



LODZ 2025
EUROPEAN UNIVERSITIES
ORIENTEERING CHAMPIONSHIP



BULLETIN 3 **General and** **Technical Handbook**

EUROPEAN UNIVERSITIES
ORIENTEERING
CHAMPIONSHIP 2025

24th-27th July 2025



Partners



University
Sports
Association
of Poland





Welcome message

Dear Friends,

My warmest welcome to all participants of the European Universities Championships 2025.

The European Universities Championships, as previous editions have proved, are a wonderful occasion to be together and experience the beauty of university sports.

I am pleased that a great number of students and officials, sharing their love for sports, respecting Fair Play, and competing in truly university sport spirit will meet in many cities across Europe.

During such events we do more than just sport – we broaden our horizons, get to know other cultures, promote a healthy society, we stand on the side of peace, respecting and celebrating diversity.

Being the Organizer of the Championship is challenging but in the end, rewarding as well.

I want to express my appreciation to the Organizing Committees, its Partners and the volunteers who give their crucial contribution to the success of the event. My gratitude extends to the National, Regional and Local Authorities for their auspices of this event.

I believe that the European Universities Championships will bring the participants unforgettable experiences and lots of personal achievements. I hope all of you will enjoy your time, and life-long friendships between European Students will be the legacy of all the events.

With wishes of good luck, I welcome you on behalf of EUSA to the European Universities Championships 2025!



***Adam Roczek
President of the
European University
Sports Association
(EUSA)***



Welcome message

Dear Athletes, Coaches, and Guests,

On behalf of the Polish Orienteering Association, it is my immense pleasure to welcome you all to the European University Orienteering Championships, which will be held in the beautiful city of Łódź in July 2025. We are truly honored to host this prestigious event, bringing together the best orienteering talent from across Europe.

This championship is not only a celebration of athletic excellence but also an opportunity to foster camaraderie, exchange knowledge, and create lasting memories. Łódź, with its rich history, vibrant culture, and stunning landscapes, will offer a unique backdrop to the competition. Our team has been working tirelessly to ensure that every participant, from seasoned orienteers to newcomers, experiences the best of Polish hospitality and world-class event organization.

We hope that this event will inspire both the athletes and the wider community, and leave a lasting legacy for orienteering in Poland and Europe. We look forward to witnessing remarkable performances, exciting races, and the spirit of friendly competition that defines our sport.

Thank you for joining us in Łódź. We wish you all the best of luck and unforgettable experiences as you embark on this incredible journey!

Warm regards



Łukasz Charuba
*President of Polish
Orienteering Association*

**Event Director Łódź EUOC
2025**



EUSA





EUSA

About EUSA

The European University Sports Association (EUSA) is an umbrella organization that comprises of National University Sports Associations (NUSA) from 47 European countries. EUSA has 15 national university sports bodies as its Members, but also offers possibilities of Universities and other Organisations to join as Associated Members, providing sporting activities, educational events, and expertise in policy making and programming.

The organization is well known within the sector as a safe and strong voice for University sports in Europe, promoting fair play values, and supporting their membership by partnering with European Sports Federations and lobbying within the European Union, the Council of Europe and other institutions for funding to improve the provision of sport.

Since its founding in 1999, EUSA has organised 18 seasons of the European Universities Championships (EUC), attracting over 38.000 student-athletes to 174 university competitions held across Europe.



EUSA

EUSA EC – Commissions and Office

The highest body is the General Assembly, comprised of representatives of the member associations, electing the Executive Committee. Its members are responsible for the administration and running of EUSA and the execution of main directives taken by the Assembly. EUSA Executive Committee is comprised of 15 members, led by the President Mr Adam Roczek, 1st Vice President, four Vice-Presidents, Treasurer and Secretary General. Various EUSA commissions are in place to provide assistance and guidance to the many different activities EUSA is also involved.

These include the Control Commission, Education Commission, Inclusion and Diversity Commission, Medical Commission, Student Commission, Technical Commission and also other working bodies.

EUSA's Office and the EUSA Institute are located in Ljubljana, Slovenia.

EUSA – branch office Ljubljana

Address: Tomsiceva ulica 4; SI-1000 Ljubljana; Slovenia

Phone: +386 1 256 0056

Email: office@eusa.eu

Web: www.eusa.eu

Philosophy

European Universities Games – this is the flagship event of the EUSA (European University Sport Association). The EUG takes place every 2 years in different European cities.



EUSA

Anti-doping policy

EUSA is committed to the principles of fair play and upholds the principles of antidoping at all of its events. The GTM will include information about expectations in regards to antidoping matters. Where it occurs and where present at EUC, the MC is responsible for ensuring that WADA Regulations on anti doping procedures are adhered to. Any competitor found to test positive on doping control procedure will be excluded from all future EUSA events for the period of (2) years. In such circumstances a report will be submitted to WADA, ISF, to the rector of his University, National University Sport Association and National Sport Federation. EUSA EC may impose additional sanctions.

