

## **NWJS Norway Tour 2016**

I had been looking forward to this tour for a long time after having such a brilliant experience two years ago. Again I had an amazing time yet the format was very different.

The ROC races were all great fun and were on very different terrain to what I'm used to. I had a bit of trouble with knolls and invisible power lines on one day but felt like I improved skills such as my compass work progressively through the week. The training days from the hut were also very beneficial and certainly improved my awareness and knowledge regarding the different styles of mapping of unfamiliar terrain. From all of my experiences during the tour (including getting so lost that I could have been Norway instead of Sweden on ROC Day 5) I have gained crucial confidence and resilience in my orienteering.

The tour had so many positives and many unique experiences that I will never forget: the eventful beginning when 10 hold luggage bags went missing; the giant ant hills and cobwebs; the non-waterproof maps; the marsh football and the swimming with jellyfish! All the coaches and helpers were brilliant and very supportive and I would like to say a massive thank you to everyone involved. I had a fabulous time and enjoyed every minute of the tour that has allowed me to gain so much experience.

Hannah Hateley (W16 – DEE)