

DOPUNSKI ODMOR RADNIKA

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UGROŽENA RADNA MESTA

- ⌘ Fizički naporno
- ⌘ statičko opterećenje
- ⌘ povećana pažnja - odgovornost
- ⌘ izložen stresu
- ⌘ buka - temperatura - aerozagadenja
- ⌘ opasno po život...

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ŠTETNI UTICAJI

Nefiziološki uslovi rada

- ⌘ prekovremeni rad
- ⌘ prekomerni intezitet
- ⌘ neracionalni režim
- ⌘ prisilni položaj tela
- ⌘ glive - paraziti . Mikrobi
- ⌘ ventilacija - osvetljenje

- ⌘ Temperatura
- ⌘ vlažnost
- ⌘ jonizacija
- ⌘ ultravioletno
- ⌘ buka
- ⌘ vibracije
- ⌘ otvoren prostor
- ⌘ pritisak

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PROFESIONALNA OBOLJENJA

- ⌘ Kesonska
- ⌘ vibraciona
- ⌘ rudari
- ⌘ hemikalije
- ⌘ radiologija
- ⌘ poljoprivreda

BENEFICIRANI RAD

- ⌘ železnica
- ⌘ rudari
- ⌘ milicija
- ⌘ vatrogasci
- ⌘ vojna lica
- ⌘ daktilografi

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Dom ZDRAVLJA ili BOLESNIH

Radni ljudi, u prelaznom stanju od dobrog zdravlja prema obolenjima (ako su ugroženi) nemaju kome da se obrate, jer da bi ih zdravstvene ustanove prihvatile, oni treba da su bolesni, tj. Da kod njih izraženo postoje klinički simptomi bolesti

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PREVENTIVA

⌘ **Zdravstvo se zaklinje u preventivu ali se i dalje radije bavi "kurativom"**

⌘ **Nije regulisano osvežavanje - jačanje organizma - pobuđivanje sopstvenih resursa u suprotstavljanju štetnim uticajima**

PRODUŽITI MLADOST

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POČETAK

⌘ 1968 Jedna grupa od 70 radnika

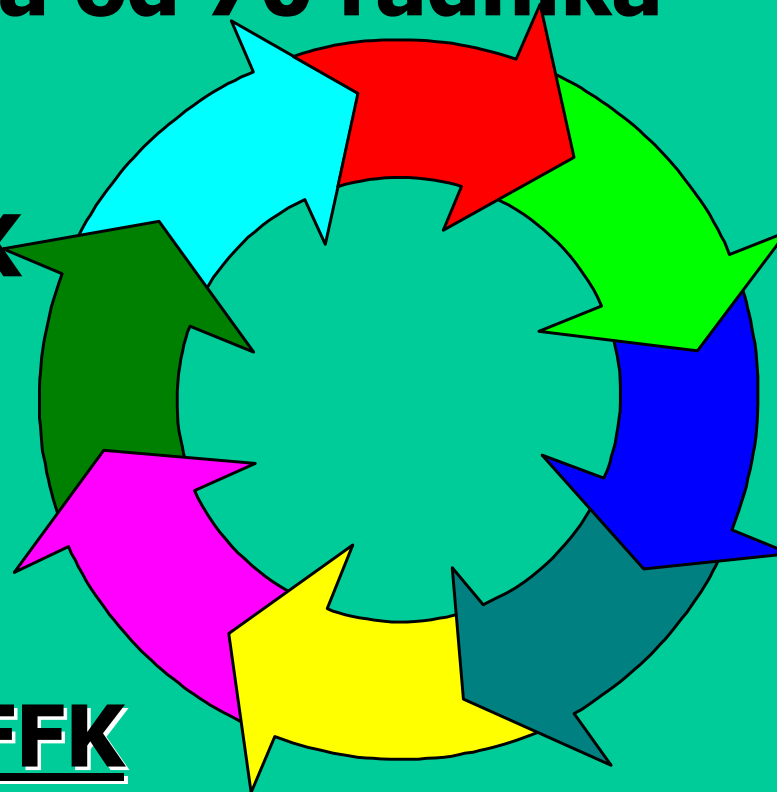
⌘ Tara

⌘ dva studenta FFK

⌘ torba rekvizita

⌘ puno dobre volje

⌘ GVSS Beograd i FFK



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RAZVOJ

**1971-74 devetodnevna rekreacija 14 grupa
1097 radnika iz 120 OUR**

**1974 u Srbiji oko 10.000 radnika 7-10 dana
1980 oko 30.000 radnika godišnje**

**1998 GVSSBgd šalje oko 9.000 radnika
preko REKREATURSA 105.000 pansion dana**

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OSNOVNA IDEJA

- ⌘ Ne več bolesni-nego iscrpljeni
- ⌘ sačuvati radnu sposobnost
- ⌘ produžiti "mladost"
- ⌘ svojevrsna nagrada

