢ mass media and institutions: publishing houses, book-distributing agencies, press editorial offices, publishers, public service and commercial TV and radio stations, community radio stations, cinemas, multiplex cinemas and film studios.

Cultural associations, civil society organisations:

➢ scientific associations: educational societies, people's academies

➢ art associations: folk art-, film-, and music, etc. associations

➢ public educational associations

Entertainment institutions:

➢ institutions of pop music entertainment: music organisational centres, concert organisers

➢ institutions of catering entertainment: discos, free time and leisure complexes

➢ institutions of circus art: enterprises organising and performing programmes of circus art

➢ amusement parks

➢ zoo and plant gardens

➢ arboretums (Kormos, 1996)

3.5. Realising recreation activities and events taking place in an organised form

Various types of programmes are needed for the objectives mentioned above to be realised. By organising these programmes by great care we can make it possible for the individuals and communities to relax and develop.

A programme is a series of events organised in a definite space, period of time and topic, with a not business- like repetition, furthermore it is a unique event organised in a continuous operation during which a group of people perform a common activity with an occasional, special character. Programme organising is a complex preparation and organisational activity related to (social, scientific, professional, cultural, sport or other) gatherings with a predetermined goal, which involves providing the infrastructure related to the realisation of the event as well as taking care of the participants. (Sáskáné, 2005).

Programmes can be classified according to various aspects (i. m.):

According to their goal and character:

- Art (concerts, festivals)
- Scientific, professional (conferences, presentations)
- Public educational (festivals, programmes related to community habits)
- Social (balls, receptions, cocktail parties)
- Political (general assemblies, processions)
- Religious (processions)
- Sport (competitions, exhibition games)
- Commercial (exhibitions, fairs)
- Military (parades)
- Unique, occasional
- Private (weddings, school leaving ceremonies, christenings)
- Other
- Complex

According to the form of preparation:

- Planned programmes
- Spontaneous programmes

According to the competence of programme organisers:

- Professional
- Non-professional

According to the economic goal:

- Profit-oriented

- Non-profit

According to the character of the location:

- Indoors, in a building
- Outdoors
- Mixed

According to the number of locations:

- With one location
- With several locations

According to the functional content:

- Congresses, conferences
- performance-art live programmes (concerts, theatres)
- Competitions
- Exhibitions
- Games, community free time and leisure programmes
- Spectacular processions, demonstrations
- Ceremonies, protocol programmes, commemorations

According to size:

- World programmes
- European
- International
- Country
- Regional
- National
- Small community, village, district
- Smaller community

According to temporality:

- Once, not repeated
- Periodically repetitive
- Programmes taking place on several locations at the same time

According to marketing and the origin of initiative:

- Candidated programmes
- Adapted programmes
- Innovated programmes
- Conventional programmes

The conditions necessary for the realisation of programmes can be divided into two parts. One of the factors is the group of human resources and the participants; they will be the ones to provide the personal conditions for the organisation and realisation of the programme. The other factor is the group of technical and physical conditions, which means

the wider-narrower infrastructural background. It is not necessary in every case for all the players to appear at the event, it always depends on the size, importance and significance of the programme.

Personal conditions (Sáskáné, 2005):

a) professional participants (the one who manage the programme from the professional side, are professionally responsible for the given topic and goal – E.g. presenters, hosts, initiators of the idea): their characteristic feature is that they take part in the programme in many cases free of charge or their participation is ensured on the basis of reciprocity.

b) participants (visitors): those who show interest in the programme and either they or an external institution pays for their participation.

c) contributors (subcontractors): all the programme owners, persons in charge of the location and all suppliers (hotels, restaurants, logistics companies, decoration firms, printing offices).

d) organisation staff: involves the persons in charge taking an active part in organisation and realisation. They are managed by a chief of organisation- or protocol. The size of the staff is influenced by the size of the programme. Further characteristics are: they work in a team with each other = dependence on each other, continuous communication, control and providing help.

e) the press: the press is needed if the programme can get press attention with regards to the topic or the participants of the programme. It is necessary to appoint a public relations officer, and it is necessary to organise press at a local or national level on the basis of his/her instructions.

f) VIP-guest: it can be both a professional participant and a simple participant (visitor). Its concept: a person who gets special attention from his/her arrival to his/her departure due to the role he/she has in the economic, social and political life due to his/her scientific work or his/her role at the event.

Technical background (Sáskáné, 2005):

a) infrastructure: the location and facilities of the programme (rooms, accessibility, hygienics, parking facilities, etc.), the infrastructure of the wider environment (county, town) (the infrastructural facilities of the town), and in the case of several locations with distance from each other (situation)

b) concrete technical equipment (in the physical sense): the equipment during organisation (mobile phones, internet, fax, computers, etc.), technical equipment during realisation (projectors, amplification, interpreter equipment, etc.).

c) auxiliary materials: organisational auxiliary materials (E.g. scenarios), programme auxiliary materials (E.g. invitations).

d) financial resources: own capital, capital of sponsors, patronage, registration fees, and competition resources.

The organisation of programmes can be divided into four main stages: planning and organisation mean the preparatory works, it is followed by the realisation of the programme and finally the after-work activities are performed. Planning and organisation make up 60-80%- of all the work while realisation and afterwork make up 20-40% of the programme organisational tasks. Next we will summarise the most important tasks and aspects related to its particular stages:

Planning work/preparation, planning (Sáskáné, 2005):
– the idea,
– determining the basic parameters (determining the location, time, number of participants),
– preparing a preliminary programme plan,
– asking subcontractors for an offer,
– preliminary budget,
– determining resources (what the programme will be realised from),
– visiting locations,
– legal preparation (preparing contract patterns),
– determining the circle of participants and VIP-circle to be invited (a list of addresses), or possibly preparing a media plan (in the case of events where we want to mobilize a lot of people).

Organisational work (organisation):
– decision among the subcontractors (E.g. which printing office we will work with)
– order,
– drawing up contracts,
– deciding on the programme,
– scenario preparation,
– making the budget accurate,
– sponsors' contracts,
– preparing the internal auxiliary materials continuously (updating list of participants),
– continuous work meeting with the organisation staff,
– sending the invitation letters (or application forms) to the participants invited,
– preparing a media plan (if necessary).

Work of realisation (realising):
– - a final visit to the scene,
– final checking with the subcontractors,
– finalising and distributing the scenarios to the contributors,

- „"moving" the organisation staff to the scene (it is the staff who go there first and not the subcontractors),
- last work-meeting,
- receiving and taking care of the participants,
- background-management.

Afterwork:
- letters of thanks to the subcontractors and participants,
- internal evaluation (drawing a lesson from it),
- performance justifications (performed by the subcontractor) and account justifications (the account can be paid),
- managing payment,
- reference-folder (archivation about every single material of the programme, outgoing and incoming correspondence, arranging documents, photos about the event).

The successful organisation of a programme requires coordinated, well-prepared work in all four stages. However, there are preferred questions that need special attention during our work, such relationships with the subcontractors, the division of staff, proper information flow and cooperation. We must write one or more scenarios for all that was described above to work well, which contribute to a quick overview and smooth and successful realisation of the tasks. A precisely and accurately developed budget enables us to be up-to-date on the expenses and incomes of our programme.

Proper relationships with subcontractors:

The aspects of choosing a subcontractor:
- no bankruptcy proceedings are filed against them,
- what references they have; checking references at random; whether they allow to be checked,
- how flexible and creative they are (how they can identify themselves with the programme),
- whether they give an offer of several-pages or only one page) (the more versions there are, the more many-sided they are),
- how much they keep the values of the employer in mind,
- what their professional preparedness is like.

A mutually correct work relationship (continuous communication, informing each other about changes, confirmation in writing, accurate payment of deposit, continuous checking and payment by deadline). All this requires regular meeting and checking.

Internal work organisation:

The following qualities should be outstanding among the organisers
- agreement,
- cooperation,

- continuous communication,
- providing help,
- control.

All this can be realised only by having work meetings regularly and continuously.

Preparing scenarios:

Due to the changes of circumstances and needs scenarios change continuously.

They types of scenarios:

- a complex scenario: it contains entirely the performance of all the tasks required by the programme for each location designating both the person in charge and the deadline.
- partial-scenario: it contains all the activities to be performed for one task (E.g. printing office – invitations, sitting cards, etc.)
- location scenario: it contains all the activities to be performed for one location (E.g. Museum of Fine Arts: reception, decoration, amplification, tasks of hostesses and catering).

A complex scenario contains all the activities, tasks, the persons in charge, the physical, technical human resources conditions and other parameters of organising a programme from its very first moment to the final moments of afterwork. Next we will enumerate the most typical tasks to be considered: locations, hotels, catering, programmes, travelling, transport, security, technical equipment, tasks related to the participants, co-operating staff, printing tasks, giving presents (representation), protocol, professional preparation (E.g. choosing the topics of lectures), documentation material, marketing, activities related to the press, legal, financial background and others (E.g. obtaining permissions for parking or closing a part of a street) and afterwork.

