



SARAJEVO
2023
BOSNIA AND HERZEGOVINA
53.
efns

europaan boswachter's wedstrijd in noordse skiën



**WELCOME
TO OLIMPIC CITY
SARAJEVO**

**53RD EFNS SARAJEVO - IGMAN 2023
5 - 11 FEBRUARY 2023**

WWW.EFNS2023.USITFBIH.BA



Dear guests of Sarajevo,
Dear friends,
Esteemed athletes, sports and mountain enthusiasts,

As a sponsor of the 53rd EFNS Sarajevo – Igman, I have the immense pleasure to welcome you all to Bosnia and Herzegovina, our capital city of Sarajevo, and the beautiful Olympic jewel Igman. With great honor and special responsibility, we have accepted organizing the 53rd EFNS, so I wholeheartedly hope that we will not disappoint your expectations and that this year you will take lifelong memories from Sarajevo with you. I wish you good skiing, socializing, many new bonds and acquaintances, and, of course, good results.

I also wish to tell you that here, on Igman, you will breathe the best air in Europe, one of the characteristics of Igman for which it is known in this part of the world.

Once again, I wish you a good time and successful sports results at the upcoming competition. Enjoy and visit us again.

Sincerely,

Adnan Delić
Minister of Economy
Government of Sarajevo Canton



Dear EFNS family,

After a two-year break, it is a great pleasure to see you again and to greet you and welcome you to the Olympic city of Sarajevo and Bosnia and Herzegovina. We are thrilled to host such a large event as EFNS. We extend our gratitude to the International Committee of EFNS, which gave us the opportunity and honor to host this event for the second time and to fulfill the noble goal we set, which is that after holding the 53rd EFNS, the foresters of Europe and Bosnia and Herzegovina will leave behind reconstructed the Olympic biathlon infrastructure on Igman, which was destroyed during the war, and our city and country brought back to the big European family and to the stage of major competitions.

I wish you all to feel comfortable and to feel the sporting Olympic spirit of Sarajevo and Bosnia and Herzegovina and to return home healthy and full of positive experiences from our homeland.

Sincerely,

Azer Jamaković,
Forestry Engineer,
President of the Organizing Committee of
"53. EFNS Sarajevo Igman 2023."



Dear foresters and friends,

On behalf of the foresters of the Federation of Bosnia and Herzegovina and on my own behalf, it is my pleasure to welcome you to the Olympic city of Sarajevo and Bosnia and Herzegovina. It is a special honour for us to be the organizers of one of the largest events in the field of forestry, which is held annually in Europe and around the world. During the week of EFNS, in addition to sports activities, we welcome the opportunity we have been given to show all participants the rich forestry tradition of Bosnia and Herzegovina as well as its tourism potentials. It is also an opportunity for the participants to get to know the country where the East meets the West, which will surely be a great experience for those who have not visited our country before.

We wish you to feel comfortable, to be in a good mood and health enjoying sportsmanship and to leave Bosnia and Herzegovina enriched with new experiences and new friends, and we hope that you will visit us again very soon after EFNS.

Sincerely,

Vahidin Lušija,
Forestry Engineer,
President of the Forestry Association of the
Federation of Bosnia and Herzegovina



Ladies and gentlemen, dear colleagues and friends,

It is my honor and great pleasure to welcome you to the 53rd EFNS 2023, both in my name and on behalf of my company, the Cantonal Public Company for State Forest Management "Sarajevo-Forests" Ltd., which is one of the organizers of the event.

About 30 years ago, Sarajevo hosted thousands of athletes from all over the world. The reason for their arrival were the 1984 Winter Olympics. Since then, regardless of the difficult periods this city and country went through, Sarajevo has always tried to revive that Olympic spirit.

When we got the opportunity to organize the 53rd EFNS in 2023, the Olympic spirit was revived and brought back hope that this country, this city, with such great potential and natural resources, can still offer more.

This time, for me as a forester, the feeling is even more special, since foresters and forest aficionados are the participants. Therefore, as a forester, as a nature enthusiast, as your friend and colleague, and also as a citizen of this wonderful Olympic city, I welcome you and look forward to spending time with you.

Samir Omerović,
Forestry Engineer
Managing Director
KJP "Sarajevo šume" Ltd. Sarajevo

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SCHEDULE

53RD EFNS SARAJEVO - IGMAN 2023

5 – 11 FEBRUARY 2023, SARAJEVO

Saturday, 04.02.2023.

ARRIVAL OF PARTICIPANTS

16:00 – 20:00

Accreditation/Info Office: Hotel Hills Sarajevo
Distribution of Participants' Documents to Team Leaders
Team captains will collect documents for all competitors and participants from their team. The documents will be prepared in packages.

Sunday, 05.02.2023.

ARRIVAL OF PARTICIPANTS

10:00 – 20:00

Accreditation/Info Office: Hotel Hills Sarajevo
Distribution of Participants' Documents to Team Leaders
Team captains will collect documents for all competitors and participants from their team. The documents will be prepared in packages.

Monday, 06.02.2023.

EXCURSIONS

07:00 – 10:00

Accreditation/Info Office: Hotel Hills Sarajevo

16:00 – 19:00

Accreditation/Info Office: Hotel Hills Sarajevo

08:00-

Departure of Full Day Excursions in front of Hotel Hills Sarajevo:
Excursion no. 2 – Tito's bunker, Museum of Woodcarving and Bosnian Pine
Excursion no. 3 – Visoko pyramids, Fojnica monastery and TAMEX Ltd.
Excursion no. 5 – Mostar and Herzegovina

09:00-

Departure of Full Day Excursions in front of Hotel Hills Sarajevo:
Excursion no. 1 – Best of Sarajevo
Excursion no. 4 – Travnik & Busovača & Forests of Central Bosnia

16:00-17:00

Excursions end in front of Hotel Hills Sarajevo

For a more detailed overview of excursions with timetables and programs, see the Excursions section of the Program on pages 28.

Accreditations are mandatory on excursions.

Tuesday, 07.02.2023.

EXCURSIONS / TRAINING / OPENING CEREMONY

07:00 – 10:00

Info Office at Hotel Hills

12:00 – 19:00

Info Office at Hotel Hills

08:00 – 15:00

Competition's Office at the Olympic Nordic Center Igman – Veliko Polje at Hotel Monti (subsequent accreditation)

08:00- Departure in front of Hotel Hills Sarajevo to the Olympic Nordic Center Igman – Veliko Polje for the official shooting training – for competitors and participants who won't attend excursions or will attend half-day excursions planned for that day.

The official shooting training will last from 09:00 to 12:00, except for the participants of excursion no. 8 for whom the official shooting training will last from 09:00 to 11:00.

Accreditations are mandatory during the training.

08:00- Departure of Full Day Excursions in front of Hotel Hills Sarajevo:

Excursion no. 2 – Tito's bunker, Museum of Woodcarving and Bosnian Pine

Excursion no. 3 – Visoko pyramids, Fojnica monastery and TAMEX Ltd.

