

GANGWON GET READY



WHAT'S INSIDE?

This document contains all the information you need to prepare for Gangwon 2024.

Please read all topics carefully to ensure you don't miss any important details.

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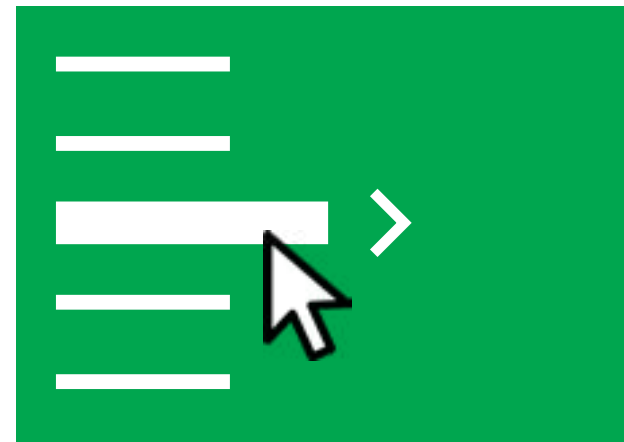
INTRO- DUCTION

Gangwon 2024 aims to offer a festive stage where participating athletes and local young people celebrate sport, culture and learning in harmony.

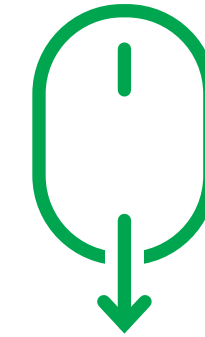


USER GUIDE

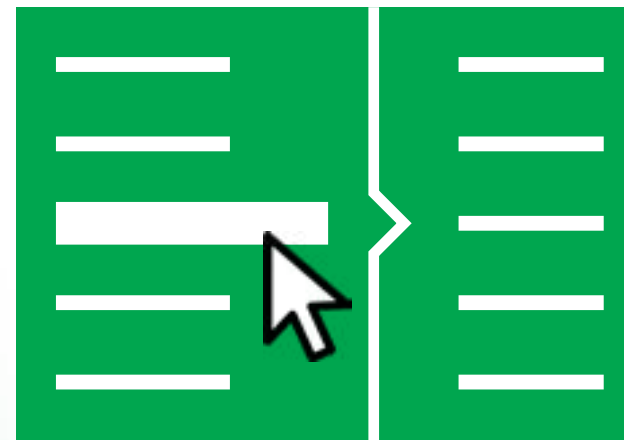
Navigation and Icons



Click to go to the next chapter



Scroll down to navigate in the document



Click to go to subchapter page



Click to open web link



Click '*Back to the summary*' to go back to the summary page



Click to open file

THINGS TO KNOW ABOUT SOUTH KOREA

Climate and Temperatures

Time Zone

Korean Culture

Currency

Electricity

Map Applications

Network and Wi-Fi

In Case of Emergencies

Pre-Flight Checklist

CLIMATE AND TEMPS

Gangwon is a province in South Korea. The competitions will take place in four clusters in the region: Gangneung, Jeongseon, PyeongChang and Hoengseong.

Gangwon winters are typically cold and dry. Below are the average temperatures in January in the four competition areas.

| Location | Average max temp (°C) in Jan | Average min temp (°C) in Jan |
|-------------|------------------------------|------------------------------|
| Gangneung | 4 | -5 |
| Jeongseon | -1 | -13 |
| PyeongChang | -1 | -13 |
| Hoengseong | -1 | -10 |

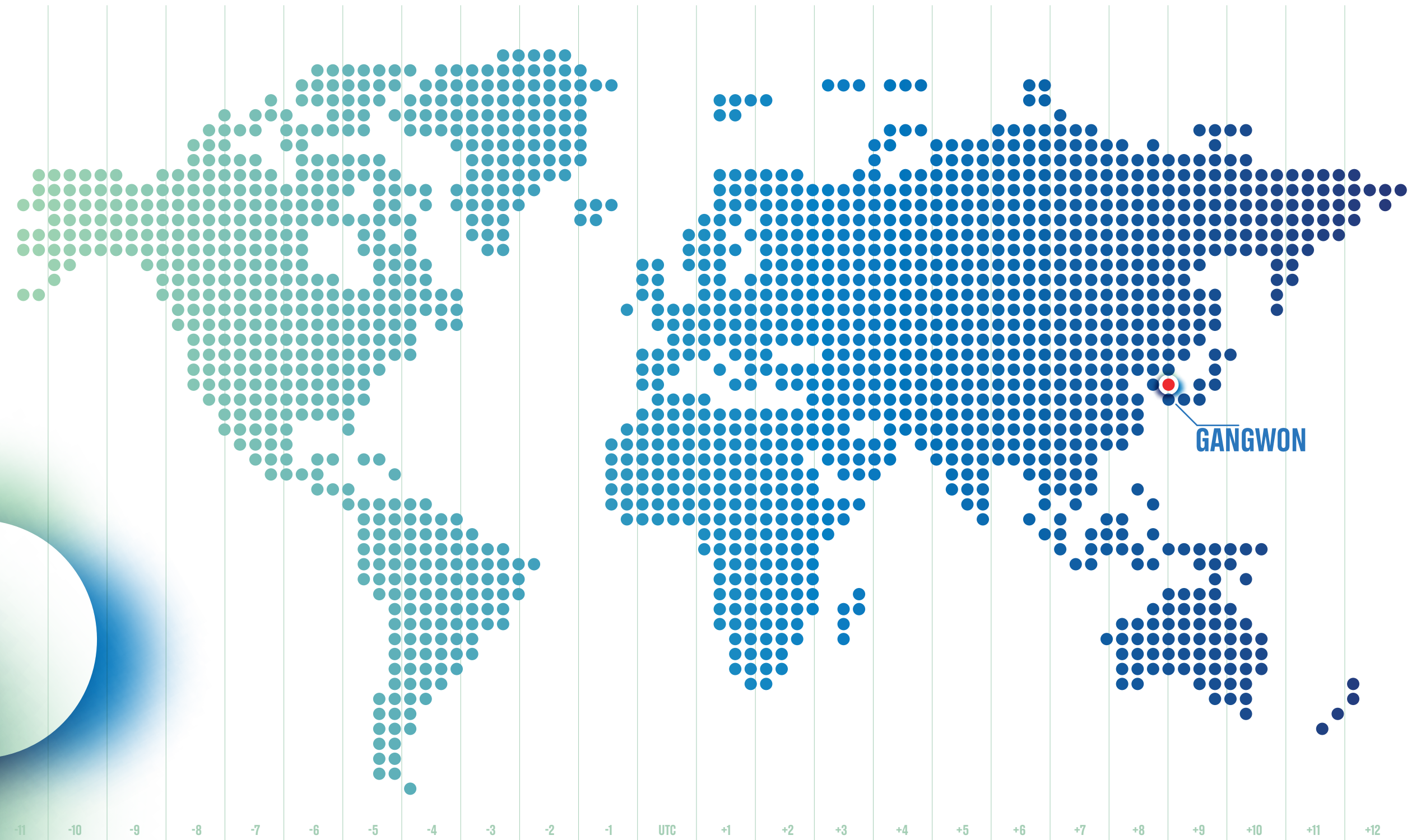


For more information about the weather, please refer to the Korea Meteorological Administration website



TIME ZONES

Korea Standard time (KST) is 9 hours ahead of Greenwich Mean Time (GMT +9) and 8 hours ahead of Central European Time (CET).



SOME KEY PHRASES



Learning some basic phrases and greetings will help you to interact with local volunteers and fans. Here are some words to help get you started:

Thank you _____ Kamsahamnida (*gam-sa-ham-ni-da*)

Hello _____ Annyeong haseyo (*ahn-nyeong-ha-se-yo*)

Goodbye _____ Jal ga

Please _____ Je-bal

Nice to meet you _____ Ban ga weo (*Ban-gap-sum-ni-da*)

Excuse me _____ jamsiman-yo (*Jam-shi-man-yo*)

I'm sorry _____ Mi an hae

Where is the...? _____ ... ga eodie issjyo?

How much is it? _____ Eolmayeyo (*Eol-ma-ye-yo*)

Do you speak (English)?— Yeong-eo hal su iss-eoyo
(*Yung-uh hal su-eet-suh-yo*)

KOREAN CUR- RENCY

The currency in circulation is the Korean Won (KRW).

₩ 1,000 Korean Won (KRW) is equivalent to:

€ 0.71 EUROS

\$ 0.77 USD

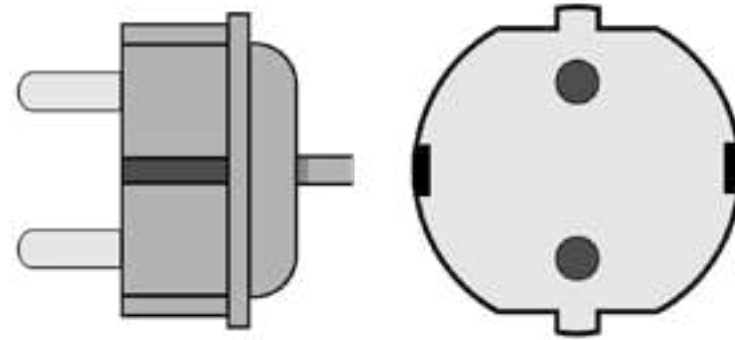
Please note that free food and beverages will be provided to athletes in the Youth Olympic Village and competition venues.



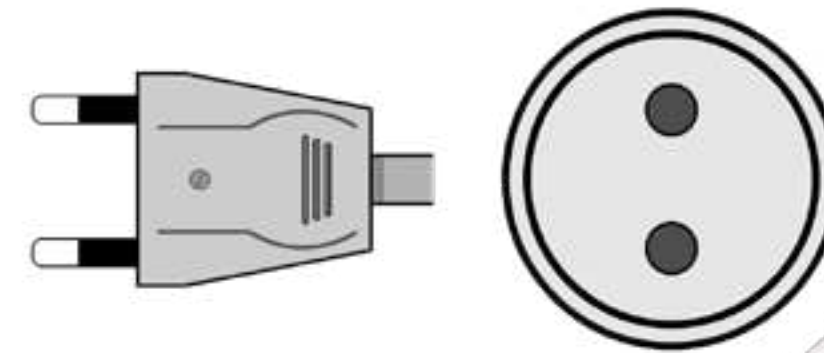
ELEC- TRICITY

The standard voltage in Korea is 220 volts at 60 hertz, and the plug type is C or F, which has two round holes that are transferable.

TYPE F



TYPE C



Make sure you take adapters. Examples are shown below.



MAPS AND APPS

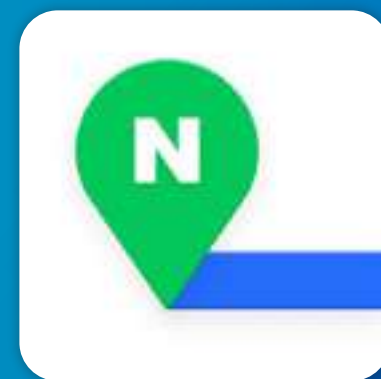
The transport system in Korea is highly appreciated for its convenience and making it easy to travel around.

There are several map applications available, but **Kakao** and **Naver** are those that are most commonly used in Korea.

Please be aware that Google Maps is not available in Korea.



Kakao Map

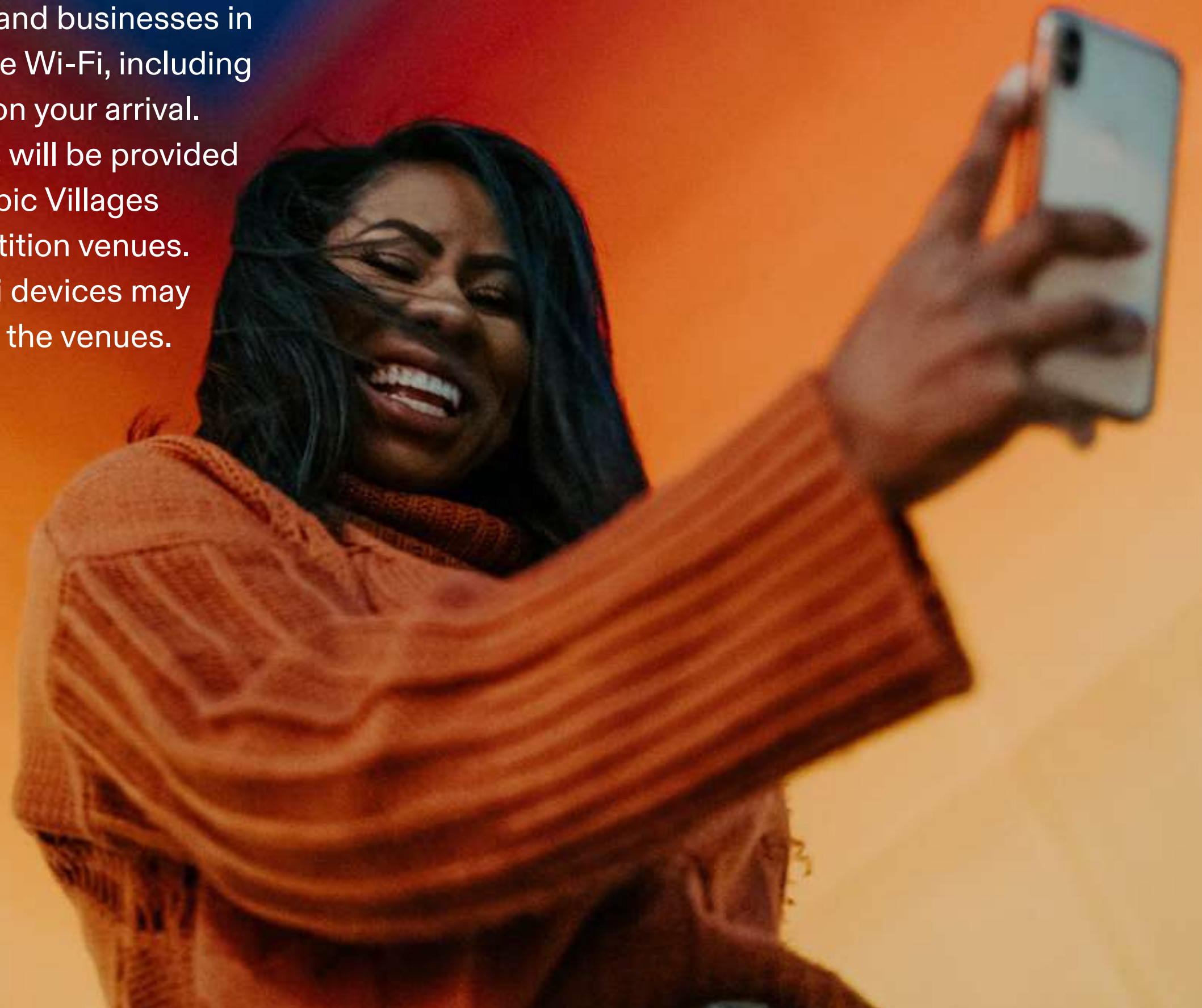


Naver Map



NET- WORK AND WI-FI

It is not guaranteed, but many public places and businesses in Korea offer free Wi-Fi, including the airport upon your arrival. Wi-Fi services will be provided in Youth Olympic Villages and all competition venues. Portable Wi-Fi devices may not be used in the venues.