Budget:

Expenses:

- the components of a complex scenario in numbers
- material cost (overhead expenses – the costs of own office, post, telephone, fax usage, and translation)
- reserves (10% - it is compulsory to be calculated in every case)
- organisational commission (in general 10% - the bigger the programme is, the smaller the commission).
- When planning the expense side, we must consider the following: If the service is such that the price is in currency, we must also calculate with or we must calculate with the exchange rate at the time of making the contract.
- It is also important: it is a net or gross expense (in the case of weddings it is a gross sum, in the case of orders of companies it is usually a net one, but we indicate +VAT.

Incomes:

- − registration fees, etc.
- − own capital
- − sponsors' support
- − competition money
- − other financial resources.
- − Observing prevailing laws, tax law.

Finally, let us mention some examples from the list of programme types especially suitable for recreation (primarily mental recreation) animation activities: lectures for knowledge propagation, camps, student circles, chatting circles, self-training circles, study circles, hobby circles, voluntary services, festivals, village days, important holidays of villages, trainings, ceremonies, workshops, meetings, feasts, competitions, presentations and exhibitions.

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4. PHYSICAL RECREATION

4.1. Introduction

Physical (active) recreation is one of the main groups of recreation. Its characteristics are that its activity includes actions in movements, i.e. it is mostly a physically active movement. It cannot be separated strictly from mental recreation, as psychic mental activities are parts of each form of movement. Whatever way of movement we pursue, it is connected with a certain type of mental activity as well, requiring our mental abilities. Physically active movements can help recreation and mental refreshing.

There are many forms of pursuing physical recreation. The affection towards moving and the need for regular physical activities. However, activities performed only occasionally also belong to physical recreation. Besides it can mean relaxation, entertaining, the useful way of spending free time, building social connections, love of nature or pursuing sport-like activities. We have to mention that recreation joins with sports activities in certain fields, yet it must be separated from those. The differences will be detailed in this chapter, here we mention only that it is the aim of the activity to define whether it is a part of recreation or sports.

It is characteristic of physical recreation that it is done in free time, deliberately. In addition to the existing motivation we possess or will possess the material and personal conditions necessary for pursuing the desired recreational activity. The system of these conditions provides the accomplishment of the recreational activity. We can realise that if we do not possess ski equipment and the necessary material conditions to buy or rent it, to cover the expenses of a ski tour, it is in vain to long for a ski holiday as a recreational activity. Besides material conditions personal ones are also important. Referring to the previous example, it is not enough if we can provide the material conditions if we lack the necessary knowledge related to skiing or there are no ski instructors available. Nowadays it is not advisable to start learning how to ski by ourselves, in autodidact way, as it might not be as efficient as doing of with the help of an instructor.

4.2. Division of Physical Recreation

The generally meant groups of physical recreation include the forms of movements just like dance and dance-like ones, tourism-aimed ones (e.g. water tours, hiking, cycling),

games requiring moving pursued outdoors (e.g. foot tennis, table tennis), recreation-aimed sports (roller-skating, skiing) and hobbies requiring physical strain (hunting, gardening) (Kovács, 2004; Ábrahám, 2010).
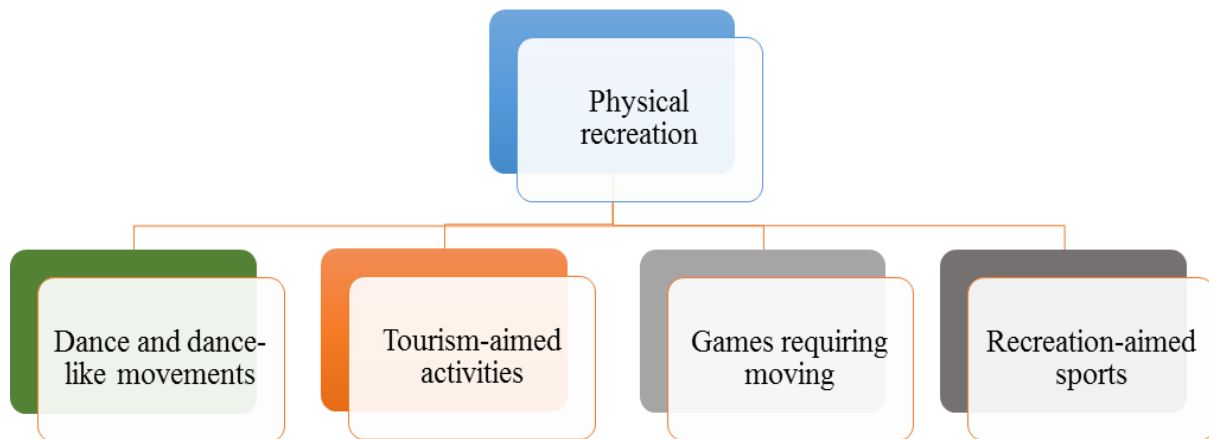

Figure 4: Division of Physical Recreation

4.2.1. Dance and Dance-like Movements

Dance and dance-like movements are really popular forms of recreation. Concerning the field of recreation, they are present at many places. They can be activities performed regularly (e.g. lessons of ball room dancing), or elements of animation and entertainment programmes (e.g. programmes of a familiarisation evening), done occasionally. Dances are important elements of recreation, together with music. The combination of music and dance is a special field of recreation, related to education, entertainment and relaxation.

Dance and dance-like movements play an important role in moving, emotional and educational development as well as in social and cultural activities. It also improves the ability of expressing ourselves by moving. This field provides the artistic character and specific features of dance. The basic movements developed during dances have an influence on future sports activities at a very early age, they improve several abilities in a playful, entertaining way, rich in experience. (Pigniczkyné, Lévai, 2015).

Teaching dancing was a bit neglected lately, but due to recreation and the increasing demands it seems to live its new renaissance. It used to be important with nomadic tribes and later in the age of romance. We also have to mention ancient communities, where dance and dance-like movements were important tools of rituals. The contemporary folk dance 'houses' in rural and urban cultures also helped to develop dance. Urban dance masters prepared young aristocrats for balls and afternoon tea parties very often in bashful mysticism, hiding in flats or in the social atmosphere of private dance schools. Rural adults did not organise dance schools or any organised occasions for dancing thus children took over the liking for dancing together with the knowledge of it and by gradually adding

new elements to it, they acted out the entertainment of adults on the events of their own. (Pigniczkyné, Lévai 2015).

The magic of dance and the related programmes to it is still present as dances have been extended by several new forms. Recreation includes ball-room dance, modern dance, fashion dance, folk dance, standard dances (the Waltz, the Viennese waltz, slow-fox, quick-step), the classical Latin-American dances (samba, rhumba, mambo, cha-cha-cha, paso doble, jive) or the more modern versions of those, e.g. zumba.

4.2.1.1. The Aim of Dance and Dance-like Movements

The aim of dance and dance-like movements can be different. It is practical to categorise them whether they are done regularly or occasionally. The aims of dancing regularly are the same as the general aims of recreation. They are the following:

- relaxation
- handling stress
- providing good way you feel
- social experiences
- increasing physical fitness
- aspects related to appearance
- developing the culture of moving and coordination
- performing regular physical activities

The aims of performing dance occasionally can be the following:

- entertaining
- positive experiences
- trying new forms of movements (dances)
- team building
- useful way of spending time
- taking part in recreation forms requiring moving (in animation, hotel services, recreational programmes)

The dance forms of movements performed in order to accomplish physical recreation have to be distinguished from competitive dance and its aims. The aims related to competitive dance have a completely different system and content, that is why the4y are not detailed here.

4.2.2. Tourism-aimed Activities

Tourism-aimed activities and their varieties are an individual group within physical recreation. Trips, hiking (water and land), sports climbing, high and low mountain climbing, mountaineering can be listed here. These activities were present prior to the beginning stage of the formation of recreation, they could make huge crowds of people move. They are one of the most classical and popular recreational activities as they can be pursued at

any time of the year, at any part of the world. They offer several challenges, regardless previous knowledge or level of knowledge as anyone can find a tourism-aimed activity which is appropriate to their preparedness (e.g. the same touristic route can give something different both in view and the way you can perform it in each season). The most popular activities are hiking, water tours, cycling and equestrian tours.

One of the greatest advantages of tourism-aimed activities is that they are close to nature, performed in open air. Mostly they include leaving the place of living thus supporting recreation and relaxation. Recreation-aimed tourism together with the earlier preference of tourism-aimed activities has been one of the most important service sectors even today. There are a number of possibilities for taking part in organised tours but this activity can be done individually as well.

Tourism-aimed recreational activities can be grouped according to their need of any kind of sports equipment. We can speak about tourism-aimed activities performed by tools and those without tools. Activities performed by tools need a kind of equipment, vehicle or animal. These are water, cycling and equestrian tours. Those performed without tools include hiking, low mountain climbing. These activities are the most easily pursued ones as no tools are required for them, so anybody can try them.

