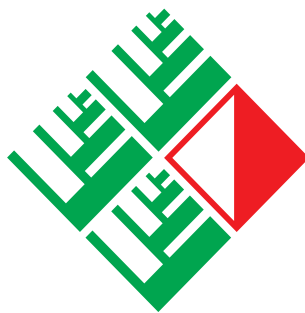


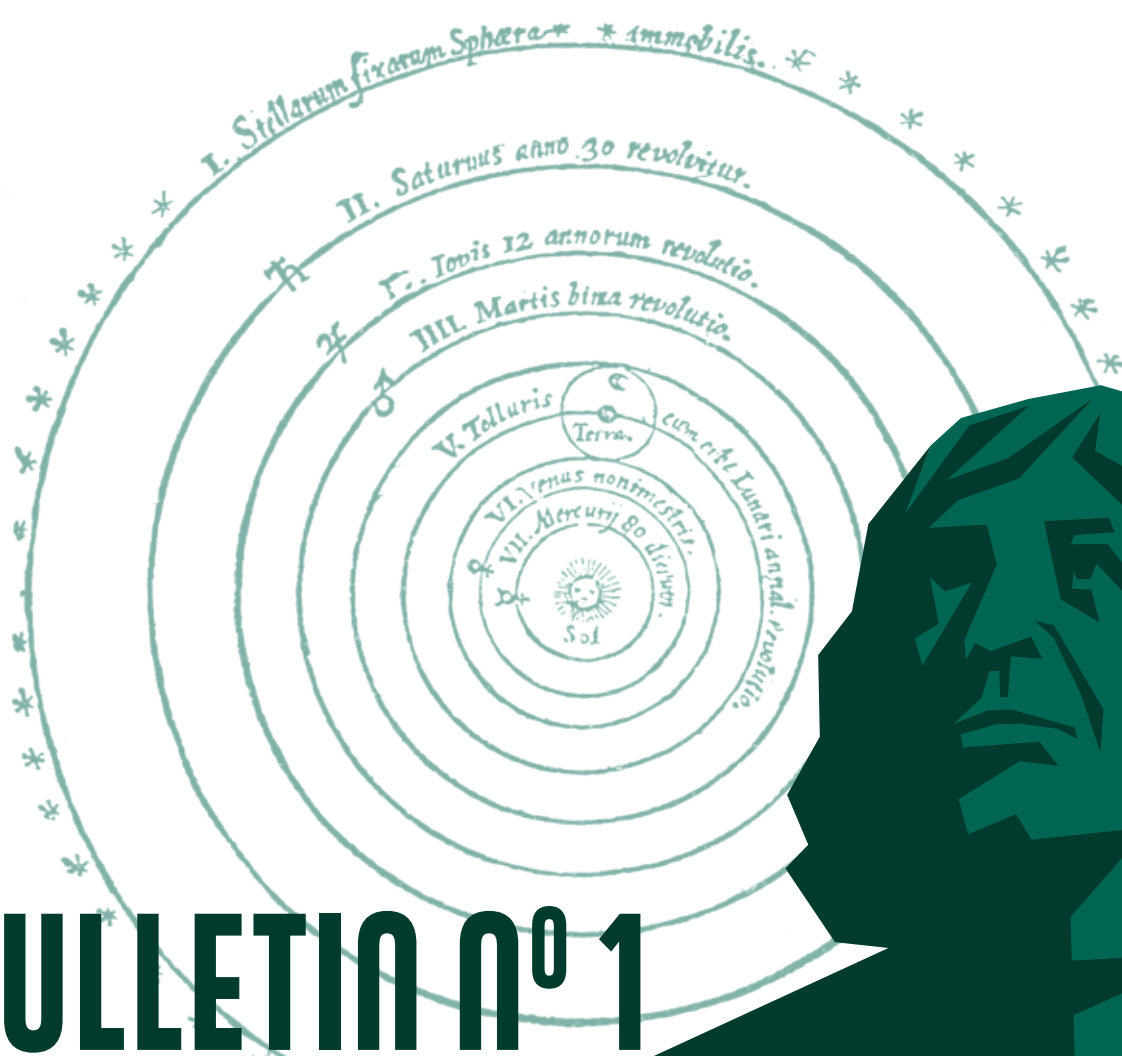
EFOL 2024

OLSZTYN - POLAND



30th European Foresters Orienteering Championship
10th-15th August 2024

FOLLOW IN COPERNICUS' FOOTSTEPS



BULLETIN N° 1

efol2024.pl

More about EFOL organization and past events: www.efol.eu

GENERAL INFORMATION:

ORGANIZERS

The Sport and Nature Foundation

The Polish foresters' Orienteering Comitee

Association of Foresters and Wood Technologist

Regional Directorate of the State Forests in Olsztyn

ORGANISING COMITEE

Włodzimierz Protasiewicz

Sebastian Smoluk

COURSE SETTER

Sprint, Middle, Model, Relay: Jerzy Porzycz

CARTOGRAPHERS

Sprint, Model, Relay: Piotr Sierzputowski

Middle: Bogdan Lech

CONTACT

efol2024@olsztyn.lasy.gov.pl

MEDIA PARTNERS

Głos Lasu, Las Polski, Radio Olsztyn



Lasy Państwowe





Dear friends of EFOL.

30 years have passed incredibly quickly since August 1994 with EFOL's first president, Mr. Leif Strömquist's perseverance, faith and charisma led to the first EFOL in Latvia. It is significant that the military of the Soviet occupation left this land only a month later. EFOL is a way of practically implementing staple European values - democracy, freedom, mutual respect. Unfortunately, Europe is no longer a peaceful part of the World and have to face the threat of dictatorship, brutality and war. Let us help these values prevail, and may all of Europe enjoy peace for decades to come.