IN CASE OF EMER- GENGY

We would strongly advise you save these numbers in your mobile phones or take note of them:



POLICE-112

Emergency
Contact Number
(Korea)



FIRE-119

Emergency
Contact Number
(Korea)



AMBULANCE-119

Emergency
Contact Number
(Korea)

IOC SAFE SPORT OFFICER +417 9945 7937

IOC Emergency Contact Number (International)

If you're dialling from a foreign mobile phone, you may need to add the South Korean country code (+82) before these numbers.

PRE- FLIGHT CHECK- LIST A

PERSONAL PACKING AND PREPARATIONS LIST

Travel Documents

- Passport (valid for at least six months).
- Visa (if required for your destination).
- Flight itinerary and e-tickets.
- Travel insurance documents.

Electronic Devices

- Smartphone and charger.
- Laptop/tablet (if needed).
- Power bank.
- Headphones or earbuds.
- International power adapter (if travelling abroad).

Personal Items

- Athletic attire and uniforms.
- Sports equipment (if not provided on-site).
- Comfortable clothing for travel.
- Medications and prescriptions.
- Toiletries and personal hygiene items.
- Wallet with cash, credit cards and local currency.

Health and Safety

- Face masks, hand sanitiser and sanitising wipes.
- Necessary vaccinations and medical records.
- Travel-sized first aid kit.



PRE- FLIGHT CHECK- LIST B

COMPETITION PACKING LIST

Competition Gear

- Ensure you have all required sports equipment, uniforms and accessories.
- Check for any specific regulations regarding equipment and clothing put in place by your sport's governing body.

Competition Schedule

- Have a detailed schedule of your competition events, training sessions and any meetings with coaches and team members.
- Check and double-check your competition times to ensure you don't miss any events.

Nutrition and Hydration

- Ensure you have access to the appropriate nutrition and hydration options as per your training and competition requirements.
- Consider packing snacks for travelling.

Team, Coach and Emergency Contacts

- Keep contact information for your coaches, team members and support staff readily accessible.
- Establish communication protocols with your team.
- Share your itinerary and contact information with a trusted friend or family member.
- Make a note of emergency contact numbers for your country's embassy or consulate in the host country.



FUN FACTS ABOUT

GANGWON
2024



The Winter Youth Olympic Games Gangwon 2024 will see about 80 NOCs and 1,900 athletes from over 70 countries competing in 15 disciplines across 7 sports

The mascot for the Winter Youth Olympic Games Gangwon 2024 is a snowflake named Moongcho. Moongcho is derived from the Korean word “Moongchida”, which means “unite”, “pull together” and “bring together various thoughts and strength”

The Winter Youth Olympic Games Gangwon 2024 will be the first Winter Youth Olympic Games to be held in Asia

The Winter Youth Olympic Games Gangwon 2024 will also feature a range of learning and cultural activities for athletes

The Winter Youth Olympic Games Gangwon 2024 will have a unique cultural programme that showcases the traditional music, dance and cuisine of Gangwon Province

ATHLETE LEARNING EXPERI- ENCE

Maximise your YOG experience and develop your sporting and non-sporting careers. Join the fun and learning activities at Athlete365 House in the Youth Olympic Villages.

Introduction
E-learning Courses
Athlete Role Models
PinQuest
Be True Be You
One Team for Clean Sport
Unlock Your Potential
Olympic Solidarity
Mind, Body & Me
Athlete's Point of View



ATHLETE LEARNING EXPERIENCE

INTRO- DUCTION


Before you travel to the Republic of Korea for the Winter Youth Olympic Games Gangwon 2024, you should know that the YOG differ from other sports events and include a learning experience component: the Athlete Learning Experience. This starts before the YOG and supports you and your entourage in preparing for the Games.




E-LEARNING- ING COURSES

In the lead-up to the YOG, you and your coaches are given the opportunity to get all the information you need.

The courses are available in 10 languages (English, Arabic, Chinese, French, German, Italian, Japanese, Korean, Russian and Spanish). Each e-learning course is split into four sections: Safeguarding Essentials, Preventing Competition Manipulation, Staying Mentally Fit and Anti-Doping.

 [*Click here to access the Readiness Programme for Young Athletes*](#)

 [*Click here to access the Readiness Programme for Entourage Members*](#)



ATHLETE LEARNING EXPERIENCE

INTRO- DUCTION

CONTINUED

During the YOG, all participating athletes must complete the Learning Experience at Athlete365 House in both Youth Olympic Villages. Completing all learning activities should take around two hours. Sufficient time will be allowed outside your training and competition schedule. The Athlete Learning Experience is designed around six main themes: Integrity, Well-being, Career, Finances, Voice and Performance.

The learning experience will be delivered through the following four formats:

- Learning activities, where you will learn about the Olympic values, injury prevention, mental health, safeguarding, prevention of competition manipulation and anti-doping, as well as receiving information on the Olympic Solidarity programmes.
- The PinQuest game, a mobile application, to complete the learning missions and boost your Olympic knowledge.
- Athlete Role Models will be there to provide mentorship, learning and inspiration.
- Inside Sport Sessions, led by International Federations, will provide opportunities to come together with others athletes who compete in the same sport, Athlete Role Models and sports champions to learn about a sports-related topic.

ATHLETE ROLE MODELS

Since the first edition of the YOG in Singapore in 2012, Athlete Role Models have been present at the Winter Youth Olympic Games. They are experienced Olympians, who will be on site during competition and in Athlete365 House in both Youth Olympic Villages and competition venues to offer their support and advice. Athlete Role Models will also be involved in a series of educational activities in addition to helping with sports initiations and supporting you to participate in learning activities.



Click here to find out which athletes represent your sport, their background and how to follow them



PINQUEST INTER- ACTIVE GAME

PinQuest is an interactive game where you can boost your Olympic knowledge by answering fun questions or challenging other players while exploring a virtual world.



Who can play?

All athletes and athletes' entourage members staying in the Youth Olympic Villages.

PINQUEST INTER- ACTIVE GAME



How to play

Step 1: Download the PinQuest app (available on Android and iOS)

Step 2: Register with Athlete365 or log in with your Athlete365 account

Mission 1: Win the limited-edition pin collection

Step 1: Complete seven activities at Athlete365 House. Scan the QR code at each activity

Step 2: Collect your pins at the PinQuest desk

Mission 2: Win the limited-edition beanie or mittens

Step 1: Earn 10,000 points in the PinQuest app

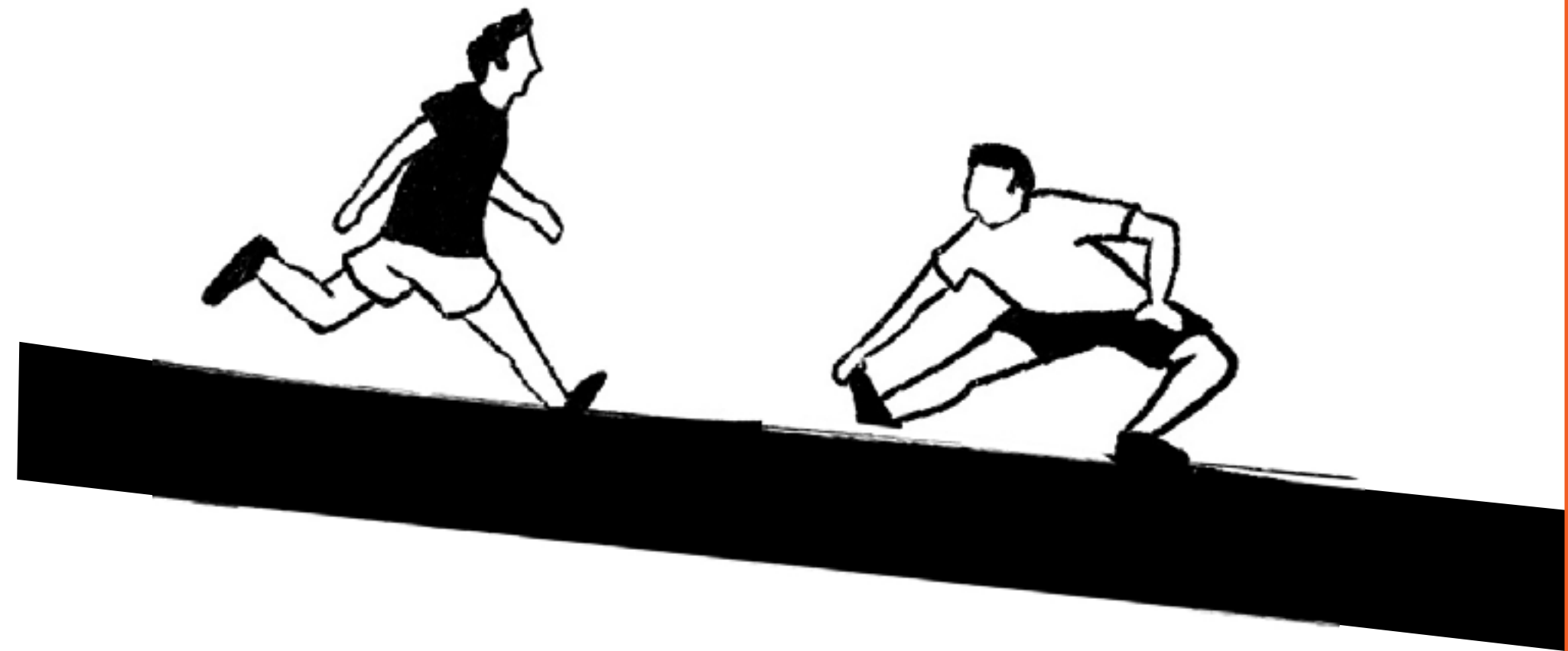
Step 2: Collect your pins at the PinQuest desk


Special Mission: Be the winner of the day!

- Reach the top of the last 24-hour leaderboard at 8 p.m.
- One athlete and one entourage member will win every day

PREVENTION OF COMPETITION MANIPULATION

The Be True Be You space gives you the opportunity to understand what the prevention of competition manipulation is in a fun way. There's also an opportunity to meet the Believe in Sport Athlete Ambassadors.



 *This is a mission to complete to win the limited-edition pin collection*



ONE TEAM FOR CLEAN SPORT PLAY TRUE PROGRAMME

The Keeping Sport Real – Play True Programme is co-led by WADA and the ITA. Every athlete should understand their anti-doping journey, and this space provides an interactive and fun opportunity for you to learn more about the world of clean sport. Come join the fun and help raise awareness about and promote sport without doping!



 This is a mission to complete to win the limited-edition pin collection



CAREER+ UNLOCK YOUR POTEN- TIAL

The career space provides athletes and their entourage members with an opportunity to learn how to balance their life on and off the field of play through a fun, collaborative activity based on an “escape game” concept.



This is a mission to complete to win the limited-edition pin collection



OLYMPIC SOLID- ARITY

Come and learn more about all the training, support and education opportunities available to you through your NOC by playing a fun game.



 *This is a mission to complete to win the limited-edition pin collection*



MIND, BODY AND ME

Through an interactive learning journey, *Mind, Body and Me* integrates mental and physical health and safeguarding education to promote proactive health and well-being.

You will begin your journey “on the field” by playing an interactive wall game that uses motion sensor technology. Walking “off the field” and down the stadium tunnel, you’ll encounter a VR mindful meditation experience in one of our disconnection pods and learn about mental health. In the Safe Sport area, you will learn how to set boundaries and recognise and respond to behaviours that have no place in sport. In the Injury Prevention area, experts will teach you exercises to prevent injury using the Get Set app.



This is a mission to complete to win the limited-edition pin collection

ATHLETE POINT OF VIEW

The “Athlete Point of View” programme, run by Olympic Broadcasting Services (OBS), is a unique opportunity for you to enhance your storytelling skills. Through this activity, you will discover tips and tricks used by professional filmmakers to capture and edit compelling footage. In addition to learning new skills, you will also have fun filming and ultimately create a short film that captures your personal experiences at the YOG. This film will be a treasured souvenir that you can share with friends and keep for years to come.



WELCOME TO THE REPUBLIC OF KOREA!

Introduction

At the airport

En route to the Youth Olympic Village



WELCOME TO KOREA

INTRO- DUCTION

Congratulations, you have successfully qualified for the YOG, your National Olympic Committee (NOC) has briefed you on the details of your trip, and you have made it to Korea!



AT THE AIRPORT

Once your plane lands at Incheon Airport, you will be directed to a dedicated Olympic lane, reserved for the Winter Youth Olympic Games Gangwon 2024 participants, immigration, baggage claim and customs.

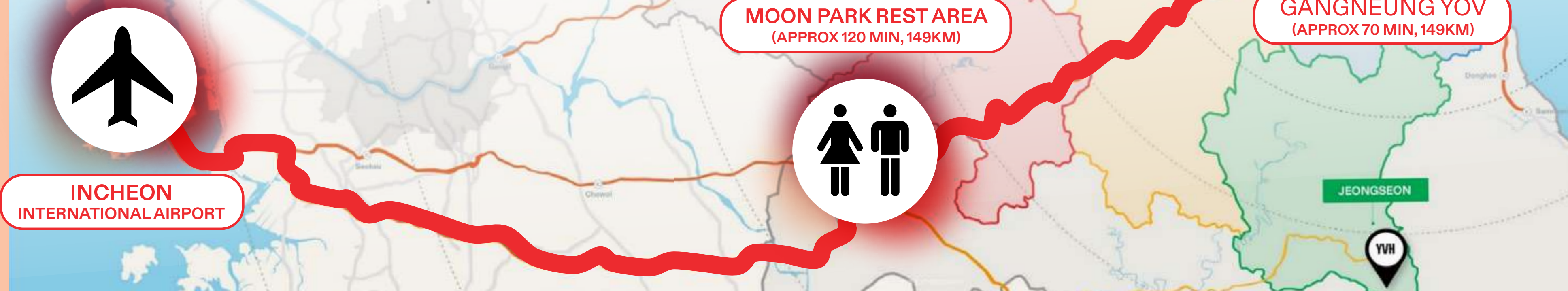
If you have any questions or issues with your luggage, please check with your NOC or coach.

Once you have made it out of the airport, the Gangwon 2024 team will guide you to the bus stop, from where you will be taken to the Youth Olympic Village. Your suitcase will be loaded onto the bus with you, and your sports equipment will be delivered directly to the competition venue.



EN ROUTE TO GANGNEUNG

If you are competing in ice hockey, curling, figure skating, speed skating, short track, ski jumping, cross-country skiing, Nordic combined, biathlon, bobsleigh, skeleton, luge, freestyle skiing or snowboarding, you will board a bus taking you to the Gangneung Youth Olympic Village (YOV blue line). The distance is 267km, which should take around 3.5 hours. Light snacks and water will be provided in the bus, and a stop will be made at the Moon Mak Rest Area for you to stretch your legs and use the toilets. During the stop, please listen carefully to the instructions provided by your coach or NOC.



