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It is a pleasure and an honour to have You at the EYOF in Vuokatti. All three competition cities are ready to receive you and host a memorable event!

The Boys Ice Hockey tournament played in December showed us that we are ready for the March event. However, we strive to learn from that great hockey tournament and hone the arrangements for you to the best of our ability.

It is important to us that the performances of the sports are successful, but it is equally important that the competitions are organized in a safe manner and that the accommodation and meals work. With regard to health safety, each of us organizers and you teams are responsible for our part. By following the instructions and rules, everything will work well and safely in this respect as well.

We will meet in March, until then very good preparatory trainings and competitions!

Mika Kilpeläinen
Mayor of Sotkamo
Chief of Organising Committee EYOF 2022 Vuokatti
ACRONYMS

Sports
AS  Alpine Skiing
BT  Biathlon
CC  Cross Country Skiing
FS  Figure Skating
IH  Ice Hockey
NC  Nordic Combined
ST  Short Track
SJ  Ski Jumping
SB  Snowboard

General terms
Aa  Athlete
Ao  Team Official
AVL  Athletes’ Village
B  Boys

CLO  Covid Liaison Officer
COCOM  Coordination Commission
dCdM  Deputy Chef de Mission
DRP  Delegation Registration Process
ECF  Entry and Eligibility Conditions Form
EOC  European Olympic Committees
EYOF  European Youth Olympic Festival
FEN  Final Entries by Number
FOP  Field of Play

G  Girls
GO  General Official
CdM  Chef de Mission
IF(s)  International Federation(s)
IOC  International Olympic Committee

ITD  International Technical Official (Sport)
LAR  Late Athlete Replacement
MAC  Main Accreditation Centre
MDCS  Main Doping Control Station
MER  Main Event Restaurant
MEC  Main Medical Centre
MMC  Main Media Centre
MPC  Main Press Centre
MPL  Medals Plaza

NF  National (sport) Federation
NOC(s)  National Olympic Committee(s)
NOC DA  NOC Delegation Accommodation
NOC G  NOC Guest
NOC SC  NOC Services Centre
NTD  National Technical Official (Sport)
OBPR  Observer Programme
OC  Organising Committee
PPC  (NDC) Primary Point of Contact
RAS  Registration and Accreditation System
SID  Sport Info Desk
SMC  Sub-Media Centre
TCM  Team Captains meeting
/Technical meeting
TD(s)  Technical Delegate(s)
VAPP  Vehicle access & parking permit
VIC  Victory Ceremony
    (Medals Award Ceremony)
WP  Working pass
Useful facts about Finland

- Population: 5,518,000
- Time zone: UTC+2
- Calling code: +358
- Capital & largest city: Helsinki (population 656,920)
- Official languages: Finnish, Swedish
- President: Mr Sauli Niinistö
- Finland is one of the safest countries in the world
- Finland is also the happiest country in the world for fourth year running

Weather and weather forecasts

The average temperature in Vuokatti in March is -6° C. Temperatures go down to a maximum of -10° and the average amount of snowfall is 28 mm. The average amount of snow on the ground in March is 53 cm. It’s best to be prepared for rain and snow. Bring winter jackets, warm clothes, and snow boots.

Finnish weather forecast websites include www.foreca.fi and www.ilmatieteenlaitos.fi. Search for “Vuokatti” or “Sotkamo”.

Useful information for NOCs during their stay

Water

In Finland, the domestic water supplied by water treatment plants is of very good quality and safe to use. Legislation on the quality of domestic water requires that there must be no organisms or substances in the domestic water that may cause health damage to the water user. The municipal health protection authority regularly monitors the quality of domestic water.

Tap water is drinkable and cleaner than most bottled waters. As part of sustainability push the event is committed to, all participants will receive a branded drinking bottle that can be re-filled at any water point.

Electricity

- Mains voltage: 230 V
- Plugs: Types C and F (C = two round pins, F = two round pins with two earth clips on the side)

Security

In the light of the statistics, Finland is the safest country in the world. In international comparisons measuring crime, accidents and disturbances, as well as trust in the authorities and the judicial system, Finland is among the top five countries and the best-placed Nordic country. Internal security means that every member of our society can enjoy their rights and freedoms without fear of crime, accidents, disturbances or other phenomena of concern.

- The safest country in the world (WEF) Finland the 1st in the world (2017, 2018, 2019)
- The world’s most stable country (FSI) Finland the 1st in the world (2017, 2018, 2019)
- Trust in the police and the judicial system (Eurostat) Finland the 1st in Europe (2018, 2019)
- Level of Internal Security and Policing (WISP) Finland the 2nd in the world (2016)
- Least corrupt country in the world (CPI) Finland the 3rd in the world (2016, 2017, 2018)
- World Justice Project Rule of Law Index Finland the 3rd in the world (2018, 2019)
Kainuu region

"Hear the whispering of our wilderness..."

The province of Kainuu is a province with forests and lakes near the eastern border. Up to 80% of the province’s land area is forest. Kainuu is part of the continental climate. Kajaani is the provincial centre of Kainuu. The largest lake is Lake Oulujärvi. Kainuu is the second smallest region in mainland Finland and sparsely populated. There are fewer than four Kainuu people per square kilometre.

"A journey thou be wearisome - thus let it be...!"

Kainuu people are considered a silent population that does not boast of themselves. However, the Kainuu people are a tough group. Surviving in harsh conditions has given rise to courage and perseverance. The harsh nature of the harsh conditions and Finnish sisu are already planted in mother’s milk. Regional Anthem of Kainuu is also known as “A song of the land of starvation”. Over the course of history, poverty and hard times plagued the province are possibly at the root of the lyrics to this song as well.

"We have builtv a country anew..."

At the end of the 19th century, Kainuu was the focal point of Finnish tar production. Even today, it is possible to enjoy rye bread supplemented with tar aroma. At the beginning of the 20th century, with the decline of the tar industry, the forest industry began to develop. Today, Kainuu is home to Transtech Oy, which currently belongs to the Czech Skoda Group. In addition, LUMI, one of the fastest supercomputers in the world, is located in Kainuu. Thanks to its high-speed computing power, it is one of the world’s most advanced platforms for artificial intelligence.

"Kin of Kainuu, let the die be cast...!"

From Kainuu history to the present day, there are several notables from many different regions. The seventh President of Finland, Urho Kekkonen, lived in Kajaani as a child and young person. Elias Lönnrot, author of the Finnish National Epic Kalevala, worked as a doctor in Kajaani for 20 years. Kainuu is also known for sports. Heikki Savolainen, one of the most successful Finnish gymnasts of all time, won a total of nine medals during his Olympic career: two gold medals, one silver and six bronze medals. Savolainen’s competitive career at the top lasted six Olympiads, a total of 24 years, i.e. from 1928 to 1952. Well-known winter sports athletes from Kainuu are e.g. biathlete Kaisa Mäkäräinen, cross country skier Anne Kyllönen and ice hockey players Janne Pesonen and Joonas Kemppainen.
Organisation

The Host City is the village and tourist region Vuokatti, which is a part of municipality of Sotkamo. The party responsible for the organization and administration of the event is Kainuu Regional Sports Association (Kainuu Liikunta). The Executive Committee is formed of the members of cooperative organizations. The Executive Committee is not a juridical body of EYOF2022, the Municipality of Sotkamo is the juridical authority for the event.

EOC Coordination Commission

Florin Misca (ROU), chair  
Guro Lium (NOR)  
Jana Daubnerova (SVK)  
Christoph Sieber (AUT)  
Borut Kolaric (SLO)  
Klaus Steinbach (GER) - EOC Medical supervisor  
Peter Brüll (EOC) - EOC Sport Director

Key dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>10.1.2022</td>
<td>CdM Manual &amp; Technical Manuals published</td>
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<tr>
<td>20.1.2022</td>
<td>Accommodation bookings for Guests</td>
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<td>Payment deadline for Guest Accommodation</td>
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<td>25.2.2022</td>
<td>Long List &amp; Deadline to submit ECF</td>
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<tr>
<td>7.3.2022</td>
<td>Deadline to submit Radio Frequencies</td>
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<tr>
<td>7.3.2022</td>
<td>Return Medical personnel form/Team doctor form in RAS</td>
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<tr>
<td>7.3.2022</td>
<td>Deadline return of Figure skating music &amp; Planned Program Content Sheet</td>
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<tr>
<td>7.3.2022</td>
<td>Short List</td>
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<tr>
<td>10.3.2022</td>
<td>Last 50% payments of participation fee</td>
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<tr>
<td>18.3.2022</td>
<td>CdM Arrivals</td>
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<tr>
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<td>25.3.2022</td>
<td>Closing Ceremony</td>
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<tr>
<td>26.3.2022</td>
<td>Departures</td>
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Sport Info Desk (SID)

The SID is located near the NOC SC. All sport related information for the EYOF 2022 Vuokatti will be available there during the event week, including official start lists, official results, competition and training schedules, weather service, etc. All information concerning sports will also be available on the website www.eyof2022.fi and at the competition venues. Hard copies will be printed only upon request. NOC Officials may book non-sportspecific training slots and facilities at the SID on a ‘first-come, first-served’ basis.

The EYOF Technical Manual is published together with the Chefs de Mission Manual and can be found in the Extranet. Only electronic versions are available, no printed copy will be provided to NOCs.

Sport Specific programme

The complete competition schedule by session and by day for each sport can be found in the updated Technical Manual of the respective discipline.

Opening hours:
- Thursday 17.3.2022: 15.00-21.00
- Friday 18.3.2022: 8.00-22.00
- Saturday 19.3.2022: 9.00-19.30
- Sunday 20.3.2022: 9.00-19.30
- Monday 21.3.2022: 9.00-20.00
- Tuesday 22.3.2022: 9.00-20.00
- Wednesday 23.3.2022: 9.00-18.00
- Thursday 24.3.2022: 9.00-20.00
- Friday 25.3.2022: 9.00-20.00
Training and Facilities
Event-time training, including non-sport-specific training for all athletes and sport-specific training, will be provided 20.-25.3.2022.

Sport Specific Training
Event-time sport-specific training will be organised according to the official training and competition schedule of each sport.

Non-Sport Specific Training
Non-sport-specific training for all athletes will be provided 19. – 26.3.2022. NOCs have the possibility to book non-sport-specific training facilities by contacting SID, subject to availability. In-door training possibilities can be booked free of charge. Cross country skiing tracks not part of the event are available to use for free. Non-Sport Specific training facilities within walking distance are:

- 2 Gyms
- Gymnastics hall
- Swimming pool
- Ski tracks
- Downhill Skiing

Sport Equipment
NOCs must bring their own sports equipment in order to compete in the respective events. No equipment is provided by EYOF 2022.

Storage and waxing facilities
There will be a storage and waxing possibilities available for participating NOC teams near the sport venues. Please see the Technical Manual for details.

Meetings
Team Captains’ meetings / Technical Meetings
Team Captains’ Meetings for each sport will be held in Sokos Hotel Vuokatti. Schedule of each TCM can be found in the Technical Manual. The first meeting for each discipline will take place on Sunday 20.3.2022 at 17.00-18.00.

Bookable meeting rooms
Meeting rooms are available for teams to reserve for internal team meetings at no extra cost. These meeting rooms are located at each hotel (Sokos Hotel, Vuokatti Sport, Hotel Vuokatti). Meeting rooms can be reserved at the Meeting Service Desk at the NOC SC.
## EYOF 2022 Provisional Schedule

### Alpine Skiing
- **Training**
  - Girls 10:00
  - Boys 12:00
- **Biathlon**
  - Biathlon Stadium 10:00-12:00
  - Girls 7.5 km (F) 14:00
  - Boys 10 km (F) 15:25
  - Girls 5 km (C) 10:00
  - Boys 7.5 km (C) 11:25
- **Cross Country Skiing**
  - Official training at the Cross Country Stadium 9:00-12:00
  - Girls 7.5 km (F) 14:00
  - Boys 10 km (F) 15:25
- **Figure Skating**
  - Unofficial Training Boys 15:30
  - Unofficial Training Girls 18:20
  - Official Training Boys SP/FS 14:30
  - Official Training Girls SP/FS 17:20
  - Official Training Boys SP 6:30
  - Official Training Girls SP 9:00
  - Official Training Boys FS 7:00
  - Official Training Girls FS 7:30
- **Ice Hockey**
  - SVK - FIN 12:30
  - SUI - RUS 18:30
  - CZE - SUI 15:00
  - SWE - SVK 18:30
  - RUS - CZE 15:00
  - FIN - SWE 18:30
- **Nordic Combined**
  - Official training HS100 (B/G), 2 rounds at 15:00
  - HS 100 Girls, Trial round 15:15
  - Nordic Combined Ski Jumping HS100 Girls 18:00
  - HS 100 Boys, Trial round 9:00
  - Nordic Combined Ski Jumping HS100 Boys 10:00
  - Nordic Combined Individual Gundersen CC Girls 18:15
  - Nordic Combined Individual Gundersen CC Boys 12:30
- **Ski Jumping**
  - Official training HS100 (G/B) 2 rounds 9:00
  - HS 100 Girls, Trial round 15:30
  - Ski Jumping HS100 Girls 16:30
  - HS 100 Boys, Trial round 8:00
  - Ski Jumping HS100 Boys 10:00
  - Ski Jumping Mixed Team HS100 Trial round, 10:00
  - Ski Jumping Mixed Team HS100 Mixed Team 10:00
Travel to Finland

Travel from EU and Schengen countries
Finland is part of the European Union and one of the Schengen states. A valid national passport or other equivalent official document that satisfactorily establishes a person’s identity and nationality is needed when entering into Finland.

