

Orienteering

An adventure sport in nature



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Jugend in Aktion
Österreichische Agentur



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EU.INFO

What is orienteering?

- Combination from running and navigating with map
- A sport for any age, from old to young.



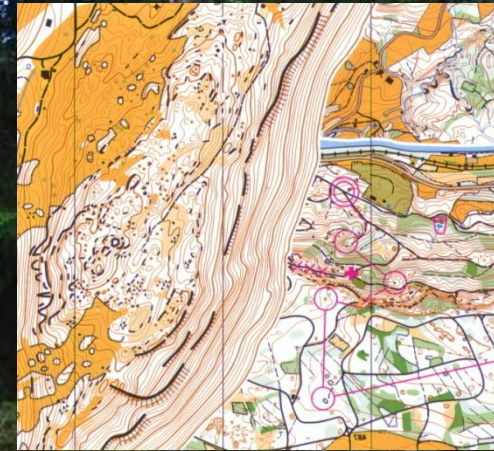
Equipment

compass

map



control description



SI - chip

Kategorie Bahnlänge Steigung				
H	21 k		4.6 km	145m
1	70	mm	3	
2	72			
3	38	⊗	25	○
4	49		1.5	○
5	31	∧		
6	5K	←	→	
7	GO	⚡	×	/

○ — 350 m — → ○



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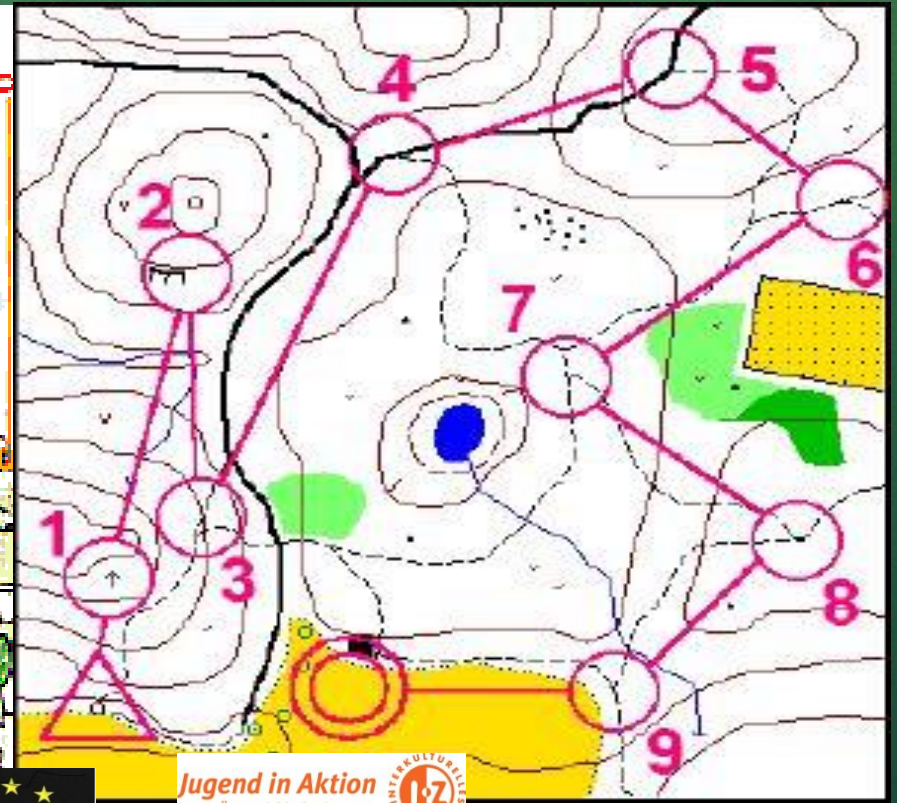
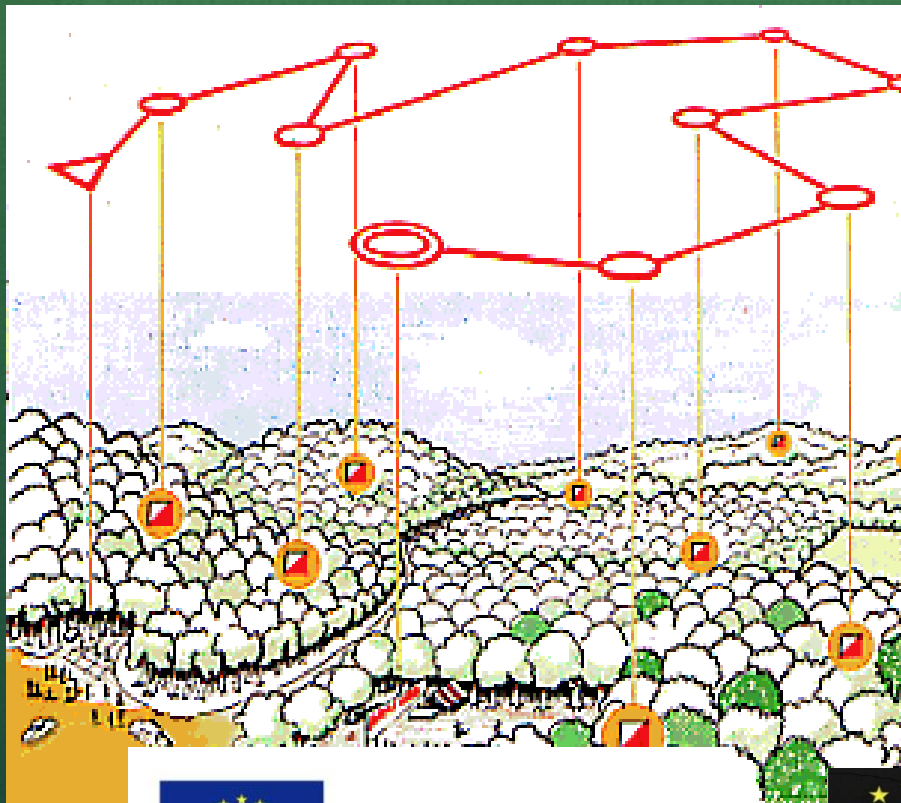


