



Let's make the impossible  
**POSSIBLE!**

Foto: Ridderrennet

# LIONS CAMP KNIGHTS OF THE LIGHT

International camp for youth with visual or  
physical impairment in Beitostølen, Norway.  
March 19. - 26. 2023





# Welcome to Beitostølen!

Lions Norway is proud to announce a “new” youth camp that will take place **March 19. - 26. 2023**. It will be an international Lions youth camp for disabled youngsters, in cooperation with a big parasport event, the Ridderrennet.

The Ridderrennet is the worlds’ largest annual winter sports week for people with visual or physical impairment. It takes place at Beitostølen, Norway in March/April every year.

Ridderrennet was founded by the Norwegian blind skier and musician, Erling Stordahl, and has been organized every year since 1964. Every year a total of 400-500 skiers with impairments take part; beginners as well as experienced skiers, from many different countries.

## Sporting activities

Motto of the week is “Make the impossible possible”. During the Ridderweek you can try out, learn, and compete in various winter sports such as cross-country skiing, biathlon, alpine skiing and snowboarding. Besides the ski activities, you can also try other sports such as kiting, yoga, self-defense etc. The week finishes with the famous traditional crosscountry ski race; the Ridderrennet.

## Social activities

During the Ridderweek there are various social activities such as get-together meetings, stand-up comedy, quiz night, talent show, concerts etc

## Who can participate?

- Physically disabled only (not mentally), between 18-25 years.
- Youth who are willing to take part and enjoy physical activity.
- Participants must be able to communicate in english.

## Responsibility for the application

- A local Lions club or other organization must take responsibility for the participants application and to send it before the deadline.
- All information in English must be read and understood by the participant.
- Ask for the application form by sending an e-mail til [mdyc@lions.no](mailto:mdyc@lions.no). Application deadline is February 1. 2023.
- Questions? Contact Stefan Trygve Soos: [mdyc@lions.no](mailto:mdyc@lions.no)

## General conditions

Lions Norway will pay all the expenses regarding the stay at the camp in Norway. We are not responsible for the travel costs to and from the location.

No camp fee.



### **Facilities**

Beitostoelen is known for its outstanding skiing facilities. You practice and compete in biathlon and cross-country skiing in the adapted ski tracks at the Beitostoelen Health Sport Center. The tracks are easily reached by a short ride with our free shuttle service. The downhill and snowboard training and competitions are in the “Ola lift”, right in the centre of Beitostoelen and close to the hotel Radisson Blu.

### **Guide service**

Every participant, if they wish, can have a guide, free of charge. Together, the skier and guide take part in the various ski activities of their choice all week.

Our guides are students from different sports colleges in Norway. The assignment and training of guides is governed by the Norwegian School of Sport Sciences. The guides will assist you in training and competitions.

If additional assistance is needed beyond the training and competitions, the participants need to bring their own assistant at their own expense.

### **Transport**

We have a pickup service that will take you from/to Bergen, Oslo or Oslo/Gardermoen airport. The transport is set up both at the arrival day and the departure day.

**Please note that use of drugs and alcohol is prohibited.**



[www.lions.no/youthcamp](http://www.lions.no/youthcamp)



**RIDDERRENNET**

*-gjør det umulige mulig*

[www.ridderrennet.no](http://www.ridderrennet.no)