- ⌘ programirani aktivni odmor
- ⌘ preventivno dejstvo kretanja na organizam

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ZADACI

ZDRAVLJE

održati i unaprediti korišćenje prirodnih resursa

ZNANJE

o korisnim efektima redovnog vežbanja

učenje pojedinih aktivnosti

za pravilno korišćenje slobodnog vremena

ZABAVA

optimizam, raspoloženje, druženje,

komunikacija

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KRITERIJUMI ZA IZBOR

- ⌘ **Ugroženo radno mesto**
- ⌘ **umoran - iscrpljen**
- ⌘ **psihočka naprezanja**
- ⌘ **slabijeg zdravlja - češće oboleva**
- ⌘ **dobar radnik**
- ⌘ **pred penziju**
- ⌘ **prvelika - premala telesna masa**

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TURISTIČKI CENTRI

1.

BANJE

- ⌘ Vrnjačka
- ⌘ Mataruška
- ⌘ Kuršumlijska
- ⌘ Vrdnik
- ⌘ Vrujci
- ⌘ Soko...

PLANINE

- ⌘ Tara
- ⌘ Zlatar
- ⌘ Divčibare
- ⌘ Kopaonik
- ⌘ Zlatibor
- ⌘ Golija...

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centri 2.

JEZERA

⌘ Srebrno

⌘ Borsko

⌘ Radojinjsko

⌘ Perućac

⌘ Trešnja

MORE

⌘ Rovinj

⌘ Čanj

⌘ Bečići

⌘ Bar

⌘ Sutomore

⌘ Bjela

⌘ Ploče

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Informisanje i priprema



⌘ **GVSSSS Beograda**

⌘ **Opštinski sindikat**

⌘ **Radna
organizacija**

⌘ **Prijava**

⌘ **Uplata**

⌘ **Oprema**

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PREVOZ

⌘ evidencija

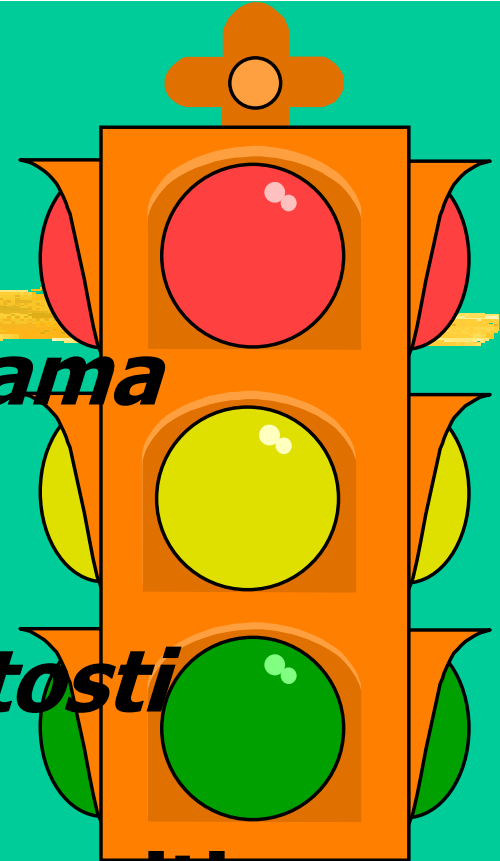
⌘ **PREDSTAVLJANJE** *sebe i programa*

⌘ **turističke informacije**

☑ *kulturno-istorijske znamenitosti*

⌘ **aktivnosti i sadržaji koji će popraviti komunikaciju u grupi (ljudi se ne poznaju međusobno)**