Travel from non-EU/Schengen countries
A valid national passport is needed when entering into Finland from outside of the Schengen area. It must be valid for at least ninety days after the intended date of departure from the Schengen area. In addition, the passport must be less than ten years old.

The European countries whose citizens need a visa when entering Finland are Armenia, Azerbaijan, Belarus, Kosovo, Turkey and Russia. For a short stay (up to 90 days in the Schengen area) a visa is not needed for UK citizens.

The citizens of countries that need a visa to enter Finland must pay the cost of acquiring the visa themselves. You should submit your visa application at Embassy of Finland or a visa centre no later than 15 days before travel. If an invitation letter for your visa is needed, please contact the NOC services and we will help you.

Covid-19 restrictions in travel
Restrictions are changing rapidly around the world and such as it is nearly impossible to predict what end of March 2022 will look like. For reference, the restrictions in travel to Finland until 13.3.2022 are:

- There are no restrictions for persons arriving from EU or Schengen area, or Andorra, Bulgaria, Croatia, Cyprus, Ireland, Monaco, Romania, San Marino and the Vatican City State.
- Entry from any other country only with:
  - A certificate of a complete and valid vaccination series (either one or two doses depending on the vaccine). At least 7 days must have passed since the last vaccine dose has been received OR
  - A single certificate that the person has recovered from covid-19 virus and has gotten one dose of vaccine. It is equated to a complete covid-19 vaccination series OR
  - EU digital COVID certificate that proves the person has recovered from covid-19 within 6 months.
- In addition to the aforementioned requirements, the person must present a negative covid-19 test result of less than 48 hours. The result of a PCR or an Antigen test is accepted.

A person who has not received a complete covid-19 vaccination series must have an essential reason or a special group permit for entering Finland. The OC is the responsible organisation for arranging the permit and NOC Services will be in contact with NOCs requiring the permit.

For more information and updated situation please see Finnish Border Guard website.

Biathlon rifles and ammunition
Competitors coming from the EU nations can use the European Firearms Pass (EFP) to import their rifles and ammunition. Athletes without the EFP will need to apply for rifle permit in Finland. In order to facilitate your arrival and departure at customs regarding rifles and ammunition, please find the enclosed form, which should be completed in this case. The import license/European Weapons Passport has to be announced and shown when crossing the border. A reasonable amount of ammunition can be imported with the rifles.

The form with individual rifle information must be sent to the nocservices@eyof2022.fi by 25.2.2022. The OC will collect this information and handle the application process with the local authorities.

Permits and licenses are granted by the local police and the permissions will be sent back to the teams before their arrival to Finland. It is better to enter more athletes and/or rifles per nation than the actual quantity rather than too few. The fee of the licence is 35 € per application [can be multiple rifles] and the payment will be carried out by invoice.
Medication and medical devises

Pharmaceutical products used at international sports events are free of import duties. It is recommended that a complete list of the medications that come with your team doctor is made, in case this is asked for at the Customs upon entry. There is no formal form. Addictive drugs, including narcotics and psychotropic substances, are prohibited and may not be imported.

Customs

Please see the [Finnish Customs website](https://www.otovirasto.fi) for details about products that need customs clearance. Items such as cash, tobacco and alcohol products might need clearance.
Travel bookings
Every NOC delegation must secure, manage and pay for its own travel bookings. No official travel agency will be appointed by EYOF 2022 Vuokatti.

Arrival and departure data collection
NOC and Guest Arrival and Departure data is collected in RAS. Please add in all the details by 7.3.2022. In case of multiple flight connections, please add the last two legs of the journey. NOCs travelling in their own vehicles, please enter as port of entry “DIRECT AT HOTEL” and indicate an approximate arrival/departure time so that the respective accommodation can be prepared for check-in and check-out.

NOCs arriving at one of the official Ports of Entry or other airports nearby but continuing their itinerary to Vuokatti with rented vehicles, please enter as port of entry “DIRECT AT HOTEL” and note the information that vehicles will be rented in the remark field.

Ports of entry
Originally the only port of the entry was Kajaani, but due to flight restrictions the entry fee now includes transport organized by the organising committee from Kajaani airport or railway station and Oulu and Kuopio airports.

- Kajaani train station – Vuokatti: approximately 30 min
- Kajaani airport – Vuokatti: approximately 40 min
- Oulu airport – Vuokatti: approximately 2.5 hrs
- Kuopio airport – Vuokatti: approximately 2.5 hrs

NOC delegation arrival and departure procedure
NOC delegations arriving at/departing from Kajaani, Oulu or Kuopio airports or Kajaani train station

For NOC Delegations arriving at the above-mentioned locations, OC will arrange pre-planned passenger and luggage transfers to the delegation accommodation (NOC DA). Please keep in mind that the arrival day for NOC delegations is 19.3.2022 and the departure day 26.3.2022. If arrival and departure services for NOC delegations are required before or after those dates, NOCs have to make a special request via NOC Services no later than 7.3.2022.

At Kajaani Airport, an EYOF 2022 Information Desk will be located in the Arrival Hall to assist NOCs with immediate enquiries regarding further transport to Vuokatti. Operating hours of the Welcome Desk will be in accordance with the arrival information submitted to RAS.

With regards to departures, pick-up times from the NOD DA back to Kajaani will be communicated in the last CdM Meeting.

NOC delegations arriving in/departing from Vuokatti with their own vehicles

NOCs arriving with their own vehicles (including self-drive or self-managed coaches) are responsible for making their own way to their accommodation in Vuokatti.

Transport of sport equipment

Arriving by air

Upon arrival in the airports, sports equipment will be loaded on to busses and transferred to the competition venues by the EYOF Logistics Team. If for any reason DAT has not been able to transport sport equipment by air, the OC will arrange transport by road from Helsinki-Vantaa airport.

Sports equipment for Short Track and Figure Skating will be stored in the NOC DA and must be brought to the
competition venues on a daily basis. Ice Hockey Teams will travel in a dedicated bus directly from the airport to the Kajaani Ice Hockey venue where they can unload their equipment and material and put it in the team locker room. If team members arrive separately, they can bring their equipment to the venue when arriving for their first training session.

For departure, all sports equipment is picked up from the venues and loaded to the busses before picking up the NOC delegation members for transport to the airport, except for ice hockey equipment in Kajaani, which will be picked up on the way.

More detailed information will be provided to individual NOCs when the flight connections are confirmed.

Arriving by own car

NOCs arriving with their own vehicles are advised to transfer their sports equipment directly to the competition venues themselves. If for some reason this is not possible, the EYOF Logistics Team can help arrange a transfer. If NOCs opt for self-delivery, they can bring their sports equipment (except rifles and ammunition) to the competition venues on the arrival day 19.3 between 10.00-18.00 or the day of the first training 20.3. between 9.00-20.00.

NOCs departing in their own vehicles can choose whether they want to collect the sports equipment directly from the competition venues themselves. If NOCs opt for self-collection, they need to empty their Wax Cabins by 26.3.2022. NOCs need to communicate their exact time of departure in the Introductory Meeting so that the OC can ensure the venue is open.

Rifles and ammunition

As NOCs are not allowed to store Biathlon rifles and ammunition in the NOC DA, NOCs - arriving in their own vehicles - must hand over their rifles and ammunition to the rifle storage when they arrive and collect again when they depart. For the rifles and ammunition, there will be a separate locked storage within the Athletes’ Village with 24/7 security. No overnight storage in the NOC DA or cars is allowed due to local legislation.

All rifles and ammunition must be tagged accordingly in order to be able to claim the correct rifle and ammunition when going to the competition venue. It is mandatory to keep rifles and ammunition in proper boxes or cases to avoid damages.

Chef de Mission - Arrival Procedure

After arrival and before checking into the NOC DA, Chefs de Mission will attend an Introductory Meeting with their NOC Coordinator. During this meeting, they will receive a Welcome Package and will be introduced to their NOC Assistant(s). NOCs will receive information from their NOC Coordinator with the full details of the arrival procedure in due time.

In the Introductory Meeting the CdM will

- present OC passports or ID photocopies of delegation members, check the list and collect accreditations and VAPPs
- collect all necessary information from the OC
- collect keys for the rooms and for the team storage/wax cabins
- collect the ski passes
- sign instructions about Accommodation Regulations
- sign the Regulation about handling and storage of biathlon rifles and ammunition
- hand over the final rooming list of the NOC delegation
- check the accreditation cards
- other necessary arrangements that may occur

Luggage

In accordance with the travel data provided, NOCs will be transferred with their luggage and sports equipment from the official Ports of Entry, or Helsinki-Vantaa airport, to their accommodation by OC. Sports equipment will be transported in the bus or the additional bus trailer.
Tags

Tags and instructions will be provided once the flight connections are confirmed.

Lost luggage

The airline or respective travel carrier will remain responsible for locating lost or delayed luggage, arranging for the repair of damaged luggage and returning it to the owner. All incidents of lost, delayed or damaged luggage should be reported directly to the airline or carrier prior to leaving the arrival area.

Arrival and departure services of other clients

Arrival and Departure Services for other EYOF clients [e.g., NDC President, NDC Secretary General, NDC Guests] will be available from Kajaani, Oulu and Kuopio airports and Kajaani train station to the respective accommodation in accordance with the travel data provided in RAS. The deadline for other EYOF 2022 clients to submit travel data in RAS is 7.3.2022. If no valid data is provided, no arrival and departure service will be arranged.
TRANSPORT DURING THE EVENT

NOCs
NOC transport requests are handled by visiting the Transport Desk in the NOC SC, or via NOC Assistants or NOC Services. Shuttle bus service is recommended.

EYOF Guest / EOC
EYOF Guest / EOC transport order is placed from Katinkulta Guest Service Desk: +358 44 7323 313 or from the Transport Desk: +358 44 7323 304. Shuttle bus service runs frequently and is recommended for all for environmental reasons.

Other accredited groups
Other accredited groups order transport from the Transport Desk: +358 44 7323 304. Shuttle bus service runs frequently and is recommended for all for environmental reasons.

Shuttle bus service during the event week
Two shuttle buses will tour the following routes in the Vuokatti area on competition days 20.-25.3.2022. The stops are clearly marked at the stops and a map of the routes will be provided before the event.

First bus at 6:00, buses run until 22:15.

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<td>Vuokatti Arena</td>
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<td>Vuokatinmaa</td>
<td>Vuokatti Ski Resort</td>
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<tr>
<td>Hotel Vuokatti</td>
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<tr>
<td>Sokos Hotel</td>
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<tr>
<td>Vuokatti Arena</td>
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Ice Hockey Teams
The bus transfers of ice hockey teams between Vuokatti-Kajaani-Vuokatti are carried out according to the schedule indicated by the team.

General transport to Ice Hockey games
General transport for NOCs to Kajaani for ice hockey games departs in front of the accommodation hotel 1 hour before the start of the game and the return transfer back leaves 15 minutes after the end of the game. This transport needs to be booked at the Transport Desk or via NOC Assistant by 12.00 the previous day!

Contact info EYOF 2022 Transport Team
Transport Desk: +358 44 7323304
Chief of Transport: Jouko Malinen
transport@eyof2022.fi

Transport Desk opening hours:
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<tr>
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<td>Sunday 20.3.2022</td>
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<td>Monday 21.3.2022</td>
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<td>Wednesday 23.3.2022</td>
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<td>Thursday 24.3.2022</td>
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</tr>
<tr>
<td>Friday 25.3.2022</td>
<td>9.00-19.30/21.00-23.00</td>
</tr>
<tr>
<td>Saturday 26.3.2022</td>
<td>7.00-17.00</td>
</tr>
</tbody>
</table>
Public Transport Service

Buses

Finland’s bus route network is one of the most comprehensive in Europe covering more than 90% of public roads. There are several daily connections by bus from major cities in Finland to Kajaani and Sotkamo.

Most of the long-distance bus timetables and fares can be found at www.matkahuolto.fi/en.

A local bus service SotKatti serves the Sotkamo area. Bus stops can be found for example in Katinkulta, Vuokatti Ski Resort, Sotkamo town centre and Vuokatti Arena. This bus service runs for free during the event week!

Timetable will be released in March.

Trains

Finnish trains are spacious, comfortable and clean. The rail network stretches all over the country from Helsinki to Lapland. The closest train station to Vuokatti is in Kajaani. Four to five trains arrive daily to Kajaani from Helsinki via Kuopio or Oulu, with the journey taking 6–10 hours depending on the train. There are also daily trains for example to Rovaniemi and Oulu. Travel between Kajaani and Lahti takes about 5 to 6 hours, depending on the connection.

Finnish rail traffic is controlled by one company and timetables and prices can be found at www.vr.fi/en.

Car Rental

Finland has right-handed traffic with a polite and stress-free driving culture. There’s a good network of petrol stations close to each other. In March the roads can be in icy and snowy condition. Winter tyres are mandatory between 1.12. and 31.3., or in winter driving conditions. The car rental services will only provide cars with winter tyres during this time.

Europcar

Partner price: 10% off online prices. This will work on the websites of all countries.

Promo code: 5S517046

Booking is recommended to be done well in advance to ensure availability. The booking can be modified closer to the rental period. Closest location to Vuokatti: Europcar Kajaani kajaani@europcar.fi (Pick-up points in the city centre and at the airport.)

Bookings:

- europcar.fi (add promo code by selecting "I have a promo/contract no." on the Search page)
- Europcar Booking Centre (phone 0200 12 154, email varaukset@europcar.fi)
- Europcar Locations (https://www.europcar.co.uk/en-gb/car-hire/locations/finland)

Parking

All personal and rental cars will receive free VAPPs. Please let nocservices@eyof2022.fi know by 7.3.2022 how many you require.

Accommodation

Parking spaces will be made available to NOCs at the NOC DA. No VAPPs are required for the NOCs to park at their accommodation. NOCs who plan to arrive in bigger vehicles (busses/coaches) are asked to notify NOC Services as soon as possible so availability at the respective accommodation can be evaluated.