EUSA is currently not enforcing doping tests at our events. In accordance with the national legislation of the host countries, however, doping controls may be implemented by the National Anti-Doping Agencies. If such doping tests are executed, the WADA rules and regulations are applicable to all athletes. Please remember that testing can be conducted in-competition and out-of-competition. If you are identified in a Registered Testing Pool (RTP), you must provide current and accurate whereabouts information.

What can you do to be an excellent sportsman or sportswoman?

- Practice right and live healthy
- Get more information about consequences of Doping
- Play fair and be a good role model to younger athletes
- Be committed to sport without doping



EUSA

EUSA incident policy

One of The Fundamental Principles of Olympism is that “practice of sport is a human right” and that “every individual must have the possibility of practising sport, without discrimination of any kind”. This principle further states that this requires a behaviour based on “mutual understanding with a spirit of friendship, solidarity and fair play”. EUSA considers sports as an active tool in the education of university students, and aims at encouraging and supporting “the promotion of ethics, Fair Play, gender equity and good governance in sport” (EUSA Statutes). With the EUSA Incident Policy, EUSA clarifies the expectations, and consequences, regarding the behaviour of different stakeholders at EUSA’s events to allow the creation of a safe and enjoyable environment.

<https://www.eusa.eu/media/documents/incident-policy>

Fair play

The Championship is a non-profit event, which is carried out in EUSA Spirit and a Fair Play manner, where no discrimination is allowed against any country or person on the ground of gender, ethnic origin, cultural background, sexual orientation, religion or political affiliation. The winners of the competitions are awarded with the title “The European Universities Champion”.



EUSA

Epidemic prevention

If there is a possibility of Covid-19 or other infections arising based on complaints, it is possible to perform a rapid covid antigen test at the medical room of Uni-Hotel dormitory, or to undergo a medical examination in on-call care. In case of symptomatic covid infection, a specialist examination is recommended at the Infectious Disease Outpatient Clinic of the Semmelweis Hospital. In case of confirmation of infection, the athlete may be excluded from the competition according to the decision of the SCAC. The affected person is obliged to comply with the doctor's instructions, such as avoiding the use of public spaces or wearing a mask. In case of confirmation of infection, isolation is resolved at the Uni-Hotel dormitory. The use of hand disinfectant is strongly recommended at each venues of the event.

Poland- Łódź





Poland – general information

- **Language:** Polish. In addition to Polish, many Poles speak *foreign languages*, especially English and German.
- **Time zone:** Central European Time Zone (CET)
- **Visa:** Poland is a member of the **European Union (EU)** and part of the **Schengen Area**. This means that its visa policies align with those of the EU and the Schengen Area rules, and the visa requirements for entry into Poland depend largely on your nationality, the purpose of your visit, and the length of your stay.
- **Currency and Exchange rates:** The official currency of Poland is the Polish złoty (abbreviated PLN), which is denoted by the symbol zł.
 - 1 USD (United States Dollar) \approx 3.75 PLN
 - 1 EUR (Euro) \approx 4.25 PLN
 - 1 GBP (British Pound) \approx 5.05 PLN
 - 1 CHF (Swiss Franc) \approx 4.54 PLN

Note: Cash vs Card: While credit cards are widely accepted in cities, it's recommended to carry cash for small transactions, particularly in less touristy areas.



Poland – general information

•**Average temperature and expected weather during EUC:** In Łódź, Poland, the average temperature in July typically falls within the following range:

Daytime highs: Around **24°C to 27°C** (75°F to 81°F)

Nighttime lows: Around **14°C to 17°C** (57°F to 63°F)

Warm and pleasant: July is generally warm, but not excessively hot, making it an ideal time to visit for outdoor activities and sightseeing in the city. It's one of the warmest months of the year in Łódź.

Occasional rain: While July is typically a dry month, there may be occasional short rain showers or thunderstorms, particularly in the later half of the month. It's always a good idea to carry an umbrella just in case.

Sunshine: The city experiences long days with plenty of sunshine, often from early morning until late in the evening, providing ample opportunity for outdoor exploration.

•**Phone code (calls from abroad): +48**

•**Exit code (calls to homeland): +00**

•**Emergency and police numbers:** In Poland, emergency numbers are **standardized across the European Union**, so they are the same as in many other EU countries (112). Here are the key emergency numbers you need to know:

Police: 997 **Fire Department:** 998 **Ambulance / Medical Emergency:** 999 **Emergency Road Assistance:** 981

Municipal Guard: 986

Note: Operators may answer in Polish, but in major cities or tourist areas, they may also speak English. It's helpful to know a few basic phrases in Polish, or you can request an interpreter if needed.



Łódź – general information

Łódź is located in the central part of Poland, about 130 km (81 miles) southwest of Warsaw. The city lies along the *Łódka* river and is part of Poland's historical and industrial region.

Łódź is a vibrant city in central Poland, known for its rich industrial history, cultural significance, and modern revitalization efforts. As the third-largest city in Poland, with a population of over 600,000, it has transformed from a 19th-century textile manufacturing hub to a contemporary cultural and educational center.

