



ST. GALLEN 2023

European Universities
Orienteering Championship

EUSA

EUROPEAN UNIVERSITIES ORIENTEERING CHAMPIONSHIP 2023

AUGUST 24 – 27 2023

BULLETIN I & 2



Universität St.Gallen



swiss
university
sports

**OLG
ST. GALLEN
ARENZEL**


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**SW!SS
orienteering**

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WELCOME MESSAGE FROM THE PRESIDENT OF THE UNIVERSITY OF ST.GALLEN

Dear participants of the
2nd European Universities Orienteering Championship 2023

A warm welcome to Switzerland and to the University of St.Gallen! We are proud to host this year's European Universities Orienteering Championships.

A Latin motto states that "mens sana in corpore sano" – "a healthy mind in a healthy body." Student athletes like yourself are living proof of that: sports is key to our overall health and is also conducive to our intellectual stamina. As a leading business university, St.Gallen provides all students with attractive facilities to take care of their physical fitness so that they are able to perform academically. Orienteering combines physical and intellectual fitness like few other disciplines, and we are excited to host you this year in fair and challenging competitions.

We thank our volunteers and our sports' department for the great work they put into this joint endeavor. We wish all of you a great stay with us – and the best of luck in the competitions!

Bernhard Ehrenzeller, Prof. Dr., President of the University of St.Gallen



PICTURE:
UNIVERSITY OF
ST.GALLEN (HSG)

WELCOME MESSAGE FROM THE PRESIDENT OF THE ORGANISING COMMITTEE

Dear Orienteering Community

The Organizing Committee of the 2nd European Universities Orienteering Championship warmly welcomes you!

The University of St.Gallen has a long tradition in organizing major student events. Together with our orienteering specialists from Swiss Orienteering and the surrounding orienteering clubs, we are sure to provide you with an unforgettable experience in Switzerland.

We are pleased to be able to provide you with the first information in Bulletin 1. Convince yourself of Eastern Switzerland, the hospitality of Switzerland, the scenic and cultural diversity with us, the professionally organized EUOC on a high level - participate next summer in the EUOC Orienteering - we are already looking forward to you and a great August week 2023!

Daniel Studer,
Chair of the OC EUOC 2023



PICTURE:
CLAUDIA BOTTLANG

ABOUT THE COUNTRY

Look beyond the chocolate, cuckoo clocks and yodelling – contemporary Switzerland, land of four languages, is all about once-in-a-lifetime journeys, heart-racing Alpine pursuits and urban culture.

Following you can find some helpful information about Switzerland. More background information about the country and its people can be found at www.lonelyplanet.com/switzerland.

CURRENCY: Switzerland remains with the Swiss franc, usually indicated as CHF. While Switzerland is not part of the European Union and thus is not obliged to convert to the Euro, many prices are nonetheless indicated in euros so that visitors may compare prices. Merchants may accept euros but are not obliged to do so. Change given back mostly in Swiss francs.

EXPECTED AVERAGE TEMP/WEATHER: The climate is moderate with no excessive heat, cold or humidity. From July to August the daytime temperature range is 18° to 28° C (65° – 82° F) and from January to February the range is -2° to 7° C (28° – 45° F). In spring and autumn, the daytime temperature range is 8° to 15° C (46° – 59° F). Weather to be expected: during August it can still be warm up to 30 degrees, however, be prepared for rain and cooler weather/fog as well!

PHONE CODES: If calling from Switzerland, you need to enter the international country code. For example, for Germany the international country code is „+49“, for France „+33“. The country code is followed by the area code (without the „0“) as shown in the following example: „+49 22 112 34 56“. As a rule, the „+“ sign appears if you press and hold the „0“ key for a few seconds.

ELECTRICITY: The voltage in Switzerland, as in most of Europe, is 230V/50 Hz. Switzerland uses type C (2-pin) and Type J (3-pin) plugs. (Type C 2-pin plugs also fit J sockets.)

INSURANCE: A personal international health insurance is strongly recommended, a personal travel insurance including coverage of personal accident, sickness, loss or damage to luggage and personal effects and cancellation charges is advisable.

DRINKING WATER: all tap water is drinkable – a quality product from natural resources

WLAN: Free WLAN will be available at the hotels as well at the official meeting rooms.
Otherwise you will have to use one of the three mobile band providers, make sure you turn off data roaming!