Accomplishing tourism-aimed recreational activities usually need more time to prepare, they are rarely achieved spontaneously. It is important to prepare a plan for the route and possess an up-to-date map as well. We should plan the distance we can achieve during the given time. When planning, we should take into account how prepared the participants are, if they have any previous experience in the given sport. It is advisable to think about the actual places and time of the places we would like to have some rest. Weather conditions have to be looked into, together with the accessibility and usability of the planned route. If we can do that, we should check the route with an expert knowing the place really well or with local people as they have the most recent information about the area. Preventing accidents has to be taken account, too, we have to prepare for handling minor emergencies.

It is true for all tourism-aimed recreational activities that beginners and participants with no or less practice in hiking should take part in organised tours or ask for the help of people working in the field of recreation who have the necessary knowledge of the place as well. Recreaters (tour guides) have the basic and inevitable knowledge necessary for a safe tour. The instructions of recreaters are worth following, the rules in connection with protecting life and avoiding accidents must not be broken.

4.2.2.1. The Aim of Tourism-aimed Activities

It is typical of both groups that the aim of recreational activities is diverse and it depends on the personal aims of those pursuing them. The aims of tourism-aimed activities pursued regularly can be the following:

- developing and maintaining conditional abilities
- relaxation
- longing for nature
- taking part in programmes of recreational organisations
- collecting' the performed kilometres
- breaking individual records and performances

The aim of tourism-aimed activities pursued occasionally can be the following:
- finding new experiences
- trying new forms of movements
- assessing performance
- spending free time in a useful way
- taking part in recreation which requires physical activity

4.2.3. Games Requiring Moving and Pursued in Free Time

The origin of the games requiring moving and which can be pursued in free time goes back far, as games and entertainment have been popular activities for a long time. Games existed before culture and community life as they had existed before the formation of human societies. Carefree playing is thought to be a part of childhood, though it is independent of age. However, there are age-specific features, e.g. in childhood we think learning by playing very important. Yet it is neglected both in schools and in our free time. Playing games can have positive, recreational effects even for adults and elderly people, although it is far less common in these ages than in childhood.

Despite the above mentioned phenomena we can say that games are important parts of recreation and we suggest each age group taking part in them actively. Bearing in mind the aims of physical recreation we focus mostly on the games including moving. However, there are target groups (old people, the disabled and handicapped) which can perform moving only partly. For them we have to find games which need less moving or which demand mental abilities thus compensating the joy of playing. The different video games also enable to substitute the possibility of actual movements.

Playing games is also a part of the learning process, as we have acquired simple movements by playing since being infants, due to our biological need for moving. Playing is a significant activity in all people's life, its importance must be emphasised and take it into account during the work of sports experts. Taking the advantage of the demand for playing several aims can be achieved, that is why playing games cannot be regarded as something useless (educational effects, developing locomotor abilities, preparing teaching different tactics and techniques, solving psychological problems) (Morvay-Sey, 2011).

One of the forms of games including moving and pursued outdoors is based on team games (football, handball, volleyball, basketball), though its aims and appearance are quite different. The footballer playing in a championship cannot be listed here but the

person playing football in their free time pursues this form of recreation. Due to the development of classical sports games we can find a lot of those sports versions in recreation which are easier to perform: e.g. beach football, beach volleyball, street ball, futsal, etc.). These branches of sports are based on classical sports games and can be pursued easily in one's free time. Their system of rules can also be adapted to recreation more easily. A further advantage of these forms of movements is that they are taught on PE lessons in schools, pupils can know them and acquire the necessary knowledge.

The popularity of team games is undoubted, yet they tend to be neglected on the list of the sports pursued most often. One of its reasons is that people need the necessary infrastructure and establishment to pursue a sport (court, table, basketball backboard, net, etc.). Moreover, the adequate equipment is also required (racquet, stick, ball, etc.) and as for all team games, teams, i.e. people who know and like the sport are also needed. Coordinating these people to a certain place at a certain time requires appropriate organisation work. This can be difficult as it can happen that the free time of those pursuing the sport together have a completely different free time schedule.

Besides team games we can include several other sports games in recreational activities. For example: table tennis, American football, bandy, foot tennis, shuttlecock, hackey (footbag), the different bat sports (tennis baseball, softball, floorball, golf, field hockey, speedminton, korfball, badminton, etc.). Though the availability of the following sports is a little bit limited they must be tried out as new forms of movements: ice-hockey, cricket, Polo, curling or water polo. Oher favourites are Frisbee, petanque, snooker, bowls, bowling, darts, etc. The sports mentioned can be further subdivided according to the number of players, so we can speak about team, pair and individual sports games.

We should mention folk games as well, once talking about games requiring moving and pursued outdoors. They are traditional-like, determined the development of culture and physical activities significantly. They represent cultural characteristics and have a great role in preserving traditions. It would be rather difficult to compose the total supply of games in the world, as it is extremely rich and almost unmanageable. Because of the effects of globalisation and the reducing physical barriers more and more folk games are known abroad and become popular among the games of people in distant countries. This is how we can know and try them. Thanks to the spreading and winning different traditional games, the given games possess national and international federations and their own system of competitions. Korfball is a well-known Dutch traditional game, petanque is French, Frisbee is American, cricket and Polo are English (Lukácsy, 1964).

4.2.3.1. The Aims of the Games Requiring Moving and Pursued Outdoor

The aims can be the following:
 – developing and maintaining conditional abilities

- relaxation, entertainment
- to experience regularly the experience of playing a game
- creating a team, a community
- enjoy fellowship
- developing creativity
- improving strategic way of thinking
- accomplishing tactics

The aims of the games requiring moving and can be pursued outdoor can be the following:
- finding new experiences
- trying new games
- taking part in recreation including moving
- creating team-unity, communities
- to have social experiences, enjoy fellowship
- relaxing, entertainment
- experiencing the regularity in playing games

4.2.4. Recreation-aimed Sports

Recreation-aimed sports provide an important part of physical recreation, as they are based on one of the key aspect of recreation: activities including moving. As the number of these activities is unlimited, the range of the forms of movements is rather wide. We can find among them sports which can be pursued indoor and outdoor, together with winter and summer forms of movements.

Among those pursued indoor we can find power-sports pursued with recreation aims (body building, power lifting, weight-lifting), combat and self-defence sports (judo, wrestling, karate, boxing, self-defence, etc.) and ball games[1]. The advantages of these forms of movements are that they are independent of the weather, can be pursued any time of the day (even early in the morning or late in the evening) and of the year. Indoor sports are accomplished under invariant circumstances, free of the effects of external environment. However popular they are because of the above mentioned reasons, we must take into account the fact that during activities pursued outdoor nature and weather conditions have a positive impact on health and loading. This is why it is advisable to pursue these sports outdoor. In western countries and sometimes in northern ones we can often see people pursuing indoor sports outdoor, i.e. in parks or playgrounds, dancing Zumba, doing yoga or capoeira.

Further advantages of movement forms pursued outdoor are the positive effects of natural powers (fresh air, rich in oxygen, temperature, humidity, natural environment, etc.). Outdoor recreation-aimed sports can be cyclical, stamina-like (e.g. cycling, walking, jog-

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[1] The recreational aspects of sports games are detailed in Chapter 'Games pursued outdoor including moving'.

ging), technical-like (motorcycle sports, quadding, bmx), nature sports (cave tours, orienteering), water sports (swimming, water polo, sailing, jet ski). Further recreation aimed sports are rolling sports (roller skating, skate boarding, scootering), Nordic walking, hunting, angling and winter recreational sports, too. One of the most popular of winter recreational sports is skiing but other winter sports also belong here (e.g. snowboard, telemark, snow-scott, snow-bike, snow-tubing, snow-kayak, sledging, etc.) The popularity of winter sports is provided by the natural environment where they are pursued, fresh air, well-controlled intensity and load and the magic of winter sports.

4.2.4.1. Aims of Recreation-aimed Sports

The system of aims of recreation-aimed sports has a relatively wide range. On the one hand, it can be explained by the wide range of the sports themselves, on the other hand, the positive effects these activities can have on our health. Pursuing recreational sports can be occasional or regular. The aims of the regularly pursued ones can be the following:

- developing and maintaining conditional abilities
- recreation
- providing feeling good
- preserving health
- aspects related to appearance
- accomplishing regular physical activities
- experiencing fellowship

The aims of recreation sports pursued occasionally are the following:

- finding new experiences
- trying new branches of sports
- spending free time in a useful way
- taking part in recitation including moving
- developing the culture of moving

4.3. Trends in Physical Recreation

The aims of physical recreation can be rather different, according to the issues discussed above. If we focus on one of its main aim, however, we have to mention the compensation of disadvantages caused by civilisation and that of civilised development. One of the basic problems of our inactive, civilised life is the lack of moving and its harmful effects. It is the aim of the different recreation activities pursued to determine which physical recreation trend the given activity belongs to (e.g. rafting can belong to the outdoor trend as well as that of seeking experience and the performance of it can be recreational or performance-related).

