

Day	Date	Morning	Afternoon	Evening
1	13.8.	Arrival	O-training (Trainers choice)	Disco
2	14.8.	O-training (Swiss game)	O-training (There and back again)	Super puncher
3	15.8.	O-training (Loops)	O-training (Trainers choice)	Disco
4	16.8.	O-training (Countours)	cyclo - cross	Night O-cup
5	17.8.	Silva CUP E1 sprint	O-training (Trainers choice)	Tiomila I
6	18.8.	O-training (Uphill challenge)	Sport games	O-games
7	19.8.	Silva Cup E2 long	cycling trip	Disco
8	20.8.	All day trip	All day trip	Tiomila II
9	21.8.	Silva Cup E3 middle	O-training (Trainers choice)	Camp fire
10	22.8.	O-training(One Man Relay)	Olympic games	Disco
11	23.8.	O-training (forest sprint)	departure	

\* O-training

\* O- race

\* O-ther activity

**SILVA**  
**O'CAMP**