Excursion no. 8 – Nordic skiing on the Olympic tracks of Mt. Igman

Excursion no. 9 – Alpine skiing on the Olympic Mt. Bjelašnica

Attention!

Participants of excursions number 2, 3 and 9 will not go to shooting training.

Participants of excursion no. 8 will go to training, after which the excursion no. 8 will begin in front of Hotel Monti on Igman at 11:15.

09:00- Departure of Full Day Excursions in front of Hotel Hills Sarajevo:

Excursion no. 1 – Best of Sarajevo

Participants of excursion no. 1 will not attend the shooting training.

12:30- Return from the Olympic Nordic Center Igman – Veliko Polje to Hotel Hills, after the official training.

13:30- Departure of Half Day Excursions in front of Hotel Hills Sarajevo:

Excursion no. 6 – Sarajevo Grand Walking Tour

Excursion no. 7 – Trebević Tour by Cable Car

For a more detailed overview of excursions with timetables and programs, see the Excursions section of the Program on pages 28.

Accreditations are mandatory on excursions.

16:00-17:30 Return of all excursions - Hotel Hills Sarajevo

17:30- Meeting of team leaders at Hotel Hills Sarajevo (in the presence of IK EFNS, OK EFNS, director of the EFNS competition committee, technical delegate of the 53rd EFNS and the EFNS jury). Selections of members of the EFNS International Committee.

19:30- Line-up and the Parade of Participants – EFNS area at Hotel Hills Sarajevo

20:00- The Opening Ceremony at Hotel Hills Sarajevo
Accreditations are mandatory at the Opening Ceremony.

Wednesday, 08.02.2023.

INDIVIDUAL COMPETITIONS-FREESTYLE/SKATING STYLE / FORESTRY PROGRAM

07:00 – 10:00

Info Office at Hotel Hills

12:00 – 19:00

Info Office at Hotel Hills

08:00 – 15:00

Competition's Office at the Olympic Nordic Center Igman – Veliko Polje in Hotel Monti

07:45-

Departure in front of Hotel Hills Sarajevo to the Olympic Nordic Center Igman – Veliko Polje

10:00-15:00

Individual Races, Freestyle – Olympic Nordic Center Igman – Veliko Polje

15:30-

Return from the Olympic Nordic Center Igman – Veliko Polje to Hotel Hills

20:00-

Forestry Evening with an Expert Program – Forestry of Bosnia and Herzegovina (Presentation) at Hotel Hills Sarajevo

Attention!

The schedule and timetables of bus departures and returns to Igman/Hotel Hills will be provided in starter packs, at info desks, in buses and online.

Accreditations are mandatory during the competition.

Thursday, 09.02.2023.

INDIVIDUAL COMPETITIONS-CLASSICAL STYLE / PANEL DISCUSSIONS

07:00 – 10:00

Info Office at Hotel Hills

12:00 – 19:00

Info Office at Hotel Hills

08:00 – 15:00

Competition's Office at the Olympic Nordic Center Igman – Veliko Polje at Hotel Monti

07:45-

Departure in front of Hotel Hills Sarajevo to the Olympic Nordic Center Igman – Veliko Polje

10:00-15:00

Individual Races, Classical Style – Olympic Nordic Center Igman – Veliko Polje

09:00-15:00

Relays Registration (Competition's Office at Hotel Monti - Olympic Nordic Center Igman - Veliko Polje)

15:30-

Return from the Olympic Nordic Center Igman – Veliko Polje to Hotel Hills

18:00-20:00

Deadline for Relay Registration (Info Office – Hotel Hills Sarajevo) efns2023@usitfbih.ba

20:00-

Panel discussions, Hotel Hills Sarajevo:

1. Challenges of Organising the EFNS
2. Current Problems of the Forestry Sector in Europe (Bosnia and Herzegovina – Region – Europe)

Attention!

The schedule and timetables of bus departures and returns to Igman/Hotel Hills will be provided in the starter packs, at info desks, in buses and online.

Accreditations are mandatory during the competition.

Friday, 10.02.2023. RELAY COMPETITIONS / FESTIVAL OF NATIONS / AWARDS CEREMONY	
07:00 – 10:00	Info Office at Hotel Hills
12:00 – 19:00	Info Office at Hotel Hills
08:00 – 15:00	Competition's Office at the Olympic Nordic Center Igman – Veliko Polje at Hotel Monti
07:45-	Departure in front of Hotel Hills Sarajevo to the Olympic Nordic Center Igman – Veliko Polje
10:00-	Relay Competition for Men
10:05-	Relay Competition for Women and Juniors
13:00-	Festival of Nations at the Olympic Nordic Center Igman – Veliko Polje (Please bring your own steel mug.)
15:30-	Return from the Olympic Nordic Center Igman – Veliko Polje to Hotel Hills
19:00-	Awards Ceremony, handover of flags and closing ceremony at Hotel Hills Sarajevo
<p>Attention!</p> <p>The schedule and timetables of bus departures and returns to Igman/Hotel Hills will be provided in the starter packs, at info desks, in buses and online.</p> <p>Accreditations are mandatory during the competition and closing ceremony.</p>	
Saturday, 11.02.2023. DEPARTURE OF PARTICIPANTS	
08:00 – 12:00	Info Office at Hotel Hills

Note:

Cross-country skiing and biathlon tracks will be open at the Olympic Nordic Center Igman - Veliko Polje for all EFNS participants free of charge throughout the week, Monday to Friday, from 09:00 to 15:00.

Hotel Hills / Hotel Hollywood (Forestry Olympic Village) are 25 km from the Olympic Nordic Center Igman - Veliko Polje or a 30-minute drive.

GENERAL PLAN – AN OVERVIEW



VENUE

Competition venue:

OLYMPIC MOUNTAIN IGMAN SARAJEVO
OLYMPIC NORDIC CENTER IGMAN – VELIKO POLJE
St. Veliko Polje b.b., Igman

- The highest point of the track: 1251.29 m above sea level
- The lowest point of the track: 1181.81 m above sea level

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ACCREDITATION OFFICE

Accreditation Office will be at Hotel Hills
(St. Butmirska cesta 18, 71210 Ilidža – Sarajevo)

Accreditations are mandatory for access to the Igman Biathlon Stadium.

Car passes and parking stickers will be distributed at the Accreditation Office.