EN ROUTE TO JEONGSEON-HIGH 1

If you are competing in Alpine skiing or dual moguls, you will board a bus taking you to the Jeongseon High 1 Youth Olympic Village (YVH green line). The distance is 270km, which should take just under four hours. Light snacks and water will be provided in the bus, and a stop will be made at the Yeoju Rest Area for you to stretch your legs and use the toilets. During the stop, please listen carefully to the instructions provided by your coach or NOC.



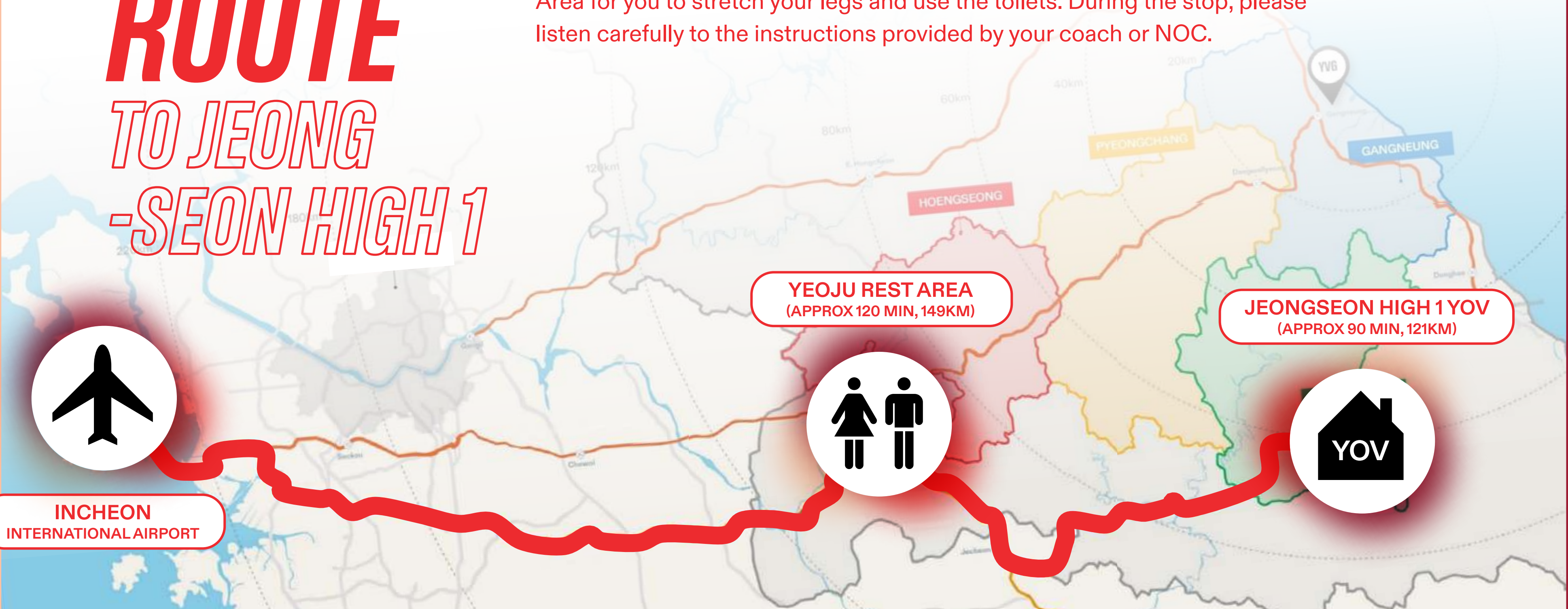
INCHEON INTERNATIONAL AIRPORT



YEOJU REST AREA
(APPROX 120 MIN, 149KM)



JEONGSEON HIGH 1 YOYV
(APPROX 90 MIN, 121KM)



THE YOUTH OLYMPIC VILLAGES

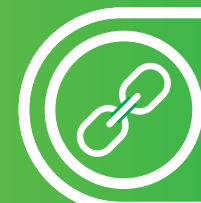
Gangneung
Jeongseon High 1



THE YOUTH OLYMPIC VILLAGES

INTRO- DUCTION

GANGNEUNG



*If you are competing in Alpine skiing or dual moguls,
please click here to go directly to the next section*

THE YOUTH OLYMPIC VILLAGES

LOCATION

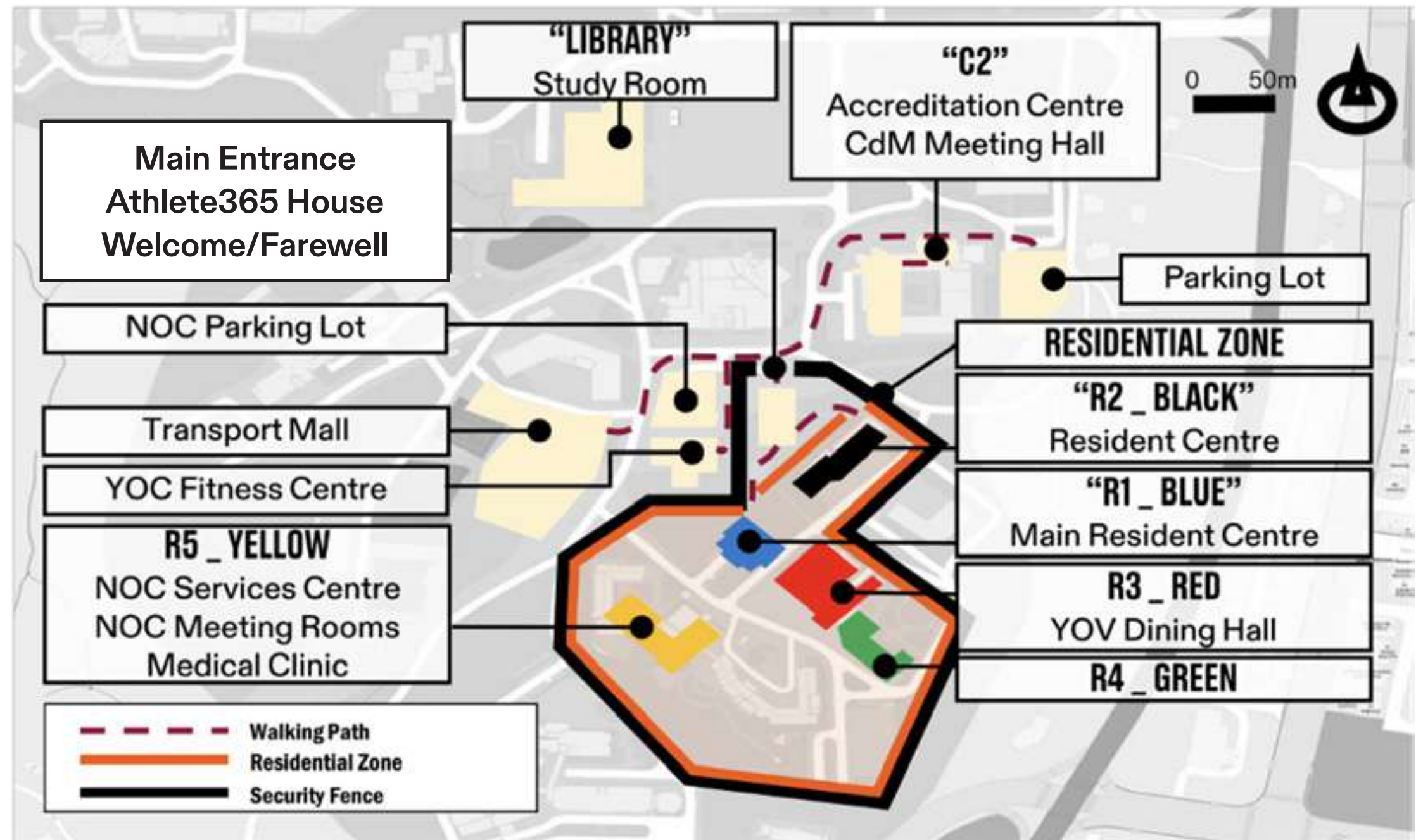
GANGNEUNG

The Youth Olympic Village Gangneung is located in the city of Gangneung, on the east coast of the Republic of Korea. The village is situated on the campus of the Gangneung-Wonju National University.

The Youth Olympic Village Gangneung is quite small and compact, and everything you will need during your stay is located within a five-minute walk!



THE YOUTH OLYMPIC VILLAGES
LOCATION
 GANGNEUNG



ACCREDITATION

When you arrive at the Youth Olympic Village Gangneung, you will be dropped off at the Accreditation Centre, where your Chef de Mission will help you validate your accreditation. Your accreditation is your YOG identity card, which will give you access to the Village, dining hall, transport, competition venues and all athlete areas. You should wear your accreditation at all times!

During the accreditation process, a waiting area will be available for you to sit down and have a drink. During the YOG, if you have any issues with your accreditation, such as if it gets damaged or lost, please contact your coach or your NOC as soon as possible to get a new one.

Once you receive your accreditation, your Chef de Mission will take you to the residential zone. On the way, you will go through the security check (Pedestrian Screening Area or PSA) and enter Athlete365 House. After that, you will be taken to your room. Every time you enter the Youth Olympic Village after training or competition, you will need to go through the PSA for an accreditation and security check.



DAN-GEREROUS GOODS

You are allowed to bring everything you need for a comfortable stay in the Village, but please remember that the following items are prohibited and will be taken away from you:



ALCOHOL & DRUGS



FLAMMABLE LIQUID



KNIVES



FIREWORKS



RESTRAINING DEVICES
(handcuffs, ropes, etc.)



TOXIC SUBSTANCES
(poison, pepper spray etc.)



RADIO CONTROLLED DEVICES



Please also note that smoking is strictly prohibited inside the Youth Olympic Village



ACCOM- MODATION

There will be different types of apartments depending on the building you are staying in, housing two to four people. Here is what they look like:



SER- VICES

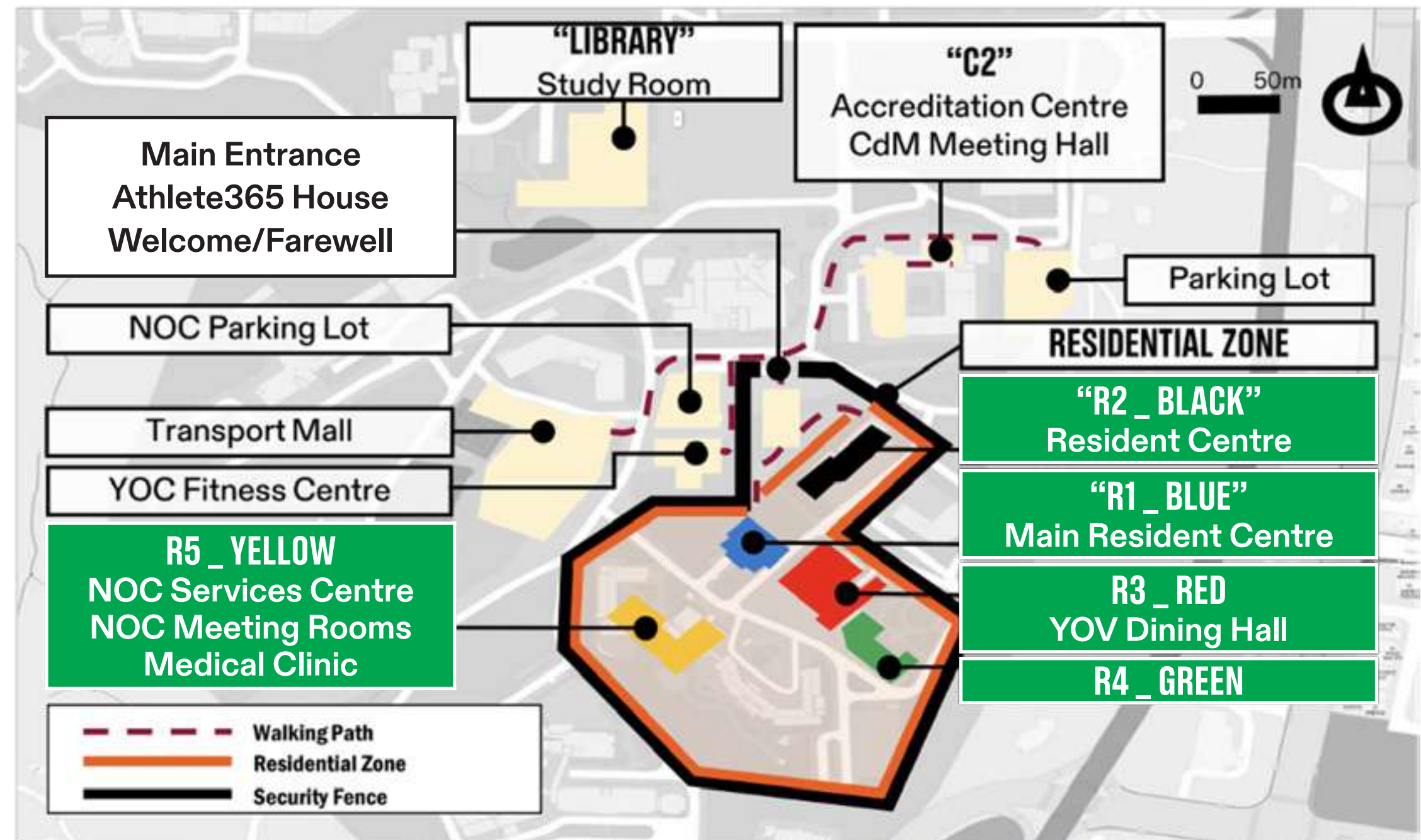
Your room will be cleaned every four days (including bed linen changes), and new towels will be provided every two days. Rubbish will be emptied every two days. If at any moment, you need your bed linen to be changed, new towels, toilet paper or have any issues with your room, you can visit the main resident centre, which is in building R1 and is open 24/7.

Free Wi-Fi will be provided in the Village and will be accessible from your room and the common areas.



LAUNDRY

All buildings are equipped with self-service washing machines. These can be found on the ground floor in buildings R1, R4 and R5, and on the second floor in buildings R2 and R3. Laundry detergent is available in both resident centres (R1 and R2). You will find laundry bags in your room to take your clothes to the machines. Please remember to go and collect your clean clothes as soon as the machine has finished its cycle!