EMERGENCY NUMBER/POLICE NUMBER: 112 Police, Fire, Ambulance
1414 Swiss Air Rescue



ST. GALLEN 2023
European Universities
Orienteering Championship



THE REGION

The host city St.Gallen and the other venues of our orienteering competitions are located in the east of Switzerland. The two half-cantons Appenzell Ausserhoden and Appenzell Innerhoden describe a special characteristic - politically, they each have only half a vote in Swiss votes. For local votes, Appenzell maintains the tradition of an assembly on the Landsgemeindeplatz (see picture). On a certain day, the inhabitants who are able to vote meet in the open air and with solemn ceremonial to vote on factual matters and to elect authorities



PICTURE: KEYSTONE/PATRICK HUERLIMANN

Säntis the mountain, centuries-old customs and a unique nature invite you to stay. In the middle of the most beautiful nature there are also modern aspects, such as the Glinik Gais. Specialized in cardiology, psychosomatics and psychiatry, internal medicine and oncology, the clinic is widely known.





ST. GALLEN 2023
European Universities
Oversharing Championship



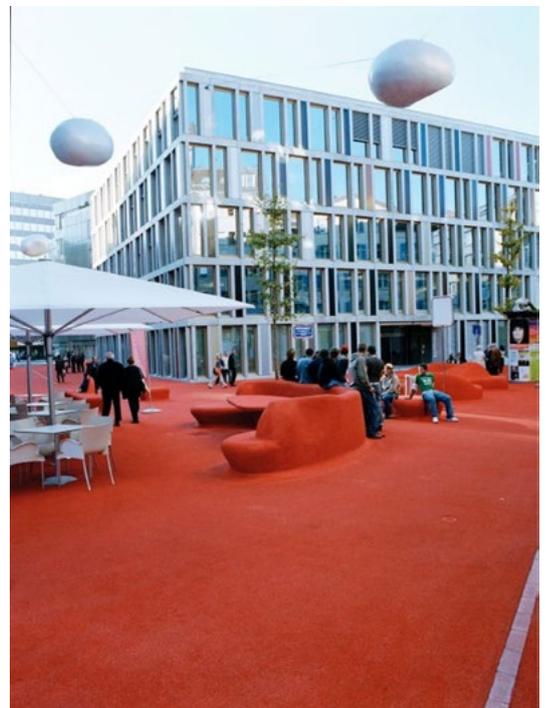
HOST CITY – ST.GALLEN

With a population of 80,000, St.Gallen, Switzerland's eighth largest city, is the economic, political, social and cultural metropolis of eastern Switzerland. Its 1,400 years of history blend with urban creativity, an innovative economy and an unspoilt landscape. Feel the quality of life eastern Switzerland has to offer at every turn!

The Abbey District, a UNESCO World Heritage Site, with its unique library, has witnessed a long-standing history of knowledge and learning.

St.Gallen can offer a lot and exclusive in terms of buildings and historical structures:

St. Gallen's Bleichi quarter (or the so-called red square of St.Gallen) is a typical shopping and office area. The fact that people are nevertheless out and about here until late in the evening is thanks to the airy living room that multimedia artist Pipilotti Rist designed together with architect Carlos Martinez. The large Red Square is furnished with sofas, chairs, tables, loungers, and a Porsche-which, like the floor, are covered with a bright red carpet of plastic granules.



SOURCE: [HTTPS://WWW.MYSWITZERLAND.COM/DE-CH/ERLEBNISSE/STADTLOUNGE-ROTER-PLATZ/](https://www.myswitzerland.com/de-ch/erlebnisse/stadtlounge-roter-platz/)

In 1983, St.Gallen was one of the first clients of ETH graduate Santiago Calatrava. He subsequently received further mandates in St.Gallen, such as the Calatrava Waiting Hall at the Bohl (see picture). It was inaugurated in 1996 and is considered one of the city's landmarks. Calatrava developed into a worldwide star architect (World Trade Center Transportation Hub, L'Hemisfèric in Valencia, Turning Torso in Malmö, etc.).



SOURCE: KEYSTONE

St.Gallen is considered one of the leading textile capitals of the world and is known for its unique embroidery. St.Gallen is home to Akris, an international fashion house founded in 1922. The collections of self-evident elegance and clean lines are designed by Creative Director Albert Kriemler and embody a modernity that defines a woman's presence and enhances her charisma. Akris shows fashion in its video productions at various famous St.Gallen locations.