COMPETITION'S OFFICE

Competition's Office will be at Hotel Monti Igman
(St. Veliko Polje b.b., Igman)

ORGANISATION COMMITTEE 53RD EFNS SARAJEVO – IGMAN 2023

Members of the Organisation Committee of the 53rd EFNS

Samir Omerović – Managing Director of the Cantonal Public Company “Sarajevo-šume”

Jasmin Mehić – Managing Director of the Cantonal Public Company “ZOI 84 OCS”

Jusuf Brkić – Assistant Minister, Ministry of Economy of Sarajevo Canton

Kemal Starogorčić – Assistant Minister, Ministry of Economy of Sarajevo Canton

Ahmet Sejdić – Managing Director of the Public Company “Bosanskohercegovačke šume”

Sead Alić – Forestry Directorate of Sarajevo Canton

Admir Avdagić – Professor, Faculty of Forestry, University of Sarajevo

Vahidin Lušija – President of the Association of Forestry Engineers and Technicians of the Federation of Bosnia and Herzegovina

Adnan Medić – Assistant Minister, Ministry of Communal Economy, Infrastructure, Spatial Planning, Construction and Environmental Protection

Refik Hodžić – Public Enterprise “Šume Tuzlanskog Kantona”

Faruk Čaluk – Sarajevo Canton Tourist Board

PRESIDENT OF THE ORGANISATION COMMITTEE OF THE 53RD EFNS

Azer Jamaković

General Secretary of the Association of Forestry Engineers and Technicians of the
Federation of Bosnia and Herzegovina - UŠIT FBIH
Forestry Association of Federation of Bosnia and Herzegovine

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71000 Sarajevo
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Mobile phone: +387 60 31 81 133
E-mail: info@usitfbih.ba
Private e-mail: azer.jamakovic@hotmail.com
Web: www.usitfbih.ba
<https://www.facebook.com/federalforestryassociation/>

General Secretary of the 53rd EFNS

Selma Šahović
Mobile phone: +387 61 530 195
E-mail: selmaefns2023@gmail.com

Sector Manager of the 53rd EFNS

Amra Fejzić
Mobile phone: +387 61 837 766
E-mail: amraefns2023@gmail.com

Competition Director

Matej Kordež
Mobile phone: +386 40 484 496
E-mail: matej.kordez@siol.net

efns2023@usitfbih.ba
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<https://www.facebook.com/53efns>



COMPETITION AT 53RD EFNS SARAJEVO 2023 5 – 11 FEBRUARY 2023

The competitions are organised according to the official rules of the EFNS.

Categories

The categories are divided according to sex and age groups.

Who can participate at EFNS?

As the name of EFNS implies: EFNS is a biathlon competition for European foresters. However, not only foresters are allowed to participate! The following people can participate in the races:

- people who work in forestry companies/wood processing industry;
- retired former workers of forestry/wood processing companies;
- pupils and students from the forestry/ecology sector;
- forest owners;
- foresters;
- people who have completed studies or education in the forestry/ecology sector;
- loggers;
- family members of all these groups.

We also warmly welcome all people who work in the wood processing industry, especially:

- people who work in sawmills;
- carpenters;
- people who work in the production of wood pellets;
- people who work in the wood industry.

Also, keep in mind that you are allowed to participate only if you have permanent residence in a European country.

Sponsors

Sponsors are allowed to start in the special guest class.

Individual competitions

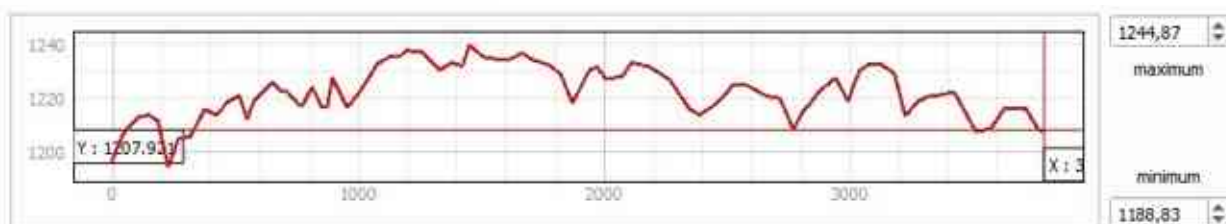
Individual competitions are performed in the classical technique (CT) and freestyle technique (FT).


Competition tracks

3,3 km, 4,0 km and 5,0 km.

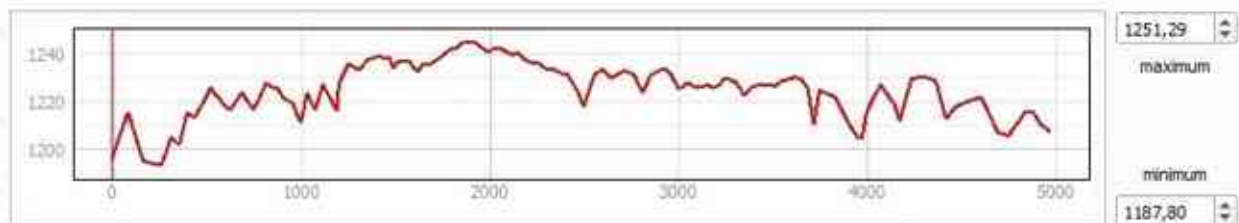
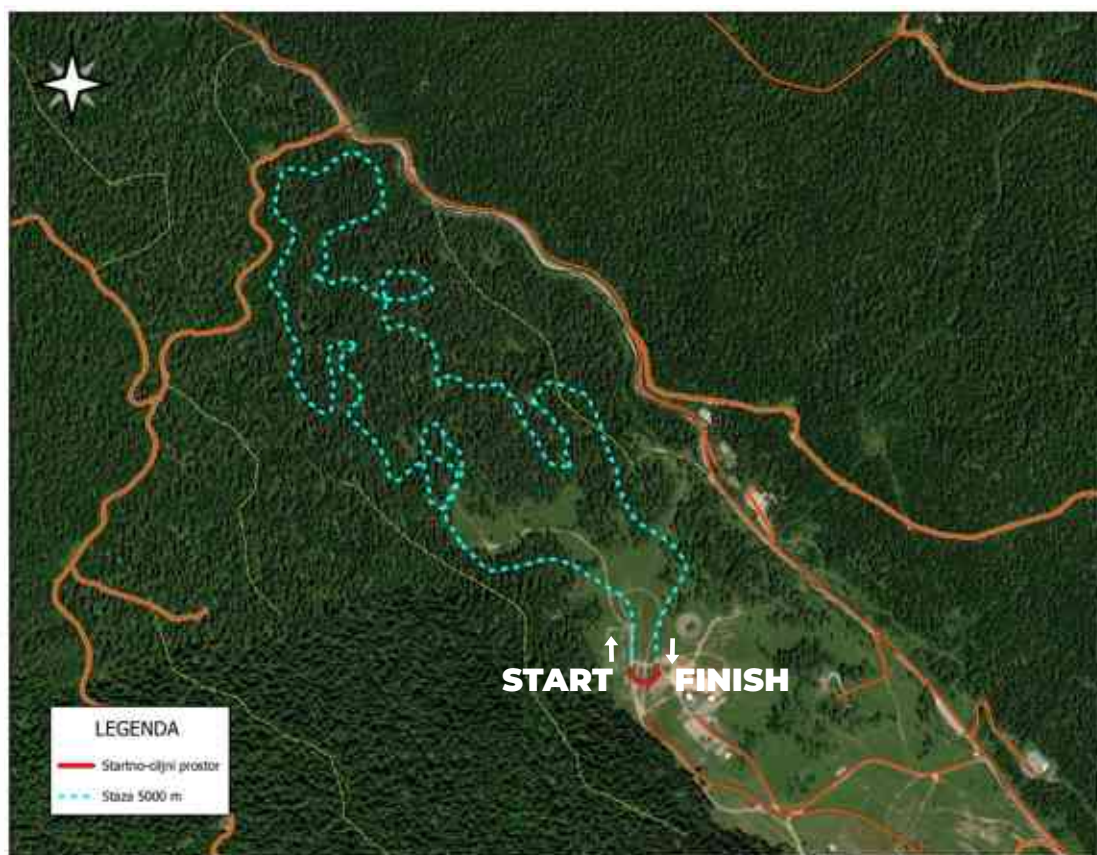
INDIVIDUAL COMPETITIONS CLASSICAL TECHNIQUE (CT) AND FREESTYLE TECHNIQUE (FT)

Track for individual competition 3,3 km



Track	Lenght (m)	HD	TC	TC (IBU rules)
	3300	43	118	90-135

Track for individual competition 5,0 km



Track	Lenght (m)	HD	TC	TC (IBU rules)
.....	5000	46	153	

Category - Age groups at the 53rd EFNS Sarajevo 2023.