Venues

VAPPs (Vehicle Access and Parking Permits) will be available to NOCs in accordance with the parking capacity of each venue. VAPPs will allow access to the accredited parking areas which will be marked with P+ in the venue. VAPPs must be clearly displayed inside the front windowsshield of the vehicle upon entry to the parking area, and at all times while the vehicle is parked. Parking areas will be monitored by EYOF 2022 staff. Other than competition venues, no VAPPs are required and NOCs are free to use the Public Parking Areas around the competition venues. No capacity issues are expected.
The Delegation Registration Process (DRP) is the official registration process for all NOC Team Delegations attending the EYOF 2022 Vuokatti. In this process, NOCs will register their NOC Delegations, complete their Sport Entries for athletes and finalise their NOC Delegation by name, by completing all necessary steps, forms and activities in order to participate in the event. Members of NOC Team Delegations will not be accredited (and therefore not entitled to participate in the European Youth Olympic Festival Vuokatti 2022) unless the DRP has been completed by their NOC.

The Registration and Accreditation system can be found at https://ras.eurolympic.org/. The system is open for the teams and the login details have been provided for each NOC. A bulk data import sheet can be downloaded from the system, along with other important documents and manuals.

RAS attachment function will be used for collecting the following information (subject to change):
- Covid-19 Certificates
- Medical information form

**Accreditation process**

NOCs were required to confirm the Final Entries by Number (FEN) by 30.9.2021. When the FEN were confirmed, EYOF 2022 issued invoices for the participation fee. The second instalment of the participation fee must be paid by 10.3.2022. EYOF 2022 NOC Services will issue the invoice in February 2022. The invoice includes the remaining 50% of the participation fees, the deposit, and the participation fees of the European Young Olympic Ambassadors and Figure Skating judges.

NOCs are required to submit:
- 25.2.2022 - Preliminary Entries by Name (Long List)
- 7.3.2022 - Final Entries by Name (Short List)

Only athletes must be submitted by the deadline of the Long List. Other delegation members can be added up to the Short List deadline.

**Accreditation categories**

The following categories are available for NOCs:

<table>
<thead>
<tr>
<th>Group</th>
<th>Category</th>
<th>Main Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team</td>
<td>Aa</td>
<td>Athlete</td>
</tr>
<tr>
<td></td>
<td>Ac</td>
<td>Chef de Mission</td>
</tr>
<tr>
<td></td>
<td>Ao</td>
<td>Team Official</td>
</tr>
<tr>
<td></td>
<td></td>
<td>General Official</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Media Representative</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ambassador</td>
</tr>
<tr>
<td>Guest</td>
<td>WP</td>
<td>Working Pass</td>
</tr>
<tr>
<td></td>
<td>NDC</td>
<td>NOC President / Secretary General / Representative</td>
</tr>
<tr>
<td></td>
<td>NDC G</td>
<td>NDC Guest</td>
</tr>
</tbody>
</table>

- All NOCs will be granted an extra accreditation for one European Young Olympic Ambassador, in addition to the confirmed FEN. The Ambassador must be added in the Short List.
- All NOCs must nominate a Covid Liaison Officer from the existing quota in Ao category.
- The OC will consider the dCdM appointed for Lahti as the Operations Coordinator for the delegation in Lahti. If the NOC does not have appointed a dCdM to Lahti, they can designate an Ao to work as Operations Coordinator. Please contact the NOC Services by 73.2022 to do so.
- Special characters such as ä and ö can be used in the system. Please note that the athletes’ names must appear in the same way as they are registered in the Sport Federations, for example FIS. In case an athlete is registered without special characters, they should be added in the RAS the same way.
Working passes

There are two types of working passes available in Vuokatti: one-off payment of 100 € for accreditation and transport in the event shuttle bus, or 120 € per day including all the same services as athletes and accommodation with or near the delegation. We try to accommodate the working pass holders near their teams, but please be aware that this might not be possible every time. The quota is 10% of the NOC delegation size.

NOC Guests

As March is very high season in Finland, availability of accommodation is very low. Therefore, it is recommended to make the accommodation bookings for guests as early as possible. Bookings are made through the Accommodation Manager in RAS. The OC cannot guarantee rooms after 20.1.2022.

NOCs can register following Guest groups:

• NOC President (and NOC President Accompanying Guest)
• NOC Secretary General (and NOC Secretary General Accompanying Guest)
• NOC Representative (and NOC Representative Accompanying Guest)
• NDC Guest

NOC G (guest) quotas:

• 1 - 10 athletes  2 NOC G
• 11 – 20 athletes  3 NOC G
• 21 – 30 athletes  4 NOC G
• 31 - 40 athletes  5 NOC G
• 41 – 50 athletes  6 NOC G
• Over 50 athletes  7 NOC G

Entry & Eligibility Conditions form

The Entry/Eligibility Conditions Form (ECF) is a single form signed by the NOC President or Secretary General and the NOC Representative which applies to all delegation members. In order to be accepted by EYOF 2022 to participate in the event, a scanned version of the correctly completed, signed and stamped ECF must be received by EYOF 2022 NOC Services by 25.2.2022 in order for the DRP to be concluded successfully. This form is obligatory for delegation members to receive their Accreditation Cards. The form can be found in the Extranet.

Athletes Additional Data Field

In addition to the accreditation data collected for each delegation member, the NOC is requested to collect additional data for athletes. All collected data will be submitted to representatives of mass media, including but not limited to newspapers, TV stations, radio stations and news agencies. The information will also be featured on the EYOF 2022 official website.

Main Accreditation Centre (MAC)

Main Accreditation Centre is located in the heart of Athletes' Village at the NOC SC. The MAC can provide the following services:

• Card collection and validation
• Card production and distribution
• Issue resolution

All NOC accreditation cards will be printed in advance and will be ready for collection after verifying copies of official documents (ID Cards or Passports). Accreditation cards will be handed over to the Chef de Mission after the Introductory Meeting.
**Guest accreditation**

Guest accreditations (including NOC Presidents and Secretaries General) will be distributed at the Guest Services Desk at Holiday Club Katinkulta, unless previously collected by the CdM.

**Late athlete replacement policy (LAR)**

Where injury, urgent medical problems including Covid, or other exceptional circumstances arise after the closure of entries on 7.3.2022 (Short List deadline), it is possible for a team to make a late athlete replacement as long as the athlete is registered in the Long List. Late Athlete Replacement policy comes into effect from 8.3.2022 and, in exceptional cases, up to the time of the Team Captains’ Meeting before competition for the relevant Sport/Discipline/Event.

The replacement must be approved by the EOC, after consultation with the EFs and the EYOF 2022.

Late Athlete Replacement is possible only provided that:

1. the substitute (replacement) athlete is eligible to take part in the EYOF 2022,
2. the NOC of the substitute athlete had applied for accreditation for such athlete prior to 25.2.2022 (Long List deadline)

The “Late Athlete Replacement Form” must be duly filled out by the NOC, for the athlete being substituted (replaced) and the substitute athlete. NOCs submit a Late Athlete Replacement Form with all relevant documentation (a valid medical certificate or supporting document for the replaced athlete) by e-mail to accreditation@eyof2022.fi and p.brull@eurolympic.org.

Please ensure that:

• the NOC had registered the substitute athlete prior to 25.2.2022, on the Long List
• all fields in the Late Athlete Replacement Form are properly filled

Applications with missing information will not be processed. The Late Athlete Replacement Form can be downloaded in the Extranet.

**Athlete withdrawal policy**

This policy will apply to Athletes who are members of National Olympic Committee (NOC) Team Delegations, attending the EYOF 2022 Vuokatti. An NOC may withdraw an athlete, after finalising DRP right up to the Team Captain’s Meeting for the relevant Sport / Discipline / Event. The withdrawal of an athlete may only occur after the completion of the DRP.

Withdrawal of an athlete can be triggered by an NOC in writing (via email or in person) to EYOF 2022 Accreditation for medical reasons or justified unforeseen personal circumstances. The registration fees of the delegation will not be reimbursed if a withdrawal occurs. Please use the same form as for Late Athlete Replacements.

**Contact info EYOF 2022 Accreditation team**

Office: +358 44 7323 305
Chief of Accreditation: +358 44 7323 300
Email: accreditation@eyof2022.fi

**Main Accreditation Centre in the NOC SC opening hours**

<table>
<thead>
<tr>
<th>Date</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 15.3.2022</td>
<td>10.00-16.00</td>
</tr>
<tr>
<td>Wednesday 16.3.2022</td>
<td>10.00-16.00</td>
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<tr>
<td>Thursday 17.3.2022</td>
<td>10.00-16.00</td>
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<tr>
<td>Friday 18.3.2022</td>
<td>10.00-22.00</td>
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<tr>
<td>Saturday 19.3.2022</td>
<td>9.00-23.00</td>
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<tr>
<td>Sunday 20.3.2022</td>
<td>9.00-19.30/21.30-23.00</td>
</tr>
<tr>
<td>Monday 21.3.2022</td>
<td>9.00-23.00</td>
</tr>
<tr>
<td>Tuesday 22.3.2022</td>
<td>9.00-20.00</td>
</tr>
<tr>
<td>Wednesday 23.3.2022</td>
<td>9.00-18.00</td>
</tr>
<tr>
<td>Thursday 24.3.2022</td>
<td>9.00-18.00</td>
</tr>
<tr>
<td>Friday 25.3.2022</td>
<td>9.00-14.00</td>
</tr>
</tbody>
</table>
The Athletes’ Village is located at centrally close to the Cross Country Skiing, Biathlon, Short Track and Figure Skating venues. All the team accommodation will be within walking distance from the Athletes’ Village. Regardless of this, the shuttle bus will serve all accommodation, Athletes’ Village and venues in Vuokatti. NOC DA in Vuokatti ranges from budget rooms to high-standard apartments and hotel rooms. Hotel ratings vary mostly between 3-4 star. However, please note that there are no official hotel ratings in Finland, and they are based on hotel management’s evaluation. The planned number of beds per room is 2-3, and all the beds are for single use. The ratio of toilet/shower per accommodated person will not exceed 4 persons per toilet/shower.

All the halls, premises, training venues and catering services are within walking distance of the NOC DA. Even the supermarket is only a 5-15 min walk away. Vuokatti offers excellent opportunities for supplementary training, such as gym, gymnastics, ball and racquet games, cross country skiing and ice or water sports.

All delegation members will be accommodated in either hotels, apartments, or cottages. Hotel rooms are for 1-4 pax and apartment sizes vary from 2 pax up to 15 pax apartments. Each NOC will be communicated their allocated accommodation in February the latest.

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**General policies**

The general House Rules of each accommodation, available upon arrival at the accommodation, will apply and must be respected.

In general the following code of conduct will apply to all NOC DA residents:

- Quiet hours are from 22:00 to 05:00 in order to give residents a period of undisturbed rest
- The EYOF 2022 Organising Committee does not support the consumption, sale or distribution of alcohol, cigarettes, cigars and other similar tobacco products during the EYOF 2022. Finnish Law applies when it comes to sale, consumption and distribution of alcohol and tobacco products. A general no-smoking policy applies at all the accommodations, including on the balconies! Violation of this policy will result in a fee of 500 €.
- The following items are prohibited at the NOC DA:
  - All kind of weapons (including Biathlon weapons and ammunition)
  - Pyrotechnic devices (fireworks)
  - Pets (except guide dogs)
  - Items which could be used for acts of crime, or items considered a risk to the safety of the event
  - Political, racist, sexual or religious material
Check-in / Check-out

In hotels general check-in is at 14.00 and check out is at 12 noon. In cottages and apartments check-in is at 16.00 and check out at 12 noon. Despite this, OC will be able to accommodate delegations directly after arrival.

During the Introductory meeting with NOC Services, CdMs will receive a rooming list for their Delegation Accommodation. This list will form the basis of the rooming list which CdMs should hand back to NOC Services at the first CdM Meeting on 20.3.2022. The NOCs are instructed to check the accommodation and notify OC within 24 hours, if there are any issues.

The room check-out for NOCs will take place on 26.3.2022 before 12:00. As soon as all rooms are cleared, the CdM hands back the rooms and keys to the NOC Assistant. Detailed information regarding the exact procedure and time for the official check-out process will be communicated to all Chefs de Mission at the Introductory Meeting.

Early check-out will be handled on a case-by-case basis.

In case of departure times after 12:00 luggage storage and common rooms will be available at the hotels.

Housekeeping

In the interest of the environment, there will be no extra housekeeping services during the event week. Cleaning and linen/towels can be changed upon request at the reception.

Please ensure that rubbish is taken out regularly. You can find recycling points close to all the accommodation!

For example toilet paper and cleaning equipment is provided in the apartment and chalet accommodation. Most apartments and chalets will have their own laundry and drying facilities, but washing powder is not provided.

Fact about Finland

It is estimated that there are over 3 million saunas in Finland, most of them in private houses. Hotels generally have separate saunas for men and women, and the Finnish custom is to enjoy sauna naked if this is the case. In mixed saunas everyone uses bathing suits. Bench linens or towels are usually provided at the entrance to sauna. Only water is thrown at the heated stones in the sauna stove, and beer and other drinks damage the stove. Finnish saunas normally don’t have hourglasses, and some Finns can enjoy sauna for hours on end.

Please be careful, listen to your own body and leave the sauna before you feel ill!

Saunas

Sauna is an integral part of the Finnish culture, and you will find saunas in most of the accommodation provided for the teams.