It is practical to group the physical recreation trends based on their aims. We can distinguish the following trends:

- ➢ Outdoor
- ➢ Physical /Fitness
- ➢ Experience-seeking
- ➢ Performance-based
- ➢ Health-aimed

Different trends cannot be seen as tight categories as several factors influence which trend to choose. Such factors can be e.g. the age of the person pursuing the given recreation activity, or environment aspects and possibilities. Factors influencing which trend to choose are fashion, needs of the given era, challenges in civilisation, preparedness of experts.

Young people prefer performance-related and adventure-seeking trends, although there are many to choose fitness trends. Adventure –seeking can be found among the elderly as well, the age-related versions. Youngsters try extreme sports in order to receive experiences (e.g. bungee-jumping, tandem jump, aqua and adventure parks), whereas the elderly look for less demanding experiences of high intensity (water tours, playgrounds for senior citizens). The elderly also prefer the outdoor trend.

From time to time we can see popular and fashionable recreation services on the market, just like adventure parks, aqua and amusement parks, which are to serve the contemporary needs and expectations. All in all we can say that choosing a special trend can have several reasons, it can be chosen independent of age or gender, it is the aim of the person pursuing the recreation activity which trend it really belongs to.
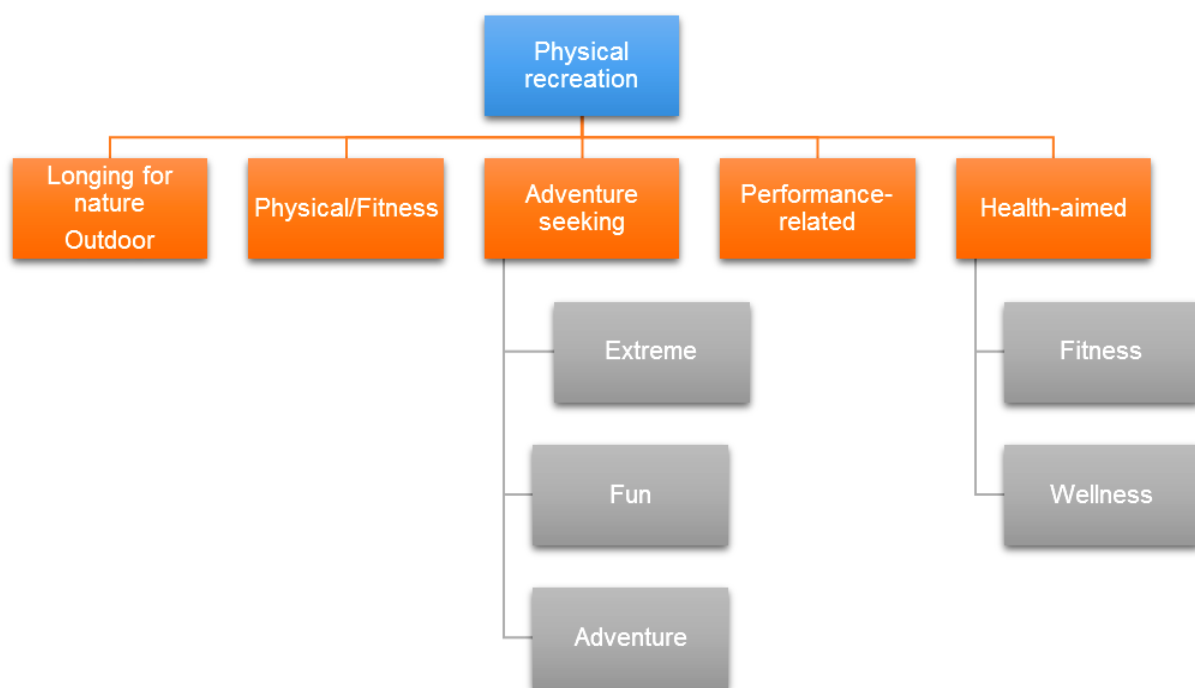
Figure 5.: Trends in Physical Recreation

4.3.1. The Outdoor Trend

Outdoor trend provides the possibility of pursuing excellent recreation activities, popular at any age-stage of life. Longing for nature is rooted in our ancient way of life, this is why each sports activity close to nature includes the features to make them popular. It was encouraged by the nostalgia towards nature and the closeness to it, later on by the escape from our places of living becoming more and more urbanised. It is the evident consequence of urbanisation and town development that the areas of natural living space, original unspoilt nature and green territories are reducing. It concerns mostly bigger cities where travelling can take too much time if one wants to go out into nature. Due to the positive physiological and relaxation effects of the natural space this trend is extremely popular.

Outdoor trend is connected with nature and fresh air. The physiological and training effects of outdoor recreational activities are a lot more effective compared to those pursued indoor. The activities of the trend joined to nature and fresh air can be accomplished on mountains, in water (stagnant and fluvial), in forests, on fields, in leisure parks and in all areas where natural environment provides possibility for that. The target audience of the outdoor trend alters according to the character of the activity. Its tools can be the following:

- *in hills and forests:* walking, hiking, excursions, MTB tours
- *rolling-like:* cycling, roller-skating
- winter:
  - snow sports: skiing, snowboard, other snow sports (e.g. mush, snow tours, motor sledging)
  - icy sports: skating, ice-hockey, luge, ice-climbing
- water:
  - *using 'own power':* rowing, kayaking, canoeing
  - *'windy':* sailing, kite, surfing
  - *'technical':* water-ski, jet-ski
  - *'extreme':* scuba diving, rafting
- *air:* parachuting, hang-gliding, hot air balloon
- *non-recreation sports type:* hunting, angling, gardening, outdoor cooking, grill

4.3.2. The Physical / Fitness Trend

There are dominant activities in the physical recreation trend aiming to develop body and locomotor abilities. Here appearance, i.e. to look good is an important aspect deriving from the expectations of others. Comprehending fitness we mean here the conditional abilities mostly. A person is fit if they have the appropriate conditional abilities. Concerning the elements of health we have to speak about the body-related dominance.

Forms of fitness trend:

1. Workplace Trends

The workplace trend has several hundred years of history. The trend started to strengthen during the Industrial Revolution, but we can find its base even in the eras before that (family days of guilds). We can see the employer's demand for employees' recreation. There was a more significant appearance and progress of it in the 1970s and 80s. It was the period when employers started to put more emphasis on their employees' health. Partly, this health preserving tendency wanted to compensate the monotonous load of the given job and on the other hand it was about relaxation and entertainment. Nowadays there are various forms of the workplace trend. The most up-to-date one is (usually provided by multinational companies) when employees can find the ways for recreation and refreshing at their workplace or in nearby sports facilities. (e.g. sauna, massages, fitness rooms, wellness services etc.).

Its similarly effective version is when the employer buys or provides regular sports services for employees (season tickets to swimming pools, dance schools, aerobics classes, massages etc.) or as part of employees' fringe benefits they get a certain amount of money each month.

The third type is when the employer occasionally organises programmes or buys recreation services for their employees (e.g. family days, sports days, teambuilding trainings, excursions etc.).

2. Fitness Trends

The fitness trend also started to increase during the 70s when the number of studies related to inactive way of life grew and its harmful effect on health was proved. It was then that fitness appeared as a compensation for inactive way of life. It conveyed the message that 'body culture is fashionable again' and 'the body should be cultivated'. The appearance-related demand turned up that time: people wanted to lead a conscious way of life and appearance was an important aspect of that. Speaking about recreation aspects of fitness trend we have to mention that this trend is far from supporting the evolvement of problems rooted in body image disturbance. Neither the exaggerated (pathological) thin appearance (anorexia) nor the excessively musculous build as a result of immoderate increase of muscles is suggested. Recreation fitness trend is health-centred and should be pursued moderately, similarly to other recreation activities.

At the beginning this trend aimed to shape the body then in order to reach this aim it was extended by further fields (e.g. nutrition, dieting, training theory, knowledge of tools and equipment to be used etc.).[2]

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[2] Fitness trends will be detailed in the chapter about health-aimed trends.

4.3.3. The Experience-seeking Trend

Experience-seeking recreation activities are also independent of age as the positive experiences in connection with moving and sports activities cannot depend on one's age. The recreation-aimed activities including moving themselves provide positive experiences, they are sources of joy. For participants of the activities recreation activity is a kind of challenge which can offer real or expected danger for those seeking it. Those taking part in experience-seeking recreation want to find recreation activities adequate to their personality and aims. For an elderly person who has never been to water tours, stagnant water canoeing itself can be a positive experience while a person looking for more danger can experience it during a more challenging rafting tour.

Those of experience seeking can also be called those bolting experience as they deliberately seek challenges, situations with increased adrenalin level. Besides experience and increased distress experience seeking is good for releasing stress and lengthening experience. Its popularity is due to the many who would like to escape the workaholism of performance pressure, monotonous work and the world of living mechanically. People taking part in experience seeking pursue new activities compared to their previous life situations and the fact itself that they leave the vicious circle of everyday life can be enough to accomplish certain aims of recreation.

The tools of experience-seeking recreation activities are games, fun- adventure and extreme sports.