Historical Background

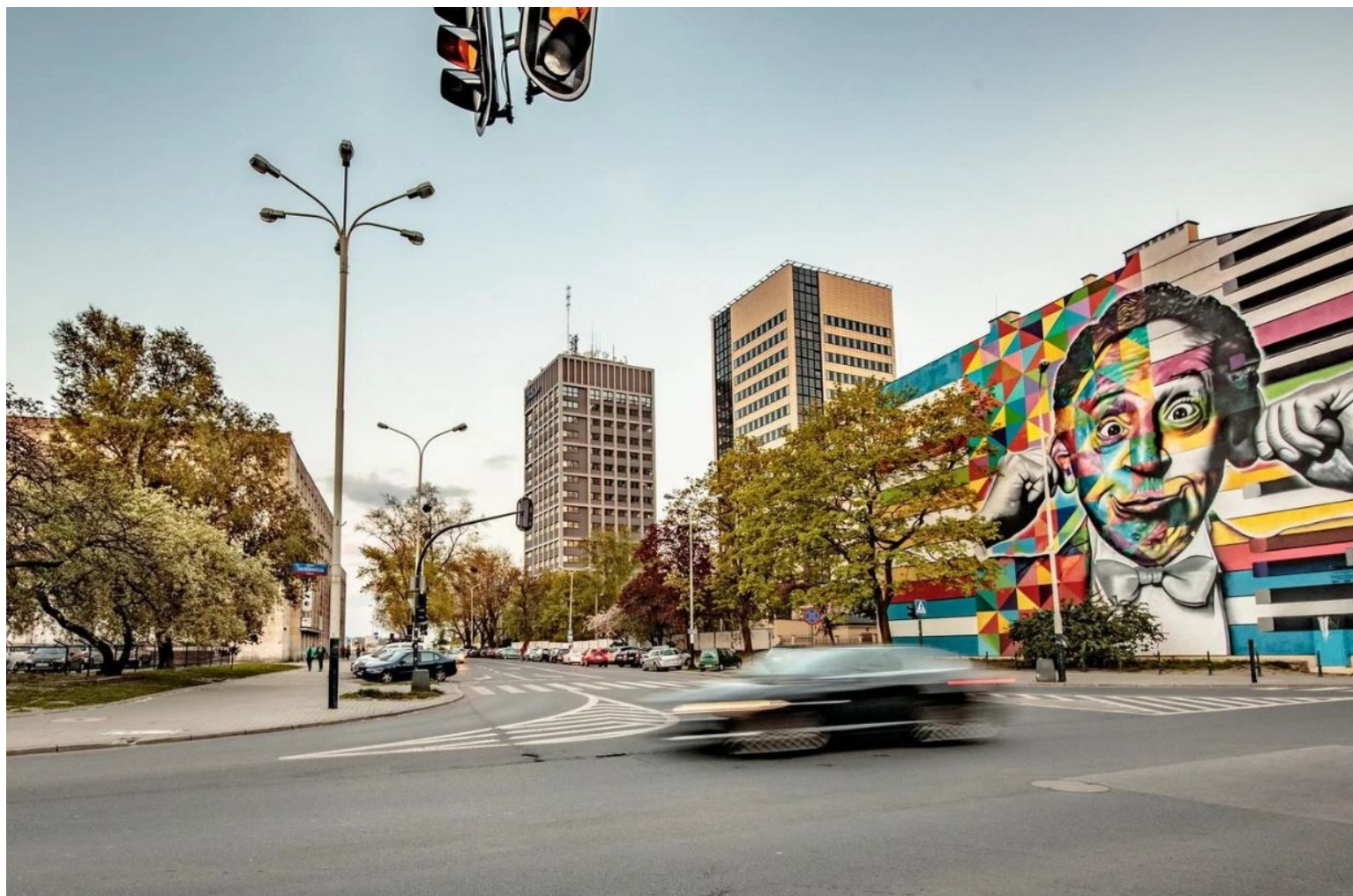
The city's name, Łódź, means "boat" in Polish, which reflects its location on the river Łódka. Initially, Łódź was a small settlement, but during the 19th century, it became one of the largest textile manufacturing centers in Europe. The city attracted workers from across Poland and beyond, leading to rapid industrial growth. As a result, Łódź's population exploded, and it became a melting pot of different cultures, including Polish, Jewish, and German communities. This diversity had a lasting impact on the city's development and cultural identity.

Łódź experienced significant hardship during World War II. The city had a large Jewish population, and in 1940, the Nazis established the Łódź Ghetto, one of the largest in Nazi-occupied Poland. Thousands of Jews from across Europe were relocated to the ghetto, where many perished in forced labor or were deported to extermination camps. After the war, the city went through a period of reconstruction and further industrialization under Communist rule.

Łódź



Łódź





Łódź – general information

Industrial Legacy

In the late 19th and early 20th centuries, Łódź was nicknamed the “Polish Manchester” due to its booming textile industry. Large textile factories, many of which were owned by Jewish entrepreneurs, dotted the cityscape. Iconic figures like Izrael Poznański, a Jewish industrialist, built lavish palaces and mansions, which remain landmarks today, such as the Poznański Palace. The industrial age left behind a number of impressive factories and factory worker housing, many of which have been preserved and repurposed in recent years.