Hotels have saunas available for hotel guests at the following times:

- Vuokatti Sport: every day 16.00-22.00
- Sokos Hotel: every day 17.00-21.00
- Hotel Vuokatti: every day 16.00-17.30 women, 17.30-20.00 mixed, 20.00-21.30 men

Saunas are available in most of the cottages and some apartments. If an NOC is allocated cottages or apartments with saunas, NOC Services will be in contact before-hand and check with the NOC if they wish to have the saunas available for residents or turned off completely for the event week. Please read instructions of use carefully before using the saunas. The use of saunas will be at NOCs own risk.

For safety reasons keep the sauna stove clear of all clothes and equipment even when turned off!

Some saunas are also available for private bookings for the teams, please contact Meeting Service Desk for more information.
Kitchens

Almost all apartments and cottages will have kitchens with functioning ovens, stoves and microwaves. If an NOC is allocated accommodation with these facilities, NOC Services will be in contact before-hand and check with the NOC if they wish to have them available for residents or turned off completely for the event week. The use of kitchen facilities will be at NOCs own risk.

Fireplaces

Some chalets will have fireplaces. The use of these is prohibited for safety reasons.

Reception

At the hotel accommodation, the reception of the hotel will serve you in your problems and wishes. If you have any concerns in the apartments, please contact our Accommodation Office in the NOC SC. Access to the NOC DA will be monitored by each NOC DA reception individually.

The following Services will be provided at the NOC DA reception desks:

• Front desk services
• Towels and linen requests
• Lost & Found
• Laundry requests [extra charges may apply]
• Room key requests
• Damage reports will be noted and added to the handover protocol for check-out. NOCs will be charged directly by the hotel.

All NOC DA delegation members accommodated at NOC DA must have their Accreditation Card displayed for easy identification at all times during their stay.

Visitors

NOC Guests, Family and Friends can meet the NOC DA resident they wish to visit in the lobby area and may not access the NOC DA without being supervised by an NOC DA resident.

• Visiting hours are restricted to 09:00-22:00.
• F&B Services are only available for NOC DA residents
• If NOCs wish to invite their Presidents, Secretary Generals etc. for dinner, requests need to be negotiated well in advance with the NOC DA host directly
- Media may only visit after informing Media Operations well in advance
- Non-NOC DA residents (not listed on final rooming list) are not allowed to stay overnight and/or request F&B services free of charge

**Internet wifi**

There will be free wifi in all accommodation premises and venues. Login details will be provided for each accommodation in the Introductory Meeting with CdM.

**Telephone**

Some rooms will be equipped with telephones, but the lines will be disconnected.

**Parking**

Parking is allowed in designated parking places. Parking space will be provided for NOCs at the NOC DA. Please inform us well in advance regarding the number of cars / buses you intend to bring via nocservices@eyof2022.fi.

**Emergency evacuation**

Evacuation maps indicating the fastest emergency exit at each NOC DA will be displayed in rooms/floors. You can find emergency manual in every hotel room, apartment or cottage. Please read it through upon arrival.

**Contact information of EYOF 2022 accommodation team**

[accommodation@eyof2022.fi](mailto:accommodation@eyof2022.fi)

Office will be on call for late arrivals on Friday and Saturday.

**Accommodation Office in the NOC SC Opening hours:**

- Thursday 17.3.2022 10.00-18.00
- Friday 18.3.2022 10.00-18.00
- Saturday 19.3.2022 10.00-22.00
- Sunday 20.3.2022 10.00-22.00
- Monday 21.3.2022 10.00-21.00
- Tuesday 22.3.2022 10.00-21.00
- Wednesday 23.3.2022 10.00-21.00
- Thursday 24.3.2022 10.00-21.00
- Friday 25.3.2022 10.00-21.00
Service for NOCs

NOCs will receive full board from 19.3. until 26.3.2022. For teams arriving in the morning, this means their first meal is lunch on the arrival day and last is breakfast on departure day. Teams arriving later have the arrival day dinner as their first meal and departure day lunch as the last. MER will provide lunches and dinner and the last meal served there will be lunch on 26.3.2022.

Breakfast

Breakfast will be served in each hotel as follows

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Service Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sokos Hotel Vuokatti</td>
<td>Hotel and apartment guests</td>
</tr>
<tr>
<td>Vuokatti Sport</td>
<td>Hotel and apartment guests</td>
</tr>
<tr>
<td>Hotelli Vuokatti</td>
<td>Hotel and apartment guests</td>
</tr>
<tr>
<td>Aatel</td>
<td>Nearest apartments</td>
</tr>
<tr>
<td>Vuokatti Ski Resort</td>
<td>Nearest apartments</td>
</tr>
</tbody>
</table>

Maximum walking distance for the breakfast for those who are living in the apartments will be 500 m. NOC CdM will be provided with information about breakfast when the accommodation allocation is communicated, as well as during the Introductory Meeting with NOC Services.

Main Event Restaurant

Lunch and dinner for the teams will be served in Vuokatti Arena in a temporarily built MER. The Restaurant is open from 17.3.2022. For athletes competing and training in Kajaani, lunch/dinner will be served in Kajaani University of Applied Sciences (700 m away from the venue) whenever it is not possible to have meals in MER.

- Lunch will be served in MER 10.45-15.00.
- Dinner will be served in MER 16.00-20.00.

Opening hours can be extended for athletes and officials based on the competition schedule.

Fact about Finland

Gathering berries and mushrooms for the winter is an essential part of rural life in Finland. Enjoying nature by hiking, cycling or skiing is also integral to the Finnish way of life. This is made possible by common access or everyman’s rights. These refer to the possibility to move about and act in an area that the landowner has not designated for a special use that overrides everyman’s rights, such as cultivation or the yard or garden of a dwelling. Everyman’s rights allow people to:

- move about on foot, ski and bicycle in nature, such as in forests, natural meadows and water bodies,
- ride horses,
- stay in and temporarily stay overnight in areas where movement is also permitted,
- pick wild berries, mushrooms and unprotected plants,
- angle and ice fish, and
- boat, swim and wash themselves in waters and move about on ice.
Level of service

Municipality of Sotkamo will be responsible of preparations of the meals (excluding the breakfasts). The menu consists of an ideal and nutritious diet for athletes with a hint of local flavours, for example lot of berries gathered from local forests. Menu includes also lactose and gluten free food and all common food allergies will be considered. As part of the sustainability push adapted by the OC, vegetarian food will also be available.

Sport venues

In the sport venues athletes and staff will be provided with snacks such as smoothies, energy bars and fruit.

Meal vouchers

Accredited persons with the knife and fork symbol will be able to enter MER with their FIACC. For other accredited persons, meal vouchers of 15 € can be purchased.

Special arrangements

In case of late departures on 26.3, lunch can be arranged at the cost of the NOC. Please inform NOC Services no later than 7.3.2022 if this additional service is required.

For CdMs arriving earlier, MER will be open from lunch on 17.3.2022. Details will be provided upon arrival.
**Lounas – Lunch time 10:45 – 15:00**

**Päivällinen – Dinner time 16:00 – 20:00**

Joka aterialla salaatti, leipä ja jälkiruoka buffet – Salad, bread and dessert buffet with every meal

### LAUANTAI 19.3.2022

#### Lounas
- Lohikeitto (L, G)
- Broilerikiusaus (L, G)
- Borsskeitto (VE, M, G)

#### Päivällinen
- Jauheliha-perunavuoka (M, G)
- Purjo-perunasosekeitto (V, L, G)

#### Dinner
- Potato stew with minced meat (M, G)
- Leek and potato soup (V, L, G)

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### SUNNUNTAI 20.3.2022

#### Lounas
- Lohikeitto (L, G)
- Tomaattikeitto (V, M, G)
- Bataattisosekeitto (V, L, G)

#### Päivällinen
- Broilerikastike (L, G), riisi
- Kinkkukiusaus (L, G)
- Juuressosekeitto (VE, M, G)

#### Dinner
- French chicken stew (V, L, G), rice (L, G)
- Ham and potato casserole (L, G)
- Root vegetable soup (VE, M, G)

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### MAANANTAI 21.3.2022

#### Lounas
- Lihapullakeitto (M, G)
- Broilerikiusaus (L, G)
- Borsskeitto (VE, M, G)

#### Päivällinen
- Lihakeitto (M, G)
- Bolognesekastike (M, G), pasta
- Spinach soup (M, G), egg (M, G)

#### Dinner
- Meat soup (M, G)
- Bolognese sauce (M, G), pasta
- Spinach soup (M, G), egg (M, G)

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### TIISTAI 22.3.2022

#### Lounas
- Jauheelahakasviskeitto (M, G)
- Lohikiusaus (M, G)
- Mustajuurisosekeitto (L, G)

#### Päivällinen
- Makkarakeitto (M, G)
- Broilericurrykastike (L, G), riisi
- Bataattisosekeitto (V, L, G)

#### Dinner
- Sausage soup (M, G)
- Chicken curry sauce (L, G), rice
- Sweet potato soup

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**MENU**

Lounas – Lunch time 10:45 – 15:00

Päivällinen – Dinner time 16:00 – 20:00

Joka aterialla salaatti, leipä ja jälkiruoka buffet – Salad, bread and dessert buffet with every meal
<table>
<thead>
<tr>
<th>KESKIYIKKO 23.3.2022</th>
<th>LUNAS</th>
<th>LUNCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kahdenkalankeitto (L, G)</td>
<td>Pollock and salmon soup (L, G)</td>
<td></td>
</tr>
<tr>
<td>Palapäistä (L, G), perunasose (L, G)</td>
<td>Beef stew (L, G), mashed potatoes (L,G)</td>
<td></td>
</tr>
<tr>
<td>Juurressosekeitto (V, M, G)</td>
<td>Root vegetable soup (V, M, G)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TÖÄNÄLINETEN</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapin riistalihakeitto (L, G)</td>
<td>Lapland game soup (L, G)</td>
</tr>
<tr>
<td>Broileripastavuoka (L)</td>
<td>Chicken and pasta casserole (L)</td>
</tr>
<tr>
<td>Purjo-perunasosekeitto (V, L, G)</td>
<td>Leek and potato soup (V, L, G)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TÖÄNÄ 24.3.2022</th>
<th>LUNAS</th>
<th>LUNCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broilerikeitto (M, G)</td>
<td>Chicken soup (M, G)</td>
<td></td>
</tr>
<tr>
<td>Liha-makaronilaatikko (L)</td>
<td>Meat and macaroni casserole (L)</td>
<td></td>
</tr>
<tr>
<td>Bataattikookoskeitto (VE, M, G)</td>
<td>Sweet potato and coconut soup (VE, M, G)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TÖÄNÄ 25.3.2022</th>
<th>LUNAS</th>
<th>LUNCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nakkikeitto (M, G)</td>
<td>Frankfurter soup (M, G)</td>
<td></td>
</tr>
<tr>
<td>Jauhelihalasagnette (L)</td>
<td>Minced meat lasagnette (L)</td>
<td></td>
</tr>
<tr>
<td>Pinaattikeitto (M, G), kananmuna (M, G)</td>
<td>Spinach soup (M, G), egg (M, G)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PÄÄNÄ 25.3.2022</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kylmäsavulohikeitto (L, G)</td>
<td>Cold smoked salmon soup (L, G)</td>
</tr>
<tr>
<td>Kebabkiaus (L, G)</td>
<td>Kebab and potato casserole (L, G)</td>
</tr>
<tr>
<td>Porkkanasosekeitto (VE, L, G)</td>
<td>Carrot soup (VE, L, G)</td>
</tr>
</tbody>
</table>

**ERITYISRUOKAVALIOT – DIETS**
- L = laktoositon - lactose free
- G = gluteeniton - gluten-free
- M = maidoton - dairy-free
- VE = vegani – vegan
- V = kasvis - vegetarian
The NOC SC is located centrally in the heart of the Athletes’ Village. The Centre will be open for CdMs, their Deputies and proxy card holders.

All our operations will be centralised in the NOC SC, giving NOCs the best possible level of service – a one stopshop to obtain all the necessary information to carry out event administration.

The following help desks are planned in the NOC SC:

**NOC General Information Desk**
- General information and issue resolution
- Mail and information distribution
- Language & Translation services
- SIM Cards
- Distribution of Diplomas

**Finance (only certain days, see Finance for more information)**
- To settle any outstanding financial matters

**Accommodation Desk**
- Any questions and requests concerning the accommodation

**Meeting Service Desk**
- Reservation of bookable meeting rooms
- Reservation of group saunas
- Gym and sport hall reservations
- Physiotherapy space bookings

The following desks will be located just outside of the NOC SC and are accessible with Ao accreditation as well.

**Sport Information Desk (SID)**
- General sport information
- Competition and training information
- Results
- Start lists
- Scheduling updates
- Weather updates
- Girls Ice Hockey ticket bookings

**Transport Desk**
- Girls’ Ice Hockey Team transport
- Arrivals and Departures
- Shuttle bus inquiries

**Main Accreditation Centre**
- Card collection and validation for Media and Volunteers
- Card production and distribution
- Issue resolution
**Proxy cards**

The CdMs may delegate authority for some of the activities performed at the NOC SC to another accredited team member. Proxy cards will be issued at the Introductory meeting. For delegations up for 49 members, one proxy card will be issued. Larger delegations will receive two.

NOC proxy card holders must be in possession of a full Ao accreditation. They will be authorised to conduct business on behalf of their CdM for the following activities:

- attend the CdM Meeting
- collect mail and carry out duties at the NOC SC
- collect Victory Diplomas and Participation Certificates

Kindly note that Proxy Cards cannot be used by the CdM to transfer legal guardianship (e.g. the right to sign documents concerning an under-age athlete) to another person. Proxy Cards are non-transferable.

Mail Proxy Cards can be provided for NOC Assistants at the request of the CdM.

**Extranet**


Password: 0613022021eyof

In the Extranet section you can find up-to-date information on the sports and venues, as well as maps and contact details.