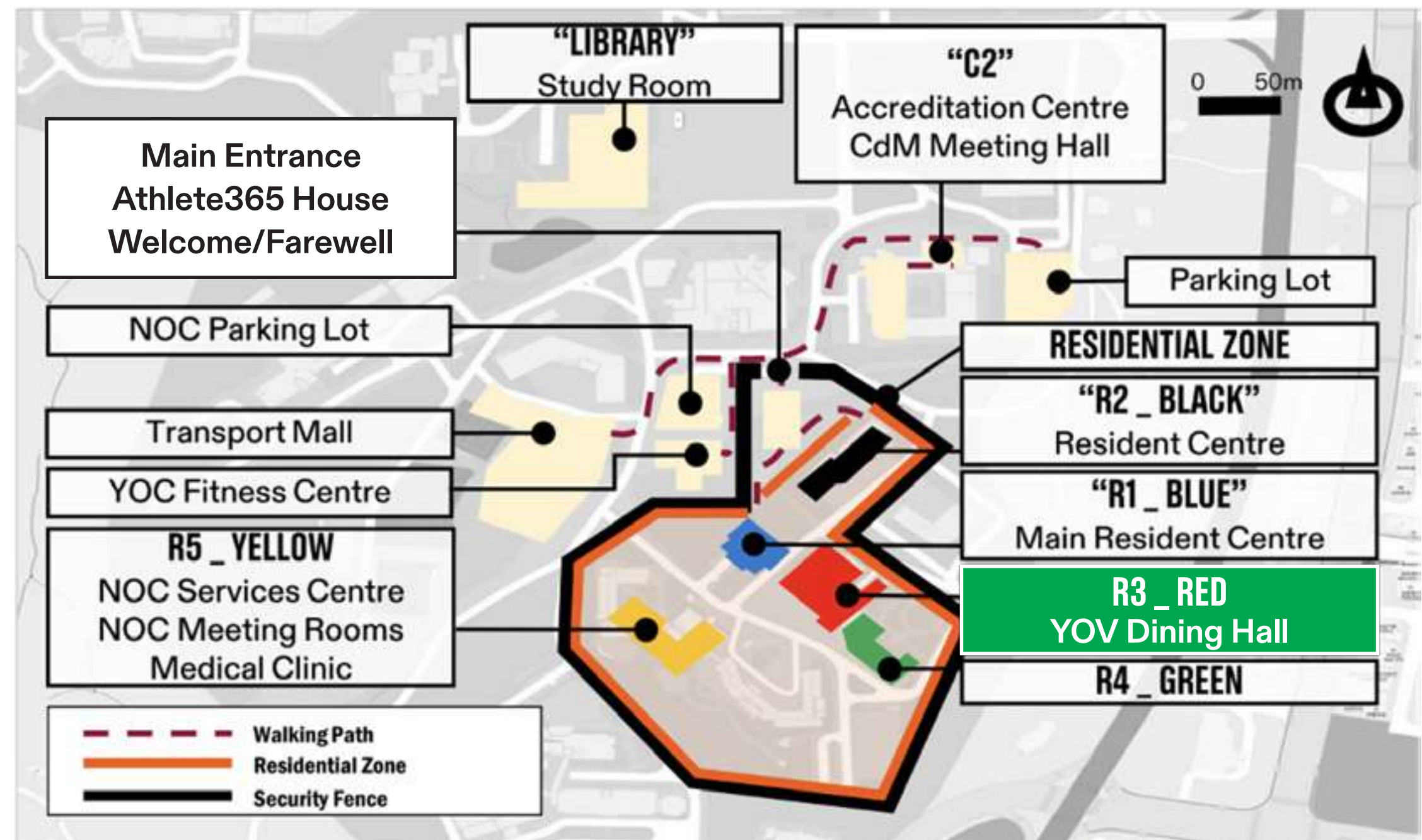


FOOD & DRINK

The Dining Hall is situated in the middle of the Village (R3), and a variety of food will be offered for breakfast, lunch and dinner. The Hall is open from 6 a.m. to 10 p.m. Depending on your competition schedule, you might eat one or two meals elsewhere.

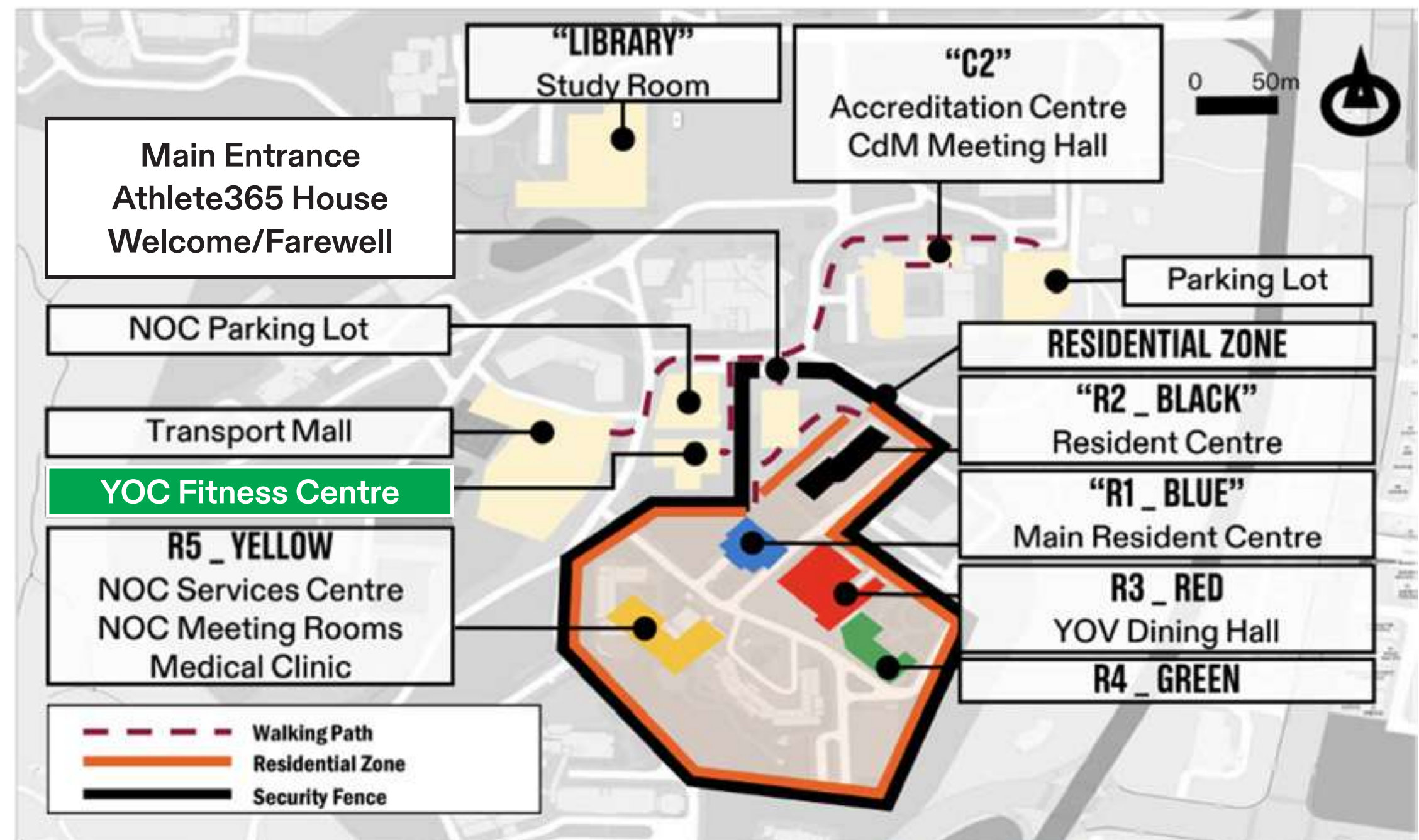
Please remember to wear your accreditation at all times so that the Gangwon 2024 staff can check that you are an athlete and so can eat for free!

Free drinks will also be available in the resident centres (buildings R1 and R2).



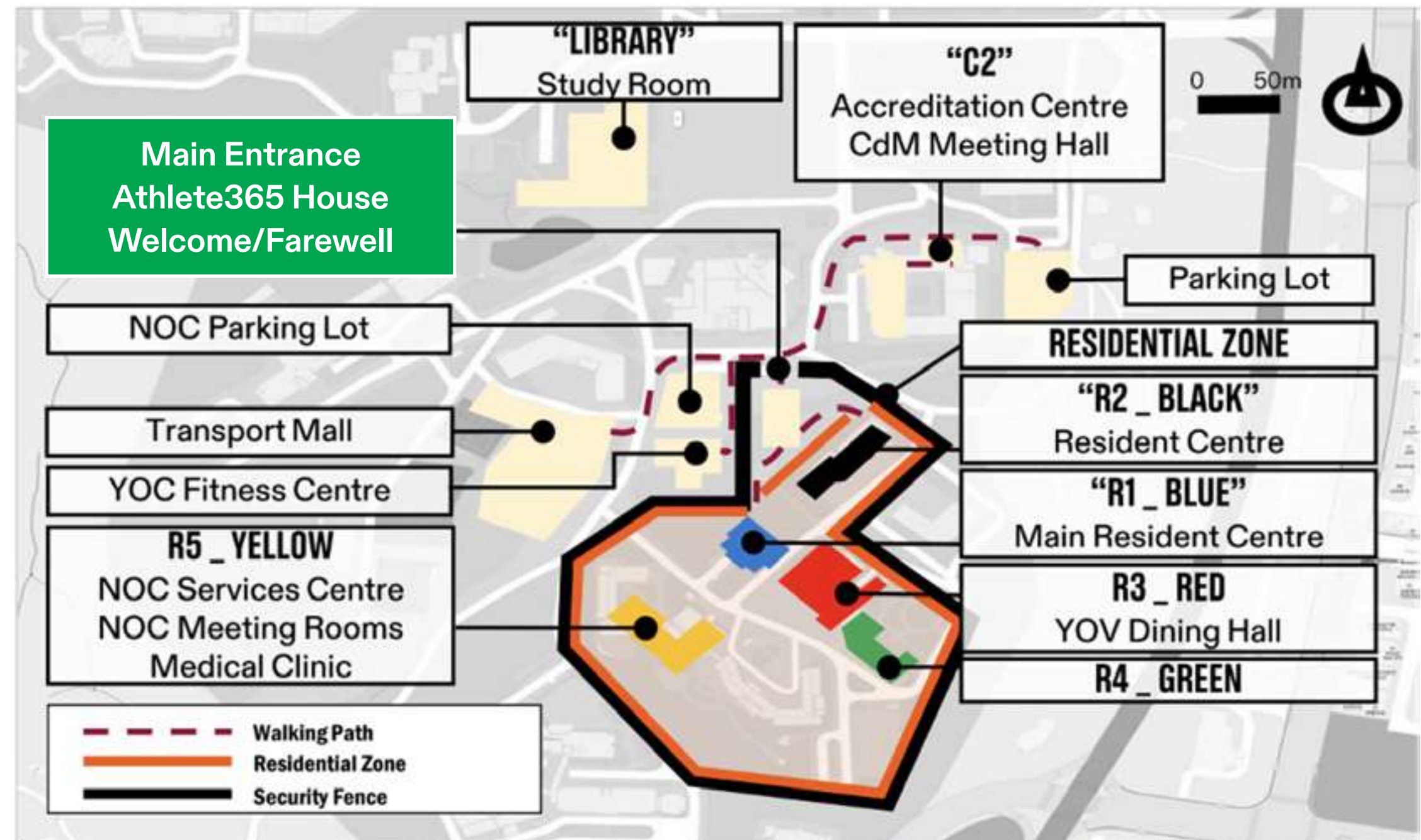
FITNESS CENTRE

In addition to your official training opportunity at the competition venue, a fitness centre is available in the Village, and is open from 9 a.m. to 9 p.m. The centre is equipped with weight lifting equipment, treadmills, bikes, yoga mats and recovery equipment.



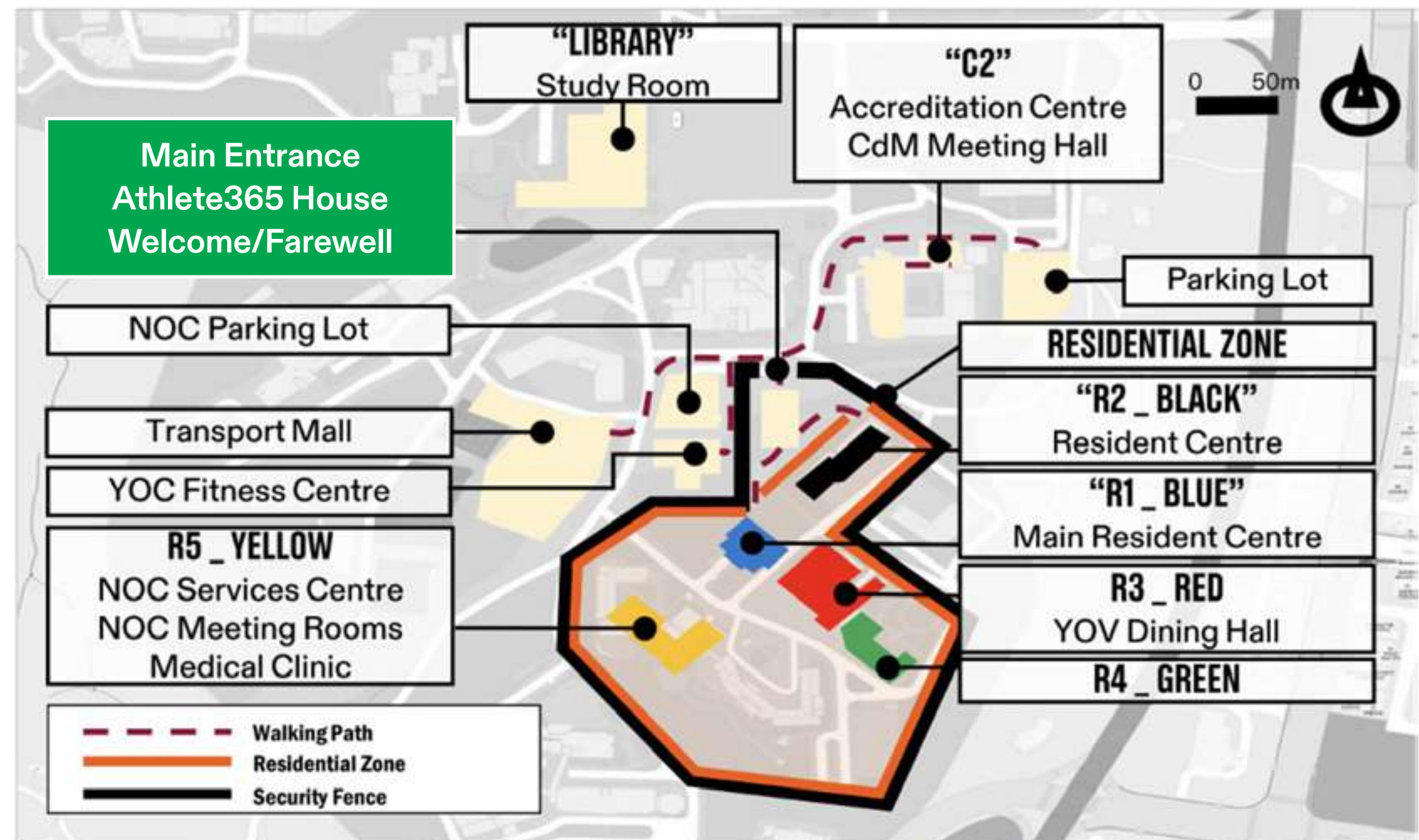
ATHLETE 365 HOUSE

Athlete365 House will be conveniently located right next to the main entrance to the Youth Olympic Village, allowing you to meet other athletes and enjoy the education activities.