[AKRIS FALL 2022 FILM](#)

[AKRIS SPRING/SUMMER 2022 FILM](#)

[AKRIS FALL/WINTER 2021 FILM](#)



UNIVERSITY OF ST.GALLEN

EDUCATION IS IN OUR DNA

The Abbey District, a UNESCO World Heritage Site, with its unique library, has witnessed a long-standing history of knowledge and learning. This legacy continues to this day, thanks to many leading educational institutions. The University of St.Gallen (HSG) is the most notable one, and has earned a worldwide reputation as one of the best business schools. On top of that, St.Gallen is also a renowned centre for education and research, housing many other practically oriented universities, the Swiss Federal Laboratories for Materials Science and Technology (Empa) and the St.Gallen cantonal hospital. Fresh ideas and innovations are constantly being developed at two new education institutions: the «School of Medicine» (home to the Joint Medical Master) at the University of St.Gallen, for one, and its new «Institute of Computer Science», as part of the canton's very own IT education campaign (ITBO). This local proximity of business and education yields a pool of highly skilled specialists at the benefit of local businesses.

Founded in 1898, the University of St.Gallen has become a centre of excellence through our practice-oriented approach, international flair and integrative view of studies.

The University of St.Gallen (HSG) was founded as a business academy in 1898 – in the heyday of the St.Gallen embroidery industry and is nowadays a School of Management, Economics, Law, Social Sciences, International Affairs and Computer Science. The first lectures were held in 1899. The practice-oriented approach and integrative view have characterised the education we offer since those early days. Today, we are one of Europe's leading business schools and are EQUIS, AACSB and AMBA accredited.

PROFESSIONAL TRAINING AND CHARACTER BUILDING

In 2001, we introduced Bachelor's and Master's degree courses across the board and fundamentally reformed the education we offer. Since then, we no longer focus just on professional training but also on character building. At our university, you can complete studies at Bachelor's, Master's and Ph.D. level. The close integration of studies, further education and research is important to us.

200 PARTNER UNIVERSITIES

We have 200 international partner universities. Our students have the option to gain a double degree in cooperation with other universities or to spend an exchange term abroad.

NUMEROUS EXECUTIVE EDUCATION OPTIONS

We offer a range of executive education options such as postgraduate training, seminars, courses and in-house seminars.

APPLIED RESEARCH

We not only conduct basic research but are also known for our applied research.

Institutes and research centres

Our 42 institutes, research institutes and centers are our hallmark: the mostly autonomously organised institutes finance themselves to a large degree but are closely linked to the university. The institutes are active in research, consulting and further education.



PICTURE: SQUARE AT THE UNIVERSITY OF ST.GALLEN, CHRIS MANSFIELD

ARRIVAL

ARRIVAL BY TRAIN: Switzerland and St.Gallen are very well connected by public transport. We therefore recommend arriving in St.Gallen by train. The train station in St.Gallen is located in the middle of the city, right next to the accreditation center.

ARRIVAL BY AIR: Arrival airport is Zurich. From there the journey continues by train to St.Gallen. Upon leaving the arrival zone, you will be greeted by our volunteers and escorted to the train to St.Gallen. The train ride takes about an hour.

ARRIVAL IN SWITZERLAND BY CAR/BUS: You will drive directly to the accreditation center. The address for this will follow later. Parking slot near your hotel will be provided. Expect to travel in St.Gallen together with all the participants via transportation. Parking will not be available at some competition venues.



PICTURE: RAILWAY
STATION, UNDER-
GROUND LEVEL OF
THE ZURICH AIRPORT

ACCREDITATION

The first step in St.Gallen will be the accreditation. This will be done in an office beside the St.Gallen train station. All participants must receive an accreditation from the EUSA Control Commission and the Organising Committee. From there, your team volunteer will guide you to the hotel.



ST. GALLEN 2023
European Universities
Orientation Championship



ACCOMMODATION, TRAVEL IN ST.GALLEN

Host City is St.Gallen. Around 300 beds are reserved here in four accommodations. The hotels correspond to a good Swiss standard. The distances in Switzerland and St.Gallen are short - by public transport you can reach the center of St.Gallen or the competition venues in a few minutes.

The delegations will be accommodated in a hotel. Each delegation has a team supervisor who will support them in all matters.

NEWSTAR HOTEL



B & B-HOTEL



HOTEL ONE66



YOUTHHOSTEL



CATERING

Of course, catering is guaranteed. The breakfast will be served in the hotel. Lunch and dinner will take place at different locations. In the hotel, at the university or depending on the schedule in the finish area of the competitions. Vegetarian food will be available, as well as gluten free diet.