Modern Łódź

In recent decades, Łódź has reinvented itself as a cultural and educational hub. The city is home to one of Poland’s most prominent universities, the University of Łódź, and several renowned art and design institutions, such as the Academy of Fine Arts. It is also a center for film, hosting the famous Łódź Film School, which has produced notable filmmakers like Roman Polanski and Andrzej Wajda.

The city has also gained recognition for its revitalization projects. Old textile factories, such as the Manufaktura complex, have been converted into shopping malls, hotels, offices, and cultural spaces, blending the city’s industrial heritage with modern commercial life. This redevelopment has brought new life to Łódź, making it a popular destination for tourists and locals alike.

Poznański Palace





EUOC 2025 - Łódź



ŁÓDŹ 2025
EUROPEAN UNIVERSITIES
ORIENTEERING CHAMPIONSHIP





Venue

Poland, Łódź

Organizer

European University Sports Federation (EUSA)

Polish Orienteering Federation

Academic Sport Association

UKS Orientuś Łódź

City of Łódź

Management

Event Director/President OC

Technical Director / Vice-President

Sports Director

Polish Orienteering Federation Technical Delegate

Referee Director

Permits and Compliance Coordinator

EUSA Technical Delegate

Łukasz Charuba

Beata Winczewska

Rafał Podziński

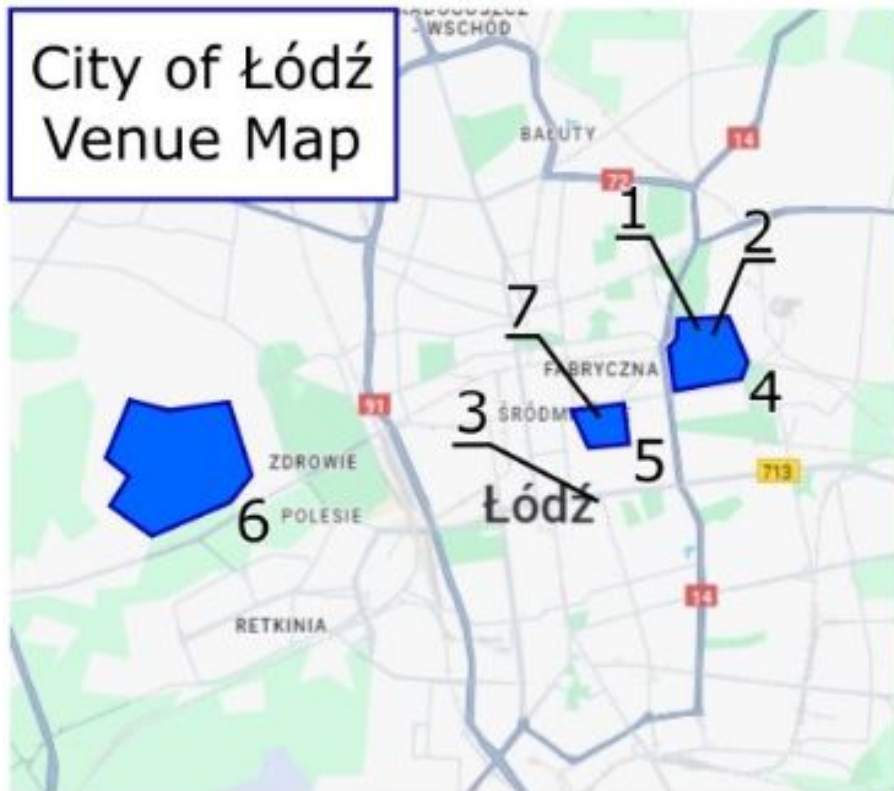
Tadeusz Piłkowski

Piotr Chmielecki

Monika Ciupa

Dušan Vystavěl

City of Łódź Venue Map



- 1 - AZS Stadium
- 2 - University of Łódź dormitories
- 3 - Hotel Ambassador****
- 4 - sprint distance terrain
- 5 - sprint relay terrain
- 6 - middle distance terrain
- 7 - Łódź Fabryczna railway station



EUSA Technical Delegate Dusan Vystavel visited the competition site in 2024





Programme

Date	Type of the event	Where	Address	Website
July 23	Arrivals and accreditation	Dormitory No. 2 "Balbina" University of Lodz	ul. Lumumby 16/18, 91-404 Łódź	
July 24	Model Middle	Radogoszcz Zachód	ul. Zgierska 230/232, 91-362 Łódź (parking ul. Motylowa)	
July 24	Model Sprint	AZS area		https://azs.lodz.pl/
July 24	Opening Ceremony	University of Łódź, Faculty of Philology	ul. Pomorska 171/173 90-236 Łódź	
July 24	General Technical Meeting	University of Łódź, Faculty of Philology	ul. Pomorska 171/173 90-236 Łódź	
July 25	Sprint Distance	AZS Łódź stadium	ul. Lumumby 22/26, 91-404 Łódź	https://azs.lodz.pl/
July 26	Middle Distance	Brus ex-military training ground	ul. Minerska 19, 94-304 Łódź	
July 27	Sprint Relay	EC1	ul. Targowa 1/3, 90-022 Łódź	https://ec1lodz.pl/
July 27	Closing Ceremony	AZS Łódź stadium	ul. Lumumby 22/26, 91-404 Łódź	https://azs.lodz.pl/



Accreditation

The purpose of accreditation is to define the roles, rights and responsibilities of the participants in the European Universities Championships and to provide them with the necessary rights and access to carry out their tasks.