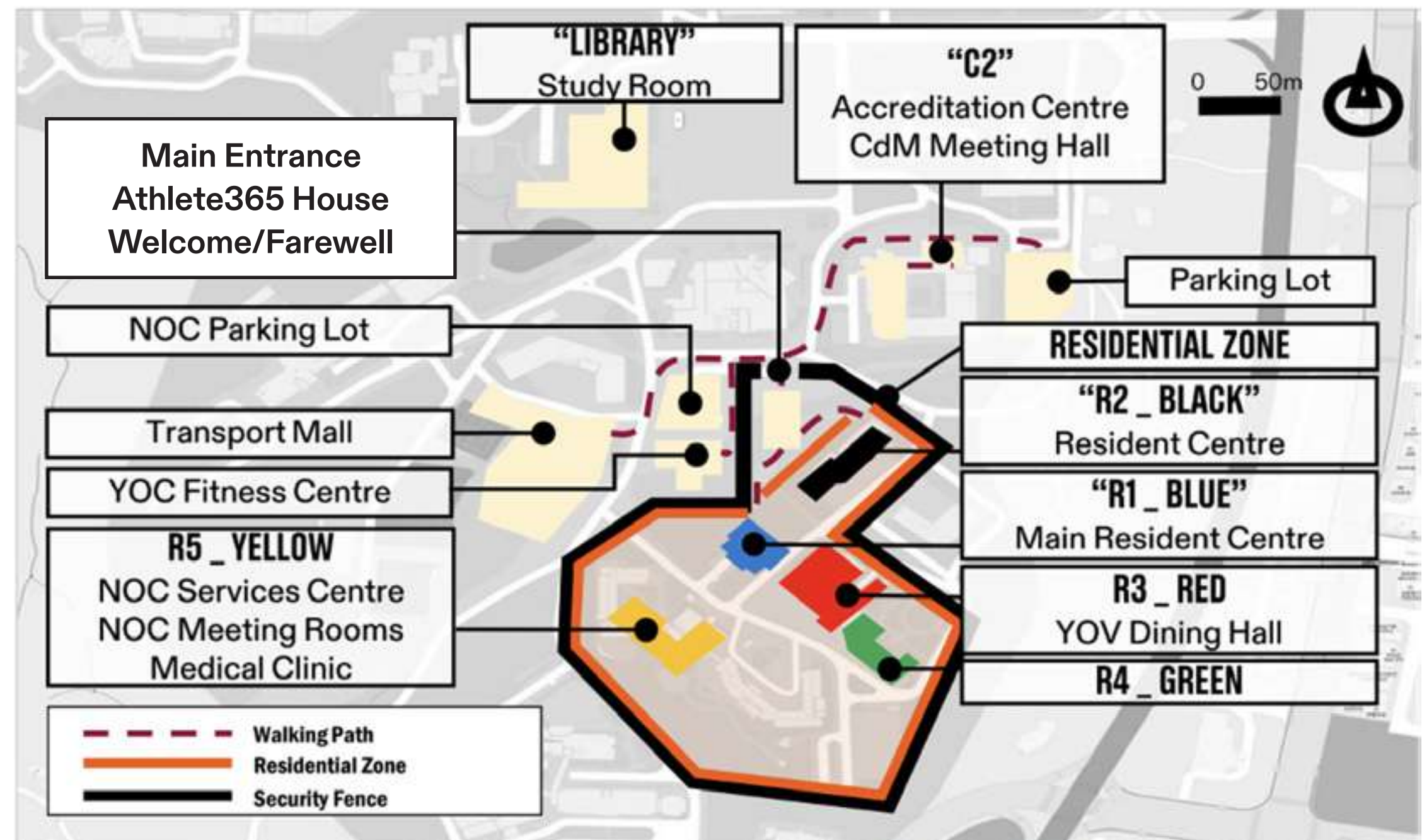
WHERE TO RELAX

A special space for you and your fellow competitors will be set up inside Athlete365 House at the main entrance to the Village. In this area, a variety of activities and spaces will be available for you to relax before and after competitions. This space will be open every day.



CASH WITH-DRAWALS

If you need to withdraw some Korean Won, an ATM will be located within walking distance of the Village. Please remember to always check with your NOC or coach before going there.



RECEIV- ING POST

If you need to have something sent to you when you are at the YOG, please use the following address:

Your Full Name

The NOC you represent

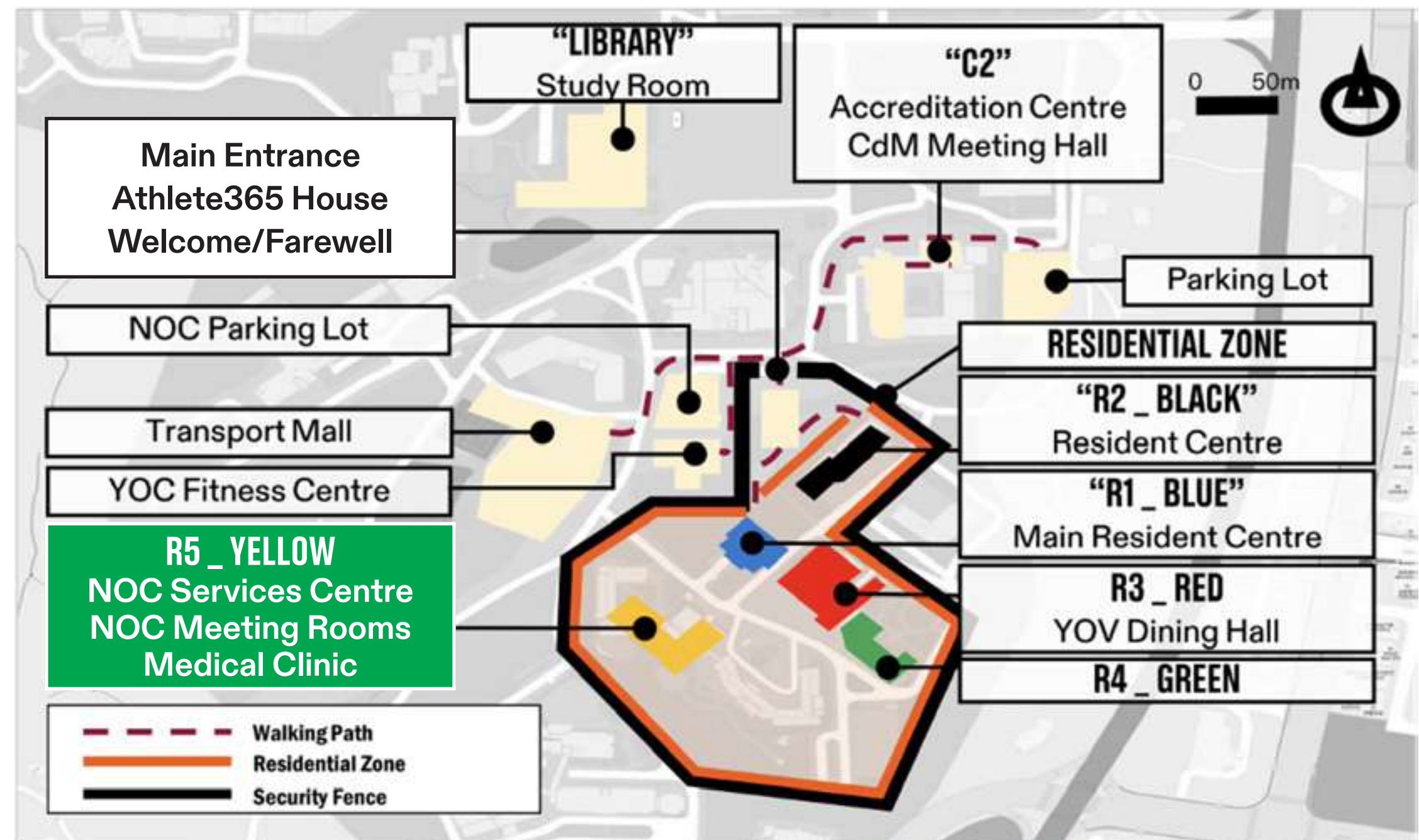
Gangneung-Wonju National
University Student Life Centre,
7, Jukheon-gil, Gangneung-si,
Republic of Korea
Postal Code: 25457

The letter or package will be delivered to the NOC Services Centre, and your NOC will be informed when it can be collected.



TREAT- MENTS & COUN- SELLING

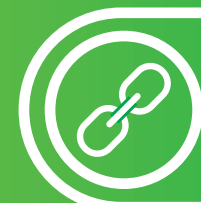
If you need medical attention, counselling or physiotherapy during the YOG, you can visit the Medical Centre in the Village or at your competition venue. Check in with your NOC team and they will be able to help you get the treatment you need.



THE YOUTH OLYMPIC VILLAGES

INTRO- DUCTION

JEONGSEON HIGH 1



If you are NOT competing in Alpine skiing or dual moguls, please go back to the previous section

THE YOUTH OLYMPIC VILLAGES

LOCATION

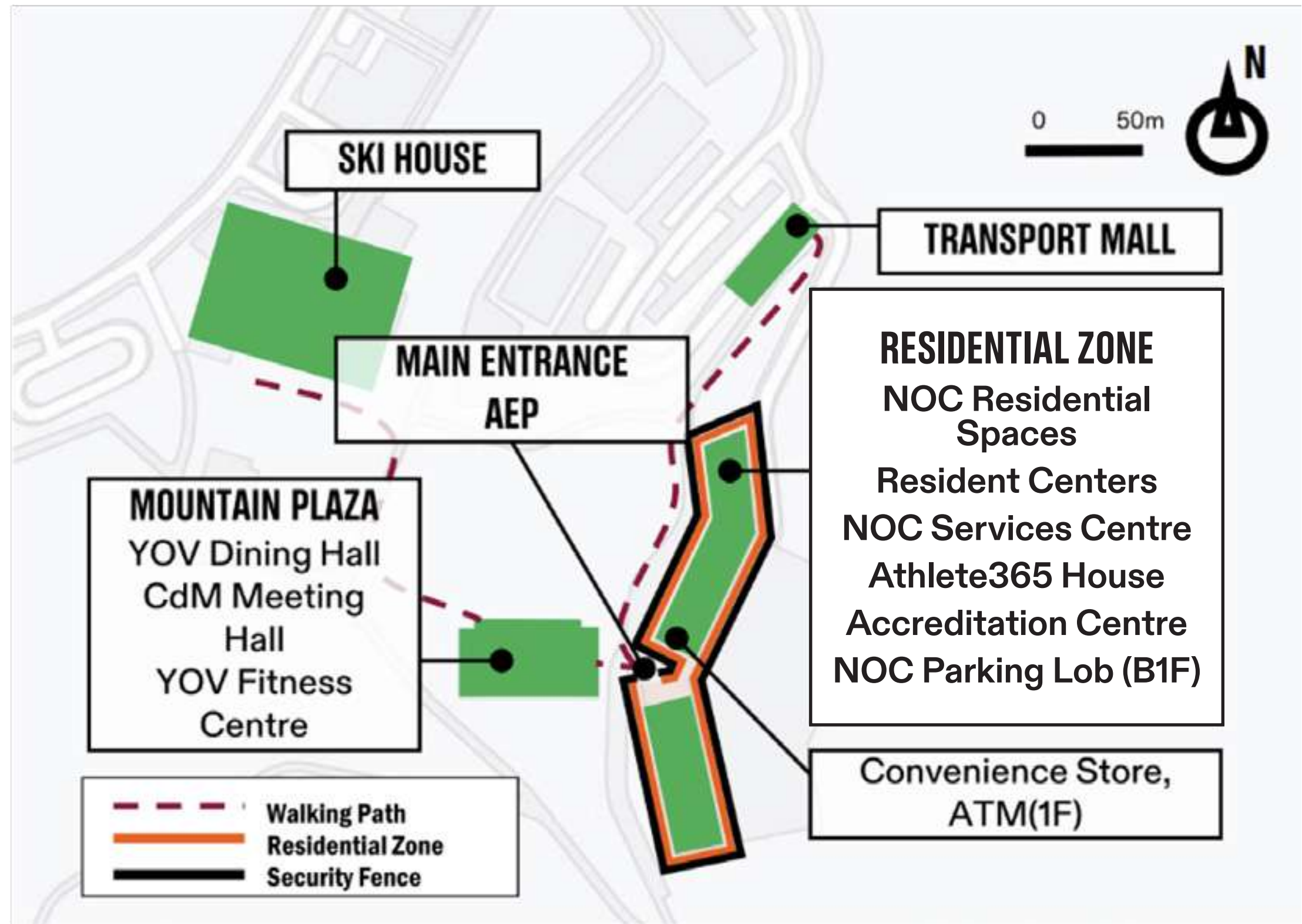
JEONGSEON HIGH 1

The Youth Olympic Village Jeongseon High 1 is located in the mountains of the Jeongseon province in the High 1 Resort, which is one of the premier ski resorts in Korea.

The Youth Olympic Village Jeongseon High 1 is small and includes two residential buildings and the mountain plaza. Everything you will need during your stay can be reached within five minutes!



THE YOUTH OLYMPIC VILLAGES
LOCATION
 JEONGSEON HIGH 1



ACCREDITATION

When you arrive at the Youth Olympic Village Jeongseon High 1, you will be dropped off at the Transport Mall and then taken directly to the Main Entrance, where you will go to the Accreditation Centre. Your Chef de Mission will help you validate your accreditation. Your accreditation is your YOG identity card, which will give you access to the Village, dining hall, transport, competition venues and all athlete areas.

You should wear your accreditation at all times!

During the accreditation process, a waiting area will be available for you to sit down and have a drink. During the YOG, if you have any issues with your accreditation, such as if it gets damaged or lost, please contact your coach or your NOC as soon as possible to get a new one.

Once you receive your accreditation, your Chef de Mission will take you to your room. Upon entering the residential zone and then every time you enter the Youth Olympic Village after training or competition, you will need to go through the Personal Screening Area (PSA) for an accreditation and security check.



DAN-GEREROUS GOODS

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ALCOHOL & DRUGS



FLAMMABLE LIQUID



KNIVES



FIREWORKS



RESTRAINING DEVICES

(handcuffs, ropes, etc.)



TOXIC SUBSTANCES

(poison, pepper spray etc.)