During this period of time, European foresters and families have strengthened the economies of European countries, created sustainable and productive forests for next generations, and have not only welcomed and cared for their children, but also for also their grandchildren. EFOL is a time-tested way of strengthening professional knowledge and experience, as well as your and your family's health. Let us thank all EFOL team captains, who have the heaviest of duties in doing the local work. Also a special thanks to each year's EFOL organization teams and their inspiring leaders. This year, at the anniversary event, on behalf of the International Committee of EFOL I express my gratitude to the Polish state forest company Lasy Państwowe and personally to Mr. Włodzimierz Protasiewicz. EFOL has been possible because of the tireless work of numerous people - many have done it and many, many more people will come to EFOL, dedicate themselves tirelessly and be relish the outcome.

European foresters, all - people working in forest and woodworking industry companies, retired former employees, scientists and teachers, students and pupils from the forest environmental sector, forest owners and their family members - are invited to celebrate EFOL's 30th anniversary in 2024 in Olsztyn, Poland. I invite large teams to come and wish us a lot of fun this summer, as well as peace. May the words of the EFOL anthem, which we sing together make us strong and happy: „maps, compass, friends and sunny days!”

Mārtiņš Gaigals, EFOL's board president



The Sport and Nature Foundation (The Polish Foresters' Orienteering Committee), was established in response to the needs of the forestry community, interested in orienteering. Our main objective is promoting outdoor activities and contact with nature. We have established the standard for the Polish Foresters' Orienteering Championships, which have been held since 1998. We pay special attention to the Polish Foresters' Team participating in the EFOL, especially the youth from forestry schools. In our efforts, we collaborate with State Forests units, the Bureau of Forest Management and Geodesy, The Polish Foresters' Union and the Association of Foresters and Wood Technologist.

I personally chaired the Organizing Team of the 10th EFOL in 2003 in Białystok and initiated the organization process of the 20th EFOL in 2013 in Wejherowo. I also have the honor of participating in the preparation of this year's 30th EFOL in Olsztyn.

Together with the Organizing Team, we eagerly await your presence in Poland. Our goal is to bring you numerous positive experiences, both during the sports competition and the accompanying program.

*Włodzimierz Protasiewicz – President of The Sport and Nature Foundation
(The Polish Foresters' Orienteering Committee).*



Dear Sir/Madam,

I am extremely pleased that the 30th Jubilee European Foresters' Orienteering Championships are taking place in Poland in the year when State Forests are celebrating their 100th anniversary. There is no doubt that the forest is the best and most natural arena for us foresters and related industries to meet. Orienteering seems to be an obvious sport practiced by foresters. It is not only an opportunity to improve navigation in terrain and train the body and mind, but also an excellent way to utilize the non-productive functions of the forest. It is a chance to show society how to benefit from the blessings of the forest. It is the social function of forests that allows people to spend leisure time in the bosom of nature. Let me inform you that we, the foresters, have provided and maintained over 20,000 km of hiking trails, nearly 4000 km of cycling trails, about 3200 forest parking lots, and over 600 camping sites. The European Foresters' Orienteering Championships are an excellent form of promoting activity

in the forest. I wish all participants of the competition that this year's jubilee edition of the race will be an opportunity for meetings, integration in the spirit of sports competition, and strengthening the bonds of professionals from all over Europe. May the weather reveal the entire beauty of the Warmian forests. Good luck!

Yours faithfully,

Witold Koss, Director General of State Forests



Dear Sir/Madam,

It is a great pleasure to invite you to the 30th European Foresters Orienteering Championship, which are to be held August 10th to 15th, 2024. This time, we gather in Olsztyn, the picturesque capital of Warmia. On behalf of the foresters of Olsztyn, I encourage you to participate in this prestigious event. Orienteering is not only an excellent way to test your skills in the field but also an opportunity to establish contacts with foresters from all over Europe. It is also an excellent opportunity to familiarize yourself with the Polish forest management model. Over 70 percent of forests here are owned and managed by State Forests – including the Regional Directorate of State Forests in Olsztyn.

Details about the championships, including the event schedule and registration rules, can be found in this bulletin. However, I can already reveal that participants will compete in three exceptional locations in the Kudypy and Olsztyn Forest Districts, and on the University of Warmia and Mazury campus in Olsztyn. I hope you will have the opportunity to join us during these exceptional competitions. Olsztyn warmly welcomes all orienteering enthusiasts!

Adam Czajkowski, Director of the Regional Directorate of State Forests in Olsztyn

LOCATION



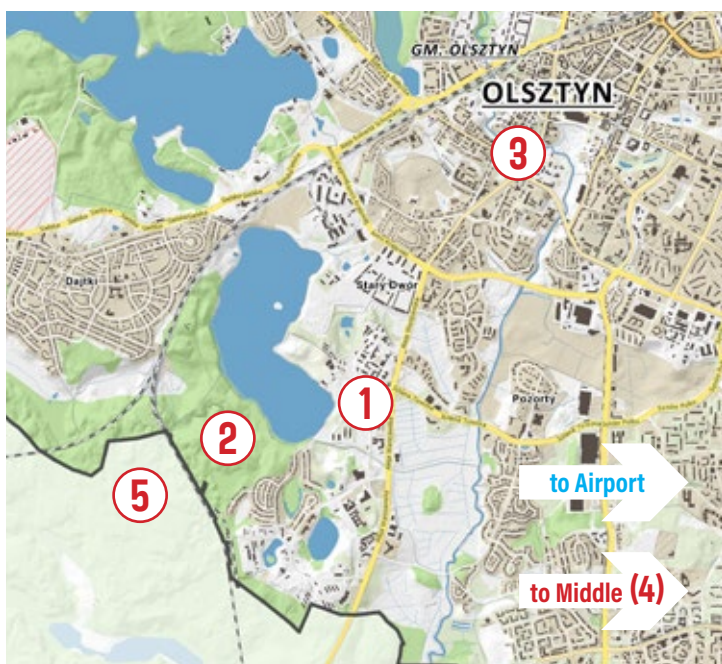
The city hosting this year's championships is Olsztyn – the capital of the Warmia and Masuria region. This picturesque region of Poland is known as the land of a thousand lakes, although in reality, there are over 2.6 thousand lakes. Participants will have the opportunity to explore diverse, undulating terrain that was shaped by glaciers. Leaving northern Poland 11 thousand years ago, the glacier left not only post-glacial lakes and a network of rivers but also moraine hills and other landforms. The competition center and all races are located near Olsztyn – the main city of the region, inhabited by over 170,000 people.

