



O-RINGEN 2023 ACADEMY

Bulletin nr. 1

Park World Tour organisation, in cooperation with the International Orienteering Federation and O-Ringen are pleased to invite you to participate in the annual O-Ringen Academy, which will be held in connection with the O-Ringen competition in Åre, Sweden.

Goals and participation

The Academy provides a unique opportunity for orienteering federations and interested individuals to work on developing the sport in their home countries. The idea behind O-Ringen Academy is, through the transfer of knowledge and experience, to develop individual competency to be able to promote, organize and teach orienteering and at the same time participate in the world's greatest orienteering event, O-Ringen.

O-Ringen Academy is primarily intended for participants from new and developing orienteering countries, where there is a need to quickly learn the skills and routines required to organize orienteering events.

The Academy can help you in different areas of your orienteering interest. It is useful if:

-> You are a beginner orienteer

The focus here is on the basics of orienteering: to understand map, the use of the compass, the competition procedure (how to register, procedure for clear, start, finish...)

-> You wish to improve your orienteering skills

You already know the basics, but you wish to deepen your knowledge about

- 1) Planning of training
- 2) Event evaluation
- 3) Theoretical training

-> You wish to introduce orienteering in your country

Either you are a private, or a PE teacher, or an orienteering lover, we can give you all the suggestions according to our experience with different countries and different system to allow you starting orienteering

-> You are an orienteering coach and you want to improve your skills

You can learn new training exercises and motivational skills, technical skills and theoretical preparation

Entry fee

Price for O-Ringen ACADEMY 2023 will be 8.000.-SEK (20th July – 29th July 2023)

This price includes:

- 9 nights in Åre 2-4 persons/room. Single room is possible for approx. 2000 SEK extra.
- 9 days full board from Thursday evening to Saturday morning.



- All transportations after your arrival in Åre
- 3 special trainings during the days before O-Ringen 5-days starts
- All runners will be followed by our instructors (analysis after every training – event)
- 2 special lectures by “Orienteering Stars/Coaches”
- Special Academy T-Shirt

Entry fee for O-Ringen 5-days is NOT included and depends on which category/age-class you will enter.

Latest deadline for O-Ringen Academy: 30th April 2023

Payment deadline for O-Ringen Academy: 1st May 2023

Payment account:

IBAN: CZ28 0100 0001 2324 6577 0207

BIC / SWIFT: KOMBCZPPXXX

Bank: Komerční Banka a.s.

Bank Address: Na Příkopě 33 cp.969, 114 07 Praha 1, Czech Republic

Recipient:

Park World Tour

Källans Väg 1

29165 Kristianstad

Sweden

Please use YOUR NAME/O-Ringen 2023 Academy as the payment reference/message.

Please let us know if you need Visa to visit Sweden! We can do it after we receive your payment

Attention! To register to O-Ringen 5 Days you have 2 possibilities:

1. Register **on your own** directly online through O-Ringen website (if you enter to ELITE classes, please inform us about it) – Best choice for you!
2. Register **through our Academy**. We will enter you to O-Ringen 5 days. **Invoice will be sent to you.**

Application for SCHOLARSHIP

The IOF Global Development Commission will support the participation in O-Ringen Academy 2023 with about 3000 Euro in form of scholarship. It is possible to apply for scholarship if you fulfill these basic conditions:

- You are from an orienteering developing country or a country which is still NOT a member of the IOF
- You work actively with orienteering development in your country (especially with young people)



Accommodation (address):

Accommodation will be in Youth hostel or cottages recommended by organizers.
More information will be send to entered people later.

How to get to O-Ringen 2023 by flight:

1. International Airport STOCKHOLM – ARLANDA – ARN: 580km, 7h driving
2. International Airport TRONDHEIM (Norway): 135km, 2h driving **(suggested option)**

How to get to Åre:

By train: Stockholm airport – Åre: 7 hours by SJ train (www.sj.se)

By car from Stockholm-Arlanda: 580km 7 hours by car

By car from Trondheim airport: 135km 2 hours **(suggested option)**

Please inform us about you travelling planes. We can help, if possible.

Program and Practical arrangements:

O-Ringen Academy 2023 will start on Thursday July 20th and end Saturday July 29th.

Preliminary program: (A detailed program will be sent out when all entries are received)

July 20th Arrival, check-in at accommodations (possible short training)

July 21 – 22 Lectures and orienteering training

July 23 – 28 Participation in the O-Ringen competition, evening lectures

July 29th Departure

Contact persons:

O-Ringen Academy responsible: Jaroslav Kacmarcik, IOF GDC jkpwt@hotmail.com

Park World Tour Academy: Giulia Zenere info@parkworldtour.org