RADIO CONTROLLED DEVICES



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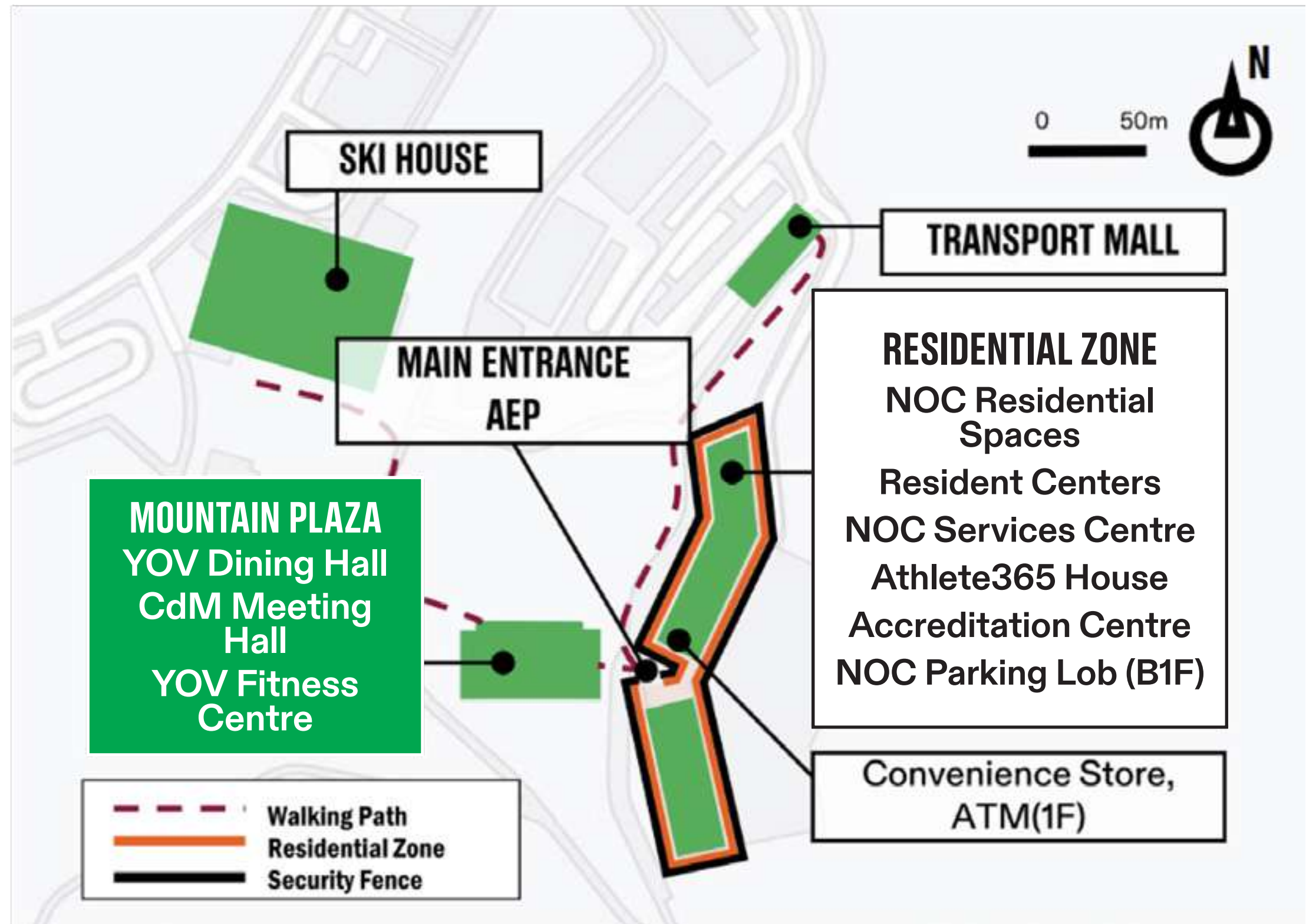
Your room will be cleaned every four days (including bed linen changes) and new towels will be provided every two days. The rubbish will be emptied every two days. If at any moment you need your bed linen to be changed, new towels, toilet paper or have any issues with your room, you can visit the main resident centre, which is on the ground floor of building F and is open 24/7.

Free Wi-Fi will be provided in the Village, and will be accessible from your room and common areas.



LAUNDRY

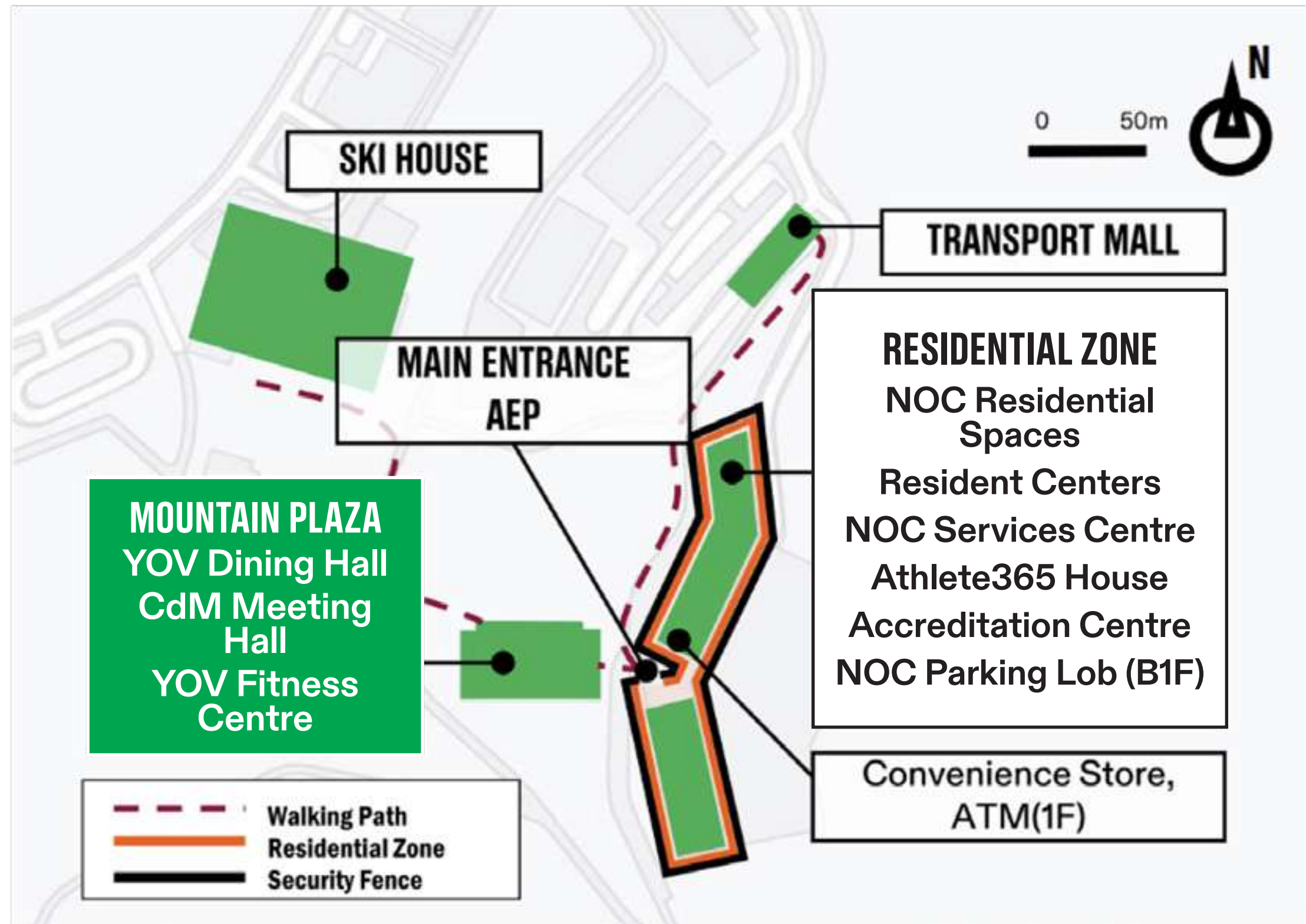
In the Mountain Plaza building (floor B2), you will find self-service washing machines. Laundry detergent is available in the main resident centre on the ground floor of building F. You will find laundry bags in your room to take your clothes to the machines. Please remember to go and collect your clean clothes as soon as the machine has finished its cycle!



FOOD & DRINK

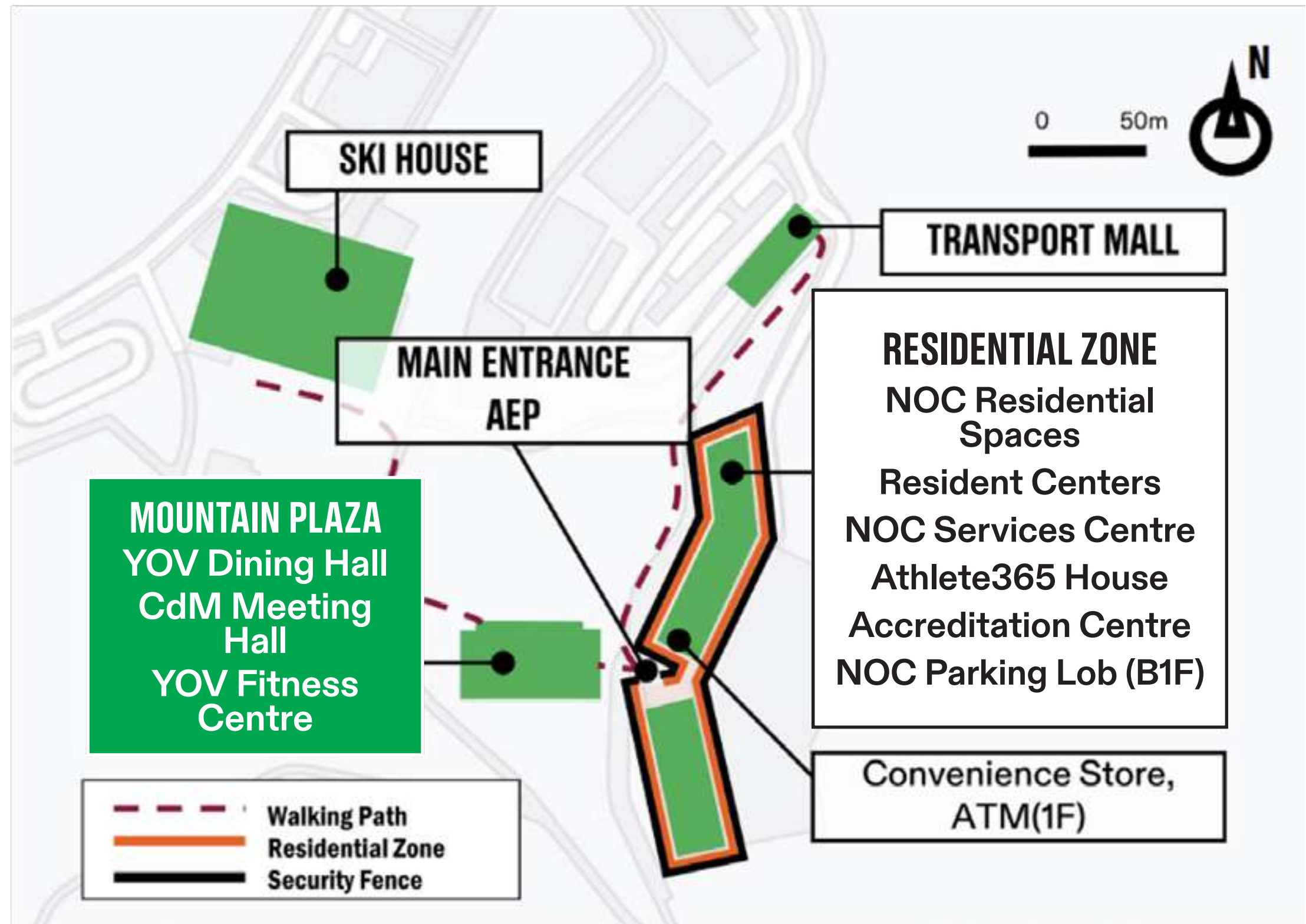
The Dining Hall is situated on the second floor of the Mountain Plaza building, and a variety of food will be offered. The Hall is open from 6 a.m. to 10 p.m. Please remember to wear your accreditation at all times, so that Gangwon 2024 staff can check that you are athlete and can therefore eat for free!

Free drinks will also be available in the resident centres in building F.



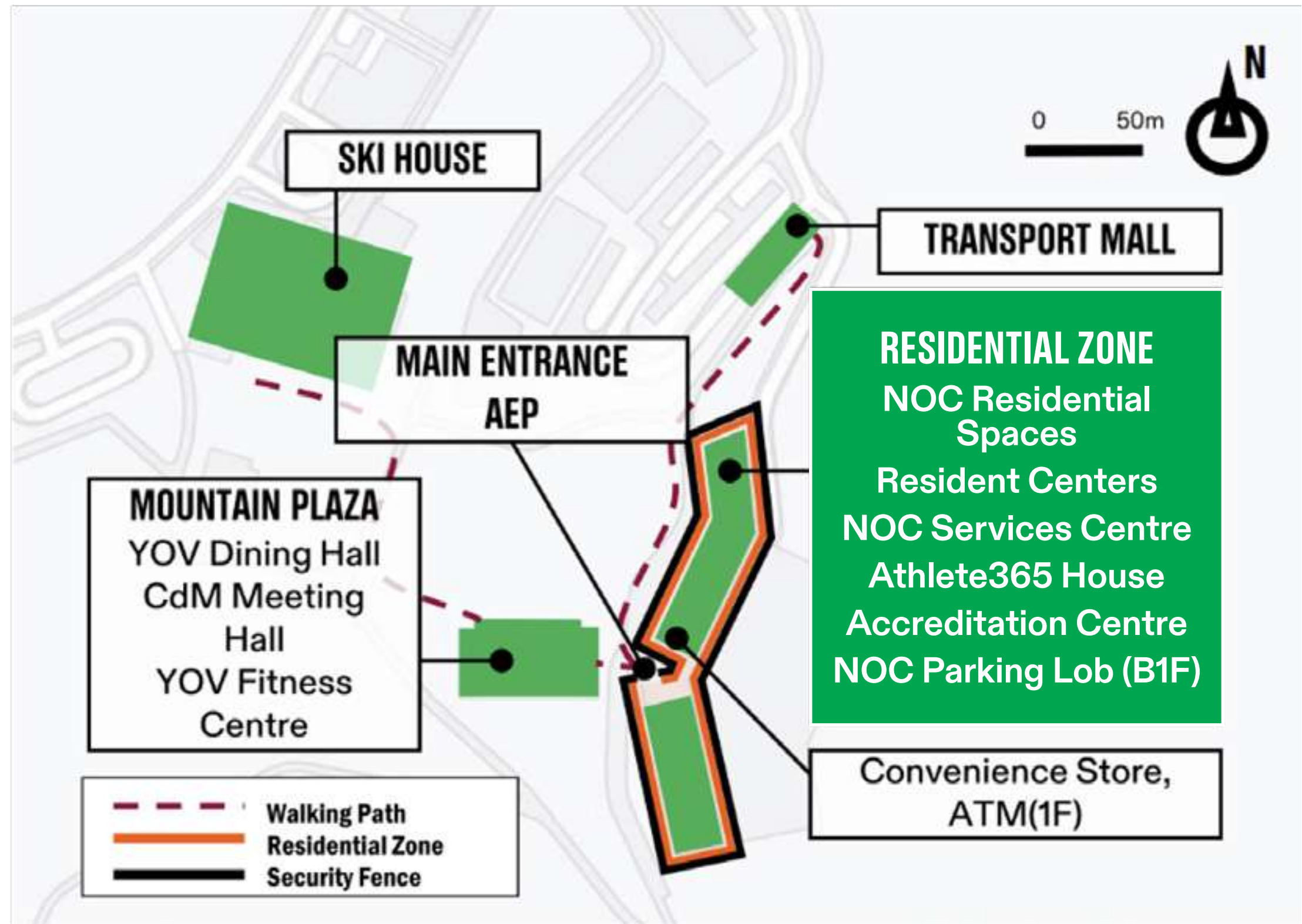
FITNESS CENTRE

In addition to your official training opportunity at the competition venue, a fitness centre is available on the third floor of the Mountain Plaza, and is open from 7 a.m. to midnight. The fitness centre is equipped with weightlifting equipment, treadmills, bikes, yoga mats and recovery equipment.