☑ *igre - pitalice - vicevi*



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DNEVNA ŠEMA

7,15 buđenje

7,30 pozdrav suncu

8 *doručak*

9,30-11,30 **REKREACIJA**

13 *ručak*

odmor

16-18 **REKREACIJA**

19 *večera*

20 **VEČERNJI ZABAVNI PROGRAM**

22,45 **ozon šetnja**

23 **spavanje**

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JUTARNJE VEŽBANJE

Pozdrav suncu

Jutrenje

Gimnastičenje

Futing



- istežanje
- kičmeni stub
- hodanje
- trčkaranje

UVEK NOVO MESTO

UVEK ISTO MESTO

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REKREACIJA - *pre podne*

⌘ šetnja - upoznavanje
okoline

⌘ izlet: pešice - BUS - brod

⌘ pešačenje



NARODNA NADMETANJA

preciznosti

skakanja

bacanja

asocijacije

pitalice

pričalice

vicevi

procena daljine
vremena

STAZA
ZDRAVLJA

ORIENTACIONA IGRA

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REKREACIJA - popodne

REKREACIJA PO IZBORU KORISNIKA

⌘ modifikovane igre

☑ *odbojka*

☑ *fudbal*

☑ *košarka ...*

TURNIRI

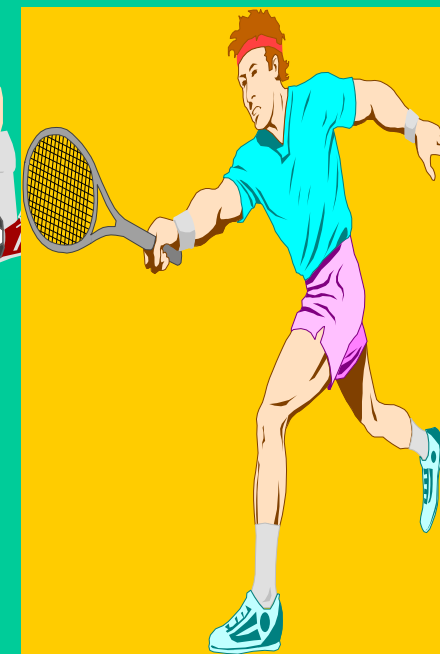
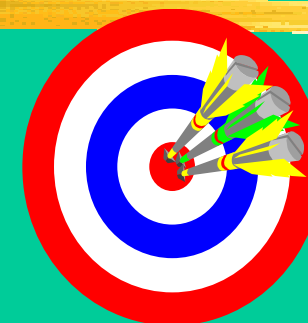
pikado - balote -

stoni tenis - badminton

odbojka - fudbal - koš...

trice - penali-golmandžije

žene protiv muškaraca



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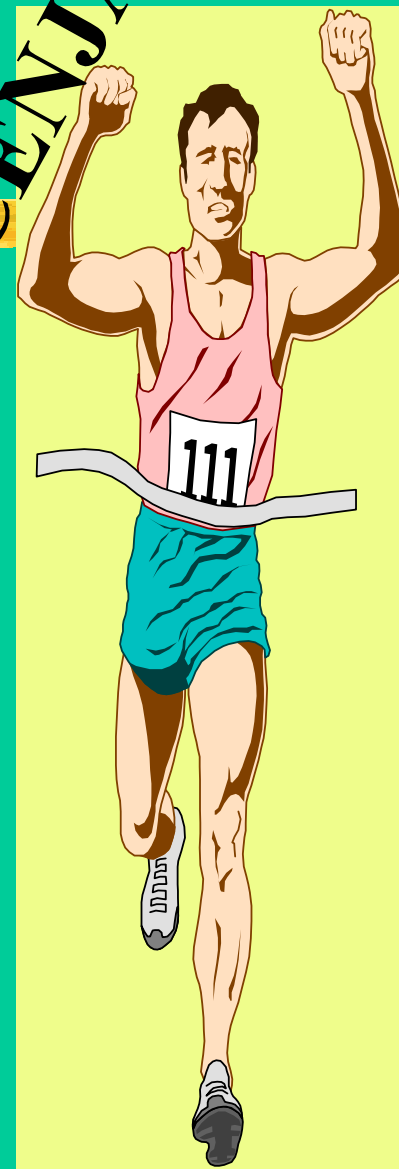
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TURNIR

- ⌘ raspis
+ propozicije
- ⌘ prijave
- ⌘ žrebanje
- ⌘ šema takmičenja
- ⌘ suđenje +
zapisnik
- ⌘ rezultati
- ⌘ diplome

NEMA MALIH TAKMIČENJA



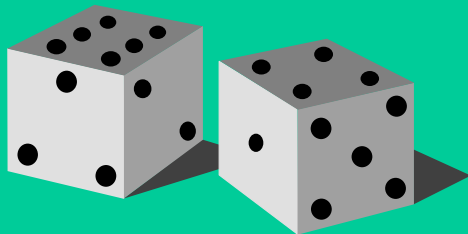
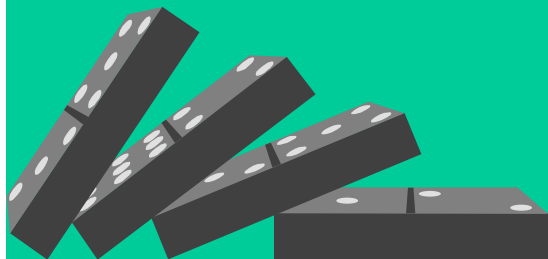
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KONTAKT KLUB

DRUŠTVENE IGRE



⌘ šah - karte - domine

⌘ asocijacije

⌘ pantomime

⌘ pričalice

⌘ vicevi

⌘ tajanstvene priče

⌘ ŠBB KBB

PRILIKA ZA UPOZNAVANJE

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WORLDWIDE PROGRAM

TALENT SHOW

KLADIM SE

IZBOR: Mis, Mister, prvi glas...

PLESNO VEČE

MASKENBAL

HEPENING



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Bila je igranka

Orijentaciona igra

Smo kaži

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