Accreditation and Event Centre

The accreditation and Event centre for athletes, officials and volunteers will be located on the campus of the University of Łódź, in the Dormitory No. 2 "Balbina" University of Lodz, **ul. Lumumby 16/18, 91-404 Łódź**

The opening hours of the accreditation centre (which may be changed by the organizing committee in the light of the travel plans submitted.)

23rd – 27th of July - 9:00-21:00

28th of July – 9:00 – 13:00

Accreditation Procedure

The entire delegation is accredited by the designated team leader at the accreditation centre.

Step 1: Data reconciliation and financial status check

Step 2: Briefing and orientation (accommodation, meals, local transport, facilities, check travel plan)

Step 3: EUSA Control Commission - check of entitlements

Step 4: Issue accreditation card

Step 5: Welcome packages



Required Documents

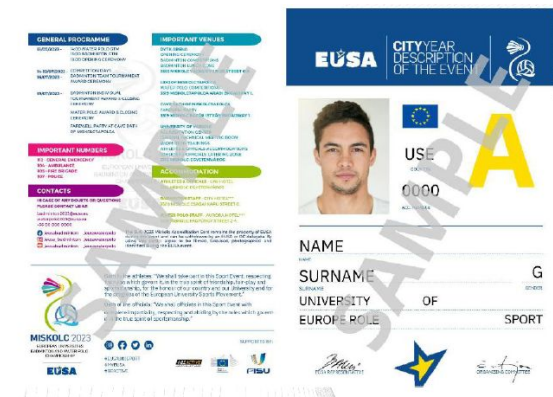
Please prepare and collect all the necessary documents in advance.

- Identity card or passport
- Printed individual entry form, stamped and signed by the university
- Signed declaration of liability
- Signed accommodation policy
- Transaction confirmation (if you have made a transfer before arrival and it has not yet been credited to the registration system, you can provide a transaction confirmation to prove the payment)

Accreditation card

An accreditation card is an official document issued by the EUSA and the organising committee at the end of the accreditation process to confirm the identity and entitlements of participants.

- The accreditation card must be worn by all participants in a clearly visible place and manner, thus facilitating the identification of participants by the security service and the efficient and rapid verification of their access rights.
- The accreditation card is non-transferable, as each card contains personal data and personalized access rights.
- In the event of loss of an accreditation card, the participant must apply for a new card in person at the accreditation centre, by presenting a valid identity card or passport, at a cost of €50.





Additional informations

If you have any questions about how to register, please read the following guide:

<https://www.eusa.eu/media/documents/registrations-guide>

If you have any questions about the rules, please see the guide below:

<https://www.eusa.eu/media/documents/eusa-events-rules-regulations>

If you have any questions about the organisation of the event (accommodation, catering, travel), please contact the Łódź organising committee at the contact details below:

orienteering2025@eusa.eu

The EUOC Łódź 2025 Accreditation Card remains the property of EUSA during the event and can be withdrawn by an EUSA or OC delegate. By using this card I agree to be filmed, televised, photographed and identified during the EUSA event.



Athlets and Officials accommodation

Accommodation for athletes is set in dormitories of the University of Łódź, in an immediate vicinity of the AZS stadium – venue for the opening and closing ceremonies as well as finish of sprint stage.



Check in and check out procedure

Once you've received your accreditation, you'll be able to enter the accommodation dormitory. During the accreditation process, you'll receive the key cards for your rooms.

In the dormitory the OC representatives will be present and will remain during the EOUC Łódź 2025 time.

The head of delegation needs to announce the check-out of the teams or individual athletes one day prior to the departure. The HoD's obligation is to inspect all rooms and return keys in a described manner. The room inspection will take place in the presence of the HoD and host of dormitory. If there is no damage done, the HoD's with his/her team can leave the accommodation. If some damage is done, our host and HoD are obliged to fill out a damage fee form, which will be sent to the University representatives and deducted from each University. The amount of damage caused is determined according to the official price list of the dormitory.



Info point

The info point of the accommodation is located at the dormitory's lobby.

The OC representative will provide necessary information and assistance to all participants (competition, transport, menus, restaurant opening hours, extra services, etc.). Info desks working hours are from 9:00 until 20:00.

General rules

The receptions will work the entire day, 0-24.

Your accreditation card will always be checked when you are entering the building.

You'll be held liable for any damages caused in the room – we'll check the rooms after you return the key during check-out.

With regards to damages, a clear list of items and costs for replacement will be visible in each room.