Students	W 13, M 13	2008 and younger
Juniors	W 16, M 16	2005 - 2007
Women/Men	W 19, M 19	1993 - 2004
Women/Men	W 31, M 31	1983 - 1992
Women/Men	W 41, M 41	1973 - 1982
Women/Men	W 51, M 51	1963 - 1972
Women/Men	W 61, M 61	1953 - 1962
Women/Men	W 71, M 71	1943 - 1952
Women/Men	W 81, M 81	1942 and older
Disabled	W, M	ALL

Category		Distance	Details
Students	W 13, M 13	1x3,3 km	1 lap NO shooting
Juniors	W 16, M 16		
Women/Men	W 81 / M 81		
Disabled	W/M	2x3,3 km	2 lap NO shooting
Women	W 19, W 31, W 41, W 51, W 61, W 71	2x3,3 km	2 lap WITH shooting
Man	M 19, M 31, M 41, M 51, M 61, M 71	2x5,0 km	2 lap WITH shooting

Shooting

5 shots, 50 meters, standing position. For each round out of the target area a penalty circle of 150 meters must be run. For safety reasons, the rifle must rest on the post when firing.

Shooting training

The official training is on Tuesday with 10 test shots. Accreditation for shooting training is mandatory.

Time penalties

Each missed shot, or each missed penalty circle results in a time penalty of 2 (two) minutes.

Disqualification

The following will be disqualified: those who run free technique in a classic competition, those who violate safety rules on the shooting range, those who start without a transponder.

Any lost or unreturned transponder will be invoiced with an additional 90 euros.

Safety first

Each participant is responsible for his own shot. The weapon is given to the participant only when he is stable and safe. Rifles for left-handers are on the shooting lines no. 1 and no. 2.

Evaluation - Awards

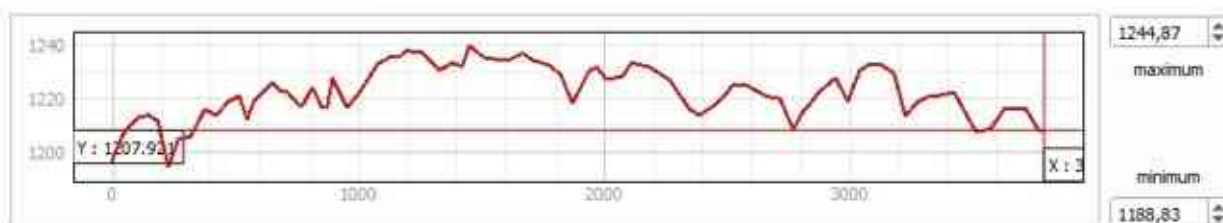
If at least 3 participants are not registered for one competition, it will not be evaluated and the participants will be assigned to the next stronger category. The first three in each category receive a certificate and a medal. Material prizes and diplomas are provided for places from 4 to 6. In the relay the first three in each category are awarded.

All active participants will be able to receive valuable material prizes that will be drawn in a raffle.

RELAY COMPETITIONS

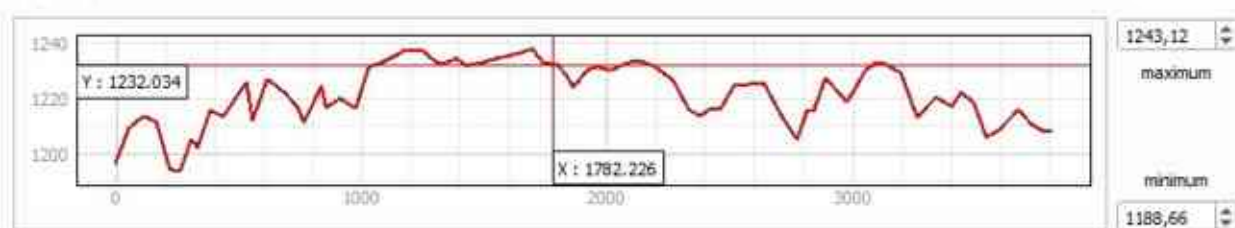
All relay competitions are done without shooting rounds.


Track for relay competition – 3,3 km



Track	Lenght (m)	HD	TC	TC (IBU rules)
	3300	43	118	90-135

Track for relay competition – 4,0 km



Track	Lenght (m)	HD	TC	TC (IBU rules)
	4000	43	129	110-160

Category

Category		Distance	Style
Students – women	W 13 / W 16	3 x 3.3 km	1 CT + 2 FT
Students – men	M 13 / M 16	3 x 3.3 km	1 CT + 2 FT
Women below 50	W 19 / W 31 / W 41	3 x 6 km	1 CT + 2 FT
Women above 50	W 51 / W 61 / W 71 / W 81	3 x 6 km	1 CT + 2 FT
Men below 50	M 19 / M 31 / M 41	4 x 8 km	2 CT + 2 FT
Men above 50	M 51 / M 61 / M 71 / M 81	4 x 8 km	2 CT + 2 FT

Timing and scoring

The timing and scoring service for the 53rd EFNS will be provided by the SIWI DATA company – Italy.

Competition jury

Siegfried Kaltenbach	EFNS Technical Delegate
Matej Kordež	Competition Director
Shooting range Director	OC EFNS
N.N.	Team Delegate
N.N.	Team Delegate

Ski service

The biathlon centre doesn't offer the possibility to wax the skis. Please bring your own ski waxing kit.

Waxing booths

There will be 30 booths - containers for waxing skis. You can pick up the booth keys with a deposit of 50 euros per key. If you do not return the key, you will be charged 50 euros.

Ski rental

There is no possibility to rent skis in the biathlon center. Please bring your own skis with you.

REGISTRATION AND DEADLINES

Registration is only possible online on the EFNS website: <https://www.efns.eu/>

- Registration deadline December 23, 2022.
- Payments until December 23, 2022.
- Late registrations until January 10, 2023.