COVID-19 MEASURES

At this stage, it is not possible to say whether there will be Covid restrictions. We will address this in subsequent bulletins.

INSURANCE

The organisers decline any liability that might occur through participation in 2023 EUSA Orienteering Championship, training and the associated stay in Switzerland. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

DOPING CONTROLS

EUSA is committed to the principles of fair play and upholds the principles of antidoping at all its events.

The General Technical Meeting will include information about expectations in regards to antidoping matters.

Failure to attend antidoping test when marked/selected is a breach of disciplinary protocol. The delegation is automatically disqualified and additional sanctions shall be imposed by Executive Committee after the EUOC.

Any competitor found to test positive on doping control procedure will be excluded from all future EUSA events for the period of 2 (two) years. In such circumstances a report will be submitted to WADA, ISF, to the rector of his university, National University Sports Federation and National Sports Federation. EUSA Executive Committee may impose additional sanctions.

ORGANISERS

On behalf of the European University Sports Federation (EUSA), the 2023 EUSA University Championship Orienteering will be organised by the 2023 Championship Orienteering Organising Committee in the name of the University of St.Gallen. It is a close cooperation of the experienced EUC/WUC organizer Unisport St.Gallen together with Swiss Orienteering and orienteering specialists.

- 2023 Championship Orienteering Organising Committee:
Unisport University of St.Gallen / Swiss Orienteering / Orienteering Specialists

In co-operation with

- Swiss University Sports
- OLG St.Gallen/Appenzell & OL Regio Wil
- City of St.Gallen
- Villages Gais and Appenzell

Event Director/President OC	Daniel Studer
Technical Director / Vice-President	Jürg Hellmüller
Sports Director	Rolf Bollhalder
EUSA Technical Delegate	Dusan Vystavel (CZE)
National Event Adviser / IOF TD Orienteering	Therese Achermann (SUI)

PARTICIPANTS

According to the EUSA European Universities Championships Rules & Regulations 2023 only competitors, who satisfy the following conditions may take part:

- Students who are officially registered for and pursuing a course of study at an university
- Athletes must not be younger than 17 and older than 30 years. Athletes must be born between the 01/01/1993 and 31/12/2006
- former students of the institutions mentioned above who obtained their academic degree or diploma after January 01, 2022.

The details regarding participation refer to the EUSA Rules & Regulations 2023.

VISA REQUIREMENTS AND TRAVEL DOCUMENTS ACCEPTED BY SWITZERLAND

Every traveler must have a valid passport or identity card. Visa are required for a continuous stay of more than three months. If your stay is shorter than three months you only need to bring your valid passport with you.

For more information on visa requirements and travel documents accepted by Switzerland please visit:

[VISA REQUIREMENTS EDA SWITZERLAND](#)

REGISTRATION AND FEES

DEADLINES FOR ENTRIES

Registrations open	15/12/2022
General entry deadline	
Payment of Deposit	15/03/2023
Quantitative entry	24/05/2023
Payment deadline (EUSA activity fee + participation fee)	24/06/2023
Individual entries and Travel plan	24/07/2023

All the general, quantitative and individual entries as well as travel schedules for each person should be filled in online via your National University Sports Association. They have the access, please reach out to your University Sports Federation.

FEES

The Participation Fee is Euro 75.00 per person per night.
The EUSA entry Fee is Euro 50.00 per person, with discounted fee of 40€/person for Associated universities.

These fees cover all expenses from the entry point (Zurich/St.Gallen) at the beginning of the Championships to the point of departure at the end of the Championships. The fees will be charged with the registration via the National University Sports Association.

SCHEDULE

AUGUST 2023

PROGRAMME

Wednesday, 23 rd	Arrivals and accreditation Free training Model Middle
Thursday, 24 th	Free training, Model Middle and Model Sprint, General Technical Meeting Opening Ceremony
Friday, 25 th	Sprint Distance: Qualifications and Finals, Technical Meeting
Saturday, 26 th	Middle Distance Technical Meeting
Sunday, 27 th	Sprint Relay Closing Ceremony Banquet
Monday, 28 th	Departures

COMPETITION RULES

The EUSA Regulations for European Universities Championships and the Competition Rules for the IOF Foot Orienteering events (valid from 1st January 2023) will be applied in the event.