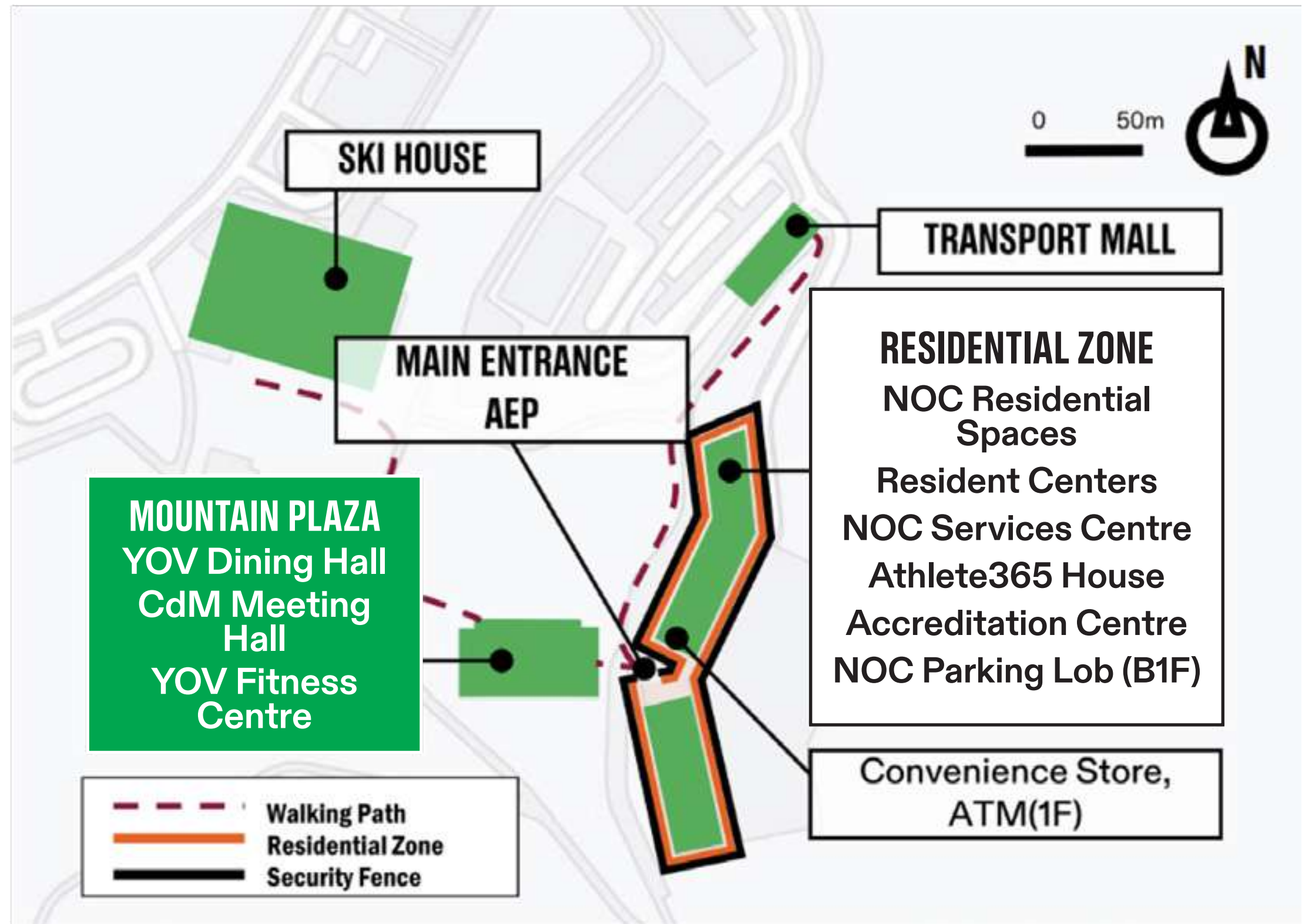
ATHLETE 365 HOUSE

Athlete365 House will be conveniently located right next to the main entrance to the Youth Olympic Village, allowing you to meet other athletes and enjoy the education activities.



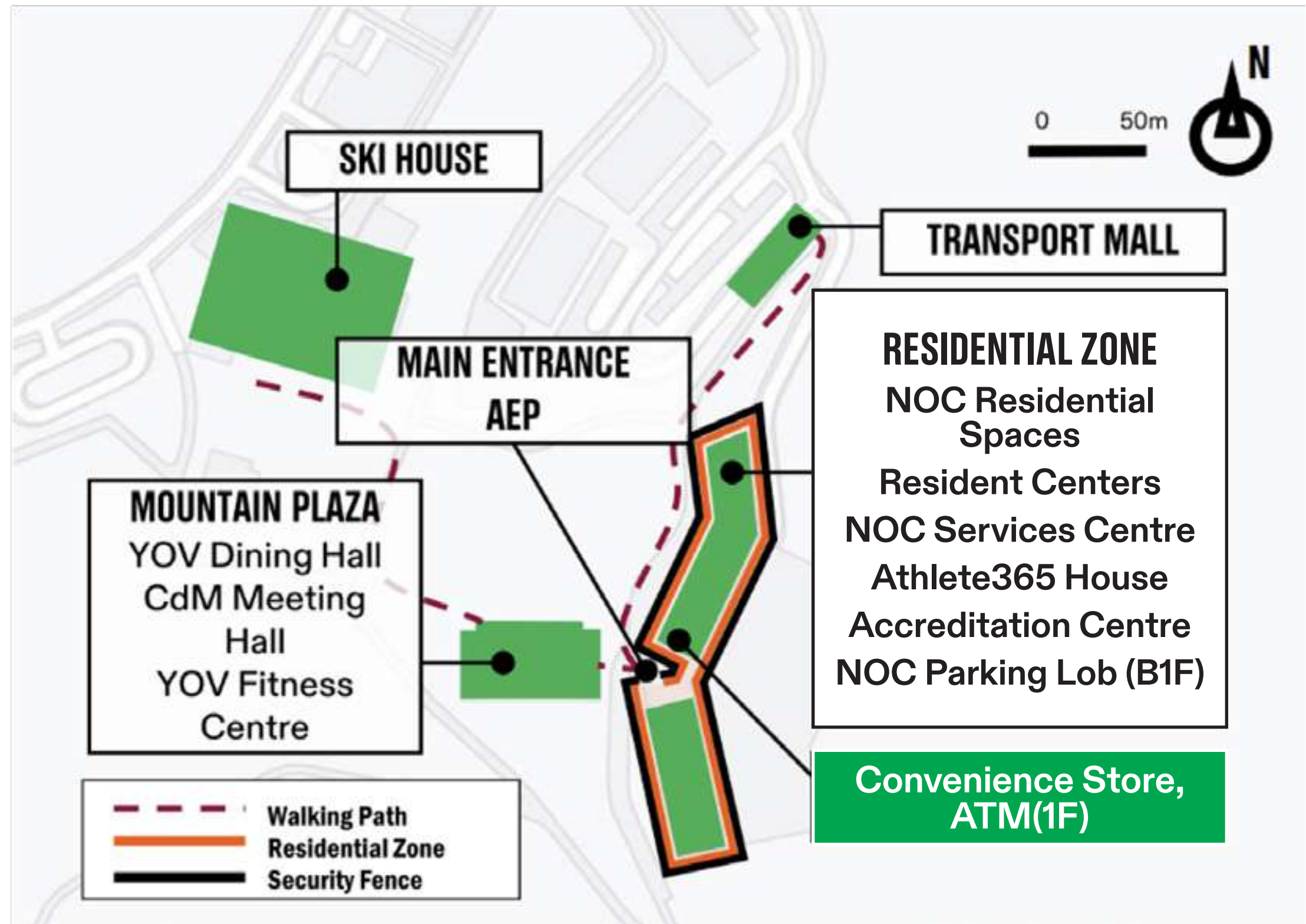
WHERE TO RELAX

A special space for you and your fellow competitors will be set up in the Village, on the third floor of the Mountain Plaza building. In this area, a variety of activities and spaces will be on offer for you to relax before and after competitions. This space will be open every day.



CASH WITH-DRAWALS

If you need to withdraw some Korean Won, an ATM will be located within walking distance of the Village. Please remember to always check with your NOC or coach before going there.



RECEIVING POST

If you need to have something sent to you when you are at the YOG, please use the following address:

Your Full Name

The NOC you represent

Mountain Condominium (wing F&G)

265-1, High 1-gil, GOhan-eup,

Jeongseon-gun, Gangwon-do,

Republic of Korea

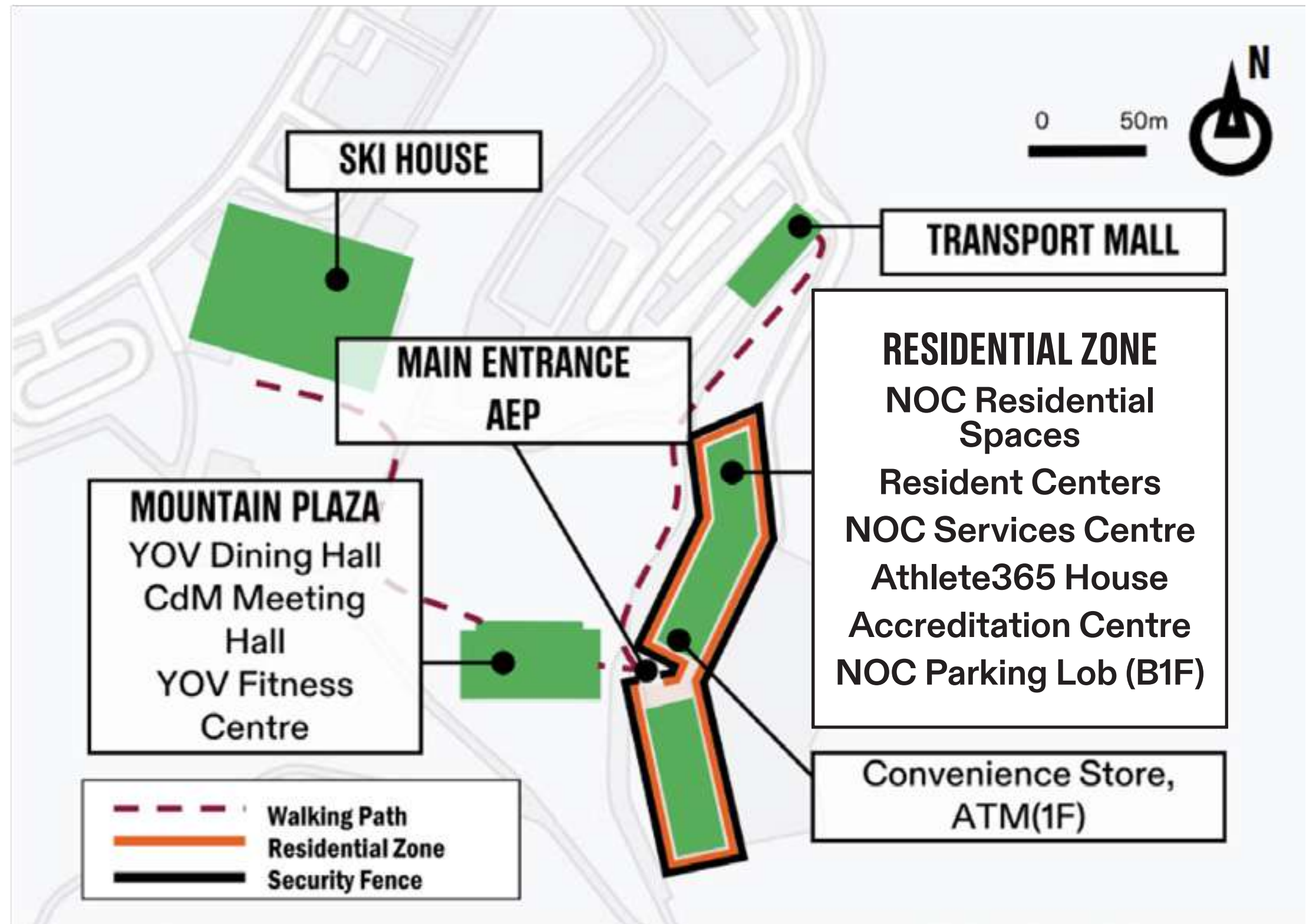
Postal Code: 26154

The letter or package will be delivered to the NOC Services Centre, and your NOC will be informed when it can be collected.



TREAT- MENTS & COUN- SELLING

If you need medical attention, counselling or physiotherapy during the YOG, you can visit the Medical Centre in the Village or at your competition venue. Check in with your NOC team and they will be able to help you get the treatment you need.



THE OPENING CEREMONY



ATTEND- ING & WATCH- ING

To officially start the Winter Youth Olympic Games Gangwon 2024 and celebrate together, you will be invited to attend the Opening Ceremony. This will take place on 19 January 2024 at the Gangneung Oval, the venue where speed skaters will be competing during the YOG.

During the Ceremony, you will be seated at the centre of the stadium to enjoy the show! At the end of the Ceremony, the IOC President and the Korean President will officially declare the YOG open.

For athletes and team officials who are not able to attend the Opening Ceremony, it will be broadcast live on the big screen on the third floor of the Mountain Plaza building.

GETTING TO YOUR COMPETI- TION



ARRIVING- ING AT YOUR VENUE

If you are competing in ice sports, biathlon, cross-country skiing, ski jumping, Nordic combined or any of the freestyle skiing and snowboard events, buses will take you to the various venues, and the distances and travel times are shown in the following table. You will be transported to your respective venues approximately two hours before the start of your training or competition. Your Chef de Mission or coach will provide you with the exact schedule.

If you are competing in the Gangneung zone, you will be able to take all your meals in the Village. If you are competing in the Welli Hilli Park, lunch will be served in the athletes' lounge directly at the competition venue. Athletes in the PyeongChang zone will either take their lunch in the PyeongChang dining hall or go back to the Village, depending on the competition schedule.



