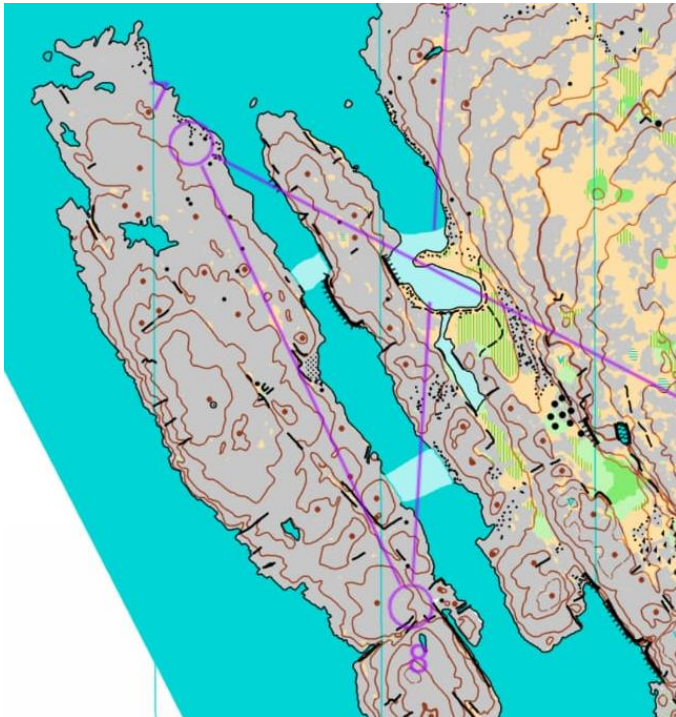


NWJS NORWAY 2022 by Amelia Thompson

After numerous delays due to covid we finally got to take our trip out to Norway this summer, and now that it's over I think we can all say it was an absolutely amazing experience and most certainly worth the wait. We started our trip with some training exercises around the ski hut along two spurs formed by glaciers where we were able to familiarise ourselves with the Norwegian terrain and mapping. The following day we travelled down to the coast from Fredrikstad and completed a course on a rocky island where we had to swim across to a second island to access multiple controls which was unlike anything we've experienced before.



Later in the afternoon we were then invited down to the Fredrikstad roller skiing track where we all tried roller skiing (some more successfully than others), followed by a BBQ at the ski hut with some members of the Fredrikstad orienteering club.



The next couple of days were filled with more local training and lots of bilberry picking. On the Tuesday evening we went to an event at Sarpsborg where we had mass starts for each age category, where a few of us juniors grasped the experience of leading a train through the forest alongside some Norwegian competitors.

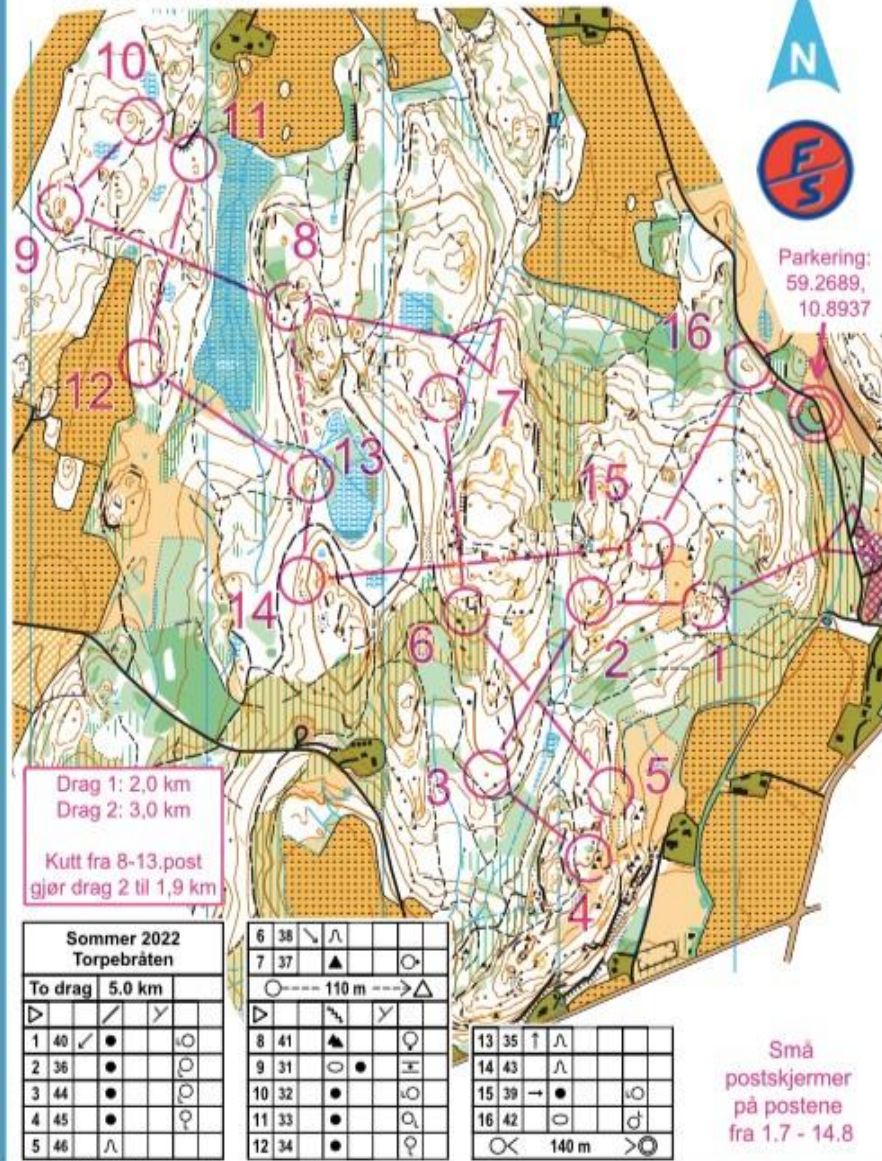


We then filled our rest day on Wednesday with swimming and volleyball before getting right back into training at a local area called Torpebråten.