The city's history dates back to the 14th century and is as complex as the history of these lands. Here are a crossroads of various cultural, ethnic, and religious influences. The city's location amid forests and lakes makes it a fantastic place to organize competitions.

On the one hand, there is good transportation, a beautiful Old Town, and accommodation options, and on the other hand, the proximity to nature. We hope that you will have wonderful moments here during the European Forestry Orienteering Championships (EFOL) 2024.

PROGRAMME (SHORT VERSION)

The map below shows the most important locations during our event.



Date	What's going on?	Where?
Sat. / 10.08	arrival and registration	1
Sun. / 11.08	model event / forestry evening	2 / 1
Mon. / 12.08	sprint / opening ceremony	1 / 3
Tue. / 13.08	middle competition / banquet	4 / 1
Wed. / 14.08	excursions / annual board meeting	-
Thu. / 15.08	relay / closing ceremony	5



1. Kortowo

Registration, starter pack pickup, sprint race. Recommended accommodation facility. Banquet and forestry evening.

Kortowo, University of Warmia and Mazury campus

Geographic coordinates: 53.7508 N, 20.4585 E A

Address: ul. B. Dybowskiego 11, 10-719 Olsztyn

Kortowo is a district of the Olsztyn city, and at the same time university campus, which feels like it has been lifted straight from an American movie. It is a “city within a city,” with its own restaurants, shops, service points, clubs, and sports infrastructure. In terms of its location and spatial arrangement, it is a unique facility on a national scale. Its character is defined by buildings mostly dating back to the 19th century, expansive spaces, and the proximity to nature – a park and a lake.

Registration, starter pack pickup, and the lecture session on Sunday, August 11, will take place at the Conference and Training Center of the University of Warmia and Masury in Olsztyn.

2. Kortowo Las

Model event

Geographic coordinates: 53.7521 N, 20.44941 E

Address: ul. Słoneczna (between nr 14 i 16), 10-710 Olsztyn

The Kortowo Las is a charming forest location situated right next to the university campus. To the north, the complex borders Kortowskie Lake – a summer retreat for students and residents of Olsztyn. The diverse terrain, forest, and picturesque stream flowing through it into the lake attract outdoor enthusiasts. Almost all native tree species can be found here, including ash, elm, and sycamore maple. Due to its great recreational potential and proximity to residential areas, this area has been classified as “Forests with Increased Social Function”. Forestry in this area is intended to serve social functions, with timber harvesting limited to what is necessary for safety and forest sustainability. The area is popular among Olsztyn residents, who use it as a place for walks.



3. Old Town

Opening Ceremony, Athletes' Parade,
Award ceremony for sprint race winners.

Geographic coordinates: 53.7774 N, 20.4776 E

Address: ul. Staromiejska 1, 10-017 Olsztyn

3



The Old Town of Olsztyn, surrounded on two sides by the Łyna River valley, is not large but incredibly charming. Natural obstacles provided by the river, complemented by an artificially dug moat acted as the preliminary lines of defense. Remnants of city walls, the old Town Hall, the Castle, and the characteristic High Gate are Olsztyn's oldest buildings dating back to the 14th century. The Old Town is home to numerous restaurants and cafes. It hosts festivals, concerts, and other cultural and sporting events. Of course, it is most vibrant in the summer when tourists flock to Olsztyn. Along the way to the castle stands a monument to Nicolaus Copernicus, who managed the Warmian Chapter from 1516-19 and organized the defense of the city against the Teutonic Order from 1520-21.

4. Zazdrość (Olsztyn Forest District office)

Middle competition

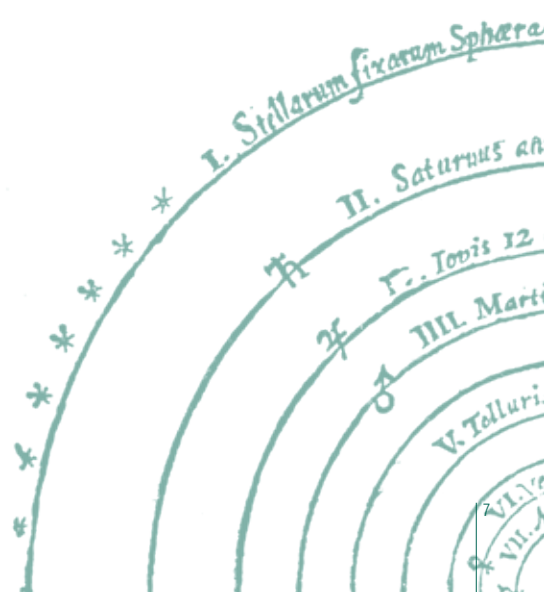
Geographic coordinates: 53.6973 N, 20.5227 E

Address: Zazdrość 3, 10-687 Zazdrość



The Zazdrość Forest Range directly borders the metropolitan area of Olsztyn, serving as a popular recreational area. It is dominated by habitats of fresh mixed forest, with soil and climatic characteristics creating very good conditions for pine stands. Besides pine, other important tree species contributing to forest formation include spruce, oak, beech, alder, birch, and larch. The charm of this place led to the establishment of a new headquarters for the Olsztyn Forest District – a beautiful facility whose architectural style closely resembles traditional Warmian folk architecture.