**Chefs de Mission Meetings**

CdM Meetings will take place at Sokos Hotel. The provisional schedule for the meetings is:

- Sunday 20.3.2022 at 8.00
- Tuesday 22.3.2022 at 8.00
- Friday 25.3.2022 at 8.00

Please note that a maximum of two persons per NOC will be entitled to attend the meetings. An online access link will be provided for all CdMs.

Following each meeting, and on the same day, NOC Services will distribute a report to NOCs describing how EYOF 2022 Vuokatti has resolved issues raised during the meeting.

**NOC Assistants**

NOC Assistants are volunteers from all walks of life and all around the world. They will assist the team management and the athletes in different situations during the games and will act as a useful link between the NOC and the Organizing Committee. Each team has been assigned 1-2 assistants. Local Assistant speak at least Finnish and English, most of them German and Swedish, too. They also have a good local knowledge of both Sotkamo and Kajaani. International Assistants are experienced and talented individuals with a variety of language skills.

**Contact information of EYOF 2022 NOC services**

NOC Services Manager: Riikka Rajaniemi

Email nocservices@eyof2022.fi

Office phone number +358 44 5323920 (active from 10.3.2022)

<table>
<thead>
<tr>
<th>Date</th>
<th>Opening hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 17.3.2022</td>
<td>10.00-18.00</td>
</tr>
<tr>
<td>Friday 18.3.2022</td>
<td>10.00-18.00</td>
</tr>
<tr>
<td>Saturday 19.3.2022</td>
<td>9.00-21.00</td>
</tr>
<tr>
<td>Sunday 20.3.2022</td>
<td>9.00-19.30</td>
</tr>
<tr>
<td>Monday 21.3.2022</td>
<td>9.00-20.00</td>
</tr>
<tr>
<td>Tuesday 22.3.2022</td>
<td>9.00-20.00</td>
</tr>
<tr>
<td>Wednesday 23.3.2022</td>
<td>9.00-18.00</td>
</tr>
<tr>
<td>Thursday 24.3.2022</td>
<td>9.00-20.00</td>
</tr>
<tr>
<td>Friday 25.3.2022</td>
<td>9.00-20.00</td>
</tr>
<tr>
<td>Saturday 26.3.2022</td>
<td>7.00-17.00</td>
</tr>
</tbody>
</table>
Assistants will assist the teams in providing administrative and language support; help teams with arrivals and departures; assist with arrival check-in and departure check-out procedures; support transfer of athletes to the ice hockey stadium and back to the hotels and other duties requested by the NOCs. Each Chef de Mission will discuss the specific responsibilities and duties of NOC Assistants together with the assistants. They have a good knowledge of the venues and the area and are able to help you in any issues you may encounter during the games.

Each delegation with Girls Ice Hockey teams will also be assigned a specially trained Team Host to help with matters related to Ice Hockey.

NOC Assistants and Team Hosts are volunteers, and their target working hours are up to 8 hours per day.

## Guest Services and Protocol

### Hotel and accommodation

Deadline for room booking for official EYOF GUEST Hotel is 20.1.2022.

- Guests are kindly asked not to make direct reservations with the hotel but via the RAS Accommodation-Manager only
- OC recommends you book rooms as early as possible to secure a place in the official Guest hotel, as rooms will be booked on a first come first served basis

Please pay attention to the early hotel booking deadlines due to the specificity of the host region. The hotels have high visiting rates in the winter season. Due to this, the hotel management holds the rights for strict cancellation policy. It is possible to create anonymous Guest room bookings, which means that the rooms do not have to (but may) be assigned to a specific person, but can be reserved to the name of the Responsible Organisation of the guest (e.g. NOC, IF, etc.) in the first phase.

OC cannot guarantee any room booking after 20.1.2022 but will do its best to satisfy the late requests that are subject to hotel room availability. In such case, please contact directly vipservices@eyof2022.fi

### Payment & cancellation policy

- As soon as an NOC registers a booking request the OC will confirm it (subject to hotel room availability) and will issue an invoice and send it to NOC by email.
- The payment deadline 28.2.2022. In case the booked rooms are not paid by the indicated deadline, OC will cancel the reservation.
- In case of any cancellation after 28.2.2022 or no-show there will be no refund.
- After a NOC has carried out the bank transfer it is kindly requested to send a payment confirmation to vipservices@eyof2022.fi

Hotel Booking deadline: 20.1.2022
Deadline for payment: 28.2.2022

### Venue services

- Cross Country Skiing, Biathlon, Short Track & Figure Skating Guest lounge in Vuokatti Sport “White House”
- Alpine Skiing and Snowboard in Vuokatti Ski Resort Guest tent next to the slopes
- Ice Hockey arena Guest lounge

Guest lounges and tents will have snacks, as well as hot and cold drinks available.
**Free program**

More information will be released later. The program will give the participants a chance to try unique Finnish experiences!

**Transport**

Transport by bus on arrival and departure day. Please inform your travel schedule in RAS Arrival and Departure Manager by 7.3.2022. Shuttle bus service runs frequently and is recommended for all accredited groups for environmental reasons. If necessary, additional transport can be requested at the Sub-Transport Desk at Guest Service Office in Katinkulta.

**Food & Beverage**

It is possible to book a room with breakfast, half board or full board in Holiday Club Katinkulta.

Price of accommodation and breakfast:

- Single room 178 € / night
- Double room 198 € / night

Half board (includes accommodation, breakfast and dinner at the hotel)

- Single room 218 € / night
- Double room 238 € / night

Full board (includes accommodation, breakfast, lunch in MER and dinner at the hotel)

- Single room 228 € / night
- Double room 248 € / night

**Medical service**

For accredited Guests the service of the doctor in Athlete’s Village in minor cases. In serious cases, contact first aid service or 112 for emergency and transport to the hospital.

**Accommodation for clients without accreditation**

Please contact our partner info@vuokattitravel.fi or see https://online.vuokattitravel.fi/. Other options include hotels and B&Bs found in booking.com for example. Bookings are subject to availability.

**Contact info EYOF 2022 Guest Services team**

email: vipservices@eyof2022.fi

**Opening hours of Guest Service Desk:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 8.3.2022</td>
<td>10.00-18.00</td>
</tr>
<tr>
<td>Saturday 9.3.2022</td>
<td>10.00-20.00</td>
</tr>
<tr>
<td>Sunday 20.3.2022</td>
<td>9.00-19.30</td>
</tr>
<tr>
<td>Monday 21.3.2022</td>
<td>9.00-20.00</td>
</tr>
<tr>
<td>Tuesday 22.3.2022</td>
<td>9.00-20.00</td>
</tr>
<tr>
<td>Wednesday 23.3.2022</td>
<td>9.00-21.00</td>
</tr>
<tr>
<td>Thursday 24.3.2022</td>
<td>9.00-20.00</td>
</tr>
<tr>
<td>Friday 25.3.2022</td>
<td>9.00-19.30</td>
</tr>
<tr>
<td>Saturday 26.3.2022</td>
<td>8.00-13.00</td>
</tr>
</tbody>
</table>
Monetary matters

The currency in Finland is the Euro (sign: €, code: EUR).

The following Euro bank notes and coins are in circulation:

- Bank notes with face values of 5, 10, 20, 50, 100, 200 and 500 Euros; and
- Coins of 1 and 2 Euro, as well as 5, 10, 20 and 50 cent coins.

Please note that Finnish stores and banks will accept 1 and 2 cent coins but will not redistribute these. All prices are rounded to the closest 5 cents for cash purchases, but not for card payments.

All travellers entering or leaving the EU through the external control points with €10 000 or more in cash (or easily convertible assets such as bonds, shares or traveller’s cheques) must declare the sum to customs. This initiative has been taken in an effort to improve security and combat money laundering, terrorism and crime. If you fail to complete the declaration, the cash may be detained or seized, and you could be subject to penalties.

More information on the customs control regulations for cash as well as the cash declaration form can be found on the following website: https://tulli.fi/en/private-persons/travelling/cash.

Banks

Finland has a very well-developed bank network with several banking groups. Banks generally don’t do currency exchange unless ordered well in advance.

Most banks in Sotkamo have the following opening hours: Monday - Friday: 09.30 – 12.00

Outside these opening hours you will find cash machines in three places in Sotkamo and Vuokatti. The closest one to the Athletes’ Village is at K-Supermarket Vuokatti, about 5-15 min walk away from the Athletes’ Village. Cash machines are widely used and accept most debit cards and international credit cards.

Payments & payment methods

List of the payments:

<table>
<thead>
<tr>
<th>Payment</th>
<th>Amount per person</th>
<th>Invoice</th>
<th>Deadline to Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation fee</td>
<td>120 € / day</td>
<td>50% in the 1st Invoice, issued by end of 2021</td>
<td>10.3.2022</td>
</tr>
<tr>
<td></td>
<td></td>
<td>50% in the 2nd Invoice, issued by end of February 2022</td>
<td></td>
</tr>
<tr>
<td>Deposit</td>
<td>50 € (max 3000 € per delegation)</td>
<td>2nd invoice</td>
<td>10.3.2022 returned in April 2022</td>
</tr>
<tr>
<td>Working Passes</td>
<td>120 € / day or 100 € one-time fee</td>
<td>2nd invoice</td>
<td>10.3.2022</td>
</tr>
<tr>
<td>European Young Olympic Ambassador</td>
<td>120 € / day</td>
<td>2nd invoice</td>
<td>10.3.2022</td>
</tr>
<tr>
<td>Biathlon rifle licence fee</td>
<td>35 € per application (can be multiple rifles)</td>
<td>3rd invoice</td>
<td>15.4.2022</td>
</tr>
<tr>
<td>Damages</td>
<td></td>
<td>Deducted from the deposit</td>
<td></td>
</tr>
<tr>
<td>FS Judge</td>
<td>The judge costs are divided by all NOCs participating in FS</td>
<td>3rd invoice</td>
<td>15.4.2022</td>
</tr>
</tbody>
</table>
Invoices must be paid via bank transfer. All amounts credited to the EYOF 2022 account should be the exact figure in Euros. All bank charges are to be paid by the NOCs. Any reduced amounts received by the EYOF 2022 due to bank charges or conversion rates will be deducted from the deposit

**Participation fee**

The participation fee is 120 € per person per day (overall 7 days and 8 days for Chefs de Mission unless previously advised). The fee includes full board and lodging, services in NOC Delegations accommodation, transport from the ports of entry to the accommodation and back to the train station or airport, and shuttle service to and from the venues.

**Deposit**

Each NOC must also pay a deposit of 50 €/person. The deposit will be collected in case of any damage caused to a room, for cancellation penalties or bank charges. The deposit for the Boys’ Ice Hockey teams will be included in the final payment for December and will be returned to NOCs in full by end of April 2022 along with the March 2022 deposits if there are no charges to be collected. Please note that it is the final number of entries that are financially binding for the NOCs.

The maximum for the above said deposit is 3000 € per NOC, and includes cover for both the December Ice Hockey tournament and the other competitions scheduled for March 2022.

This deposit will be placed in credit on each NOC’s account and balanced against:

- Damages caused - In case of any damage caused by the NOC incurred on the property of the EYOF 2022 or a third party, this damage will be recorded and a protocol will be co-signed by a representative of the NOC and EYOF 2022. This document will then serve as the basis for valuation of the damage that will be subsequently deducted from the deposit. The rooms in the Delegation Accommodation and Wax Cabins will be covered by protocols regarding handing them over to the NOC and returning them back to the EYOF 2022 at the end of the event. A cost-list of damages will be provided at the Introductory Meeting.
- Extra cleaning charges if the NOC DA is not left in acceptable condition at departure.
- Invoiced items charged to their account by NOCs during the event
- Bank charges or conversion rates which were not settled by the NOCs during payment processes (and charged inadvertently to EYOF 2022 Vuokatti).

Any outstanding credit in an NOC’s account will be reimbursed via bank transfer at the end of April 2022. Should a debit be outstanding, this should also be settled within two weeks after issuing the 3rd invoice by 1.4.2022 and no later than 30.4.2022.

**Working passes**

Please see “Working passes” on page 22 for more information.

**European Young Olympic Ambassadors**

European Young Olympic Ambassadors will get a NOC accreditation, Ambassadors category with Ao access rights. They will be accommodated with the teams and provided with the same services. Accommodation costs for the EYOA will be covered by the EOC. The accommodation fee will be initially paid by the respective NOC and will be reimbursed by the EOC, upon the presentation of the needed documents. In order to qualify for funding from the EOC, European Young Olympic Ambassadors must successfully fulfil tasks and responsibilities before, during and after the EYOF.

Travel will be at their NOC’s expense. The European Young Olympic Ambassadors should arrive together with their delegations.

**Biathlon rifle licence fee**

These fees will be added in the 3rd invoice sent after the event. Please see “Biathlon rifles and ammunition” on page 13 for more details.

**Figure Skating Judge**

The Figure Skating Judge costs will be divided by all NOCs with participants in Figure Skating. The OC will
issue a 3rd invoice after the event to cover the costs.

**Settling outstanding financial matters**

Finance Desk will be able to handle payments by cash or card.

**Contact info EYOF 2022 Finance Desk:**
Email: timo.mannermaa@kainuunliikunta.fi
Tel: +358 44 5325 912

**Opening hours:**
- Friday 18.3.2022  10.00-18.00
- Saturday 19.3.2022  10.00-18.00
- Sunday 20.3.2022  10.00-18.00
- Monday 21.3.2022  Closed
- Tuesday 22.3.2022  Closed
- Wednesday 23.3.2022  10.00-18.00
- Thursday 24.3.2022  Closed
- Friday 25.3.2022  10.00-18.00
- Saturday 26.3.2022  Closed
Opening and Closing Ceremonies

The EYOF 2022 Opening Ceremony will be held on 20.3.2022 at the at Vuokatti Arena Ceremony Plaza. The Ceremony will commence at 20.00. The length of the Ceremony is approximately 100 min. Please note that this is an outdoor venue and appropriate clothing, headcover and suitable footwear should be worn. Delegations must wear their official NOC uniform for the Opening and Closing Ceremonies.

