

ABSTRACT

This paper presents an experimental research, conducted in the 2016-2017 schoolyear, by ten 5th grade pupils from "Iacob and Ioachim Mureșanu" Gymnasium in Rebrișoara, Bistrița-Năsăud County, Romania. Hypothesis: if the 5th grade pupils study the Gersa Valley landscapes directly, following a study guide, through school field trips and hikings, they will achieve good quality Geography skills. The experiment had three stages: the initial test, the learning activities and the final test. By direct observation of the landscapes and guided by the teachers' questions, the pupils discovered and deeply understood the way that a landscape functions and all the connections between its components.

Keywords: *extracurricular activities, study guide, gymnasium, specific competences, field activities*