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5. Stary Dwór Ranger Station (Forest District Kudypy)

Relay competition

Geographic coordinates: 53.7436 N, 20.4270 E

Address: Tomaszkowo 72, 11-034 Olsztyn

The Stary Dwór Forest Range is one of the most beautiful parts of the Kudypy Forest District. Proximity to the city, diverse terrain, mosaic of old pine stands, and mixed forests make it ideal for recreation.

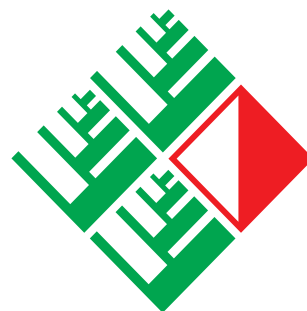
In addition to several lakes, there is also a retention reservoir where “floating islands” can be seen. It is a perfect spot for bird-watching enthusiasts. Nearby, the white-tailed eagle has its territory. The reservoir’s banks are covered with old oaks, many of which have been designated as natural monuments.

5



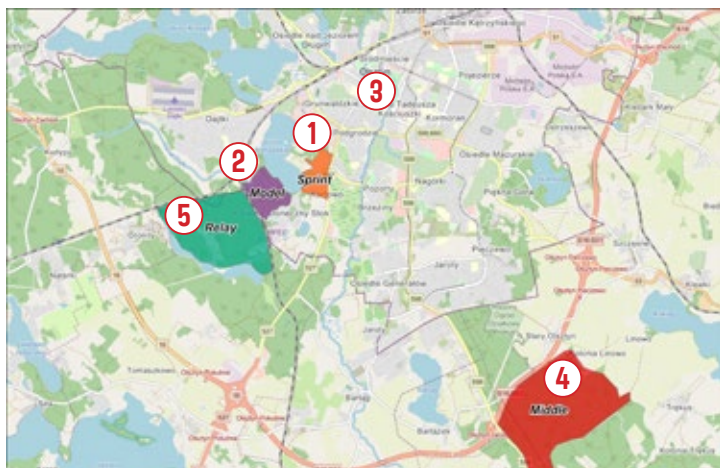
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EFOL 2024 COMPLETE PROGRAMME

Date	Time	What's up?	Where?	Location (see map below)
10.08 / Saturday	18.00 – 21.00	Registration	Olsztyn, Conference Center Kortowo	1
11.08 / Sunday	11.00 – 22.00	Registration	Olsztyn, Conference Center Kortowo	1
	11.00 – 20.00	Model event	Olsztyn, Kortowo Las	2
	19.00 – 20.00	Team leaders meeting	Olsztyn, Conference Center Kortowo	1
	20.00 – 22.00	Forestry evening	Olsztyn, Conference Center Kortowo	1
12.08 / Monday	13.00 – 15.00	Sprint competition	Olsztyn, UWM Campus, Kortowo	1
	17.00 – 18.00	Opening ceremony	Olsztyn, Old Town, amphitheater,	3
	18.00 – 18.30	Prize giving ceremony	Olsztyn, Old Town, amphitheater,	3
13.08 / Tuesday	10.00 – 13.00	Middle competition	Zazdrość	4
	18.00 – 18.30	Prize giving ceremony	Olsztyn, Kortowo	1
	19.00 – 23.00	Banquet	Olsztyn, Kortowo	1
14.08 / Wednesday	8.00 – 17.00	Excursions	Start: Olsztyn, Kortowo	-
	19:00 – 22.00	Social event, Polish cuisine tasting, FREE admission	Olsztyn, Kortowo	1
	19.00 – 23.00	EFOL Board Annual meeting	Restaurant	-
15.08 / Thursday	9.00 – 12.00	Relay competition	Stary Dwór	5
	12.00 – 13.00	Prize giving ceremony	Stary Dwór	5
	13.00 – 13.30	Closing ceremony	Stary Dwór	5