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- An orienteering course shown from over the terrain....

- ...and the corresponding map



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TYPES OF ORIENTEERING



Kartenkonsulent
Hanspeter Cewald

- The most common form of orienteering is foot-orienteering (foot-o)



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Other forms of orienteering

Mountainbike -orienteering (MTB-O)



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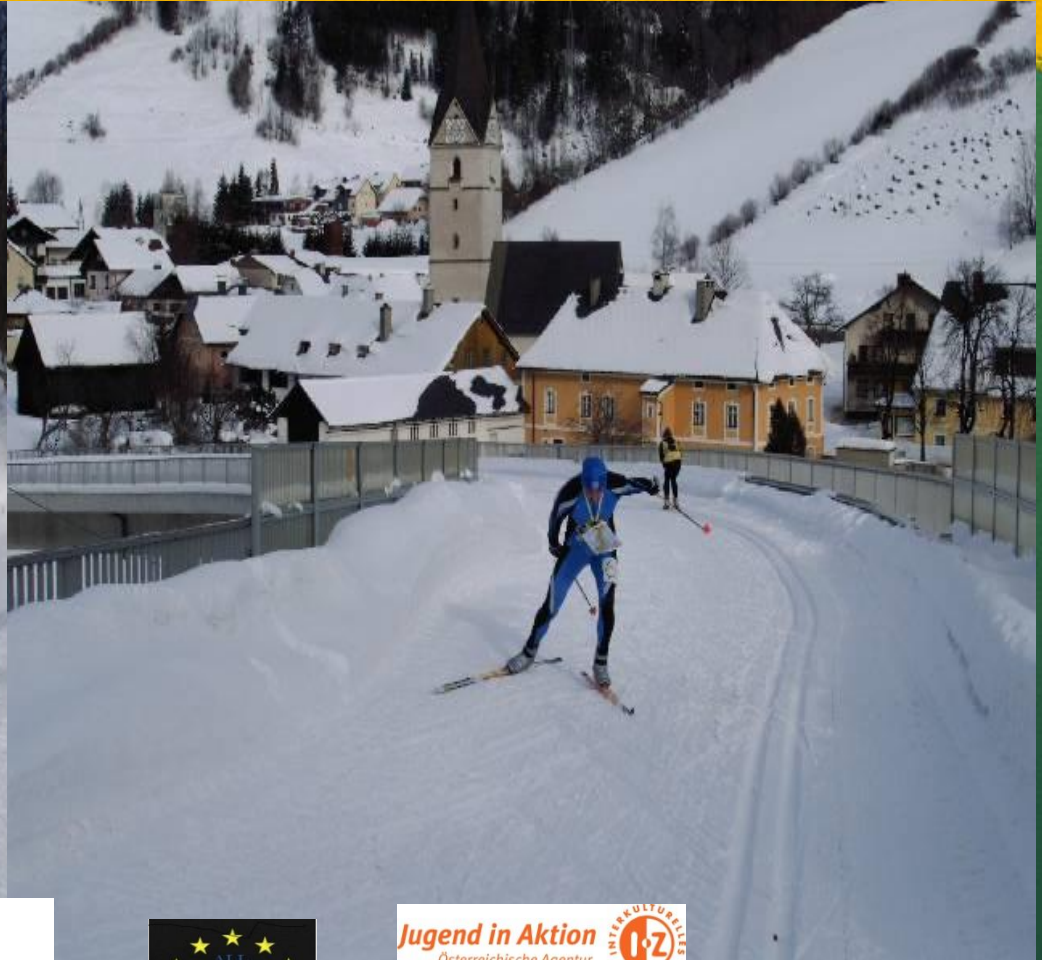


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Ski- orienteering (Ski-O)



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What's the distance of an orienteering-course?

- The course lengths depend on the category and the discipline. (sprint, middle, (ultra)long)
Winner times range from 12 minutes (sprint) to 2 hours (ultralong)



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History

- This sport was born in the scandinavian forest.
- In 1919, the first orienteering competition was held in Stockholm with about 200 participants.
- In Middle-Europe the sport came up in the last 50 years.
- Orienteering is known in more than 100 countries..
- In Scandinavia there are competitions with more than 30 000 participants.



How to promote Orienteering ?

- Promovideo
- TV
- Social Network/ Internet
- Promoevents
- City Sprints
- Presentation (including O-memory)
- Communication





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Michael

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Chris