ENTERINGS / WINNING TIMES

Sprint Distance Qualification and Final		Estimated winning time 12 – 15 minutes
Middle Distance		Estimated winning time 30 – 35 minutes
Sprint Relay	2 Competitors in one Team: - M/M (men/men) - W/W (women/women) - W/M (women/men)	Estimated winning time per leg 12 – 15 minutes
	Both members of the team run twice. One person can only run in one relay team.	

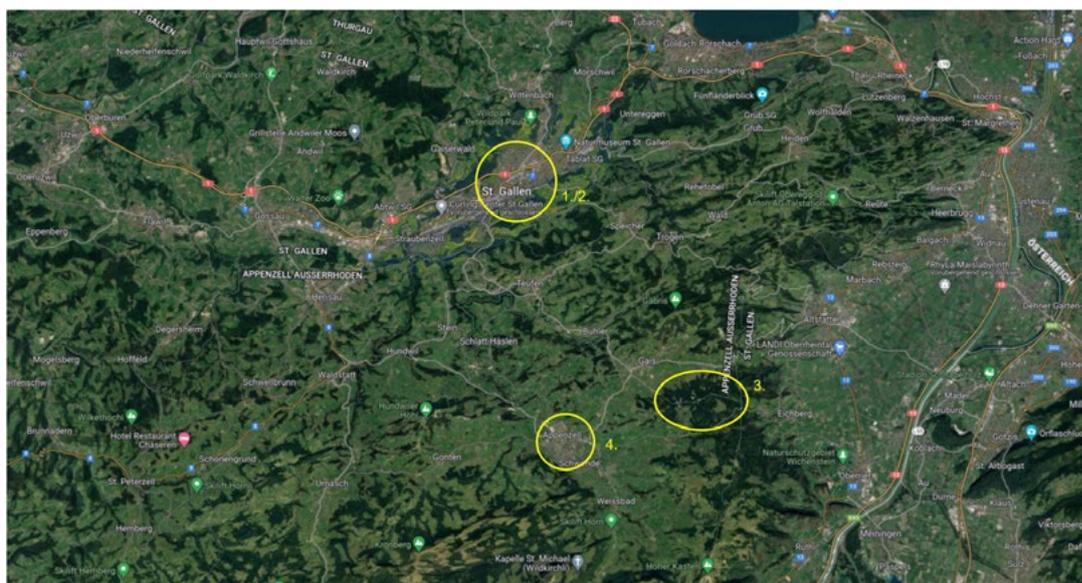
EMBARGOED AREAS

With reference to the Competition Rules for IOF Foot Orienteering Events, the listed areas are strictly out of bounds for all potential 2023 Orienteering Championship team members (competitors, team leaders, coaches, doctors etc.) and other persons who, through their knowledge of the terrain or the events, may influence the result of the competitions.

Offences must be reported to the Technical Director Jürg Hellmüller by e-mail: j.hellmueller@bluewin.ch

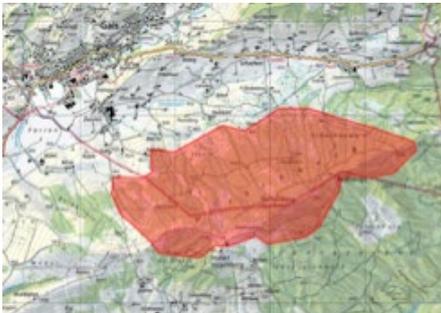
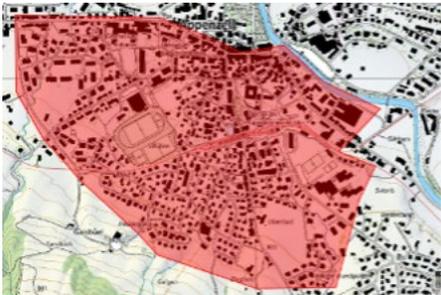
Copies of the most recent versions of the orienteering maps of the embargoed areas are published on our website orienteering2023.eusa.eu

OVERVIEW MAP



THE EUOC TAKES PLACE IN THE REGION OF ST.GALLEN-HIRSCHBERG-APPENZEL. THE LETTERING OF THE COMPETITION AREAS (1./2./3./4.) REFERS TO THE LOCATIONS OF THE DIFFERENT DISCIPLINES AND EMBARGOED AREAS ON THE NEXT PAGE.