BANQUET

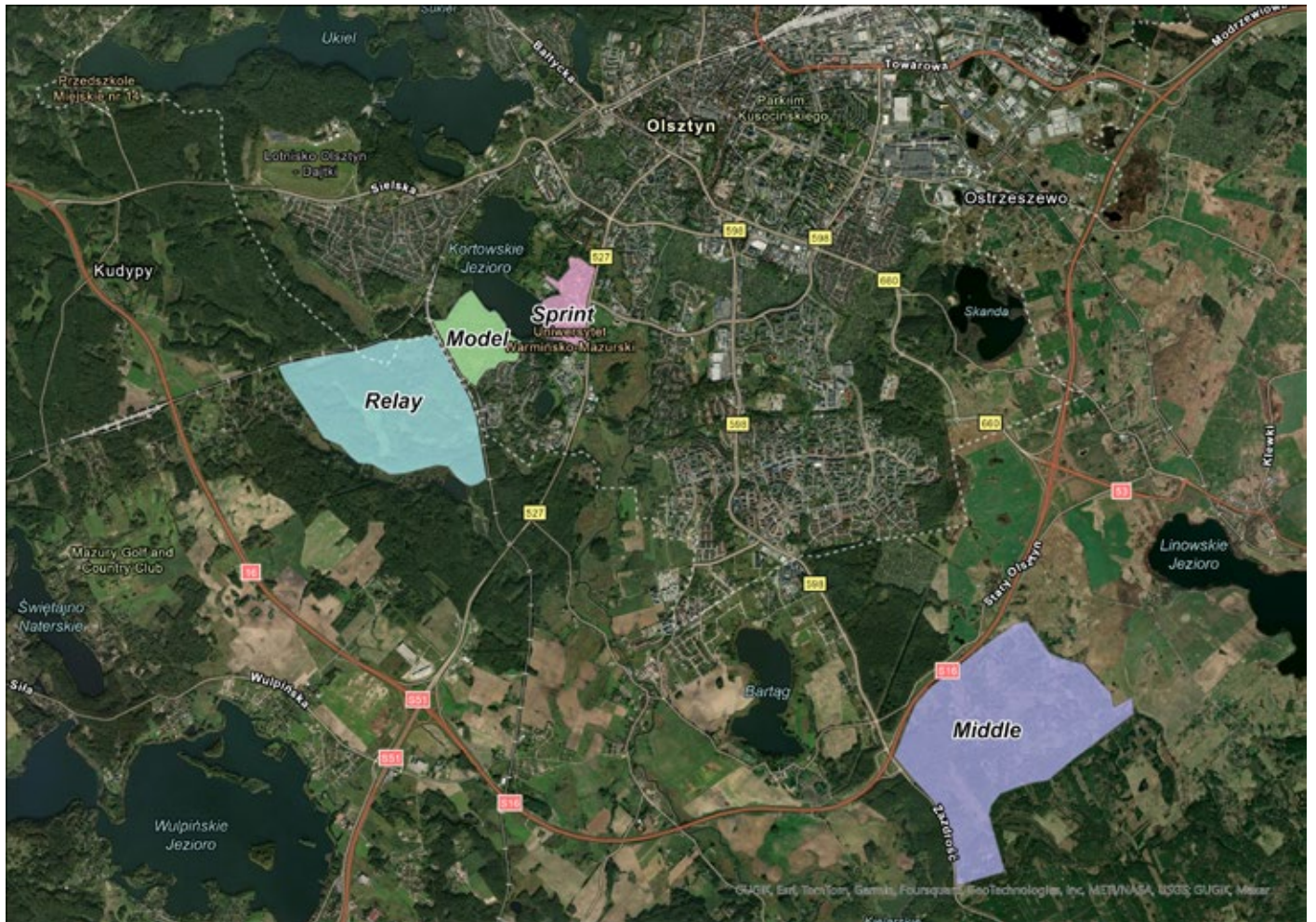
The Banquet will take place on the premises of the Kortowo university campus. The program includes live music and excellent dishes of local cuisine. Directly before the banquet, there will be an award ceremony for the winners of the middle-distance race.



SOCIAL EVENT WITH POLISH CUISINE TASTING

As a special attraction of the 30th Jubilee EFOL, an outdoor social event will take place on Wednesday evening, August 14th. Participants will have the opportunity to taste traditional Polish dishes, take part in contests, and present the traditions, customs, and culture of their country. Admission is free!





MAPS:

Maps are drawn according to the international standards: International Specifications for Orienteering Maps (ISOM 2017) and International Specification for sprint orienteering maps (ISSPOM 2019).

Kortowo (sprint)

Scale 1:4000. Urban area, flat surface, dense network of paved roads and paths. In the center of the map there is a parkland with good visibility and runability.



Zazdrość (middle)

Scale 1:10 000. Forrest area dominated by coniferous species and heavy understorey. Undulating terrain, rich in small hills and depressions. Moderate runability and visibility, in many places limited. Marsh and wetland occur, depending on actual weather.



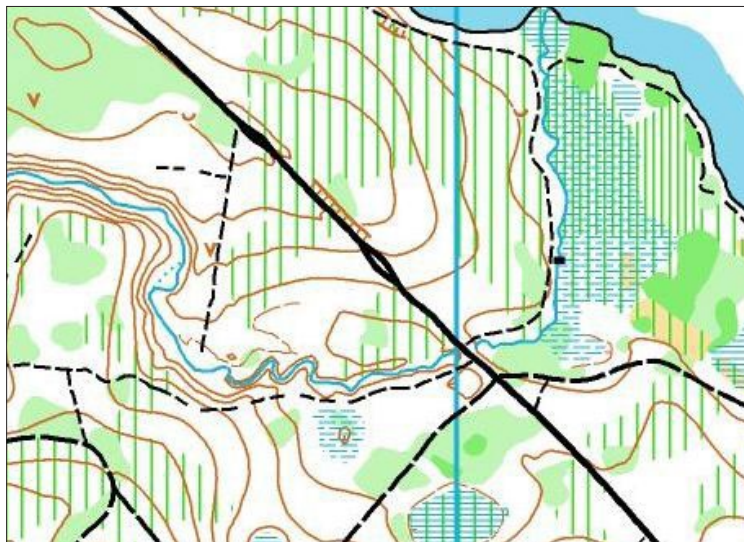
Stary Dwór (relay)

Scale 1: 10 000. Forest area, the mosaic of coniferous and broadleaves tree-stands. Marsh and wetland occur, depending on actual weather. Terrain is undulating, in south-east the height drops with mild slope. The presence of open areas as well as those with limited visibility and runability.



Kortowo Las (model)

Scale 1: 10 000. Forest area with broadleaf domination, in depressions mostly alder. Terrain slightly undulated with mild slopes. Moderate visibility and runability.



General rules

1. By signing in, the athletes confirm that there are no health conditions that exclude them from the participation on health safety basis. The organizers encourage to perform regular medical examination. However no medical certificate is required to participate in EFOL. All competitors should adjust the walking or running pace to their physical abilities.
2. The athletes take part in the competition at their own risk. The organizers do not provide personal accident insurance, so everybody should consider purchasing one for the time of the championship.

3. The athletes are obliged to take care of the natural environment at the competition area, according to "leave no trace" rule. It is also required to respect private properties and restricted areas during each run.
4. The organizers have the right to approve necessary medical procedures by medic and paramedic staff hired for the championship service, including transport of the athlete to a safe place. Medical staff decisions concerning participation or discontinuation of the race are final.
5. The personal data of the participants (such as name and surname) will be processed only for the competition purposes. This include also the photos of participants used for informational and media purposes.