Torpebråten (2021)

FSK sommer 2022

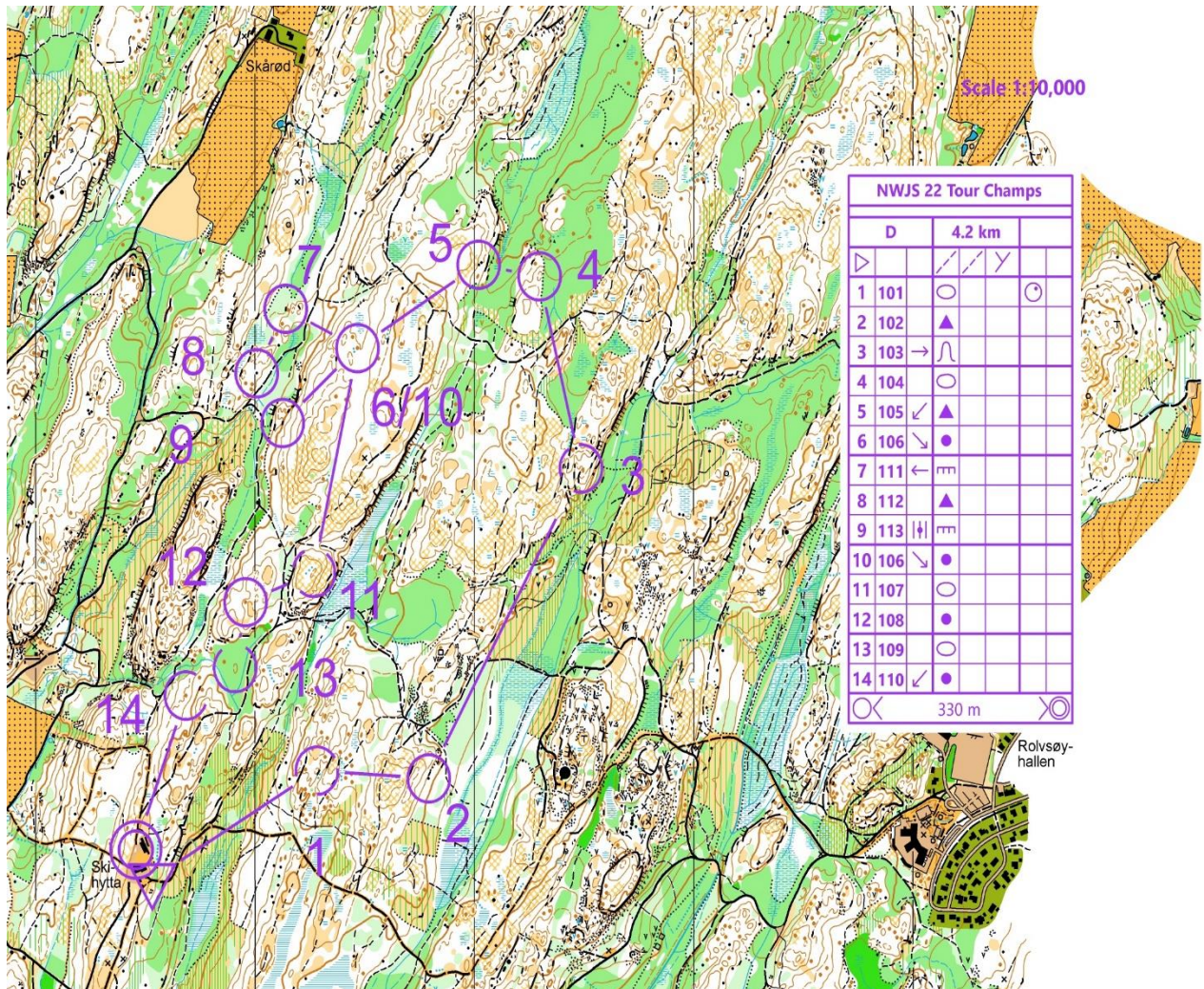
1:7 500 / 5m



We selected our own training loops to complete within the area and tasks to complete on each loop depending on our individual aims of development.

Thursday evening we attended the Fredrikstad's training evening where we all completed a course around a local woodland at a level and length of our choice.

On the Friday morning we all took part in the tour champs racing against each other around the forest surrounding the hut.



In the afternoon we did some control placing around the ski hut in small loops where we could then find controls placed out by other juniors on our routes back.

To finish off the trip, we did two event days, the first being an individual race near an area called Østfold, followed by relays in Akershus which had an amazing atmosphere as we all cheered each other on as we passed through the arena.

Overall, the Norway trip was a wonderful new experience and I'm looking forward to more adventures in the future. Thanks to all the coaches, club members and fundraisers who contributed to making the trip happen.