

Basic Language Guide

This chapter, a short language guide, intends to assist the comprehension of some terms which are used on the training contents in Active Tourism and Nature Interpretation. It is a small compilation of technical vocabulary, based on the existing training modules now on transference.

Alpine skiing – The most popular discipline of skiing. It is practiced at resorts and consists of going up lift systems and gliding down slopes.

Anthropologic – all that reflects the presence of Human being, as in physical terms in its relation with the surrounding, as in its cultural and historical specificity.

Cascade – a steep fall of water from a terrace situated in a riverbed.

Cliff – a vertical piece of rock good for climbing.

Communication – process that involves the exchange of information's with interaction between different persons. It can assume numerous modalities: presence conversation, gestural language, messages sent by electronic systems or written messages.

Conservation – group of measures for the sustainable use of natural and patrimonial resources, biological and cultural diversity preservation.

Cross country skiing – a winter sport popular in many countries with large snowfields, primarily Northern Europe, Canada and Alaska. Cross-country skiing is part of the Nordic skiing sport family and includes techniques such as classic and skate cross country skiing.

Diagnosis – evaluation of an element or person, as well as their groups, considering their composition, behaviour, nature and other own characteristics.

Didactic – technique or behaviour that applies methods and techniques of teaching, aiming the efficient transmission of a message or knowledge.

Educative tour – tour with the objective of learning about the region characteristics'; the natural, archaeological and cultural characteristics can be object of learning.

Environment – term that includes in a general way all the elements and factors that influence directly the existence and behaviour of a living being or specie.

Free climbing – moving up a rock using only hands, feet, and natural holds. Ropes and pro are only used for protection of the climber and not for progression.

GPS (Global Positioning System) – a system of satellites that allows one's position to be calculated with great accuracy by the use of an electronic receiver.

Heritage – this term can be used for natural elements (natural good that given its biodiversity, economic or landscape value deserve to be protected by society), for historical elements (natural or built good with aesthetic, artistic, documental, spiritual or social significant value, that should be protected), or for cultural elements (material or immaterial goods, that are considered of relevant value for the identity and culture of a people).

Hypothermia - a lowering of body core temperature, caused by the body losing heat faster than it is produced. Hypothermia is a threat when water temperatures are below 16°C or air temperatures are below 10° C.

Interpretation – act of simultaneous or consecutive communication, verbal or not verbal between 2 persons or between persons and natural, patrimonial or cultural elements, aiming the comprehension of a message.

Landscape – a complex and dynamic space system, originated by the interaction of natural and cultural factors, determined by ecology, social, cultural and economic factors.

Message – it's the communication object in which, depending on the context, can be applied both to the information content as to the presentation form, requiring a transmitter, a receiver and a communication channel.

Museology – knowledge area focused on the administration, maintenance, exposition organization in museums, actually with a frequent application of information and communication technologies', incorporated to transmit the contents in an efficient and pleasant way.

Nature protection – a set of actions and measures that maintain and protect the natural environment.

Rafting – sport modality that consists of descending a river on a craft or rubber dinghy using paddles or oars to direct it round obstacles, always avoiding capsizing the craft or causing any member to fall into the water.

Rural mean – by opposition to the urban area, can be defined as all region in which dominate the stockbreeding, agriculture, forest and environmental conservation activities, having low population densities.

Tourist mountain walk – when the walking trail is on mountainous terrain but does not require great experience or excellent physical condition to attempt it.

Touring Bicycle – a touring bicycle is designed for comfort, durability, efficiency and, in most cases, load-carrying capacity.

Treks – long distance walks with need to overnight stay.

Walking – activity that consists of travelling distances by foot.

Walking route – route used for walkers. Routes can have signs, on natural elements, such as rocks, that guide the walker along the path.

Waterfall – a terrace-type rapid, where the terrace is not vertical. A waterfall is from its nature an in-between form of rapid and cascade

White-water – moving water whose surface becomes turbulent or frothy either by passing over rocks, through a narrow river channel, or down a steeper gradient.

Natural routes – narrow roads that evolve on natural environment, from plain areas to mountains and forests, without major cleaning or conservation works.

Symbol – designates a representative element that can be both an object as a concept, having a certain quantity or quality, being also an essential element in the communication process.

Sustainability – concept related with the continuity of social, cultural, economical and environmental functions' of the Human society, in a way that are supplied the actual needs, at the same time preserving biodiversity and ecosystems, keeping those functions indefinitely.