CATEGORIES:

Sprint & Middle: WM10, WM12, WM14, WM16, WM18, WM20, WM21, WM35, WM40, WM45, WM50, WM55, WM60, WM65, WM70, WM75, WM80, OPEN short/easy, OPEN long/difficult

Relay:

Two legs – WM12, WM14, WM18, WM20, WM 140, open

Three legs – WM21, WM105, WM135, WM165, WM195, open

Note: participation for runners from the WM 21 class in relay teams 105, 140, 135, 165 and 195 is not allowed, even if the cumulative age of runners in a relay team fits the respective master class limit.

TIME KEEPING

During the event, the SPORTident timekeeping system will be used. Air+ cards will be approved and activated in each race, and classic SI card will be accepted as well. Rented Air+ cards number is limited, so rent order will be processed on first come first serve basis.

In case the SI box does not beep or flash, competitors must punch on the map with the traditional pin punches mounted on all controls. The team leaders have to return the rented SI-card to the Information Desk after the last race. It is a runner's responsibility to bring the correct SI card and ensure it is working. Hired SI cards must be returned at the finish on the last day of the competition. The cost to replace a missing SI card is 30 euro.





A – Copernicus in Olsztyn

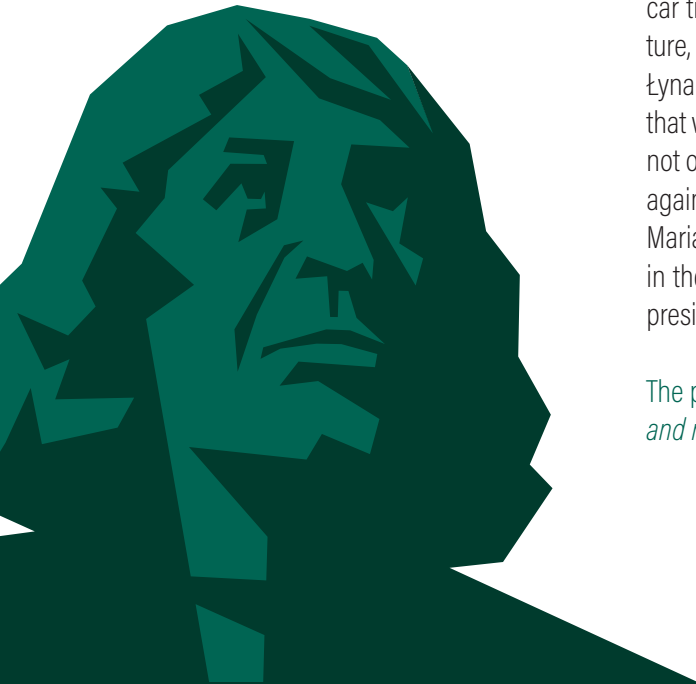
(the city exploration and a short kayak trip)

If you want to get to know the city where Nicolaus Copernicus determined when spring begins and see the only preserved to present times astronomical device of this outstanding astronomer, we invite you to Olsztyn - the capital of Warmia and Masuria. The history of the city dates back to the end of the Middle Ages. It boasts numerous landmarks, including the Gothic Castle of Warmian Cathedral Chapter, the Old Town with the characteristic silhouette of the Wysoka Brama (High Gate) at the entrance, and the Cathedral of St. James the Great.

Modern Olsztyn is home to over 170 thousand residents and serves as the administrative, cultural, and academic center of the region. The beautifully situated University of Warmia and Mazury, with its campus in Kortowo, will be the venue for the sprint race during EFOL 2024. Industry, including one of the world's largest car tire factories, plays here also a significant role. Olsztyn is surrounded by nature, with large forests around the city. There are as many as 11 lakes and river Łyna within its borders. Therefore, our adventure will begin with a short kayak trip that will end at Olsztyn Castle. This fortress was the place where Copernicus lived, not only fulfilling his role as a scientist but also organizing the defense of the city against the invasion of the Teutonic Knights in 1520.

Marian Jurak will be leading you on a journey through the Old Town of Olsztyn in the footsteps of Copernicus. He is the most experienced guide and long-time president of the Olsztyn branch of the Polish Tourist and Sightseeing Society.

The price is 45 € (including lunch at a restaurant in the Old Town, kayak rental, and return by bus to the University Campus in Kortowo).





B – Ship on the grass

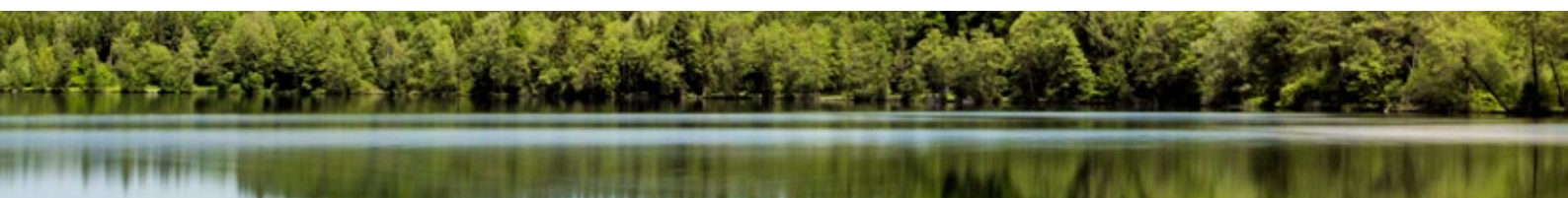
(a boat cruise on the Elbląg Canal and a forest walk)

*"I entered the dry waters of an open sea;
My carriage like a canoe plunges in the green"*

In such a way, Adam Mickiewicz, the famous Polish poet, described his journey by carriage through the Ukrainian steppes. But what if a real ship boats through a meadow? On our trip, you will have the opportunity to see for yourself if it is possible! The unique Elbląg Canal, unparalleled in Europe, is a waterway over 150 km long, a masterpiece created by 19th-century engineers and builders. This canal is a technical monument and a historical landmark, with locks and inclined planes built into it, allowing navigation despite a water level difference of over 100 meters. The duration of the cruise is approximately 2 hours.