Late registration from December 24, 2022 to January 10, 2023 is: +15 euros

Fees

Entry fee includes official training with 10 shots and shooting during individual disciplines, both starts of individual competitions, relay race, ceremonial opening, forestry evening programs, transportation of participants Hotel Hills – Igman – Hotel Hills, cross-country skiing and biathlon tracks, EFNS registration fee, closing ceremony with dinner and one non-alcoholic drink, music and sound system, EFNS badge, start package, timing system, start numbers, printing materials and others.

Entry fee

- 1 individual competition: 70 €
- 2 individual competitions: 80 €
- Relay: 40 €

Free relay if the competitor participates in at least one individual discipline.

- Basic fee for an entourage: 30 €
- For participants up to 26 years of age, the entry fee does not apply!

Final ceremony with dinner and music

Dinner and a non-alcoholic drink - 30.00 € per person.

Serving on the basis of a rich buffet. One non-alcoholic drink included in the given price is served in a glass. Other drinks according to consumption and the hotel's regular price list.

Children ages 6-12: 15.00 € per person
Children up to 6 years old: free

Accreditations are mandatory during the final ceremony and dinner.

Excursions

Excursion no. 1 40€
Excursion no. 2 50€
Excursion no. 3 45€
Excursion no. 4 50€
Excursion no. 5 55€
Excursion no. 6 20€
Excursion no. 7 35€
Excursion no. 8 15€
Excursion no. 9 35€

Accreditations are mandatory during excursions.

More details about excursions in the Excursions section.

Entry fees, excursions and registration fees are to be paid by December 23, 2022. There is no refund for cancellation. Registration/billing can be transferred to another participant.

Payment

BENEFICIARY INFORMATION

CLIENT NAME: SARAJEVO-ŠUME D.O.O. KJP ZA GOSPODARENJE DRŽAVNIM
ŠUMAMA SARAJEVO
ADDRESS: MARŠALA TITA 7/II SARAJEVO
IBAN: BA391020500000111354

BENEFICIARY'S BANK INFORMATION

BANK and ADDRESS: UNION BANKA DD SARAJEVO
Hamdije Kreševljakovića br. 19
71000 Sarajevo
Bosna i Hercegovina
SWIFT CODE: BIC: UBKSBA22

Attention!

Participants born in 1998 or later do not have to pay the entry and EFNS registration fees. The International Committee and the Organizing Committee assume the full amount of expenses in order to promote the participation of young people.

TRANSPORTATION PLAN

During the entire week, there will be a shuttle service between Hotel Hills and the Biathlon Center Igman - Veliko Polje, departing according to the schedule. The schedule will be published online, sent to the team leaders by email, posted on the windshield of the buses, and included in the start packs.

Transportation

Transportation is provided as part of the start package on the route Hotel - Biathlon Arena - Hotel.

Transportation from Sarajevo International Airport to Hotel Hills and Hotel Hollywood costs 10 € per person and is arranged directly with the hotels.

Transportation on the route from Sarajevo Bus Station to Hotel Hills and Hotel Hollywood is possible by city public transportation or taxi.

Due to the reconstruction of the city's public transportation infrastructure, we recommend using a taxi service that costs around 15 € for city routes.

Departure place for excursions and the Olympic Nordic Center Igman - Veliko Polje

All departures for excursions, as well as for the Olympic Nordic Center Igman Veliko Polje, will be from the parking lot in front of Hotel Hills in Ilidža.

Competition's Office

Hotel Monti Igman

- final and provisional results lists
- relay registration
- information for team captains

Info Office

Hotel Hills Ilidža

- information for team captains
- accreditation
- distribution of start packages

LIABILITY / DISCLAIMER / PRIVACY / INSURANCE

Disclaimer:

By applying for registration to the EFNS, the participant refrains from collecting claims of all kinds against the Committee for European Forestry Nordic Skiing Competitions (IK - EFNS) as well as the organizer of the EFNS (Local Organizing Committee). The waiver applies to personal or property damage attributable to negligence of any degree and to the time period between the start of travel to EFNS, the competition week and the end of travel activities. In his/her own interest, the participant holds a certificate of real insurance against damage and accident and is the owner of a real health certificate and insurance that proves the physical ability to participate in competitions. Regardless of this obligation to provide evidence, the participant releases IC EFNS and the Local Organizing Committee from any kind of responsibility for the damage caused to persons, material or material loss to third parties by the participant, including incurred legal costs for the defense of third party claims. The Organizing Committee itself must prove to EFNS the existence of damage and accident insurance for its members, helpers and spectators.

Privacy:

Personal data provided during registration will be mechanically saved and collected only for the implementation of the said competition. The data will also be transferred to the local organizer. The data will be forwarded to the responsible team leader of the team selected above for the organization and handling of the payment. Furthermore, data for timing, placement and results will be collected and forwarded. All credentials, especially name, age group, residence and team will be published in the start and result lists, on the Internet, in the press and in notices. Moreover, photographs will be taken during the entire EFNS, films and interviews of the organizers will be published on this or possibly other websites or printed media. In particular, the videos will be published through the EFNS YouTube channel or through TV stations or other media.

Beware of the minefields!

About 10% of forest areas in Bosnia and Herzegovina are still covered with landmines. All participants of the EFNS are obliged to move along the marked paths and roads during the EFNS.

OPENING AND CLOSING CEREMONY OF THE 53RD EFNS

Hotel Hills



HOW TO GET TO SARAJEVO

By airplane

Sarajevo International Airport is located only 12 kilometers from the center of Sarajevo. It serves as a connection with many European cities and with the rest of the world through major international air hubs, such as Istanbul, Vienna, Berlin, Munich, Zurich and others. The airports in Tuzla and Mostar, both about two hours drive from Sarajevo, operate flights of low-cost airlines.

Sarajevo International Airport:
<https://www.sarajevo-airport.ba/>

Tuzla International Airport (about 120 km from Sarajevo):
<https://tuzla-airport.ba/en/naslovna-english/>

Mostar International Airport (about 120 km from Sarajevo):
<https://mostar-airport.ba/en/>

By car

Bosnia and Herzegovina is in the process of developing a highway system to make travel more efficient, but it would be good to drive carefully on regional roads. Speed limits are set at: 50-60 km/h within city limits, 80 km/h on open roads and 120 km/h on highways. Tolls for passenger vehicles can be paid in cash (BAM or EUR) or by credit card.

The A1 highway (also connected to the E661 and E73 routes) is a highway in Bosnia and Herzegovina that is part of Corridor 5c and, together with two Croatian highways (A10 and A5) and the Hungarian M6, provides a connection from Budapest to Ploče, a seaport on the Adriatic Sea. The fastest way to Sarajevo from the direction of Zagreb is Gradiška-Doboj-Sarajevo, and from the direction of Osijek it is Brod-Doboj-Sarajevo or Šamac-Doboj-Sarajevo or Orašje-Doboj-Sarajevo.

By train

Traveling by train in Bosnia and Herzegovina is not sufficiently modernized or popular, but it is a convenient and safe way to travel, especially for low-budget travelers. Sarajevo is directly connected to the capital of Croatia, Zagreb, and from there to the rest of Europe.