The persons accommodated in said room will be held responsible for the items listed, including the payment of the damages

There are a few important ones: no larger parties, no alcohol or smoking in the village. Security personnel will be patrolling to make sure you're safe. An automatic low current fire detection and alarm system has been installed to protect the building. It is forbidden to disconnect the elements of the protection system, to close, open or disconnect the fire doors.



EUSA representatives accommodation

Accommodation for EUSA members is set in Ambassador Centrum Hotel, al. marsz. Józefa Piłsudskiego 29, 90-307 Łódź and in Archa Residence Łódź, Jana Matejki 11, 91-402 Łódź.

Ambassador Centrum Hotel

The four-star Hotel Ambassador Centrum Łódź is located in the heart of the city. In the vicinity there are: one of the largest shopping centers in Łódź Galeria Łódzka, entertainment centers, a walk to the representative Piotrkowska Street where there are numerous clubs and pubs will take no more than 5 minutes. The air-conditioned hotel offers 143 spacious comfortable rooms and apartments. Hotel Ambassador Centrum is connected to Hotel Ambassador Premium, which allows you to use its infrastructure.

<https://www.hotelambassador.eu/centrum/hotel/>





Check in and check out procedure – Ambassador Centrum Hotel

Hotel rooms are available from 15:00 on arrival day. On departure day please leave the room until 12:00.

Parking – Ambassador Centrum Hotel

Guests arriving by car can park their vehicles in the hotel's closed, camera-guarded car park in the courtyard. Parking spaces in the courtyard are available on a first-come, first-served basis. Please kindly be informed the Hotel takes no responsibility for any financial damages arising from parking

General rule – Ambassador Centrum Hotel

External visitors

Only those guests may stay in the rooms who registered themselves at the reception. We kindly ask you that if you have any visitors during your stay, please welcome them at the Lobby or in the Restaurant.

Smoking

Smoking is not permitted in the whole area of the hotel. All of our rooms are non-smoking; the appointed smoking areas are located in the outdoor part of the hotel. In case Housekeeping finds signs of smoking in the room, the hotel might charge a restitution.



Archa Residence



<https://www.archeresidencelodz.pl/>

Check in and check out procedure – Archa Residence

Hotel rooms are available from 15:00 on arrival day. On departure day please leave the room until 11:00.

Parking – Archa Residence

Guests arriving by car can park their vehicles in the public parking (costs covered by the OC).

General rule – Archa Residence

External visitors

Only those guests may stay in the rooms who registered themselves at the reception. We kindly ask you that if you have any visitors during your stay, please welcome them at the Lobby or in the Restaurant.

Smoking

Smoking is not permitted in the whole area of the hotel. All of our rooms are non-smoking; the appointed smoking areas are located in the outdoor part of the hotel. In case Housekeeping finds signs of smoking in the room, the hotel might charge a restitution.



Catering

Athletes accommodated in dormitories will dine in the universities' canteen at **ul.Lumumby 14, 91-404 Łódź**, which is situated in the immediate vicinity of the dormitories.

Food will be served without any unnecessary waiting. Meat-based, vegetarian and vegan diets are available.

We provide meals here only for athletes, officials and volunteers.

Accreditation card will be checked.

Opening hours:

Date	Breakfast	Lunch	Dinner
July 23	-	13:00 -15:00	18:30 - 20:00
July 24	7:30 - 9:00	13:00 -15:00	20:00 - 21:30
July 25	7:30 - 9:00	13:00 -15:00	18:30 - 20:00
July 26	7:30 - 9:00	14:00 -16:00	18:30 - 20:00
July 27	7:30 - 8:30	14:00 -16:00	18:30 - 20:00
July 28	7:30 - 9:00	-	-



Transport

Arrival and Departure pick-up points will be arranged near airport in Warsaw (Chopin's Airport) and on Łódź Fabryczna station in Łódź.

Transport to the accreditation venue and the dormitory will be arranged.

Travel to the model event and middle distance stage will be supported with rented buses.

During the EUOC Łódź 2025, transport services will be carried out using the following modes of transport:

- city trams,
- minibuses,

Transport will be organized to all places where competitions and trainings will take place at least 500 meters from the athletes' village.

All vehicles used for transport are air-conditioned and may vary in size and capacity depending on the type of vehicle and the target group.

The entire transport organisation during the EUOC Łódź 2025 has been divided into the following segments:

- transfers from the official arrival pick up points to the accreditation zone,
- transfers from the hotels and the athletes' dormitory to sports venue,
- transfers to the departure drop-off points from the hotels and the athletes' dormitory.



Arrival and Departure

The points of arrival and departure for the EUOC Łódź 2025:

- International Warsaw Chopin Airport, Warsaw (WAW)
- Train stations – Łódź Fabryczna station

Transport from/to other arrival/departure points that are not listed above will not be organized and covered by EUC organization. If you need help or have any questions please write us to **orienteering2025@eusa.eu**



Arrival

Transfer from the airport

- the Organizing Committee provides transport to Łódź from the Chopin International Airport in Warsaw
- You will find our stands in the Arrival Hall, in front of terminal 1
- Travel time from the Chopin International Airport to the accreditation zone is approx 2 hours.