1. Games

Playing games is one of the most ancient entertaining recreation activities which can be pursued in many fields. It is typically that type of recreation activities which has a great role both in physical and mental recreation. To participate in games is regardless your age as each generation finds it important to play and to play age-specific types of games. Games can be said to convey experience, with high emotional content thus performing entertainment, relaxation and emotional refreshment as the most important aims of recreation.

2. Fun-recreation sports

Fun-sports can emphasise the entertaining and experience-related side of recreation activities. Those pursuing these sports choose them deliberately and consciously in order to provide good feelings for them. Fun-sports can have their active and passive sides, both are rich in experience. Fun clubs represent the passive side of this activity. For example clubs of supporters (when people support their favourite team and escort them both inland and abroad with the aim of supporting). Active adventure seekers are zealous sports fanatics. They spend a huge part of their free time to prepare for challenging events (e.g. Spartan race, Brutal run, performance tours).

3. Adventure Sports

In the centre of adventure sports people mostly look for such activities which are neither part of our everyday life, nor even of sports and recreation activities. As a result of it judging the given recreation activity can be very subjective, depending on the given person. It can be assessed only based on the person's average way of life, it can become meaningful compared to that (e.g. it is an adventure to spend a few days in a tent or under nomadic circumstances for a child living in a city , yet the same activity is not adventure for a mountain climber). Adventure sports can be accomplished in natural environment (e.g. on a water tour) or in man-made environment (e.g. in adventure parks), they do not require luxury facilities, but excellent, safe equipment they do so. These types of equipment are provided by certain companies providing the service itself (e.g. the owner-operators of adventure parks or bob sleigh runs). If we organise the adventure sports we have to pay special attention to the appropriate and safe equipment (e.g. when taking part in a water tour we must have the necessary rescue equipment: life jacket, life line, etc.).

4. Extreme Sports

Extreme sports involve the sports very different from physical recreation activities and average sports activities. The aim of these sports can be to find the limit of our abilities, make the most of our performance and achieve the unachievable. Extremity is given by one factor itself or several factors appearing together:

- special duration, use of energy (Ironman, 5x, 10x Marathon, desert run)
- danger: tandem sky diving, base jumping

Tours around the world (cycling, running, kayak) where performing the tour is about the limits of human capacity include several factors appearing together.

Figure 6: The target audience of experience seeking recreation

4.3.4. The Performance-based Trend

The performance–based or performance-centred recreation trend is about performance and increasing it with the help of the instruments and movement forms of recreation. Performance-based, performance-centred recreation activities are very often misinterpreted and seen only from the aspect of performance itself. This approach almost deals with the definitions of competitive and top-class sport, however, we have to mention that there is a significant difference between the two: i.e. the aim why someone pursues a competitive sport or takes part in performance-centred recreation. Performance-centred recreation activities can be achieved as individual activities but it is more common and better supported in order to spread them widely to achieve them as performance-based free time sports events (swim across Lake Balaton, Mountain bike-marathon). These events are the basic conditions of trying and accomplishing performance-centred recreation.

The instruments of performance-based recreation are mass competitions, performance tours, surmounting excessive distances belonging to the extreme. As for its target group, basically it is not advised for younger age groups (small children, children, adolescents, junior). It is best to pursue from young adults, although it is preferred by the elderly as well. The elderly are willing to take part in performance-based challenges, however, each activity exceeding the level of age, health condition and preparedness of participants is contraindicated. It means that despite the medical examinations usually before each performance trial certain parts of the responses given to increased load cannot be screened. It is a vital message for each age group that they should participate in trials like that only if they have trained for it appropriately. This is why it is not recommended for youngsters. WE have to take into account that the target group is a lot smaller compared to the rest of the recreation activities. Due to its performance-centeredness certain forms of it are available or suggested only for the young adult age group.

Besides the demanding, challenging events it is also popular to arrange competitions for younger age groups with promotional aims on the same performance trials. Just like ultra-marathons, mini marathons: events at far shorter distances (1,2,4 km), or on triathlon Ironman competitions the Iron Kid's events.

4.3.5. The Health-aimed Trend

The health-aimed trend is a recreation trend which focuses mostly on one of the key aspects of recreation. Its aim is to save and maintain health in a preventive way, i.e. it has a crucial role in preventing illnesses. In addition to primary prevention it has a role in secondary prevention and rehabilitation as well. It means that regenerative, compensational and rehabilitative aspects are also present. The importance of health-aimed recreation is further increased and justified by the spread of civilisation-related harm, the increased development of illnesses, the deterioration of the health state of the population at almost

each age group and the reduction of population. Using the instruments of health-aimed recreation we can make progress in preventing the illnesses related to civilisation, in preserving health and creating quality-life.

The positive effects of health-aimed recreation can be seen in the following[3]:
- in preventing cardiovascular and circulatory diseases
- in the case of diseases of internal medicine
- in compensating civilisation-related illnesses
  - e.g.: high blood pressure, diabetes, illnesses of psychic origin, psychosomatic disorders, high level of cholesterol, overweight, obesity
- for bone, joint and spinal diseases
- Fitness and wellness belong to the subdivisions of health-aimed recreation activities.

1) Fitness

Fitness started its way as a recreation trend from the middle of the 1970s, starting in the US as a responding activity to compensate the physical inactivity of people. Its target groups are mainly young adults and middle-aged adults. Besides the health-aimed centred approach it also aims to create fitness. It can be combined with the Physical/Fitness trend as there are a lot in common concerning their aims. Fitness evolved from the term of being fit, earlier it meant both the state and the aim. As a result of it, many people have regarded it as an activity developing conditional abilities. Its aim is to increase stamina, but it cannot be limited to going to fitness rooms as it increases not only our muscles. Besides conditioning other aspects appear, too (e.g. cardio-trainings, stretching-relaxing).

2) Wellness

The term of wellness and the phenomenon itself was formed together with fitness, at the beginning of the 80s, in the US. It came into being from two terms: well-being and fitness. It involves well-being, feeling well and fitness, too. Wellness itself is an activity to increase life quality. Unlike the body-centeredness of fitness wellness handles health according to a total interpretation, in a kind of holistic way. Besides fitness it focuses on relaxation and entertainment. It is an important aspect that activities involving moving and recreation should be components of wellness. Lacking these we cannot talk about wellness as moving is as important part of it as passive recreation activities. Nowadays wellness has become a kind of success concept, a service in demand, which combines important health-related scientific studies and results and offers relaxation and entertainment. This complexity (physical recreation, relaxation, health improvement) provides the excellent criteria of wellness.

It uses instruments like performing healthy way of life, activities involving moving, pampering and beauty programmes, relaxation, entertainment, harmonious partner and social relations. These services are provided in complex packages by wellness hotels

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[3] non-exhaustively

equipped with all kinds of facilities to preserve and increase health. Modern wellness service providers possess water facilities (adventure, thermal, child, swimming pools, slide parks, Kneipp pool etc.), fitness rooms, sauna world (Finnish, infra, steam bath), a wide range of massages, fit-bar, beauty and medical treatments, as well as animation programmes specific to the given target group.

Its target groups are mostly the middle and mature adults and also the elderly. One of its reasons is that these services due to their complexity and high standard are rather cost-intensive. Those with solvent income are able to buy wellness services. Another reason can be that wellness includes services to which the above mentioned age groups are more susceptible (beauty, relaxation, medical treatments).

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Anetta Müller

5. TARGET GROUP SPECIFIC ANIMATION

5.1. Introductory Thoughts About the Basics of Animation

5.1.1. The Term of Animation

The word 'animation' itself means the following according to Révai új lexikona: The word itself derives from the Latin 'animus', 'anima', the original meaning of which is soul, vigour and also it is a type of making motion pictures, i.e. 'bringing to life'. Nowadays the usage of the word has changed. This term has become popular in leisure time industry, entertaining units and mostly in tourism, in hotels. In many countries of Europe the word is the new term as well.

In a broader sense animation means motivation, stimulation. Its synonyms can be initiative, advising, making into move etc.

Animation is connected with the following content features:

- ➢ initiative, stimulation, suggestion
- ➢ activity, movement, sport
- ➢ being sociable, friendliness, entertainment
- ➢ relations
- ➢ pleasure, joy, variety

Thus the levels of animation are the following:

- ➢ process → stimulation, initiative, suggestion
- ➢ content → of animation   fellowship, moving, activity
- ➢ effect → pleasure, joy, making contacts, experience

5.1.2. The Aim of Animation

Briefly: to satisfy guests' demands and wishes, increase the experience of being on summer holiday.