The closing ceremony will be held on 25.3.2022 at the same place as the opening ceremony. The ceremony will commence at 20:30, immediately after the last Victory ceremony has ended. The length of the closing ceremony is 30 minutes.

Please send the names of your flag bearers to nocservices@eyof2022.fi by 18.3.2022.

Transfer

Delegations accommodated within walking distance will walk to the staging area of the Opening and Closing Ceremony, as well as Victory Ceremonies. Pre-planned transport services will take remaining athletes and team officials from their NOC DA to the staging areas of the Opening and Closing Ceremonies, as well as Victory Ceremonies.

Detailed information related to the Opening Ceremony will be provided at the CdM Meeting on 20.3.2022.

Mascot Ceremonies

After each final results are confirmed, the Top 3 will be awarded the event mascot Quukkel at the competition venue. No flags, banners, skis etc. are allowed in the ceremony.

Victory Ceremonies

The EYOF 2022 Victory Ceremonies will be held in accordance with the protocol determined by the European Olympic Committees to honour the individual and team achievements of the athletes. The Victory Ceremony is held every day at 19.00 at the Ceremony Plaza at the Vuokatti Arena with the following exceptions:

- Wednesday 23.3. after the Snowboard Finals at Vuokatti Ski Resort
- Friday 25.3. for Girls’ Ice Hockey the Victory Ceremony will take place at the venue after the Final game

Medals will be presented in the following order: bronze, silver, gold. The national flags of the medallists will be hoisted as the national anthem of the gold medallist’s nation is played. No flags, banners or other merchandise are allowed on the podium.

Diplomas, medals and other prizes

The distribution of Victory Diplomas and Participation Certificates will take place in the NOC SC. Please note that the Victory Diplomas and Participation Certificates must be collected and signed for by the CdM or Proxy Card Holder.
Environmental sustainability driving the event arrangements

EYOF 2022 Vuokatti is planned to be held as environmentally sustainably as possible. New practices are piloted to minimize the environmental and climate emissions caused by the event, and the best practices will carry on to future events organised in the region.

Kainuu region benefits in multiple ways of the upcoming mass event EYOF 2022 by getting visibility, tourism, and vitality for the region. Meanwhile, arranging the event causes exploitation of natural resources, typical for mass events. There is a strong incentive to solve this challenge in Kainuu. As a solution an environmental management system will be implemented to minimise the environmental emissions caused by the event. The goal is to minimise the waste, material usage and climate emissions throughout the event life cycle.

Finland is committed to international agreements to slow down global warming. Long before the current COVID-19 pandemic the concrete consequences of climate change have been visible: the global average temperature has risen, species have gone extinct, and many regions suffer of drought and extreme weather conditions. In Finland the consequences are visible for instance in the warmer winters impacting the future of many winter sports.

General waste

We as organisers are aiming to create such facilities that the audience and participants find it very easy and convenient to respect the environment at the venue:

- The waste is minimized by avoiding disposable materials wherever it is possible.
- All waste is recycled correctly. It will be easy to spot the different waste sorting bins. Your effort is needed as well!

Plastic waste and climate emissions are reduced by giving all NOC participants refillable water bottles. The water in Finland is world class: it has been ranked the cleanest in the world while Finland is the water richest country in the world. When bottles are filled with tap water a process of bottling, transport and storing in refrigerator is avoided completely. 2000 participants are expected to multiply the impact of this practice exponentially.

Fact about Finland

In Finland, like many other European countries, plastic and glass bottles are recycled at most stores. Each time you buy a bottle, you will pay a small deposit (0,10–0,40 €). You can get this deposit back if you return the empty bottle to a reverse vending machine usually found at the entrances of most food stores.

Even if you don’t want to return the bottle, please don’t throw it in the bin! Some Finns like to return other people’s bottles and are known to have made enough money to go on cruises!
Accommodation

At the accommodations the sheets and towels will be changed only by request which saves water, washing powder and emissions from logistics.

Food & Beverages

Vegetarian food will always be available in the Athletes’ Village. Did you know that vegetarian food has lower climate emissions than meat food? So, feel free to try healthy and climate-friendly vegetarian food!

Local Transport

We work to reduce emissions from event transport, and we will plan the logistic and routes to save transport, time, money, and above all, the environment. The Athletes’ Village is a very compact area where you can reach places easily by foot.

Venues

We are perfectly in line with the Olympic Agenda 2020’s sustainability strategy; all the competition venues and accommodation solutions exist already in the area and will continue to be used by the public after the event. The only bigger construction taking place for the event is the Waxing Hall, where Wax Cabins will be built for the teams. Currently the area has a limited number of Wax Cabins, but this effort saves us the cost and emissions of transporting Wax Cabins from elsewhere.

Other

In all our acquisitions we favour local producers and reused materials. All material acquired for the EYOF will either be used at future events, sold, passed on or recycled in an appropriate manner.

We have planted an EYOF 2022 Vuokatti forest in Sotkamo, which acts as carbon sink that absorbs carbon dioxide.

Event Application

Endurance Kainuu is a free event application for the event. Through the application you get the most important information about the events. The app is available free of charge for both Android and iOS phones. Download the app on your phone and you will get the most important info and schedules straight to your pocket.

Check it out in App Store & Google Play
Medical insurance

Medical and Hospitalisation Insurance

Emergency medical and health insurance, including hospitalisation, will be provided at no charge for Athletes, Team Officials and NOC Guests accredited in the ‘NOC’ category. NOC Presidents and Secretaries General will also be covered. The insurance cover will be valid in Finland 18.-26.3.2022. Additionally, if CdM arrive one day earlier on 18.3., he/she will be covered.

Medical Malpractice Insurance

EYOF 2022 will not provide malpractice insurance for NOC healthcare personnel. Therefore, NOCs which bring medical professionals to treat their own athletes and / or athletes belonging to other NOCs (by prior signed agreement with the other NOC) are advised to consider purchasing medical malpractice insurance. If medical professionals hold their own medical malpractice insurance, they should ensure that it covers treatment administered in Finland.

Liability insurance

EYOF 2022 does not provide public liability insurance for NOCs, and it is not responsible for any acts or omissions by the NOCs, their athletes and NOC team officials. NOCs should take out their own liability insurance cover. EYOF 2022 will provide third party liability. If the acting was caused by wilful intent or gross negligence EYOF 2022 insurance will not cover.

Property and Vehicle insurance

EYOF 2022 will not insure NOC property, owned or leased vehicles. NOCs are responsible for taking out their own property insurance cover.

Media Services

The EYOF 2022 offers an appropriate level of Media Operations. There are basic facilities and a comfortable working environment for all the accredited members of different media; printed, internet, audiovisual and photo reporters. We guarantee a professional and nice atmosphere for the media and athletes.

All media representatives have to bear their own accommodation cost. You can find different solutions from www.vuokattitravel.fi, tel. +358 10 4232 520 and info@vuokattitravel.fi

Media Accreditation

All Media representatives will apply for the accreditation online through the website https://eyof2022.fi/media-registration/ in the Media section. The accreditation form will be available from the 18.1.2022, the media accreditation deadline is the 4.3.2022.

Upon approval, the media will receive a confirmation via email. All media representatives will be subject to the same terms and conditions, which includes the current Covid-19 protocols and having to bear their own accommodation cost.
Media Accreditation pick up point

All the media accreditations can be picked up from The Main Accreditation Centre which is located in the heart of Athletes’ Village. Media in Lahti pick their cards up in Lahti.

Media Representative with NOC quota

Media representatives working for the NOC have to apply for media accreditation through their respective NOCs.

Media Facilities

Media Centres

The Main Media Centre (MMC) is situated in the Athlete’s Village, in Vuokatti Sport main building. The MMC will provide facilities and services for the media covering all the EYOF events.

The MMC will be open from 19. – 25.3.2022 and daily operating hours are from 9.00 – 20.00, except on 19.3. from 14.00-19.00.

Facilities and Services in the MMC

A range of facilities and services will be provided to the media at the MMC which is located in the Athletes’ Village.

- Working space / desk
- Information about press conferences, important events
- Distribution of starting lists and results
- Copies upon request
- Photo Services
- Wi-Fi Internet Access
- Refreshments (coffee, tea, water, small snacks)
- Media Staff and Volunteers will be available to provide assistance and answer questions

Girls Ice Hockey will have their own Sub-Media Centre (SMC) at the Ice Hockey venue.

The Second SMC is in Vuokatti Ski Resort.

Please see p. 45 for opening hours.

All media have to follow the current Covid-19 procedures while visiting the MMC and SMC.

Media facilities and services at the competition venues

The range of facilities and services for the media may differ from venue to venue. Please notice that the MMC is in the Athlete’s Village on training and competition days and will be available from one hour before start of training / competition until two hours after the end of the session. The only SMCs are in Vuokatti Ski Resort and in Kajaani Ice Hockey Venue and they have their own opening hours.

All accredited media can use the Shuttle Bus but the all the race venues are a walking distance away and can be reached on foot with the exception of Girls Ice Hockey.

Photo Zones

Accredited photographers will work from designated photo positions, which will provide a clear view of the Field of Play (FOP). In order to provide access to the restricted areas such as the FOP, supplementary devices such as bibs must be worn at all time within the venues. These are picked up from the MMC.

All media have to follow the current Covid-19 procedures while staying in the Photo Zone.

Mixed Zone

At every competition venue, a Mixed Zone will be located within the natural flow of the athlete’s exit from
the competition area with adequate space to facilitate the communication between athletes and media representatives. This is an interview zone close to the FOP where the media may conduct brief interviews with athletes as they leave the FOP after their action. Athletes must pass through the Mixed Zone as they leave the FOP, but they are not obliged to stop and talk to the media.

All media and athletes have to follow the current Covid-19 procedures while staying in the Mixed Zone.

Access

Only persons with the correct entitlement on their accreditation badges will be authorised to use the MMC, SMC, and Mixed Zone.

NOC Media Representative will be provided with MMC, SMC and Mixed Zone access rights.

Press conferences

The initial and final Press Conferences will be held at Holiday Club Katinkulta. Press conferences can be hosted by different organizations, including NOCs. The timing and location of all press conferences will be confirmed later. Other press conferences won’t be held. Athletes and other team members can be interviewed in the mixed zones.

NOCs wishing to hold a Press Conference should make the request via NOC Services. Official Press Conferences will be held in English, no interpretation will be provided. Information concerning Press Conferences will be communicated on the EYOF 2022 website.

Media Coverage

The official website https://eyof2022.fi/ has the most up-to-date information about all the news and activities concerning the event. It is updated regularly and provides news in Finnish and in English. There will be news after each race, links to the complete start & result lists, information about important events, photo gallery, hints about event activities and much more.

At the end of every event day, there will be a summarized press release in English with the most important information, results, and comments from medalists, coaches and notable guests. It will be published at the end of the day on the website and according to the possibilities distributed also through a special database to media abroad, all accredited media people and anyone interested.

In case of unexpected events over the course of the event, the organizers will be ready to issue an immediate press release.

The Finnish Broadcasting Company YLE will broadcast one discipline live every event day:

- Mon 21.3. Cross Country Skiing
- Tue 22.3. Biathlon Sprint
- Wed 23.3. Snowboard Big Air Final
- Thu 24.3. Alpine Skiing Team Event
- Fri 25.3. Girls Ice Hockey Final
- and one-hour highlight transmission every evening

In addition to this a live streaming will be provided from the event. The provider, URL, the coverage and all additional information will be communicated later.

Social Media

Before, during and after the EYOF 2022 you can find the quick news and interesting facts on our social media channels, Instagram, Facebook, Twitter, YouTube and TikTok. Follow eyof2022vuokatti!

You can be part of EYOF 2022 wherever you are. Scan the QR-code and send us your photos of the EYOF 2022 Vuokatti event right from the training, the event venue or
from your home. By sending the photo you will give the rights to the EYOF 2022 organizers to use it for their purposes in the social media, web page and articles. The photos come to the hands of the organizers only. Please send us only photos that you yourself have taken. If you want you can leave your contacts so we can tell who sent us the photo. Your name won’t become public if you don’t want to and we won’t use your details for marketing purposes.

**The official music video of EYOF 2022 Vuokatti is out now!**

EYOF 2022 Vuokatti official theme song “Long in to the Night” and the music video has been released. The video can be watched on the EYOF 2022 Vuokatti Youtube channel and the song can be listened on the EYOF 2022 Vuokatti Youtube channel, on Spotify and iTunes.

The purpose of the music video is to bring out the message of the event “The youth are the future”. At the same time, it cheers the future multisport EYOF event created directly for Europe’s best young athletes. The message of the song is clear: always believe in yourself and your own dreams. In addition, the song encourages to act in the spirit of the Olympic values as well as nurture the values of friendship, fair play and tolerance. **Listen to the song and sing along!**

“Long in the Night”  
Composer and producer: Ujo Sanchez  
Lyrics: Heikki Mäkäräinen  
Production Company: Bromantic Pictures & Records

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**Media Coverage of Training sessions**

Official training sessions are open for media coverage. During the event, media wishing to contact NOCs should liaise with the Media Operations team which will coordinate with NOC services.

**Covid-19 Procedures**

The Organizing Committee will update the Covid-19 protocols. All media representatives have to take into consideration and respect all the procedures also on a short notice.