By bus

Sarajevo is connected to many European cities by direct bus lines. The bus company Centrotrans Euro-lines (www.centrotrans.com) connects Sarajevo with Austria, Belgium, Montenegro, Denmark, France, the Netherlands, Croatia, Germany, Slovenia and Serbia. Other companies, such as Biss Tours (www.bis-stours.ba) and Globtour (www.globtour.com), also offer direct bus lines from many European cities to Sarajevo.

OFFICIAL ACCOMMODATION

Olympic Forestry Village – Hotel Hills and Hotel Hollywood

Hotel Hills Thermal & Spa Resort Sarajevo is a newly built hotel located in an attractive location in the center of the green oasis of Sarajevo and only 2 km away from Sarajevo International Airport. Hotel Hills, Thermal & Spa Resort Sarajevo has 330 luxurious, comfortable, sophisticated rooms and apartments with selected details and a balcony. Guests have at their disposal a multipurpose congress center with modern conference technology, thermal spa facilities, indoor and outdoor swimming pools, an adrenaline park for children and adults on an impressive 2200 square meters, wedding halls, several restaurants with national and international food and a restaurant on the roof of the hotel. Superior accommodation and conference facilities, professional service with a touch of personality and a wide range of facilities are what Hotel Hills, Thermal & Spa Resort Sarajevo guarantees.

HOTEL HILLS

Accommodation for EFNS participants at Hotel Hills:

Hotel Hills has large congress and restaurant facilities for the smooth organization of small and large events.

- Single room, bed and breakfast - EUR 64.50;
- Double/twin room, bed and breakfast - EUR 39.50 per person per night;
- Triple room, bed and breakfast - EUR 33.00 per person per night;
- Surcharge for half board - EUR 15.00 per person/day;
- Surcharge for full board – 30.00 EUR per person/day;
- Prices are per person per night.
- Tourist tax and insurance are included in the price.
- VAT is included in the listed prices.
- Check-in from 14:00h;
- Check-out from 11:00h;
- Space for storing skis and equipment and ski waxing.

ADDITIONAL CHARGES FOR CHILDREN'S ACCOMMODATION IN HOTEL HILLS SARAJEVO:

- Children up to 5 years old – free of charge, if they share a bed with their parents;
- Children older than 12 - pay an additional fee according to the offer;
- Meal surcharge for children from 6 to 12 years old is EUR 10.00 per meal/person;

Transfer from and to the airport:

- 10.00 EUR per person in one direction;

Additional facilities included in the price of accommodation at the Hills Hotel Sarajevo:

- Indoor and outdoor swimming pools,
- fitness center,
- wellness spa & health center (12 facilities: hammam, nigra shower, flounder, Roman sauna, tepidarium, massage path, salt room, ice machine, Finnish sauna, bio sauna, infrared sauna),
- parking - the parking ticket must be validated at the hotel reception,
- fast and stable wi-fi internet connection.

E - mail for reservations at Hotel Hills is: info@hotelhills.ba

HOTEL HOLLYWOOD

Accommodation for EFNS participants at Hotel Hollywood:

- Single room, bed and breakfast - EUR 44.50;
- Double/twin room, bed and breakfast - EUR 31.00 per person per night;
- Triple room, bed and breakfast - EUR 26.00 per person per night;
- Surcharge for half board - EUR 12.50 per person/day;
- Surcharge for full board – 25.00 EUR per person/day;
- Prices are per person per night.
- Tourist tax and insurance are included in the price.
- VAT is included in the listed prices.
- Check-in from 14:00h;
- Check-out from 11:00h;
- Space for storing skis and equipment and ski waxing.

Transfer from and to the airport:

- 10.00 EUR per person in one direction;

ADDITIONAL CHARGES FOR CHILDREN'S ACCOMMODATION IN HOTEL HILLS SARAJEVO:

- Children up to 5 years old – free of charge, if they share a bed with their parents;
- Children from 6 to 12 years of age are subject to an extra charge for an extra bed in the amount of EUR 10.00 per bed/night;
- Children older than 12 - pay an additional fee according to the offer;
- Meal surcharge for children from 6 to 12 years old is EUR 8.00 per meal/person;

Additional facilities included in the price of accommodation at the Hollywood Hotel Sarajevo:

- Indoor swimming pool;
- fitness center and sauna,
- parking – the parking ticket must be validated at the hotel reception,
- fast and stable wi-fi internet connection.

E - mail for reservations at Hotel Hollywood is: info@hotel-hollywood.ba

Reservations and payments are made directly with hotels and accommodation units and are the responsibility of participants and competitors of EFNS.

The deadline for booking accommodation is December 20, 2022. The organizer does not guarantee prices and services after the specified deadline.

Other accommodation

There are many places to stay in Sarajevo and the local Organizing Committee recommends staying in the Olympic Forest Village Hotel Hills and Hotel Hollywood or near these hotels if you do not have your own car. You can find accommodation yourself. You can use these websites:

www.airbnb.com
www.hotels.com
www.booking.com

The organizer is unable to provide recommendations for accommodation other than in the Forestry Olympic Village. Every participant/federation takes care of their own accommodation.

EXCURSIONS

EXCURSION 1 – BEST OF SARAJEVO

Details:

What's included? City walking tour, war related tour and the Olympic excursion.

If you cannot decide whether to do the "Eat, Pray Love", "Olympic tour" or "War related tour", why not do all of them in the ultimate Sarajevo tour, known as the Best of Sarajevo. We will get to know the spirit of a city with a centuries-long tradition and a turbulent history. Discover the heart of the Ottoman Sarajevo – Baščarsija, drink water from Sebilj, tickle your senses with some of the traditional delicacies such as burek, ćevapi, baklava or tufahija. Stop by the four major religious places of worship and experience why Sarajevo is known as a confluence of good energy. Leave the city's noise behind and experience the breathtaking panoramic view from the Yellow Fortress as the guide explains the siege of Sarajevo during the war. Learn how Sarajevo became one of the symbols of resistance and how this vivid city didn't yield during the 1,425 days of besiegement. The best example of the Bosnian spite is the tunnel, dug underneath the airport's runway. Walk through 25 meters of the original tunnel and feel the goose-bumps as you listen to the stories imbued with suffering, blood and danger. At the end we will visit the Olympic museum where we proudly keep the memory of one of the most successful Winter Olympics of the 20th century.

Duration and distance:

Start: 09:00

End: 16:00

Distance: Sarajevo tour approx. 20 km

Language and date options:

English and German; Monday, February 6, 2023 and Tuesday, February 7, 2023.

PRICE INCLUDES:

Licensed tour guide, transportation, entrance fees for the Tunnel museum, Gazi Husrev bey's mosque, Sephardi Synagogue – Jewish Museum, Catholic Cathedral and Orthodox Church, as well as traditional food and drinks tasting.

Lunch options:

ćevapi, kaymak (sour cream) and a drink; burek or other pastries (pies) (vegetarian options) and a drink; coffee and traditional pastries and cakes.