'The most important effects and aims of animation are the following:

1. Realising demands
2. Increasing individual activity
3. Enlarging making contacts

4. Enhancing communication

5. Arranging varied summer holidays

6. Experiencing holidays more intensively

7. More fun, joy and experience

8. Providing the chance for guests that the experiences gained can 'go on working' after the holiday'[4]

5.1.3. Types of Animation According to Their Appearance

- official animation
- casual animation- arranged by ourselves
- leisure time animation
- resort animation-hotel animation
- touristic animation[5]

5.2. Economic Effects of Animation

Animation increases cost-effectiveness: It is the interest of the hotels providing all-inclusive services where prices include the consumption of quality spirits to reduce consumption without limiting guests in doing so. As animators provide programmes for the whole day, guests do not always have time to think about and resort to the current eating facilities. The reduction of drink consumption by animation is realised in the evenings when guests are allowed to drink alcoholic drinks in large quantity. Animation and the activities related to it do not have as many expenses as much additional income might be generated by them for the given company.

Animation takes care of internationalisation (they represent several countries), they are the hosts of clubs, the employees with whom guests are in direct contact. It is their task to get guests closer to and acquaint them with each other. Thus guests can remember animation for a long time.

The above mentioned facts can be measured in occupancy as well, i.e. its necessity can be proved by economic indicators. Using animation in hotels is advantageous for them as animators are guests' hosts, they create the personal relationship. They make the holiday unique and experience. It increases guests' satisfaction, which can further increase the number of those to return year by year. A good example for that is the Magic Life hotel chain, where 55.4% of the regular guests who were asked responded they would choose the Magic Life in the future because animation made their holiday unforgettable. The propor-

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[4] See: Claus Finger és Váczy Sándor: Az animáció alapjai, Kodolányi János Főiskola, Székesfehérvár, 2002; 52-53.

[5] Bibliography used to categorising: Magyar M. (2007): *Animációs szolgáltatások minősége és helyzete a hazai turizmusban*. Szakdolgozat, Szent István Egyetem GTK, Gödöllő. 87 o. + 21 mell.; 9-12.

tion of regular guests shows clearly that the system used in the Magic Life works really well and animation has a crucial part in it.

Information flow is also important, it means a two-sided process. From hotel management toward guests: if the management wants to send information to guests they ask the animator to do that as it is the most effective, quickest and safest way of doing so. The other side of the information flow starts from guests. As animators spend the most time with the guests compared to other members of staff, if they have any problems, they will tell the animator about it. Or they may not tell other departments at all as they trust the animator, knowing them. In this case animators share the information with their superior at the next meeting and that person decides whether the information is worth forwarding to a higher level.

As animation is vital from the point of view of information flow, possessing the information from other departments is related to it, too. If guests complain about another department, the animator can neutralise it by sharing their own opinion with the guests: saying they have a different experience or the situation is not that bad. If guests do not turn to the management with their complaints, animators do their work efficiently. It can generate screening and reduction of complaints. Among further effects we can mention that if animators did a good job and guests were satisfied with them, they give better points to other departments as well in the questionnaire about their holiday they fill in before leaving the hotel. It can create the improvement of statistical data and as guests usually remember only good experiences, as they had more of those, they will come back next time as well.

5.3. Target Group Specific Animation Programmes

The most important step for composing animation programmes is to define the target group the programme is made for. All hotels are aware of their target groups, they know which guests come to their hotel and use the services offered. This information is helped by the bed night data and the product development (four-star wellness hotel, beauty-corner, fitness etc.) also forecasts the potential customers of the given product and what this target group expects of the hotel to do, what type and quality service they are willing to purchase. If we know our target group and their expectations, we can start creating the supply of the leisure programmes.

To be able to choose the programmes we have to know the infrastructural and natural facilities of the hotel and its environment as they give the background of the programmes. Below we show the demands of different age groups, their popular free time activities and those programmes which are appropriate for increasing guest satisfaction and spending free time in an active and useful way. The programmes are categorised as outdoor (open air) and indoor (located in covered, closed space) ones, thus taking into account the vicissi-

tudes of the weather (rain, heat, cold, winter season etc.) the given target group can be offered both inside and outside programme alternatives.

5.3.1. Animation for Children

Children do not appear as individual target groups of hotels, as they arrive with their families and while the buyer is the parent, the consumer of the product is very often the child. It is important to satisfy children's needs because one satisfied child would mean two satisfied parents. Parents can relax and take the advantage of the offered free time services (massages, beauty treatments, playing tennis etc.) if they are assured that their children are looked after and with the supervision of the animator they play with peers.

The aim of animation for children is to show the children leaving their familiar environment a new world. Even anxious children can become more open, they explore new things, can see their parents play, too and parents are able to neglect their everyday 'rigour', so the family is happy.

Families with small children can arrive at the hotels and resorts at any time of the year, school holidays are not necessary to be taken into account as these children go to nursery school.

This type of animation is more and more popular, as we can meet growing demand for it. The number of families at commercial and private places of accommodation is increasing. This tendency was further stimulated by the significant increase of the amount of holiday cheques. The German, Austrian, Polish etc. guests entering Hungary also prefer places of accommodation offering child and family-friendly services for several generations. Holiday resorts should pay attention to this fact so that the mother, father and child could leave the hotel with a lot of good experiences. To relax during their holiday while being together. Caterers have to provide the possibility of family get-together, individual relaxation and social experience.

Children as a group can be further subdivided according to their age as a 3-year-old needs a different free time activity compared to a 10-14-year-old one. The main activity of children is playing through which they can learn, receive information about the world and playing games can also help them in the process of socialisation (how to adapt to society).

5.3.1.1. Characteristics and Animation of 3-6 Year-Old Children

This is the age group of nursery school children, they like and need to move a lot as our nerve system is formed dominantly from 3 to 6 years. The brain of a 6-year-old child is evolved at 80-90 %. The formation of the nerve system needs additional oxygen and children provide it by moving. That is the reason to experience that they are active, agile and unfatigued throughout the day. For them it is inevitable to play a lot of games involving moving because it provides the healthy development for them both physically and mentally. At this age the formation of movement goes through a significant quantitative and

qualitative change. A 3-year-old child can perform walking, running, throwing as a result of the natural way of human moving. The punctuality and the coordination of movements go on developing in the first childhood, at the age of 4-7. At this age the above mentioned movements of children become more perfect, more punctual and coordinated during practising. As they get older, they can reproduce the different movement versions and their combinations better and better.

For children we can suggest mostly those sports games which include the natural movements of the human being (walking, running, jumping, throwing, carrying, crawling, climbing, taking etc.). They are willing to do creative, manual activities which can develop their cunning.

The aim at this age group is to develop their intension. They conceive inductive conclusions by empiric way, mostly by playing but playing itself is not sufficient.

- Recreational pursuits for children should be characterised by playfulness. Playing games is adequate motivation for children to pursue the given activity and it provides them experiences as well.
- Children like animals, they rouse children's interest.
- Children are able to concentrate only for a short time. The programmes for them should not be long and short breaks have to follow every 20-30 - minute activity then do something different because their span of attention is short, they are easily get bored.
- The explanations must be short yet raising interest. As they have increased demand for moving and like to compete with each other we can arrange for them several games and competitions including moving.
- They are less independent, they need the help of the animator.
- 3-6 years old small children with white skin or coming from colder countries should beware high radiation and temperature during the summer from 11am to 3pm, as they might find 40 degrees too high. It must be taken into account for their health and they should be taken to children's pools or provide programmes for them in the air-conditioned mini club.
- It is only the personality, aptitude and creativity of animators that can limit programmes for children. Children look up to animators, feel fine on the activities organised for them by animators and think they are real stars in kid shows, in limelight.

Suggested indoor activities, games:

- o Painting, drawing, egg painting, puppet show, clown-evening, videos (tales)
- o Roleplays
- o At other venues: dinner for children, disco for children, party for children

- Playhouse for children: a tent for the younger ones where they can feel as in a fabulous tale-world.
- Face painting
- Salt-flour plasticine: it is an old and popular game that plasticine is made from salt and flour then from the mixture figures are made by using small rolling pins and forms, later on these are dried and ready to be painted.
- Making rubber-décor figures: the animator draws two simple forms I advance from a rubber sheet. These are cut and matched by children, they draw or stick eyes on them and soon we can see bears, birds, dogs which children can hang on anywhere at home.
- Baby swimming
- Decoupage: the other name of it is napkin technique. Children can make nice and aesthetic objects which are easy to do. It does not need any special cunning, however, interesting pictures and other objects can be made by it.
- Felt (puppet): Felt is really popular with children, due to its happy colours and soft material they can make a lot of things from it, e.g. puppets.
- Balloon twisting: animators can create children's favourites from the colourful balloons: puppies, kittens, flowers etc.

Suggested outdor activities, games:

- On open air: building sand castles, carnivals, children show, flying kites, children aerobics, playgrounds, making puzzles, planting, children Olympics, picnics, activities by Shaolin monks, Day of Pirates, Day of Witches, Santa Clause party, horse-drawn carriage rides, horse-drawn sleighing, petting zoo.
- Hare and hounds games are the simplest ones, easy to acquire. They develop agility, conditional and coordination abilities by starting and stopping quickly.
- We can organise tasks performed by running, darts, target kicking competitions or combat games (cock fighting, tug-of-war).
- Relay races including funny tasks with different movements.
- In water: pool games, splashing fights, fishlet-angling: fishlets have to be caught from a small, inflatable pool, if they are for scores, certain award is given to the 'angler'.
- Playground programmes
- Game park
- Tale theatre
- Magicians, clowns
- Handicraft workshops

Winter Programmes: snowman building, sledging

5.3.1.2. Characteristics and Animation of the 7-11-Year-Old Age Group

These children include the junior and senior sections of primary school pupils. This target group does not appear as an individual one either in hotels and at holiday resorts, they arrive with their families, usually during school holidays. The main holidays are generally those of during the longer summer time (from the middle of June until September), in the winter holiday (from 20 December to 5 January) and during ski holidays (in many schools it can mean one or two weeks I January and February). The shorter autumn and spring holidays can be favourable for a shorter second or third holiday.