Afterward, we will take you to the forest to admire nature monuments - the Larches near Dobrocinek. These trees remember the times when the Elbląg Canal was still under construction. Their age is estimated at around 170 years, and the tallest and most impressive majestic among them reach an impressive size and height of almost 47 meters. Marek Wójtowicz, a local forester from the Dobrocin Forest District will be leading you through this extraordinary natural sanctuary.

The price is 80 € (including cruise ticket, bus transportation, and lunch at the pavilion near the Tailor Hotel in Morąg).





C – Święta Lipka and Wolf's Lair

(bus tour)

In the Mrągowo Lake District, on the border of Warmia and Masuria, lies Święta Lipka (Holy Linden) - the most beautiful pilgrimage site and sanctuary in northern Poland, dedicated to the Virgin Mary. Participants of the tour will have a unique opportunity to learn about the history of the Marian apparition and explore the basilica – one of the best examples of Baroque architecture in Poland and in the world. It is also famous for its moving pipe organ, possibly the finest church instrument ever constructed. For the EFOL 2024 participants exclusively a pipe organ concert will be performed.

Afterward, we will visit Reszel – a small, charming town dating back to 1241 when the Teutonic Knights established a wooden outpost. Reszel received Town privileges in 1337. Visitors can see the Gothic Episcopal castle from the mid-13th century, with a fascinating history, dominated by a mighty tower. Nicolaus Copernicus was a frequent guest at the castle. It is also the place where Barbara Zdunk, known as the "last witch," was imprisoned and executed in 1811. The castle houses an exhibition dedicated to sophisticated torture devices used in ancient times.



The cherry on the cake will be one of the "must-see" attractions of the region – i.e. Wolf's Lair - the wartime headquarters of the leader of the Third Reich. It is a city hidden in the forest, that could accommodate 2000 residents. It had its own airport and nearly 200 buildings. Adolf Hitler spent 836 days here, shaping the world's history and deciding about the lives of millions of people. It was also the site of the most famous and closest-to-successful assassination attempt on the Führer, carried out on July 20, 1944, by Colonel Claus von Stauffenberg. This historical monument is currently managed by State Forests. Jadwiga Korowaj, a licensed guide of the Polish Tourist and Sightseeing Society, will take you on this extraordinary journey.



The price is 45 € (including bus transportation, entrance tickets, and lunch at the historical and natural education center "Wolf's Lair").

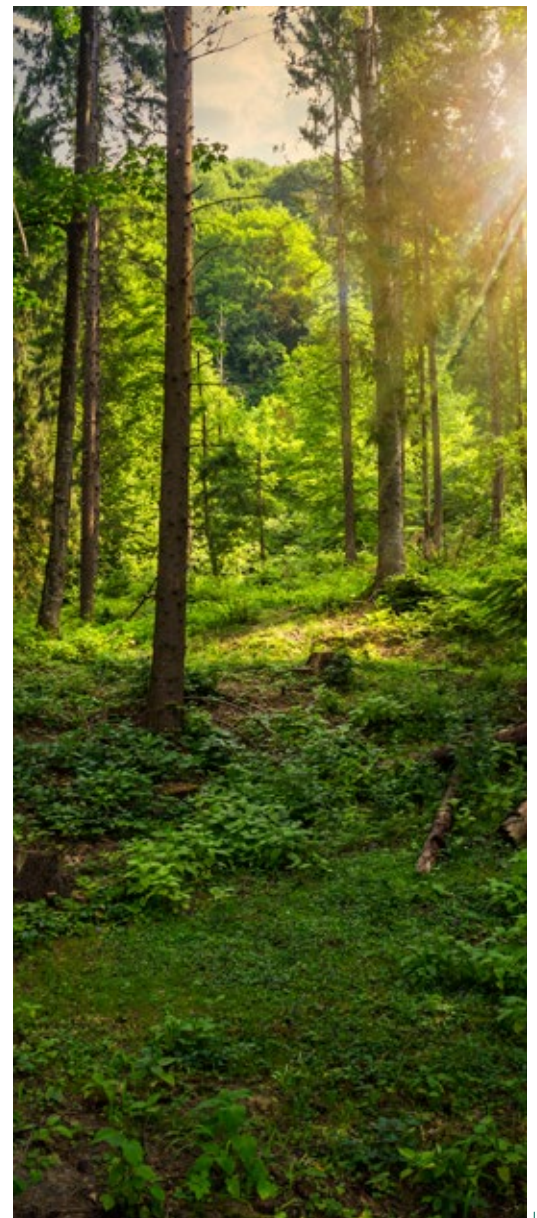




D – Forestry in Poland (hiking tour)

Is horse logging still used in Poland or is everything logged by robots now? Why was a single Mazurian pine tree once worth 1.5 kilograms of gold, equivalent to 1.5 years of a worker's labor in Paris? Answers to these and all other questions regarding forestry will be provided by the employees of the Spychowo Forest District – Maciej Ligocki and Urszula Dyl-Nadolna. We will present the achievements, challenges, and daily issues of forestry in Poland, using the pine stands in the Puszcza Piska Forest as an example. During a walk through the forest, we will boast about natural regeneration and present the program for combating Black cherry (*Prunus serotina*). The total distance to cover will be approximately 8 km. We will also visit the Spychowo Forest District headquarters and a small forestry museum. The second part of the hike will follow the fortifications from World War I and II. We will finish our adventure by the lake, so feel free to bring swimwear and a towel.

Price - 35 € (including bus transportation, and lunch at the ecological education center at the Spychowo Forest District).