At the airport:

1. Get off the plane
2. Pick up your luggage
3. find our volunteers and info points located on the exits
4. you will be directed to the appropriate means of transportation

According to regulations, the participants should be prepared to wait up to 90 minutes (as per EUSA minimum organizational requirements)

Bus station/Train station Łódź Fabryczna:

1. Get off the bus/train
2. find our volunteers and info points located on the station
3. you will be directed to the appropriate means of transportation

According to regulations, the participants should be prepared to wait up to 90 minutes (as per EUSA minimum organizational requirements)



Arrival

Arrival on days when no transfer is provided from the airport

Outside the official arrival and departure days (July 23. and July 28.), we cannot provide airport transfers for individual cases, so we'll give you step-by-step instructions on how to get to Łódź:

Guide what to do at the airport:

During the journey the main steps and milestones will be:

Warsaw Airport („Chopin”) – Warszawa Zachodnia Train Station – Łódź Fabryczna Train Station - University of Łódź, Faculty of Philology

1. Get off the plane
2. Pick up your luggage
3. Find the exit

4. Catch a taxi and go to Warszawa Zachodnia Train Station or hop on a public train.

The direct train departs almost every 60-80 minutes from the Warszawa Zachodnia Train Station and reaches Łódź Fabryczna Train Station in 1 hour, under normal traffic conditions. The train operates 24/7 and costs for one line 24-30zł (6-7€). Tickets can be purchased from the airport ticket booths or tickets machines, or via <https://koleo.pl/>).

5. When train arrives at Fabryczna Train Station, find bus stop nr 58A/B just in front of the train station. Tickets can be purchased inside the bus, in ticketing machine. Get off the bus after 4 stops and 6 min ride at **Narutowicza – Radiostacja**. You have to pay attention to when and where to get off!

6. 550m to the north and you are in our Event Center! Welcome 😊



Arrival

Arrival on days when no transfer is provided from the airport

A few tips:

Always check the timetable before you arrive and find out the exact location of the stops.

If there are two consecutive lines, buy a group ticket or a minute-based ticket instead, as you don't have to worry about buying tickets again and again! Take care of your valuables when you travel!

Important links:

- Łódź public transport tickets – <https://www.mpk.lodz.pl/>
- Railway tickets – <https://koleo.pl/>

Arrival by own bus

Free car parks for buses which will be stationed in Łódź for the duration of the competition will be allocated on University of Łódź (maps with car parks will be provided during accreditation)

Accreditation/Event Center: Pomorska 171/173, 90-236 Łódź

Arrival by car

For cars used by the participants there will be free car parks available on University of Łódź (maps with the car parks will be provided during accreditation)

All motorway tolls for private vehicles are borne by the participants

- OC will be asked to confirm your teams departure plan on the accreditation.
- Transportation on your departure day will be communicated to you at least a day prior your departure



Transportation

Transportation of athletes

OC provide dedicated transports from accommodation to sports facilities, in accordance with the tournament schedule.

VIP / EUSA OFFICIALS transport

The VIP guests will be transported from the airport by the same buses as athletes. During the Championships, VIPs will have separate transport organized by the OC. Transportation should only be used for official EUOL Łódź 2025 places (University of Łódź and competition venues).



Opening, closing and award ceremony

Opening ceremony

Opening Ceremony will be held **University of Łódź, Faculty of Philology on Thursday, July 24th** , starting at **18.00**, lasting about 1,5 hour.

Closing and Award Ceremony will be held **AZS Łódź Stadium on Sunday, July 27th** , starting at **16.30**, lasting about 2,5 hour.

All participating teams are invited to attend the opening ceremony.

To participate in the procession, teams will assemble on the entrance of AZS Łódź Stadium (side of the stadium) from 18:30. There, OC staff and volunteers will be waiting for them with exciting activities and information.

Participants are arranged in columns in the order of their arrival, coordinated by volunteers. The march will be led by EUOC Łódź 2025 flag bearer volunteers. **At least one team member from each participating university must be represented at the march.**

Once the teams have entered, they will take their designated seats in the auditorium, guided by our volunteers, from where they can watch the opening ceremony from a seated position. The dress code for the teams participating in the entry ceremony will be the university uniform (team jersey or t-shirt).

Please bring your accreditation card with you when entering the AZS Łódź Stadium . Only allowed to enter the building and attend the opening ceremonies just wearing the accreditation cards!

EUOC Łódź 2025 partners, competition staff, EUSA Office and VIP guests will be seated in the auditorium during the opening ceremony.



Opening, closing and award ceremony

Opening ceremony

Transportation will be provided for EUSA Representatives from the accommodations to the event area and OC also provide transfers back to the hotels due to the distance from the Opening Ceremony Center.

For athletes, no transportation will be provided as the distance from the Center is 150m.

After each race there will be flower ceremony held in the competitions venues.