Locomotor development is defined by the differences in gender, disposition, physiological and locomotor features. Learning abilities can be improved as well, as a result of which children are able to acquire several new types of movements at a relatively good level. The rhythm of movement becomes better, too, there are fewer side movements, the effectiveness, punctuality and coordination of locomotor activity is a lot better. With the technical improvement of moving and the progress of abilities we can notice the melioration of the 'performance' as well. The main criteria of being school-aged besides locomotor maturity and performing conscious moving are voluntary attention, memory, to create task-consciousness, analytic way of thinking, basic maturity of willpower, basic drawing skills etc. which adapt this age group to pursue several types of free time activities.

- These children have a longer attention span and are able to concentrate on a given task or activity for a longer time. The programmes designed for them can be longer but not longer than 45 minutes or one hour. It is advisable to have short breaks after activities.
- Programmes including games and races can be motivating for this age group as well.
- They need the animator's presence, like playing under their supervision, they look up to animators setting a good example to them. These children are a lot more independent than those of 3-6 years old.

Suggested indoor activities, games:

- o Painting, drawing, DIY, board games, egg painting, plaster painting, origami, making compositions of dried flowers, leaf extrusion, making pictures, making toys, beading, spinning, felting, making presents, using plasticine, glass painting, making advent wreaths, puzzles, cultural competitions, learning dances
- o Board games involving moving, board games
- o Dough craft jewellery: using thread and dough we can make beautiful jewellery which children can wear immediately.

o Painting glass stickers: making the well-known glass stickers. Contours are prepared and children's task is just to paint them. The accomplished creations can be taken home and put on the windows.

o Making seed pictures: wonderful pictures can be made from seeds and dough of different shape with some thread and crepe paper.

o Paper folding, wooden spoon puppets, polystyrene: Besides pebbles, paper is the simplest tool to use. They provide the joy of creation for children in many ways. They can make objects or fold origami. Wooden spoon is perfect for puppets, tales can be acted out with the help of them. Children like them very much as they can create something and everything they make is a treasure for them and a nice surprise for adults. Polystyrene is also tractable, gifts, objects, nice ornaments and funny, cheerful things can be made from it.

o Making jewellery and jewellery boxes: a lot of types of jewellery can be made from the disposable materials: children's dexterity and animators' creativity can result in a great deal of jewelleries. It is true for beads, feathers, mistletoe or copper wires and the boxes for holding these ornamented individually

o At other venues: children's dinners, children's discos, children's parties, children's activity parties.

Suggested outdoor activities, games:

o On open air: asphalt drawings, carnival, children's show, flying kites, children's aerobics, playgrounds, boccia, beach football, children's tennis, freezbee, badminton, mosaic making, planting, children's Olympics, building sand castles, picnics, activities by Shaolin monks, Day of Pirates, Day of Witches, Day of Indians, horse-drawn carriage rides, horse-drawn sleighing.

o Hare and hounds games are the simplest ones, easy to acquire. They develop agility, conditional and coordination abilities by starting and stopping quickly.

o Individual and pair races.

o We can organise tasks performed by running, darts, target kicking competitions or combat games (cock fighting, tug-of-war).

o Games with ball: dodgeball, deliverance from the ball, scorer.

o Relay races including funny tasks with different movements.

o In water: pool games, water banana.

o Snowball fights, snowman building.

o Hiking and cycling tours, riding lessons.

o Football, water football.

o Reel go-kart.

o Inflatable jumping castles.

- Great wooden toys: they are games requiring logics and skilfulness. It is not their size which is great but the idea itself. These games motivate not only children's imagination. They are suggested from the age of 6, but adults can try them as well. Among the huge board games we can find ball games and those requiring certain skilfulness. They have their ability developing effects. They increase dexterity, creativity, logical way of thinking and tolerance.
- Riding on barrels: the barrel lying on the two dickies has to be ridden so that the rider could draw themselves to the other side with the help of the rope fixed there, while balancing on the barrel.
- Stilt-walking.
- Wall climbing.
- Balloon hunting: It happens under safe circumstances, using air gun.
- To fire the gun and the spectacular burst of the balloons - signalling the hit- is a real experience both for children and adults. Creating the balloon wall happens by continuous supply of balloons. Inside the balloons we can hide the names of certain prizes or raffles.
- Pirate adventure: it is a hurdle-race during which children can take part in numerous exciting adventures as they pass on from spot to spots hunting for the treasure which finally they can find in a treasure box. Animators doing face painting paint the children before the game starts.
- Children's Olympics: these are sporty games where children can try and use their skills, can play as long as they wish to do so, competing with others (balancing with table-tennis balls, throwing wheels, running races, inflatable slides).
- Tug-of-war.

5.3.2.3. Charcteristics and Animation of 12-16-Year-Old Age Group

These youngsters are more active in their free time activities as well and like being without adults, as we can observe their demand for becoming independent and being together with their peers. They would like to instruct their activity themselves. Adolescents like pleasant gatherings where they can discuss things, have fun, pursue some sports, without the fixity and control of the family. However, their sense of responsibility is not as well-developed as that of young adults.

The adolescence growth has a significant effect on the locomotor development of this age group as a result of which their body sizes and proportions change, together with the biomechanical conditions of moving. This change in the build and shape of the body results a temporary decline or stagnation. However, in the field of strength and stamina they make huge progress. The huge difference in the moving performances between genders is very typical at this age. We can see the acceleration of this progress at boys, while slowing-down at girls. Pursuing any sport and the positive attitude towards sport has a

definitely advantageous effect on locomotor development and performance in moving as trainings have an additional altering influence on them.

This age group is characterised by a higher level of body abilities, zest for competing with others and the culture of moving. They love moving and like spending their free time doing some sports.

The activities can last for an hour and a half or two hours, as children can be better loaded and they can concentrate for a longer period. If programmes are longer than that, children's attention span decreases and the risk of injuries can increase as they become more and more tired. Longer activities should be held only in case of cups and championships or when children take part in tours or horse-riding lasting all day. Even in that case we have to pay attention to take some relaxation. Activities from races to cheerful family competitions can be chosen.

This age is the period of doing something unconventional. Children of this age group are interested in everything and they are open to new, unknown things, they would like to know as much as possible about the things happening around them.

Regarding the developing personality of adolescents more attention must be paid to their individual needs.

Youngsters prefer ball games, natural and combat sports.

Suggested indoor activities and games:

- o Modelling, DIY, plant painting, making mosaics, making collages-montages, glass painting, pottery, lino engraving, decoupage techniques, making gifts, Shaolin activity, Teen Olympics, DJ activity, Teen Party, taking part in children's show, carnival. Chess and Nine Men's Morris (Mill) competitions, Activity parties, quiz shows, jack-straws.

- o 'Travelling around the world': It is a 2,5-hour-long team-building, entertaining, show-like game in which players create teams and take part in a tour around the world. They explore continents and travel around the world going to the 10 spots and performing different playful tasks at the end of which the winning team is given an award. The game can be arranged in a hotel or other indoor venue. It is happy, funny, helps building teams. Well-prepared animators instruct players at each spot. Teams are given adventure sheets where they write their scores according to the result achieved at each spot.

- o 'Castle show– includes adventure, risk, fortune and mystery: It is a 1,5-2-hour – long game which motivates participants to co-operate in teams. Programme leaders provide information about the castle full of mysteries at each spot. During the journey players can meet the heroes and former tenants of the castle while looking for the cup of happiness.

o The tasks of the game programme are the following: each task is composed of individual game modules appropriate for team building. These are used in roles relevant to the castle so that the experience could become as imposing as possible. The game is indoor-outdoor compatible and is followed by interesting and funny sound effects and costumes.

o Funny competitions: team puzzles, Activity

o Board games

o Suggested outdoor activities, games:

o tennis, table tennis, basketball, beach volleyball, beach football, surfing a banana, surfing, jet-ski, wakeboard, canoe, archery, mountain bike, horse riding, hiking and cycling tours, kayak-canoeing, aerobics-like trainings

o Buggy Trophy: it is an extreme programme in driving techniques during which competitors can test their aptitude on a special skill course

o Cross go-karting

o Funny sports races

o Climbing walls

o Rock climbing

o Paintball

o Disco

o Mountain tours

o Diving

5.3.2. Animation of 17-24-Year-Old Young Adults

Representatives of this age group have either just started working and as entrants they possess low disposable income, or they still study, supported by their parents and have the minimum amount of disposable income (scholarship) thus we can offer them mostly cost-effective free-time activities. They come to hotels and holiday resorts alone, with friends or girlfriends. The motivations of young adults are very similar to those of adolescents but their sense of responsibility is at higher level. They like outdoor physical activities, sports activities, observing natural environment, games made and pursued indoor, artistic activities, acting, manual workshops and sports games.

