



## O-RINGEN 2019 ACADEMY

### Bulletin nr. 1

The organizers of O-Ringen Kolmården 2019 together with PWT Travel, in cooperation with the International Orienteering Federation, 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 Kolmården, 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.

However, we also welcome participants from established orienteering nations who want to increase their base of knowledge. **This year we also hope to get more first step young runners in ages 15-20.**

#### O-Ringen Academy

In order to develop the Academy even further we are now offering education on different levels, Beginner and Advanced. This gives you the opportunity to come back to Academy and learn something new each time.

#### Level 1 – Beginner

What is required in order to start up orienteering in your country?

The focus here is on the three base areas (all participants undergo the same program):

- 1) Map drawing
- 2) Organization – training and simple competitions
- 3) Beginners orienteering – coaching beginners

#### Level 2 – Young runners

Open for all: beginners or elite runners

#### Level 3 – Advanced

What is required in order to further develop orienteering in your country, in specific areas?

The focus here is on the three base areas (all participants undergo the same program):

- 1) Map drawing
- 2) Organization – larger orienteering events
- 3) Advanced orienteering – coaching juniors and seniors

#### Entry fee

Price for O-Ringen ACADEMY 2019 will be 7.500.-SEK (19 – 28 July 2019)

In this price the following is included:



- 9 nights in Marieborg 2 persons/room. Singleroom is possible for approx. 2000,-SEK extra.
- 9 days included full board from Thursday evening to Saturday morning.
- All transportations (after arriving in Norrköping)
- 4 special trainings during the days before O-Ringen 5-days starts
- All runners will be followed by our instructors (analyzes 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. We also give discount on the entry-fees for the first entries! Contact us for information.

**Academy Entry fee should be payed latest 15. May 2019 to account :**

Bank : Handelsbanken

IBAN : SE0760000000000861051858

BIC : HANDSESS

Name : PWT Sweden ; Akerovagen 68 ; 79333 Leksand ; Sweden

After we receive your payment, we will send you invitation letter for Visa purpose. Please let us know if you need Visa to visit Sweden!

Attention!! To make ENTRY to O-Ringen you have 2 possibilities :

1. Directly via ONLINE entry to O-Ringen to your class ( if you entering to ELITE classes, please inform us about it )
2. Through our ACADEMY ; we need to know, what class you wish to run . We will enter you to O-Ringen 5 days

**Accommodation ( address ) :**

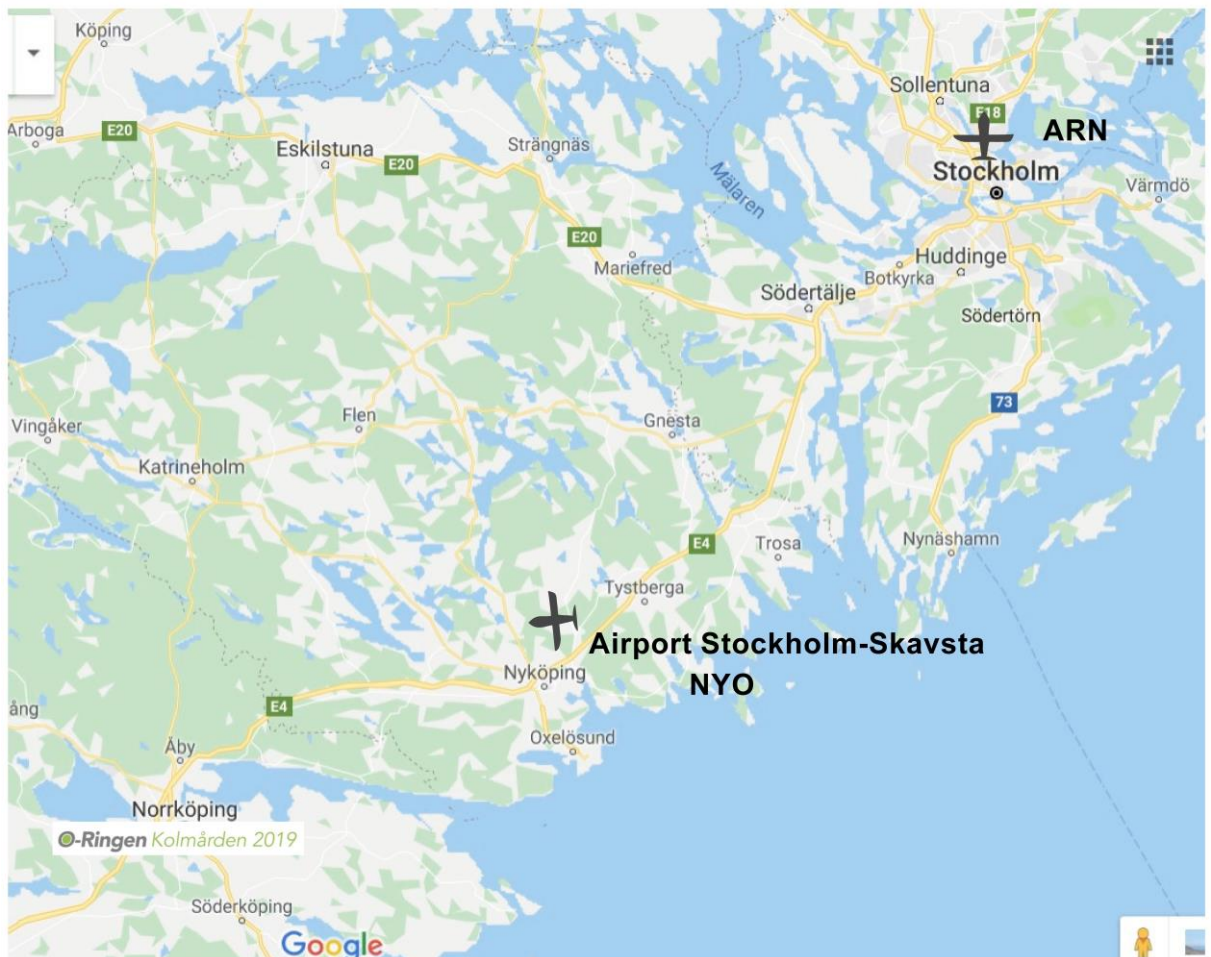
Marieborgsvägen 16  
602 23 Norrköping  
Web: Marieborg.net

**O-Ringen**



How to get to O-Ringen 2019 by AIR :

1. International airport STOCKHOLM – ARLANDA - ARN
2. International airport Stockholm Skavsta ( Nyköping ) - NYO  
( Ryanair airport )





### How to get to Norrköping :

From Stockholm :

By train :

Stockholm airport – Norrköping ( 2 hours by express train ) NEEDS PRE-BOOKING !!

By car :

160km - 2 hours

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

### Program and Practical arrangements

O-Ringen Academy 2019 will start on Friday July 19th and ends Saturday July 28th.

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

July 18 Arrival, move into accommodations ( possible short training )

July 20 – 21 Lectures and orienteering training

**O-Ringen**



July 22 – 27 Participation in the O-Ringen competition, evening lectures  
July 28 Departure

Contact persons:

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