**Media contact information**

Chief of Media & Communication: Anna Lukkari  
Email: media@eyof2022.fi  
Phone number: +358 44 532 5914

**Opening hours**

**MMC**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>18.3.2022</td>
<td>14.00-19.00</td>
</tr>
<tr>
<td>20.-25.3.2022</td>
<td>9.00-20.00</td>
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</tbody>
</table>

**Ice Hockey venue SMC**

<table>
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<tr>
<td>20.3.2022</td>
<td>11.30-21.00</td>
</tr>
<tr>
<td>21.-24.3.2022</td>
<td>14.00-21.00</td>
</tr>
<tr>
<td>25.3.2022</td>
<td>12.00-17.00</td>
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</table>

**Ski Resort SMC**

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<tr>
<td>21.-22.3.2022</td>
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<td>23.3.2022</td>
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<tr>
<td>24.-25.3.2022</td>
<td>9.00-17.00</td>
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</table>
General Security Info

EYOF 2022 with the Chief Security Officer in the lead is working together with the Finnish national authorities to deliver friendly and peaceful games.

The authorities will handle the general safety, traffic measurements and emergency cases, which may arise. In addition, security staff and specially trained volunteers will be dedicated to special activities such as controlling pedestrian flows, guaranteeing zone exclusivity and handling venue-specific affairs.

Authority organisations

• Ministry of the Interior
• Finnish Police, local police department (stationed in Kajaani and Sotkamo)
• City authorities
• Additional organisations for emergency and crisis management

Other Organisations

• Security staff
• Security sector students from Kajaani and specially trained volunteers
• Conscripts of the local Defense Forces

Venues

All venues will have permanent security supervision.

Access control

Participants of EYOF 2022 Vuokatti can access sport venues other than their own as spectators for free. Access is controlled for “Athlete and Coach only” zones at all venues.

Prohibited items

The following items are prohibited in all venues:

• Alcoholic beverages
• Buggies, bicycles, skateboards, ladders, boxes, chairs or sledges
• Glass items or other items that are hard and could be fragmented (except thermo bottles or toilet items)
• Items for acts of crime, throwing materials or items which are considered a safety risk for the event
• Laser pointers
• Mechanical or aerosol bugles and mechanical or aerosol cans
• Pets (except guide dogs)
• Political, racist, sexual and religious material, flags or banner
• Pyrotechnic items
• Weapons of any kind (except Biathlon Rifles)

These items will be confiscated and disposed of. Exceptions will be made for accredited clients (e.g. working material) fulfilling an official role.

Accommodation

Local Police will patrol the area where delegation accommodation is located on a regular basis. In principle there will be no dedicated private security for each accommodation.

Reporting of incidents

Suspected criminal activity, or any incident endangering the safety of any person, should be reported
The emergency number (hätänumero) in Finland is 112. Call the emergency number in case of emergencies where life, health, property or the environment is in danger.

In an emergency situation, you will be treated even if you do not have a municipality of residence in Finland. The medical costs can be collected from you afterwards.

Call the emergency number 112, for example, in the following situations:

• you have been in a car accident (auto-onnettomuus) or you have witnessed an accident
• somebody’s life is in danger (hengenvaara)
• you notice that a fire (tulipalo) has started
• you notice that there has been a break-in (murto) somewhere

**Please do not call the emergency number for non-urgent matters.**

Do not call the emergency number in an ordinary case of illness. Also do not call the emergency number if you want to ask the police (poliisi), for example, about matters concerning permits. An unnecessary call may cause the arrival of help at a real emergency to be delayed with fatal consequences. If you misuse the emergency number, it may lead to criminal penalties.

An emergency call is answered by a trained Emergency Response Centre operator. The operator will help you by asking questions and will assess the need for assistance. After that, they will alert the appropriate unit(s). The operator will also give you advice on what to do. They will not put the call through to the police, for example, so the best thing to do is to answer the questions carefully.

When you call the emergency number, you can speak either Finnish or Swedish. You can ask if the operator understands English, but this is not guaranteed. If necessary, the Emergency Response Centre will get help from interpreter services.

The emergency number can be called free of charge from any phone. No area code is needed. If you have a mobile phone subscription that is based abroad you can still call the emergency number without an area code. The emergency number 112 works in all EU countries.

If you have installed the free-of-charge 112 Suomi mobile application on your phone, it might not be necessary to state your location. The Emergency Response Centre operator will see your location automatically when you make the call through the application. You can download the application from the app store of your phone.

**When you call the emergency number 112:**

• give your name
• describe what has happened
• give the municipality and the address as accurately as possible
• answer the questions asked by the Emergency Response Centre’s operator
• follow the instructions given
• do not hang up until you are told to do so.
Medical Service concept of EYOF 2022 Vuokatti

During the EYOF 2022, efficient and effective medical services are one of the critical factors that will guarantee the success of the event. Together with the EYOF 2022 Organising Committee, Dr Marko Hoikka, our Medical Services Manager, will assume responsibility for all medical functions during the event. These will include securing and providing medical care for all client groups involved in the EYOF 2022. These client groups are the EOC, NOC Delegations and IFs, as well as marketing partners, media representatives and spectators.

Medical services will be available at the Main Medical Centre (MEC). However, on-site medical services will, of course, also be provided at competition and event venues. These on-site medical services will, primarily, provide immediate medical treatment and emergency support for any acute illness and injuries which arise during the event. Specialised treatment, as well as medical diagnoses, will be carried out at the official Partner Hospital of the EYOF 2022 in Kajaani.

Medical Services for NOCs

The EYOF 2022 MEC is located on the 3rd floor in Snowpolis building next to Sokos Hotel, and it’s called “Medika”. MEC provides medical assessment and treatment for minor illnesses and injuries (e.g. cold symptoms, fever, sprains). Transfers to the EYOF 2022 Partner Hospital in Kajaani will be provided as required. If necessary, the EYOF 2022 Partner Hospital will carry out laboratory analyses.

The consultation hours for competitors are 6.00-20.00 during event days (20.-25.3.). Please call +358 8 652 1533 before visiting.

Medical treatment outside the MEC is not covered, except in the case of an emergency. Should NOCs choose an alternative venue than the official EYOF medical arrangements, costs will be at their own charge and should be settled directly.

For information regarding prohibited medication according to the World Anti-Doping Agency (WADA), please consult with your respective National Anti-Doping Agency (NADA).

According to Finnish Act on the Status and Rights of Patients (785/1992), an adult patient has the right to participate in decisions regarding his/her own medical treatment. The patient can control who is allowed to have access to information on his/her health and medical care. When treating a minor patient and deciding upon a medical treatment, the patient’s opinion must be considered when possible with respect to the patient’s age and level of development. If the minor patient is of such age and level of development that she/he is capable of deciding on his/her medical treatment, then the patient can forbid his/her guardian or other legal representative access to information regarding his/her health and medical treatment.

If the patient is unable to decide upon his/her medical treatment due to any reason, consent for important medical operations must be requested from his/her legal representative, next of kin or other person closely connected with the patient. Persons requested to give consent do not have the right to deny patient medical treatment given to avoid life or health threatening hazard. If opinion of the patient’s legal representative, next of kin or other close person cannot be determined, the patient must be treated so that it can be regarded as favourable to the patient’s personal benefit.

Medical services at the competition venues

Emergency Medical Services at the competition venues is organized by the local EMS.

• One or two ambulances, with advanced paramedics, will be present during competitions
• In cases where EMS transport to the hospital is needed, another ambulance is arranged on site

Severely injured patients are transported to the Kainuu Central Hospital (Sotkamontie 13, Kajaani) that provides 24/7 emergency department, surgery and intensive care.

There is no EMS outside training and competition times. In case of emergency the national emergency num-
ber 112 should be dialled.

During competition times there are 1-3 medical teams at the venues

- Medical team consists of 3 trained nurses or nurse students
- Medical teams provide first aid and assist EMS if necessary
- Doctor is available during Short Track, Figure Skating, Alpine Skiing, Snowboard and Ice Hockey training and competitions.
- Snowmobile with emergency rescue sledge for patient evacuation

**Medical services at the ceremonies**

First Aid Teams from the local vocational school will be available at the Opening Ceremony and Closing Ceremony.

**Physiotherapy services**

The OC will have a limited number of massage and physiotherapy spaces for NOCs to book. The spaces include tables and are available from 17:30 onwards. Please book your slots through the Meeting Service Desk in the NOC SC or before the event by emailing nocservices@eyof2022.fi. The bookings are available in 30 min slots and free of charge. The physiotherapy spaces are available close to the Vuokatti Arena.

**NOC Team Physicians**

Regarding the registration of medical personnel:

According to the Finnish National Supervisory Authority for Welfare and Health (Valvira) guidance, team medical personnel are allowed to take care of their own team members (not outside it) without licencing. We recommend that you ensure the proper insurance for your medical personnel profession practice. Teams should attach a list of medical personnel in the RAS in the NOC Head of Medical Services entry by 7.3.2022.

- Name
- Role
- + Contact details for the NOC Head of Medical Services

In case of serious injuries, team physicians may assist with the field of play athletes care and stabilization under direction of event medical staff and emergency medical services.

NOCs will be able to share doctors as long as there is an agreement between them. A photocopy of the agreement shall be sent to nocservices@eyof2022.fi by 7.3.2022.

**NOC Team Physicians’ Meeting**

EYOF 2022 will hold an official NOC Team Physicians’ Meeting in Sokos Hotel at 9.00 on 20.3.2022. This briefing is to clarify any potential questions in regards to the Medical Services for the EYOF 2022. It is also seen as discussion platform in regard to the medical services.

NOCs without doctors in the delegation are asked to appoint a representative to the meeting. This representative can be CdM or Ao.

**Isolation rooms**

The OC has ensured a limited number of contingency rooms in case the need for isolation arises.
Public Health Services

Pharmacies
Vuokatti: Kainuuntie 28, 88800 Sotkamo
Sotkamo: Katinkullantie 1, 88610 Sotkamo
Phone number for both: +358 8 632220

You can get some basic medications (e.g. mild pain medications, antihistamines etc) without a medical prescription. For majority of the medications the prescription is needed – seek help from the MEC or emergency department.
Hospitals
The main EYOF Partner Hospital is the Kainuu Regional Hospital in Kajaani.

Contact details:
Kainuu Central Hospital
Sotkamontie 13
87300 Kajaani

Medical Helpline
tel: 116 117 or *358 8 6156 600 (landline)

Medical Helpline is giving advice and guidance in matters regarding healthcare and social services. Please call Medical Helpline before you go to an emergency clinic. In an urgent or life threatening emergency, call the emergency number 112 instead.

Contact info EYOF 2022 Medical Team and medical services
Medical Services Manager: Marko Hoikka
Main Medical Centre: *358 8 652 1533

Anti-Doping
Rules and doping control programme
It’s always the athletes’ right to participate in doping-free sport. The purpose of doping control is to secure athletes’ right to fair and clean competition. In EYOF many young athletes have the first experience of anti-doping activities so doping control procedures are carefully planned and implemented with high quality and doping controls have educational aspect. Doping controls and other antidoping activities are one part of elite athletes’ career, it’s time to learn!

Sample collection
Sample Collection responsibilities for the EYOF have been delegated to Finnish Centre for Integrity in sports FINCIS. According to EOC Antidoping Rules and International Standard for Testing and Investigation ISTI, it’s possible to collect In Competition and Out of Competition doping samples during the EYOF. Both urine and blood samples are possible so athletes need to familiarise themselves with both doping test procedures and know their rights and obligations during a doping test. All athletes have right to have a representative with them at a doping test, for minors it’s very important to have adult with them. Sealed water and soft drinks will be available for the athletes at the doping control station. There are no food available at the doping control station, but athletes or their support personnel can bring food for the athletes if needed. There will be transport to the hotel or other accommodation from the Doping Control Station to the athletes and their representatives when they have completed doping control.

Doping Samples will be analyzed in World Antidoping Agency accredited laboratory in Helsinki Finland.

All the athletes and athletes support Personnel must familiarize themselves with the Prohibited List. If athlete has illnesses or conditions that require them to take medication which are prohibited, Therapeutic Use Exemption (TUE) can give the athlete authorization to take the required medicine. Athletes and their support Personnel have to be aware of EOC TUE Recognition and TUE Application Process. Please refer to the regulations and instructions of your IF or NOC.
Mobile Network

Mobile Network coverage and prices

Mobile phone reception and mobile broadband performance vary depending on network coverage. The GSM mobile network covers nearly all of Finland and both 3G and 4G coverage is good in Vuokatti, Kajaani and Lahti with all the major operators. DNA and Telia have some 5G coverage of Lahti, and Elisa has 5G coverage of Vuokatti, Kajaani and Lahti.

Use of personal mobile phones

The main network providers have good coverage in Vuokatti, Kajaani and Lahti for phone calls. Please check your own provider for any roaming charges that may incur.

A selection of pre-paid Finnish SIM cards will be available from the NOC Services Office. Please let NOC Services know in advance if you would like to reserve one for your use. An example of pre-paid sim card price: DNA Rajaton pre-paid: 4,80 € for five days of unlimited data, messages and phone calls (only in Finland). The sim cards can be topped up.

Internet Access at the accommodation and venues

Free wi-fi is provided at the accommodation and the sports venues. Please see the instructions provided at each location for details how to connect. EYOF wireless hotpots should only be used for work requiring low bandwidth. Work requiring high bandwidth, such as uploading and downloading large amounts of data, must not be carried out.

Other information

Website

Event-time information such as start lists and results lists, news and competition schedules can be found on the EYOF 2022 website at www.eyof2022.fi.

Event app

Endurance Kainuu is a free event application for the event. Through the application you get the most important information about the events. The app is available free of charge for both Android and iOS phones. Download the app on your phone and you will get the most important info and schedules straight to your pocket.