Locomotor development of the young age (16/17-20/21 years old) can be characterised by getting stabilised, differentiation as a result of gender differences and the increased activity in moving. When reaching total maturity locomotor advancement and the level of abilities reaches the adult level typical of the population which can be maintained for a long time only if the individual performs regular physical exercises. The main difference of the movement execution of the genders is that boys have movements done by economically, calmly, whereas girls move a lot softer, more gently, gracefully and expressively. While

the differences between genders in conditional abilities are more expressive, the performances of coordination skills can be regarded almost the same.

This age group can be loaded well, as they reached a really high level of their abilities. Their way of moving is coordinated and they have the conditions for pursuing ball games in a successful and joyful way. The length of the activities can be 1,5-2-hor long, yet taking breaks is important in avoiding risks and injuries.

In the moving activity of this age group there is a wide range of ball and sports games. Depending on their number we can find some ball games which can be played with fewer and some played with more participants. These people can pursue the varied forms of several branches of sport as they have acquired very high level of mental and physical skills.

Suggested indoor activities, games:

o They are interested in intellectual sports which can be arranged in case of bad weather or if more people demand it (evening card games, chess or mill competitions) use of the internet, table soccer, snooker, darts, scrabble, jenga, jackstraws.

o Stretching, aerobics, fat burning exercises, step-aerobics, box-aerobics, hip-hop aerobics, water aerobics, training with weight in fitness centres, capoeira

o Gymnastics, water gymnastics, aerobics

o Activity

o Theatre, Operetta

o Gala performances

o Wellness - Fitness programmes

o Disco

o Sports facilities

o Squash

Suggested outdoor activities, games:

o These can be the following: horse riding, archery, hunting, angling, hiking, playing tennis, water sports (surfing, sailing, catamaran, banana water ride, wakeboard, kneeboard, jet ski, canoe), mountain bike, jogging, Nordic walking, golf, beach football, beach volleyball, basketball, badminton, table tennis, mini football, football, archery, diving, water volleyball, water basketball, water polo.

o Sightseeing tours, excursions, boating

o Cultural programmes

o Wine tasting

o Flying fox: it is a really extreme adventure: participants can try different activities on adventure courses built using rope technique solutions. They can slip through a 50-200- metre-long cableway, fixed at both sides, at great height.

- o Vietnamese bridge: similarly to the flying fox, you have to reach the other side by balancing on ropes and climbing on them, with the ropes being fixed.
- o Powered hang-gliding
- o Go-karting
- o Diving
- o Skiing
- o Casino
- o Kayak-canoe
- o Canyon tour

5.3.3. Animation of the 25–60-Year-Old Age Group

Concerning as an age category, the age group of adults is a relatively big one. The people belonging to here have in common that they have reached the top of their abilities, sometimes we can see the signs of stagnation or decline as well. They possess independent disposable income, their free time activities depend on their motivation, range of interest, fitness and health state and the disposable income.

As it can be true for a lot of people, the sports and physical activities which can be offered them depend mostly not on their age but rather their way of life and the physical-fitness state they have.

Adults can be categorised into three groups according to their age features and motivation:

25–35-year olds

They are at the beginning of their career and it is important for them to do their best at the workplace and building their career. They do not think about starting their own families and go to hotels and holiday resorts themselves, without children. They like active, sporty forms of spending free-time. We can recommend the fashionable extreme sports, natural and other sports for youngsters leading an active, sporty way of life as their fitness level is very high and they can be loaded well. They spend their free time actively, moving, pursuing sports. They do not insist on being close to thermal or medicinal waters but prefer the institutions offering swimming and adventure pools. Besides sports services they look for the usage of swimming pools, sauna programmes and slide elements.

For young people looking for entertainment it is not the sports programmes which can mean the main motivation, they arrive mostly not because of the closeness of the water yet their stay can be lengthened by aqua park or sliding park facilities, a sightseeing tour or some other programmes. They are interested in the slide and pool services, social gatherings and evenings with music. Their satisfaction can be further increased by further experience-elements, entertainment programmes, which besides lengthening their stay can be an element of supply to compensate seasonality.

They are usually childless, health-conscious young people, a market segment increasing more and more with the spread of the health-conscious way of life, arriving at a destination not because of the physical activity but in order to take the advantage of beauty treatments and active relaxation. Their consumer habits can be characterised by beauty treatments, bathing services, slide elements, life style programmes, fitness-tests, liquid fasting and sports programmes.

36–45-year olds

They have advanced on the career ladder at their work places, most of them have their own families. They are usually young families with small children, looking for places of accommodation for multi-generations, family and children-friendly services. They find aqua parks, children animation and those programmes important which can extend the entertaining possibilities of children. Their stay can be lengthened by multi-generational programmes. These guests arrive mostly during the summer months.

46–60-year-olds

Children go on holiday themselves, so these couples take part in the programmes offered by the resorts and hotels alone or with their grandchildren, children (three generations together).

Programmes for 25–60-year-old adults

Suggested indoor activities:

- Aerobics, step aerobics, box-aerobics, aqua fitness, callanetics, stretching, conditioning gymnastics, body-shaping, fit-ball, fat burning and shape forming gymnastics, darts, chess and mill competitions, scrabble, Activity parties, duel of couples
- Retro Activity Party: tasks are selected from phenomena of public life, hit songs, advertisements, films and music of the 60-70-80s
- Bowling
- Squash
- Snooker
- Skittling
- Table tennis
- Tennis
- Gymnasium
- Wellness- Fitness departments
- Evening dance parties, programmes
- Graphology, fortune telling

Suggested outdoor activities:

- Floorball, beach football, streetball, beach volleyball, table tennis, foot tennis, badminton, archery, Nordic walking, wall climbing, outdoor giant chess, mini-golf, petanque, skittles, water 'spider' football, water arm wrestling championship, adult Olympics, swimming relays, water ball games, button football championships, table soccer parties, tennis, surfing, sailing, jet-skiing, kayaking, canoeing, hiking, horse riding, horse-drawn carriage rides
- Hot air ballooning
- Sailing
- Horse riding
- Archery
- Golf
- Art galleries
- Theatre
- Visiting museums, sightseeing tours
- Wine tasting programmes- visiting wine cellars
- Handcraft demonstrations and fairs
- Funny competitions and game: playing football with flour, playback show, foot beauty contest, poker face championships, hill rolling, clashing whips, laughing Olympics, water battles, land skiing, team building programmes
- Games of skilfulness and development
- Giant jenga, water race, cup curling, hoop shooting, treasure hunting, logical games, couple duels, Activity, water bomb alarm, stilt run, frisbee for excitement, gold fishes angling.

Age group over 60

People over 60 are pensioners, they can enjoy hotel services almost all year around. However, they come to hotels mostly after the summer high season, they prefer weekdays when hotel surroundings are calmer and more peaceful.

When we grow old, there are several changes in our body. Disintegration process starts, the composition of bones, the quality and strength of muscles turns negative. We can experience the inappropriate operation of senses and internal organs. These problems put us on guard but they are not against moving. Regular physical activity helps to slow down sclerosis processes, disintegration and reduction of muscles i.e. it slows down the symptoms of getting old.

At this age it is very important to move, mostly doing exercises increasing circulation, stretching and relaxing. This age group is less prone to new things, they prefer well-tried programmes and forms of movements. They also like quiz shows and prefer cultural programmes and music evenings.

Old guests requiring rehabilitation

They are the guests taking part in post-operational treatments, suffering from certain diseases. For them peace and quiet is important. They use mostly the different medical treatments offered by the hotel and bath.

Health-conscious old people

They are elderly people who are youthful, are in good health and find it important to look after beauty and preserve it. Besides, they need pleasant environment, active relaxation and high-quality services. They are characterised by the increased demand for travelling and are willing to spend their money. Sports programmes and quiz shows are for them.

The intensity of the programmes organised for this age group must be low, the duration should be either short or medium-length, it is necessary to have longer breaks and have them more often. Load increase can be achieved by lengthening the duration.

Suggested indoor activities:

- Spinal exercises, relaxing gymnastics, callanetics, yoga, autogenic training, games of chess and mill, scrabble, quiz shows on culture, darts, music evening, gastronomical demonstrations.
- Taking the advantage of medical treatments: massage, bath
- Lectures on how to preserve health
- Chess

Suggested outdoor activities:

- Nordic walking, hiking, walking, excursions, cycling, cycling tours, mini golf, bowling, tennis, throwing horse shoes, giant court chess, skittles. Visiting towns
- Golf
- Castel tours, cave tours
- Angling
- Visiting National Parks

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