

# O-SIGN Latvia

Take part in orienteering and outdoor sports with **O-SIGN – On: Sport In Nature, Good Nutrition and Young Hearts**, a project co-funded by the **European Union** through the **ERASMUS+ SPORT 2024** programme. The initiative promotes well-being, inclusion, and sustainability by bringing people together through movement in nature.

The project is carried out in collaboration with international partners from **Poland, Italy, Romania, and Serbia**.

## BULLETIN

### EVENT

O SIGN Latvia – Erasmus Sport

Project: On: Sport in Nature, Good Nutrition, and Young Hearts

### DATE

28 September 2025

During European Week of Sport

### VENUE

Berģi, Latvia

### ORGANISERS

Magnēts

Event Director: Ieva Freimane



# EVENT PROGRAM

## SPRINT PARK RACE

A traditional orienteering race for individuals or beginner teams. Suitable for all skill levels.

## TREASURE HUNT ORIENTEERING

A fast-paced team challenge where partners work together using shared maps to find clues and hidden treasures within a 30-minute time limit. International teams welcome.

## MOBILE ORIENTEERING RACE

A team-based event using mobile phones. One partner gives directions via phone while the other navigates the course in real time. The course is set in a car-free park and is accessible to people with physical disabilities. Roles can be switched during the race.

## TRAIL ORIENTEERING

An inclusive event emphasizing map-reading and decision-making skills over physical movement. Competitors identify terrain features and control points from a stationary position, making it fully accessible for people with physical disabilities.

## REGISTRATION & FEE

Free participation with advance registration required.

## CONTACT

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