REGISTRATION AND PAYMENTS

Registration is possible EXCLUSIVELY through the national team leaders. Contact the leaders at:
<http://www.efol.eu/html/teams.html>

The form, which will be sent to the team leaders, must be sent back by May 31st, to the address:
efol2024@olsztyn.lasy.gov.pl

The entry fee must be paid by June 10th, 2024

Payment details:

Account owner: SITLiD o/Olsztyn

Bank name: Bank Ochrony Środowiska SA

Bank address: ul. Mikołaja Kopernika 38, 10-513 Olsztyn

IBAN: **PL98154010722333501433610002**

SWIFT/BIC: EBOSPLPXXXX

Registrations are valid only if confirmed by payment. Persons without payments will be removed from the start lists after June 15, 2024. In case of withdrawal from participation, the fees will not be refunded.

FEES:	Adults	Born in 2010 and younger
Entry fee (whole competition)	60 €	Free
Entry fee for OPEN category	15 €	Free

Chip rental SI	5 €	2 €
Training map	3 €	3 €
Banquet	40 €	20 €

Excursions:

A (Copernicus in Olsztyn)	45 €	45 €
B (Ship on the grass)	80 €	80 €
C (Święta Lipka and Wolf's Lair)	55 €	55 €
D (Forestry in Poland)	35 €	35 €

Forestry seminar	Free	Free
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Social Event with Polish cuisine tasting, Wednesday, August 14th	Free	Free
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ACCOMMODATION

Due to the proximity to the competition center and the locations of the races, the recommended accommodation is the dormitory at the University of Warmia and Mazury campus in Olsztyn. The campus will serve as an "Olympic village" where a series of events related to the 30th EFOL will take place (sprint race, lectures, banquet, and social event).

The dormitory offers accommodation in twin rooms with a bathroom. The rooms are fully furnished with a refrigerator and the internet access. Available amenities include a kitchen on each floor, a TV room, and an elevator.

Registration for accommodation in the dormitory will be possible through the registration form for the competition. The form will be available on the website in mid-March (forms will be sent by national team leaders). For any questions, please contact us via email: efol2024@olsztyn.lasy.gov.pl.

Price per person /night: 20 €.

Olsztyn has many alternative accommodation options, ranging from hotels to rooms and apartments available on platforms such as Airbnb or Booking.

For any information regarding accommodation options other than those recommended, please contact the Tourist Information Centre at pl. Jana Pawła II 1, tel. +48 89 521-03-98; email: info@olsztyn.eu; <https://www.facebook.com/mit.olsztyn>.



PARKING AND PUBLIC TRANSPORTATION

How to get to Olsztyn?

Olsztyn is very well connected to the rest of the country. You can get here by train, car, bus, or plane (Olsztyn-Mazury Airport in Szymany has regular connections to Dortmund, London, and Antalya, as well as domestic flights to Krakow). It takes about an hour by train from the airport to the regional capital. You can also come here by bus, or taxi, or rent a car.

Within Olsztyn, public transportation allows for smooth movement between the city center (Old Town, railway station) and the university campus in Kortowo. The city has a dense network of bus and tram connections. From the railway station to Kortowo, you can take tram number 3, and closer to the dormitories, bus line 101 and then 109.

The training course is within a 10-minute walk from the university campus.

The relay and middle-distance courses are not easily accessible by public transportation. It is better to go there by car or taxi. Free parking will be available for EFOL participants' vehicles.

Access to the Athletes' Parade and Opening Ceremony in the Old Town.

Due to the limited number of paid parking spaces in the city center, we recommend that those staying on the university campus use public transportation (buses 103, 109, or tram 3 and then 1).

Tickets for public transportation: single-use, daily, and 3-day tickets can be purchased at ticket machines and through mobile apps: moBilet, mPay, Skycash, zBilet, and Jakdojade. Bus or tram drivers do not sell tickets.

Map and other information regarding Olsztyn's public transportation: zdit.olsztyn.eu and in the mobileMPK app.



OTHER EVENTS:

Orienteering:

- August 10: Sprint on the city beach in Olsztyn (details at orient.olsztyn.pl)
- August 16-18: 29th Baltic Cup (details at orienteering.org.pl)

Cultural events:

- August 15-17: Olsztyn Green Festival (music festival, details at olsztyngreenfestival.com)
- August 16-17: 19th Mazurian Hunting Horn Competition (music festival, details at spychowo.olsztyn.lasy.gov.pl)

WHAT IS EFOL/EFOC ?



EFOL is an event for European foresters and members of woodworking industry which offers:

- Official championships in orienteering individual (park-race and middle distance) and relay race (2 or 3 legs) distributed into age classes.
- Further education in the form of forest, wood and cultural excursions and a forest information seminar.
- Social gathering and fruitful relations among forest professionals and their families.

WHO CAN PARTICIPATE?

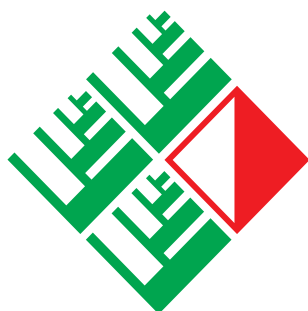
- People working in forest companies / woodworking industry
- Retired former employees of forest companies / woodworking companies
- Students and pupils from the forest / environmental sector
- Forest owners
- Foresters
- Graduates of forest/environmental sciences studies

- Lumbermen
- Family members of all these groups

We also heartly welcome all people working in the woodworking industry, especially

- People working in sawmills
- Carpenters
- People working in wood pellets production
- People working in timber work

Please also note that you are only allowed to participate if you are living permanently in an European country



**DO YOU WANT TO TAKE
PART IN THE COMPETITION?**

**PLEASE CONTACT YOUR COUNTRY LEADER
([HTTPS://EFOL.EU/HTML/TEAMS.HTML](https://efol.eu/html/teams.html))**