EMBARGOED AREAS AND PREVIOUS O-MAPS

NO	AREA	PREVIOUS O-MAPS (LATEST EDITION)
1.	St.Gallen (Event Centre)	
2.	St.Gallen (Sprint Distance)	Rosenberg (2019) St.Gallen-Altstadt (2020) 1:4'000
		©swisstopo
3.	Hirschberg (Middle)	Hirschberg (2019) 1:10'000
		©swisstopo
4.	Appenzell (Sprint Relay)	Appenzell (2021) 1:4'000
		©swisstopo

MAP DETAILS

DISCIPLINE	MAPMAKER	SCALE	CONTOUR INTERVAL
Sprint Distance	Martin Stamm	1:4'000	2 meters
Middle Distance	Beat Imhof	1:10'000	5 meters
Sprint Relay	Beat Imhof	1:4'000	2 meters

Maps are drawn according to the International Specification for Orienteering Maps (ISOM 2017-2) and the International Specification for Sprint Orienteering Maps (ISSPrOM 2019).

TERRAIN DESCRIPTION

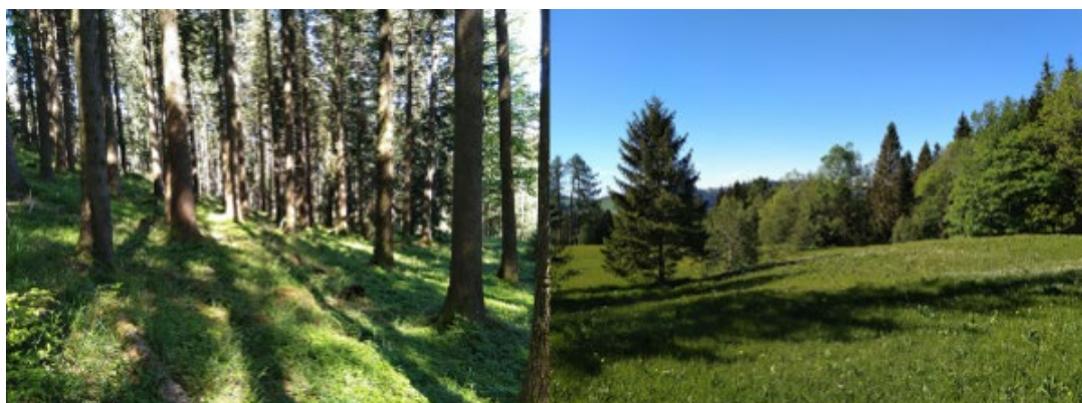
SPRINT DISTANCE – ST.GALLEN

Urban terrain (city), 650 m above sea level.



MIDDLE DISTANCE – HIRSCHBERG

Orienteering terrain between 950 and 1150 m above sea level. Mostly coniferous forest. Hill sides with moderate to steep slopes. Some forest roads and hiking trails, varying vegetation on the ground. Runnability mostly good; visibility good. Some natural meadows with restricted areas.



SPRINT RELAY – CITY OF APPENZELL

Urban terrain in a small city, 800 m above sea level with side streets and narrow footpaths; local traffic in some of the streets.



PUNCHING

Touchfree SPORTident Air+ punching (SIAC) will be used on all events. Participants are asked to use their own SIAC card during the Championship week. For those who do not their own card, the organizer will offer it.

CLOTHING

According to the Swiss Orienteering Competition Rules it is forbidden to run with spike shoes in Switzerland. However, dobb spikes are allowed in forest races.

TRAINING OPPORTUNITIES AND TRAINING MAPS

MODEL EVENTS

Official model events on new maps (all of them surveyed and drawn in 2023) will be open Wednesday, 23rd Model Middle Sitterwald, Thursday, 24th Model Middle Sitterwald and Model Sprint/Sprint Relay Rotmonten.

FREE TRAININGS

Other training possibilities in relevant terrain prior to the championship: Gosau (Sprint, Sprint Relay), Dietschwilerhöhi (Middle).

Maps can be purchased laser-printed. Prices: Maps without controls, € 3.00 per copy, with controls € 5.00 per copy.

All enquiries about training opportunities should be addressed to the Sport Director Rolf Bollhalder by e-mail: bollhalder.rolf@bluewin.ch

CONTACT

MAIL: orienteering2023@eusa.eu

WEBSITE: orienteering2023.eusa.eu

DANIEL STUDER Event Director, orienteering2023@eusa.eu

ROLF BOLLHALDER Sports Director, Mob +41 79 777 71 46
bollhalder.rolf@bluewin.ch

**WELCOME TO SWITZERLAND
AND THE 2023 EUSA
EUROPEAN UNIVERSITIES
ORIENTEERING CHAMPIONSHIP**



ST. GALLEN 2023
European Universities
Greening Championship