NOT INCLUDED: Gratuities

Tour spots:

1. Olympic Stadium and Olympic Hall Zetra – Find out the connection between the Olympic games in 1984 and the siege of the city.
2. Sniper Alley – Drive through the most dangerous street in Sarajevo during the war.
3. War Tunnel Museum – Visit the marvelous symbol of the resistance and fight for survival – the secret Tunnel of Hope which saved the city and its citizens from falling into the enemy's hands.
4. Franz Ferdinand Assassination – Visit the most famous corner in Sarajevo.
5. Emperor's Mosque – See the first mosque in Sarajevo and find out the story of how Sarajevo got its name.
6. Sarajevo Brewery – The first brewery in the Ottoman Empire.
7. The Spite House – It was on one side of the river but suddenly they moved it to the other side.

8. City Hall – Find out where the mayor of Sarajevo sits.
9. Baščaršija – The main trading centre of Sarajevo.
10. Bravadžiluk and Kazandžiluk streets – Taste the traditional food and find out how it's prepared.
11. Sebilj fountain – Choose a side and drink clear water from the citizens' favourite fountain.
12. Morića Han – Visit the only Ottoman Inn left preserved in the city.
13. Bosanski tradicionalni break – Smell the scent, and feel the taste of the Bosnian coffee and learn how to drink coffee like a real Bosnian.
14. Gazi Husrev Bey's mosque – Visit the courtyard of the central mosque in Bosnia and Herzegovina.
15. Sarajevo Meeting of Cultures – See the spot where the East and the West meet.
16. Old Jewish Temple – Find out the story about Sarajevo Haggadah.
17. The Sacred Heart Cathedral – Send a message of peace and tolerance in front of Sarajevo's Notre Dame.
18. Serbian Orthodox Church – The city's largest Serbian Orthodox church boasts five impressive domes, a gilded baroque bell tower, and beautiful murals.

PRICE PER PERSON: 40 € (VAT INCLUDED) – minimum of 10 people

EXCURSION 2 - TITO'S BUNKER, MUSEUM OF WOODCARVING AND BOSNIAN PINE

Details:

Can you believe that the city of Konjic hides an underground military complex? It is true and it is known as the secret Tito's Bunker. Built during the Yugoslav era, it was meant to be a shelter for the Marshall Tito and the most important people of the Yugoslav government. Come and see this extraordinary masterpiece where the time stands still since the breakup of Yugoslavia and is a witness of the glory days of a once-great country.

After visiting this historical place, you will visit the Woodcarving Museum. From 1929 until today, the company "MULIĆ'S RECORD IN ARTIFICIAL WOODCARVING 1929" has been producing the highest quality style furniture, using only the finest and most precious materials and the most modern methods of processing and protecting wood, and nurturing Bosnian tradition and heritage. Each piece of furniture is handmade and as such is original and unique. The method of forest management and information about the autochthonous Bosnian pine - Munika (*Pinus Heldreichii* Christ) will also be presented.

Duration and distance:

Start: 08:00

End: 16:00

Distance: 70 km

Language and date options:

English and German; Monday, February 6, 2023 and Tuesday, February 7, 2023.

INCLUDED:

Licensed tour guide, transportation, entrance fees for Tito's Bunker and lunch.

Lunch options:

lamb or fish menu; vegetarian options available

NOT INCLUDED:

Gratuities

Toured places:

1. Konjic – Take a break in the amazing town of Konjic on the banks of the beautiful river Neretva.
2. Tito's bunker – Enjoy the 1.5-hour tour in the secret Cold War bunker.
3. Woodcarving Museum – A unique experience in Konjic.

PRICE PER PERSON: 50 € (VAT INCLUDED) - minimum of 10 people

EXCURSION 3 - VISOKO PYRAMIDS, FOJNICA MONASTERY, TAMEX LTD.

Details:

The old town of Visoko, located in the heart of Bosnia and Herzegovina, hides many secrets and mysteries that have yet to be revealed. In the Middle Ages, Visoko and its surroundings played a significant role in the medieval state of Bosnia, and later in the kingdom. For the past few years, we have let the public know that we have found traces of an ancient, mysterious civilization that existed in these areas. Explore the secret underground tunnels, enjoy the meditation park Ravne, fill yourself with positive energy and check whether it is just a theory or a possible discovery.

Fojnica is a town and municipality located in central Bosnia. Cultural landmarks in Fojnica include the Franciscan Monastery of the Holy Spirit, which houses an important part of the national cultural heritage maintained by the Franciscan Province of Bosna Srebrena. Visit the company TAMEX Ltd. Busovača, which is one of the leading, export-oriented, companies for the production of solid wood furniture in Bosnia and Herzegovina.

Duration and distance:

Start: 08:00

End: 16:00

Distance: 70 km

Language and date options:

English and German; Monday, February 6, 2023. and Tuesday, February 7, 2023.

INCLUDED:

Licensed tour guide, transportation and entry fees for Visoko pyramids, park Ravne, Fojnica monastery, and lunch in one of the local restaurants.

Lunch options:

fish and trout menu; vegetarian options available

NOT INCLUDED:

Gratuities

PRICE PER PERSON: 45 € (VAT INCLUDED) – minimum of 10 people

EXCURSION 4 - TRAVNIK & BUSOVAČA & FORESTS OF CENTRAL BOSNIA

Description:

Take a deep dive into the glory days of the medieval Bosnia. Hear the stories about the royal families and visit their fortresses. Enjoy the nature of central Bosnia. Discover the wonderful city of Travnik only 90 km away from the capital Sarajevo, its beautiful surrounding nature and hills that made it the capital of the Ottoman governors from 1699 to 1850. It is also the birthplace of the Nobel prize winner Ivo Andrić. Enjoy the panoramic view from the fortress and take the best photos.

Methods of forest management in Bosnia and Herzegovina will be presented with a visit to a forestry nursery.

Duration and distance:

Start: 09:00

End: 17:00

Distance: 100 km

Language and date options:

English and German; Monday, February 6, 2023.

INCLUDED:

Licensed tour guide, transportation and entry fees for Travnik fortress and Ivo Andrić's house, lunch.

Lunch:

turkey and fish menu; vegetarian options available.

NOT INCLUDED:

Gratuities

Tour spots:

1. Travnik - See the 15th-century fortress, house of the first Bosnian Nobel prize winner and her the story about the famous Lutvo's coffee.
2. Etno village Čardaci with lunch
3. Forestry program Busovača

PRICE PER PERSON: 50 € (VAT INCLUDED) – minimum of 10 people

EXCURSION 5 – MOSTAR AND HERZEGOVINA

Details:

Nested in a karstic valley on the banks of the emerald green river Neretva, lies the city of Mostar, a magnificent pearl of Herzegovina, the sunny part of our country. On our way to Mostar, we stop by two charming places known as Konjic and Jablanica. There we will have a cup of coffee, a proper way to begin an unforgettable journey. Enjoy the Mediterranean spirit of the south, visit the famous Old Bridge and the Ottoman bazaar. Besides Mostar, you will also see Blagaj, a small Ottoman town in Herzegovina with its stunning nature and imposing spring of the river Buna.