Check it out in App Store & Google Play

WhatsApp Groups

Each Sport Discipline will have their own WhatsApp group for up-to-date information. These groups are open to all delegation members. A separate CdMs group is open to CdMs and their Deputies. Medical group is for Team Doctors or appointed persons.
Radio Frequencies

Licence-exempt radio equipment includes, for example, the following: CB and PR 27 telephones, LA telephones and PMR446 radiotelephones. More detailed information on license-exempt radio equipment and the frequencies on which they can be used in Finland is provided in FICORA’s Regulation No. 15. Being exempted from licensing requires that the equipment is operated on the frequencies allocated to its purpose of use and meets technical and other requirements.

Radio frequency assignment and registration

Applications for licenced radio frequencies must be submitted by filling in the form found with the link below no later than 7.3.2022 https://www.traficom.fi/en/contact-form-event-organizers

For more information, send your inquiries to radiotaajuudet@traficom.fi

There will not be any radio inspections at the venues.

20 SIDE EVENTS

Week programme and possibilities

Side events are offered daily through the competition week. They will take place in Vuokatti Sport Sports Hall “Pallohalli”.

Side events for the athletes

Side events for the athletes are divided into three groups. These groups are called activity zone, game zone and chill out zone. Activity zone offers knowledge and learning possibility through small tasks for the participants. Game zone gives different games from playing cards to E-sports possibility. Chill out zone is meant for relaxation. There are equipment’s for athletes to use for muscle care exercises.

Activities on activity zone of athletes:

• Map of Finland & Sotkamo / Get to know Finland
• Map of Europe / Where are you from
• Social media wall / “Follow me”
• Community artwork
• Language wall
• Guest book
• Quiz of Finland / EYOF
• History of Olympics

Activities of game zone of athletes:

• Board games
• Playing cards
• VR-goggles
• Playstation 5
• Computer
• iWall

Activities of chill out zone of athletes:

• Yoga mats
• High rollers
• Tennis balls
• Fatboys

Wednesday Big Air competition & Get-Together

During the Snowboard Big Air finals there is an evening party. This event is targeted to the public audience and for the competitors of EYOF. Goal for the activities is to entertain and reinforce the feeling of an international sport event. Atmosphere is created by DJ, event host and performances. Furthermore lights, open fire and candles are used to enhance the feeling. In addition, get together has sporty side events for young participants which include ice hockey radar, photo orienteering and different competitions organized by Tilkutäkki, which is a Sotkamo municipal youth work function and activates local youth to volunteer in events.
Long sport socks, black and white or coloured, 8€

Long sport socks feel comfortable on your feet. The sole of this model is woven of double strength terry making it durable in use. Pull on the trendiest socks of this sport year and get ready for an energetic new day!

Producer: Tesema, Nurmes, Finland

Outdoor cup and spoon, 23€

Light and durable Kupilka outdoor cup is made of Kareline® bio composite. It is easy to take with you wherever you go. This set of a cup and a spoon can take temperature changes from -30 degrees Celsius all the way up to 100 degrees boiling liquid. Even better – you can save the cleaning for your dishwasher at home. Pack this ecological outdoor set with you and be ready for new adventures!

Producer: Kupilka, Kontiolahti, Finland
Size: 21 cl
This product is made utilising ECOenergy.

Beanie with pompom, 23€

Soft beanie keeps you warm in the winter conditions. The material of this beanie is 50% wool, 50% polyester. Put on this joyful EYOF 2022 Vuokatti styled beanie and stay warm.
Size: One size, M
Produced by: Halti Dy, Söderkulla, Finland

Quukkel mascot, 23€

Cute and fluffy soft toy in the form of our EYOF 2022 Vuokatti event mascot Quukkel. Quukkel mascot has a CE-label and it’s a safe toy for children at any age. Let the little Quukkel soft toy remind you of the joy of movement!
Height: 25cm
Produced by: Vivantti Dy, Ylöjärvi
Production country: China
Ice hockey, 5 €
Official senior ice hockey with durable EYOF 2022 Vuokatti logo.
Diameter: 7.50 cm
Produced by: Primatex Oy
Production country: Czech Republic

Water bottle, 20 €
The transparent EYOF 2022 Vuokatti bottle in a practical 0.5 L size is all you ever wished for. Whether on your yoga class or on the way to the office or school, the practical size ensures that you always drink enough water. Thanks to the innovative ONE top with the extra-large WMB opening the bottle is extremely easy to carry, open, drink and close, all with one hand only! It is made of lightweight, durable Tritan that’s taste and odour-neutral and free from harmful chemicals, such as BPA, oestrogen-mimicking substances and phthalates.
Size: 0.5 l
Produced by: SIGG
Production country: China

EYOF 2022 Vuokatti pastry
We are proud to introduce the official EYOF 2022 pastry. The pastry is made locally at Pekka Heikkinen & co from local ingredients and sold in a local bakery. The pastry is delicious small round cake with Finnish berries and on top our logo which you can eat in this case. Give it a go!

T-shirt, 20 €
EYOF 2022 Vuokatti T-shirt is made from recycled cotton from this recycled by-product and recycled plastic bottles. Compared to an equivalent product made from virgin materials, making a T-shirt from recycled materials uses 99 % less water and generates 50 % fewer CO2 emissions. The Pure Waste T-shirt is designed to last. This unisex model is sold using men’s measurements. Women should choose one size smaller than usual. This T-shirt has been responsibly manufactured in India.
Available in sizes: XS, S, M, L, XL ja XXL
Produced by: Pure Waste
Production country: China

Retailers
- Kainuun Liikunta: Ketunpolku 1, Tieto 1, 87100 Kajaani
- Intersport Kajaani: Kauppakatu 24, 87100 Kajaani
- Vesiliikuntakeskus Kaukavesi: Jokikatu 5, 87100 Kajaani
- Kajaanin Jäähalli: Kuntokatu 13, 87100 Kajaani
- K-Supermarket Vuokatti: Heikintie 1, 88610 Vuokatti
- Hotelli Vuokatti: Suvikkaantie 6, 88610 Vuokatti
- Vuokatti Sport: Opistontie 4, 88610 Vuokatti
- Vuokatti Arena: Opistontie 1, 88610 Vuokatti
Lahti in the Päijät-Häme region hosts the Boys’ and Girls’ Nordic Combined and Ski Jumping. This experienced host city has hosted for example Lahti 2017 Nordic Ski World Championships and the annual, international Lahti Ski Games, along with other notable Nordic Combined and Ski Jumping top-level sport events.
Lahti Info

Lahti is a city of 120,000 residents and a centre for a region of 200,000 people. It has the best of both worlds: the attractiveness, intimate cosiness and originality of a small town, yet the services, efficiency and logistics of a major city. The Mayor of Lahti is Pekka Timonen.

Arrivals and Departures

The official port of entry for Lahti delegations in Helsinki-Vantaa airport. OC Lahti will arrange transportation between the airport and the hotel at Pajulahti. The meeting point of transport office at the airport is located in the Terminal 2 (T2) Arrivals Hall, 1st floor.

Arrival and departure data collection happens in RAS.

Lost luggage

Lost luggage can be inquired from your airline.

NOC delegations arriving in/departing from Lahti with their own vehicles

NOCs arriving with their own vehicles (including self-drive or self-managed coaches) are responsible for making their own way to their accommodation in Pajulahti.

Transport of sport equipment

Sport equipment will be transported with the delegation members by OC Lahti.

Deputy Chefs de Mission / Lahti Operations Coordinators

If NOCs have appointed a deputy Chef de Mission in Lahti, the OC will consider them as the head of delegation in Lahti. If NOC has not appointed a dCdM, then they can nominate an Ao accredited person as their Lahti Operations Coordinator by emailing nocservices@eyof2022.fi by 7.3.2022.

DCdM/ Lahti Operations Coordinator will attend an Introductory Meeting with the local NOC Services representative and NOC Assistants. Lahti Operations Meeting for dCdMs/Operations Coordinators will be held on Sunday morning. Exact time will be announced later.
Accommodation and F&B Services

Pajulahti Olympic Training will serve as the Athletes’ Village. There will be single and double room and in addition or some teams, rooms for up to 4 athletes/per one shower. Pajulahti Olympic Training Center is situated 20 kilometers from the venue.

Services for our guests
- free use of gym
- free WLAN
- lakeside saunas, complimentary guests-only hours

Main Dining Hall

You can pick your favourite breakfast, lunch and dinner from the buffet table. Menu is based on local and healthy ingredients out of which we make delicious food meeting the recommendations of healthy nutrition. By informing restaurant in advance we make tasty food also for those in special diets.

Reception

Phone number: +358 44 7755 313
Email for reception: vastaanotto@pajulahti.com

Reception opening hours:
- Mon-Thurs 7.45 – 19.00
- Fri 7.45 – 21.00
- Sat 7.45 – 20.00
- Sun 7.45 – 17.00
Transport during the event

Shuttle bus service is organized for the teams between Pajulahti and Lahti Sport Centre. Buses will drive directly to the service areas. Shuttle buses will run from 20.3.–25.3.2022. We kindly ask you to use shuttle buses. Daily timetables with the departures from hotel can be seen in our webpages and in Pajulahti, at the NOC Assistant Office and at Competition Office.

If competition is delayed or postponed, the shuttle bus timetable will be adjusted accordingly.

In order to ensure your free bus ride, please have your accreditation card with you. In all transport matters please contact the Lahti Transport Office or NOC Assistant Office.

Preliminary transport plan

Saturday & Sunday 19.-20.3.

Airport Helsinki-Vantaa – Pajulahti

According to teams’ flight plans. Please inform OC Lahti for transportation: eyof@lhs.fi or Chief of transportation Mr. Antti Mäkinen, antti.p.makinen@gmail.com.

Monday 21.3.

Pajulahti – Sport Center Lahti  
12.00 1 Bus  
13.00 1 Bus  
13.30 1 Bus

Sport Center Lahti – Pajulahti  
19.15 1 Bus  
19.45 1 Bus  
20.15 1 Bus

Tuesday 22.3.

Pajulahti – Sport Center Lahti  
7.00 2 busses  
7.30 1 Bus

Sport Center Lahti – Pajulahti  
11.00 1 Bus  
11.30 1 Bus  
12.00 1 Bus

13.15 1 Bus  
13.45 1 Bus  
9.45 1 Bus

Wednesday 23.3.

Pajulahti – Sport Center Lahti  
7.00 1 Bus  
7.30 1 Bus  
13.30 2 Bus  
14.00 1 Bus

Sport Center Lahti – Pajulahti  
13.45 1 Bus  
14.15 1 Bus  
18.30 2 busses  
19.00 1 Bus

Thursday 24.3.

Pajulahti – Sport Center Lahti  
7.00 1 Bus  
7.30 1 Bus  
14.00 1 Bus  
14.30 1 Bus

Sport Center Lahti – Pajulahti  
12.00 1 Bus  
12.30 1 Bus  
19.00 1 Bus  
19.30 1 Bus

Friday 25.3.

Pajulahti – Sport Center Lahti  
7.00 1 Bus  
7.30 1 Bus  
11.00 1 Bus  
11.30 1 Bus

Sport Center Lahti – Pajulahti  
12.00 1 Bus (Also skies and equipment)  
12.30 1 Bus (Also skies and equipment)  
17.15 1 Bus (Also skies and equipment)  
17.45 1 Bus (Also skies and equipment)

Like Saturday 19.-20.3., back to Helsinki-Vantaa from Pajulahti.
Accreditation

NOC accreditations are handed out in the Introductory Meeting. For other client groups, accreditation cards (and other permission cards) can be picked up at Accreditation Office, located close to Team Service Area. The Accreditation Office will check passport / ID copies of all accredited persons.

Media and communications

Media information map of Mixed Zones will be published later.

Parking

Parking is free of charge at Pajulahti and competition venue. Parking permits can be picked up from Accreditation.

Offices at the venue or at Pajulahti

NOC Assistants

NOC Assistants’ task is to help the NOCs. Each NOC will have one NOC Assistant. Via NOC Assistant Office you can contact members of the organization, the press, transportation etc. The NOC Assistant Office will e.g., inform you of any changes in the program and a variety of other matters.

NOC Assistant contact information will be available later.

Information about COVID-19

In Finland, the Covid-19 restrictions and regulations are mandated by the regional authorities. Lahti is part of a different region to Vuokatti, and you can find regional information at: Regional Information about COVID-19 at Lahti district (Päijät-Häme): https://pajat-sote.fi/koronavirus/covid-19-information-in-different-languages/

Security

Venues will have access control to Athlete/Coach only zones. Further security plans will be published in February.

Additional events and leisure time activities

Will be published in February. Activities at Pajulahti Olympic Training Center can be found at Pajulahti website: https://pajulahti.com/en/

Medical services

In the Cross Country Stadium, there is signposted First Aid station. Services are available daily during training and competition hours.

For Ski Jumping, the First Aid point is located at the outrun area of HS 130 hill. A physician is on duty during operating hours. The First Aid points operate during competitions and training.

Hospitals:
Päijät-Häme Central Hospital, Keskussairaalkatu 7, phone +358 3 819 11.
Helpdesk (24 h): phone +358 3 8192385.
Emergency number in Finland: 112
Ceremonies
Opening and Closing Ceremonies and Victory Ceremonies will be held at Pajulahti Olympic Training Center.
Sunday 20.3.2022  20.00 Opening Ceremony live stream from Vuokatti
Wednesday 23.3.2022  20.30 Victory Ceremony at Pajulahti (Tue-Wed)
Thursday 24.3.2022   20.30 Victory Ceremony at Pajulahti (Thu)
Friday 25.3.2022    19.00 Closing Ceremony live stream from Vuokatti
Victory Ceremony right after the Closing Ceremony