Award ceremony

Medals will be awarded in the following categories:

Women	Sprint, Middle Distance
Men	Sprint, Middle Distance
Men/Men	MM sprint relay
Women/Women	WW sprint relay
Men/Women	MW sprint relay

Each team member will receive one (1) gold, one (1) silver and one (1) bronze medal, depending on the placing. The top three teams per category will receive a trophy.

Competitors are not allowed to place national/regional flags or symbols of their country/region, culture or religion on the podium. The winners are allowed to wear their sports uniform. Athletes must remove their caps when receiving their medals and keep them on during the ceremony (i.e. the playing of the EUSA anthem and the raising of the flags).



Farewell party

Farewell party

Farewell party will be held at El Cubano Club on Sunday, July 27th at 21:00 till 2am.

No transportation will be provided for all participants. All participants willing to join are requested to use public transport (night bus N4A or N7A leaves from Kościuszki / 6 sierpnia bus station every 30 min).



Safety and security

Safety and Security in Łódź

The safety and security of all participants at EUOC Łódź 2025 is of paramount importance to the organising committee. Although Łódź is a safe city, please take note of the following safety tips recommended by the OC. It is compulsory to wear accreditation cards during the competition and to comply with regulations in all establishment.

Safety in Accommodation

The security guard is present in all accommodation facilities in case of emergency. Remember to always lock your room when you leave, even only for a few minutes. Only those who are officially staying in the accommodation are entitled to enter the accommodation. The reception of guests is strictly prohibited. Never lend out your room or residence keys to anyone. Inform the accommodation staff of any lock defects or lost keys.

Safety on the streets and public transport

Łódź is a safe city, but you should avoid walking alone at night in isolated areas. Be aware of your surroundings when walking outside, especially if you are listening to music on your headphones or talking on a mobile phone. Avoid taking your original passport and important documents with you (make copies and take them instead). Avoid revealing cash or expensive items. Do not leave laptops, books or other valuable items unattended in common areas. Respect pedestrian lights and zebra crossings. It is recommended to avoid conflict situations and to respect basic rules of conduct. When travelling by bus or tram, be aware of your surroundings and do not put valuable items in easily accessible pockets. Pickpocketing is not common in Łódź, but it does happen. If you are the only passenger on a bus or tram, sit as close to the driver as possible. At night, when getting off the bus, pay particular attention to oncoming traffic.



Safety and security

Items prohibited at all venues

The restricted items policy applies to spectators and accredited individuals at the EUOC Łódź 2025. Prohibited items will not be permitted into venues under any circumstances.

The list of prohibited items at venues is as follows:

- **Firearms and other devices used to discharge projectiles** - serious injury by the discharge of a projectile and devices which may be used to inflict serious injury by firing, and devices which are deceptively similar to them
- **Stunning devices** - devices specifically designed to stun or paralyse
- **Sharp-edged or pointed objects** - sharp-edged or pointed objects which can be used to cause serious injury
- **Hand tools** - to cause serious injury or endanger the safety of participants
- **Blunt instruments** - instruments that can be used to cause serious injury by impact
- **Explosives, flammable substances and incendiary devices** - explosives, flammable substances and incendiary devices which may be used to cause serious injury or endanger the safety of participants, and substances and devices which are deceptively similar to them
- **Symbols of despotism**
- **Sprays used to induce irritation or used for demonstrations** - A device from which a substance can be sprayed to induce a non-aggressive state by irritation of the eyes, mucous membranes or skin
- **Alcohol and intoxicating substances**
- All items of an excessive size that may disturb the event or restrict the view

Smoking is strictly forbidden in all indoor venues in Poland including accommodations and sport venues. Smoking is allowed at least 5 metres from all entrances.



General medical services

General information

During the EUOC Łódź 2025, all participants will have continuous access to the following medical emergency services provided by trained medical staff during the sporting events.

Medical assistance during sport events

Trained medical staff will be available for all participants during sporting events of EUOC Łódź 2025. Medical care will be available at all sports facilities in the immediate vicinity of all zones where players/teams are competing.

First aid and hospitals

In case of emergency situations requiring first aid or basic medical assistance, medical rooms will be available at competition facilities, training venues and university accommodation. In case of injuries or emergencies requiring hospitalisation, the injured will be transported to the nearest Hospital. **All those cases have to be reported to the Technical Director Beata Winczewska +48 536531910.**



Informations

Website	https://orienteering2025.eusa.eu
Facebook	https://www.facebook.com/eusaorienteering
Instagram	https://www.instagram.com/eusaorienteering/
X	https://twitter.com/eusaorienteer
YouTube	https://www.youtube.com/channel/UC3-yzTQNH05sZ3zzPYlr2OA

Important deadlines

Deadlines for entries

Registrations open	15/12/2024
General entry deadline	24/04/2025
Payment of Deposit (300€/team)	24/04/2025
Quantitative entry	24/04/2025
Payment deadline (EUSA fee & participation fee)	24/04/2025
Individual entries and travel plan	24/06/2025

Bulletins to follow

Bulletin 4

end of June 2025



SEE YOU IN ŁÓDŹ!!