Duration and distance:

Start: 08:00

End: 17:00

Distance: 140 km

Language and date options:

English and German; Monday, February 6, 2023.

INCLUDED:

Licensed tour guide and transportation, entry fee to the Dervish House in Blagaj, lunch

Lunch options:

local trout or grilled meat menu; vegetarian options available

NOT INCLUDED:

Gratuities

Tour spots:

1. Konjic - Take a break in the amazing town of Konjic on the banks of the beautiful river Neretva.
2. Jablanica - See the bridge where one of the most famous battles in the Second World War took place.
3. Blagaj - Visit the Dervish house in Blagaj, one of the most mystical places in Bosnia and Herzegovina.
4. Mostar - Feel the spirit of the UNESCO world heritage site and watch the brave locals jump from the famous Old Bridge.

PRICE PER PERSON: 55 € (VAT INCLUDED) – minimum of 10 people

EXCURSION 6 – SARAJEVO GRAND WALKING TOUR

Details:

Welcome to the city of love, good people, great atmosphere, but also a city that witnessed wars that have shaped Europe. A place where different ethnicities, religions, and cultures have molded since time immemorial. Discover the history, culture and lifestyle of the city of Sarajevo and its people, a place with an irresistible charm and a unique mixture between East and West. During this best-selling walking tour in the city, you will find out what Sarajevo's spirit means to you.

Duration and distance:

Start: 13:30

End: 17:30

Distance: Sarajevo tour approx. 15 km

Language and date options:

English and German; Tuesday, February 7, 2023.

INCLUDED:

Licensed tour guide, transportation Hotel – Old Town - Hotel, lunch

Lunch options:

burek or other traditional pies (pastries) with a drink

NOT INCLUDED:

Gratuities

Tour spots:

1. Franz Ferdinand Assassination – Visit the most famous corner in Sarajevo
2. Emperor's Mosque – See the first mosque in Sarajevo and find out the story of how Sarajevo got its name.
3. Sarajevo Brewery – The first brewery in the Ottoman Empire.
4. The Spite house – It was on one side of the river but suddenly they moved it to the other side.
5. City Hall – Find out where the mayor of Sarajevo sits.
6. Baščaršija – The main trading center of Sarajevo.
7. Bravadžiluk and Kazandžiluk streets – Find out how we prepare traditional food.
8. Sebilj fountain – Choose a side and drink clear water from the citizens' favorite fountain.
9. Morića Han – Visit the only Ottoman Inn left preserved in the city.
10. Gazi Husrev Bey's Mosque – Visit the yard of the central mosque in Bosnia and Herzegovina.
11. Sarajevo Meeting of Cultures – See the spot where the East and the West meet.
12. Old Jewish Temple – Find out the story about Sarajevo Haggadah.
13. The Sacred Heart Cathedral – Send a message of peace and tolerance in front of Sarajevo's Notre Dame.
14. Serbian Orthodox Church – The city's largest Serbian Orthodox church boasts five impressive domes, a gilded baroque bell tower, and beautiful murals.

PRICE PER PERSON: 20 € (VAT INCLUDED) – minimum of 5 people

EXCURSION 7 - TREBEVIĆ TOUR BY CABLE CAR

Description:

If you feel annoyed by the city crowd and want to get away from it, why not take a ride in the cable car and explore the pristine nature of the mountain Trebević? It was always the most favorite spot for the locals to enjoy the fresh air and the best panorama of the city. The mountain Trebević is known in Slavic mythology as the place of sacrifice, but in modern times it is known as one of four Olympic mountains. The 1984 Winter Olympics in Sarajevo have also been the only Olympics so far to be hosted by a Non-Aligned Movement member and by a Muslim-majority city. Take a walk on the bob-sled track, see some great graffiti, have a cup of coffee and let your inner spirit free.

Duration and distance:

Start: 13:30

End: 17:30

Distance: Sarajevo tour approx. 15 km

Language and date options:

English and German; Tuesday, February 7, 2023.

INCLUDED: Licensed tour guide and transportation (Hotel – Old Town - Hotel), return ticket for the cable car and entry fee for the Olympic Museum, lunch

Lunch options: burek or other traditional pies (pastries) with a drink

NOT INCLUDED: Gratuities

PRICE PER PERSON: 35 € (VAT INCLUDED) – minimum of 5 people

EXCURSION 8 – NORDIC SKIING ON THE OLYMPIC TRACKS OF MT. IGMAN

Details:

Enjoy panoramic skiing through the forest, fresh air and a unique Olympic experience. On the way, you will have the opportunity to visit the Ravna Vala primary forest.

Excursion schedule:

08:00-	Departure in front of Hotel Hills
09:00-11:00	Shooting training – Biathlon Arena Igman
11:00-	Gathering of excursion participants in front of Hotel Monti Igman
11:15-	Joint departure of participants on skis together with guides
14:30-	Lunch – Forestry Education Centre "Čavle" Igman
15:30-	Return to Hotel Hills

In the event that there is no snow, the participants of excursion number 8 will go on a walking tour along the Olympic tracks, and should bring adequate clothes and shoes.

Duration and distance:

Start: 08:00

End: 16:00



Duration: 40 km

Language and date options: English and German; Tuesday, February 7, 2023

INCLUDED: Nordic skiing guide and lunch

NOT INCLUDED: Gratuities, transportation (official training buses will be used)

PRICE PER PERSON: 15 € (VAT INCLUDED) – minimum of 10 people

EXCURSION 9 – ALPINE SKIING ON THE OLYMPIC MT. BJELAŠNICA

Details:

Skiers and speed lovers will be enchanted by breathtaking scenes, first during the ascent, and then during the descent down the smooth snow cover. The Olympic complex Babin Do is ideal for downhill skiing, probably the fastest in the whole country. The fairytale village of Lukomir, the highest village in our country, is also located on the Bjelašnica mountain, so don't hesitate to visit it and take a peek into the centuries-old tradition and see for yourself what makes this village so unique.

Duration and distance:

Start: 08:00

End: 16:00

Distance: 40 km

Language and date options:

English and German; Tuesday, February 7, 2023.

INCLUDED:

Transportation and ski pass

NOT INCLUDED:

Gratuities, lunch

PRICE PER PERSON: 35 € (VAT INCLUDED) – minimum of 10 people

In case of an insufficient number of registered people, no refund will be possible, but the participants will be able to choose another excursion with the possibility of additional payment or choose one of the cheaper excursions without refund.

Drinks during excursions are paid in cash.

Note:

Payments in Bosnia and Herzegovina are made exclusively in Bosnia and Herzegovina convertible marks – KM (BAM), and you can withdraw money at ATMs or change it at exchange offices, which are found in many places in Sarajevo or in hotels.

Please note that it is not possible to pay with debit/credit cards in all places, so we draw your attention to always have money with you in the Bosnian currency – KM.



**ORGANISATION COMMITTEE
53RD EFNS SARAJEVO – IGMAN 2023
UŠIT FBiH**

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