TRAVEL TIMES

| ZONE | SPORT | VENUE NAME | CODE | DISTANCE | TIME |
|-------------|----------------------|-----------------------------|------|----------|-----------|
| Gangneung | Curling | Gangneung Curling Centre | GCC | 3.5km | 7min |
| | Figure Skating | Gangneung Ice Arena | GIA | | |
| | Short Track | | GOV | | |
| | Speed Skating | Gangneung Oval | GHC | | |
| PyeongChang | Ice Hockey | Gangneung Hockey Centre | | | |
| | Bobsleigh | Alpensia Sliding Centre | ASL | 40.4km | 36min |
| | Skeleton | | ABT | 43.7km | 40min |
| | Luge | | ASJ | 42.8km | 39min |
| Hoengseong | Biathlon | Alpensia Biathlon Centre | | | |
| | Cross-Country Skiing | Alpensia Ski Jumping Centre | | | |
| | Nordic Combined | | | | |
| | Ski Jumping | | | | |
| Hoengseong | Halfpipe | Welli Hilli Park Ski Resort | WHP | 92.2km | 1hr 10min |
| | Slopestyle | | | | |
| | Big Air | | | | |
| | Cross | | | | |

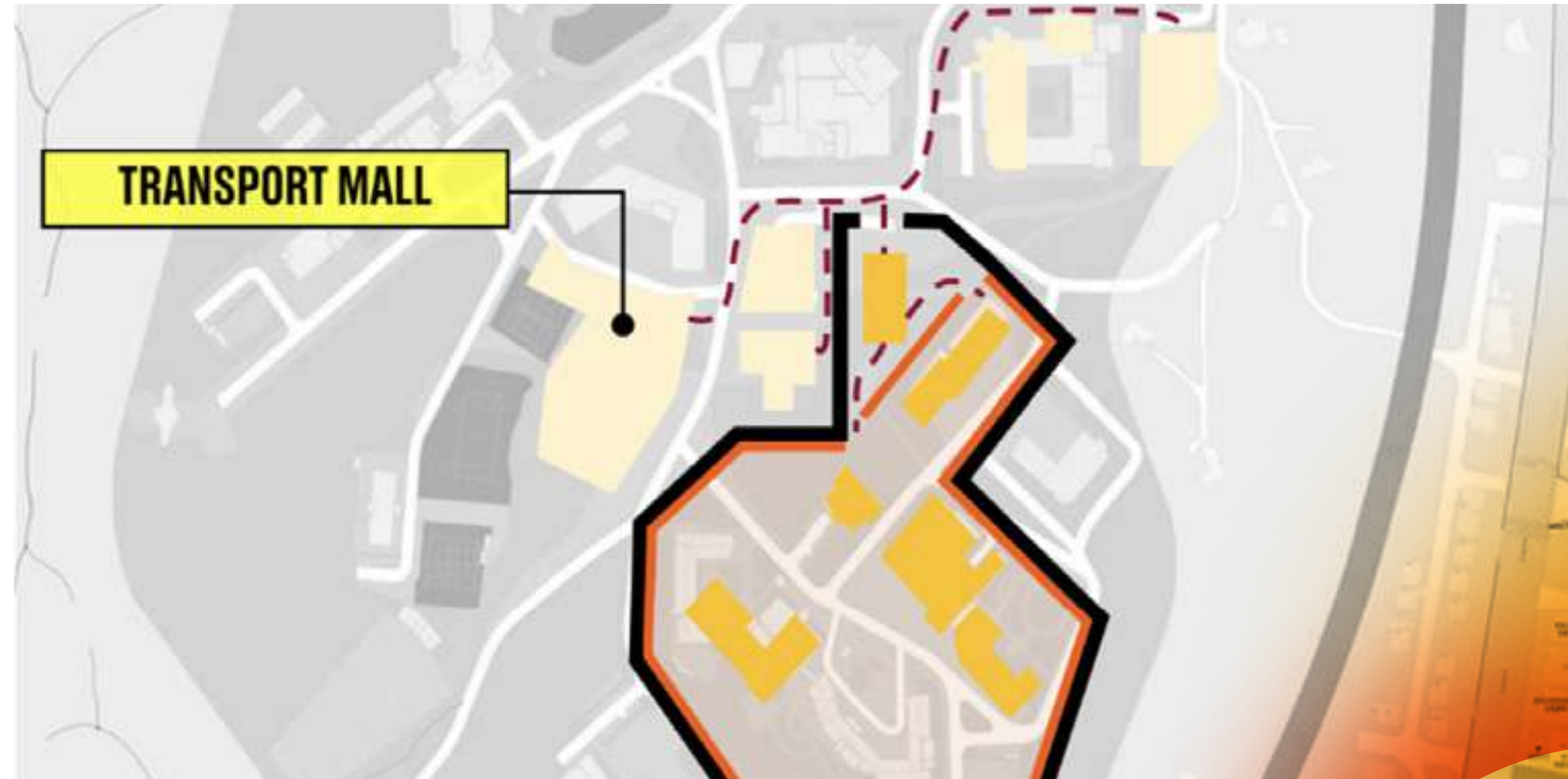
GANG- NEUNG

A short 100m walk from the main entrance of the Youth Olympic Village Gangneung will get you to the Transport Mall.

The Transport Mall is the main hub connecting the Village with all the competition venues.

Buses will be ready to take you to your competition venue. Please try to arrive at least two hours before the start of your training or competition, so that you are in the best possible condition to perform at your best!

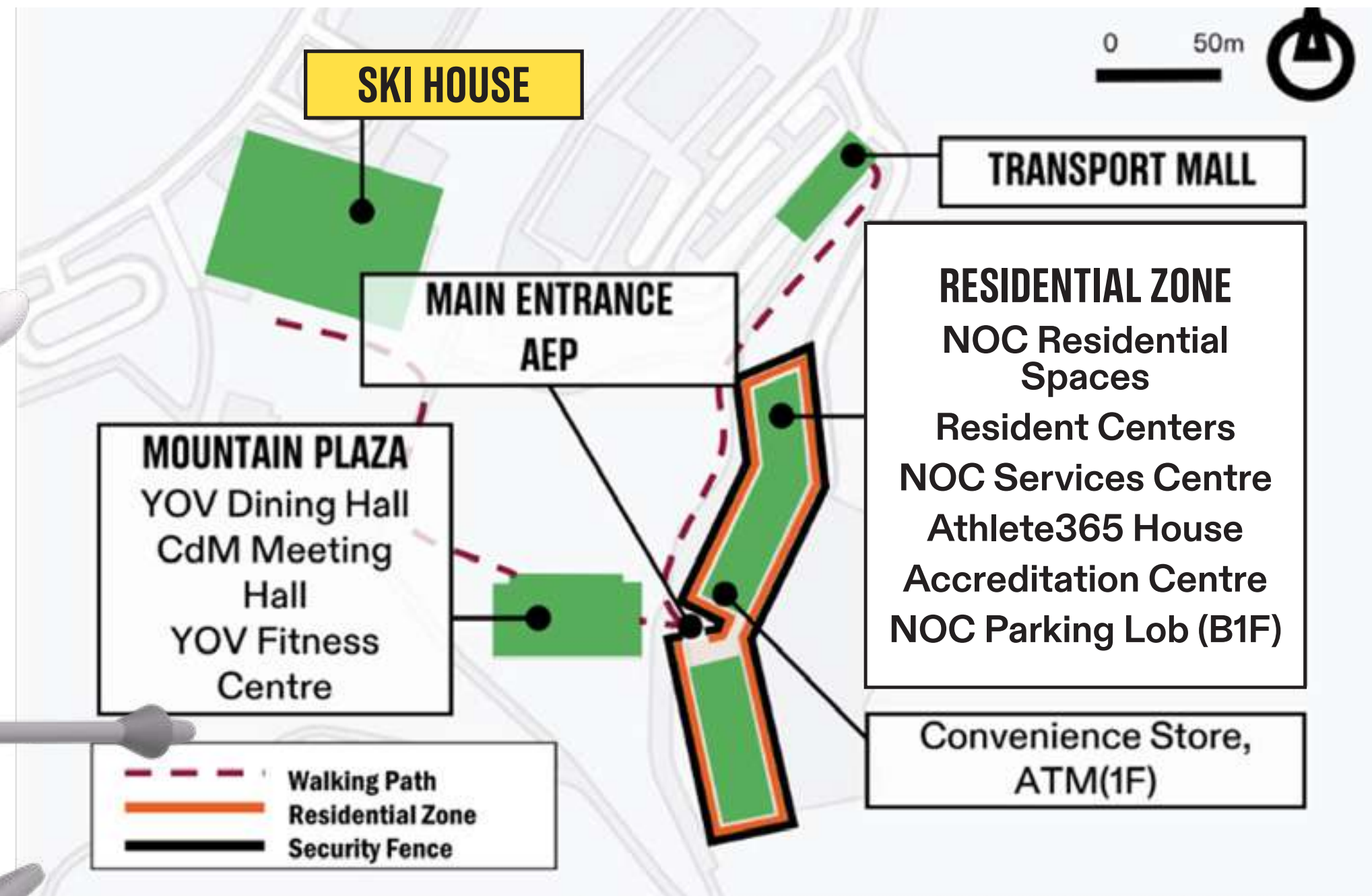
You can also use the Transport Mall to go and watch other competitions in your free time.



Each NOC will organise the transport schedule for its athletes.

JEONG-SEON

If you are competing in Alpine skiing or dual moguls, a short five-minute walk will take you directly to the Ski House, from where you will take the gondola and arrive at the various slopes used for competition.



THE COM- PETITION



THE COMPETITION

INTRO- DUCTION

In 7 sports and 15 disciplines, around 1,900 of the world's top athletes will compete in 81 medal events. With the exception of the venues where athletes will compete in Alpine skiing, dual moguls, freestyle skiing and snowboard, all the venues were built and used for the Olympic Winter Games PyeongChang 2018, and offer the best setting for world-class performances!

GANG- NEUNG

***GET TO KNOW
YOUR COMPE-
TITION VENUE***

GANGNEUNG CURLING CENTRE (GCC)



GANGNEUNG ICE ARENA (GIA)



GANGNEUNG OVAL (GOV)



GANGNEUNG HOCKEY CENTRE (GHC)



GANG- NEUNG



*In all the venues, athlete lounges will be available for you to relax and recover.
In the event of injuries, medical stations will also be available.*

ALPEN- SIA

*GET TO KNOW
YOUR COMPE-
TITION VENUE*

ALPENSIA SLIDING CENTRE (ASL)



ALPENSIA BIATHLON CENTRE (ABT)



ALPENSIA SKI JUMPING CENTRE (ASJ)



ALPEN- SIA



*In all the venues, athlete lounges will be available for you to relax and recover.
In the event of injuries, medical stations will also be available.*

WELLI HILL & JEONG- SEON HIGH 1

*GET TO KNOW
YOUR COMPE-
TITION VENUE*

WELLI HILLI PARK SKI RESORT (WHP)



JEONGSEON HIGH 1 SKI RESORT (JHO)

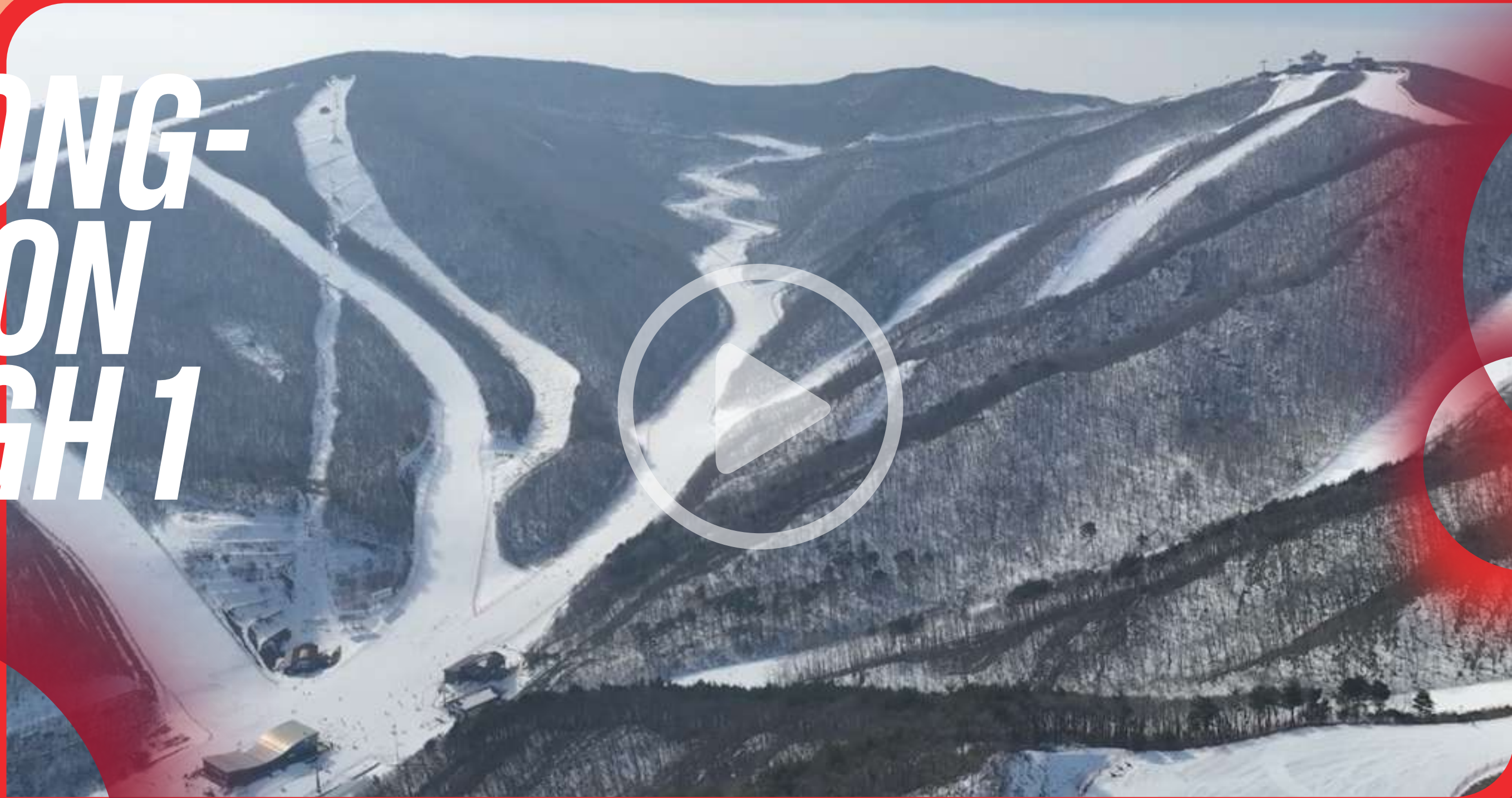


WELLI HILL PARK



*In all the venues, athlete lounges will be available for you to relax and recover.
In the event of injuries, medical stations will also be available.*

JEONG- SEON HIGH 1



*In all the venues, athlete lounges will be available for you to relax and recover.
In the event of injuries, medical stations will also be available.*

MEDIA OPPOR- TUNITIES

Once you have finished your competition, you will pass through the Mixed Zone. This is an area where the media and press are located to conduct post-competition interviews via video or sound recording. You are encouraged to have an interview if you are feeling up to it, but this is not an obligation.

Interpretation can be provided by a volunteer language assistant if you need it.



Click here to take this Athlete365 learning course on how to speak to the media



VICTORY CEREMO- NIES



VICTORY CEREMO- NIES



If you finish amongst the top three athletes at the end of your competition, congratulations, you will receive a Youth Olympic Games medal!

Victory ceremonies will take place right after the end of your competition, and a podium will be set up for you. Before the victory ceremony, you will be briefed on the procedure and your uniform will be checked. As is the case for all Olympic events, the Youth Olympic Games have specific rules regarding the uniforms that athletes can wear. As per the Olympic Charter, the Olympic Games and Youth Olympic Games are different from other international events, and place the national and Olympic identity of the athletes at the forefront. Your NOC will support you and advise you if anything about your uniform needs to be changed well ahead of the victory ceremony.

During the ceremony, the three medallists will receive their bronze, silver or gold medal plus a soft toy of Moongcho, the YOG mascot. After the medals and mascots are presented, the flag of the gold medallist's country will be raised and their national anthem played.

DOPING CON- TROL

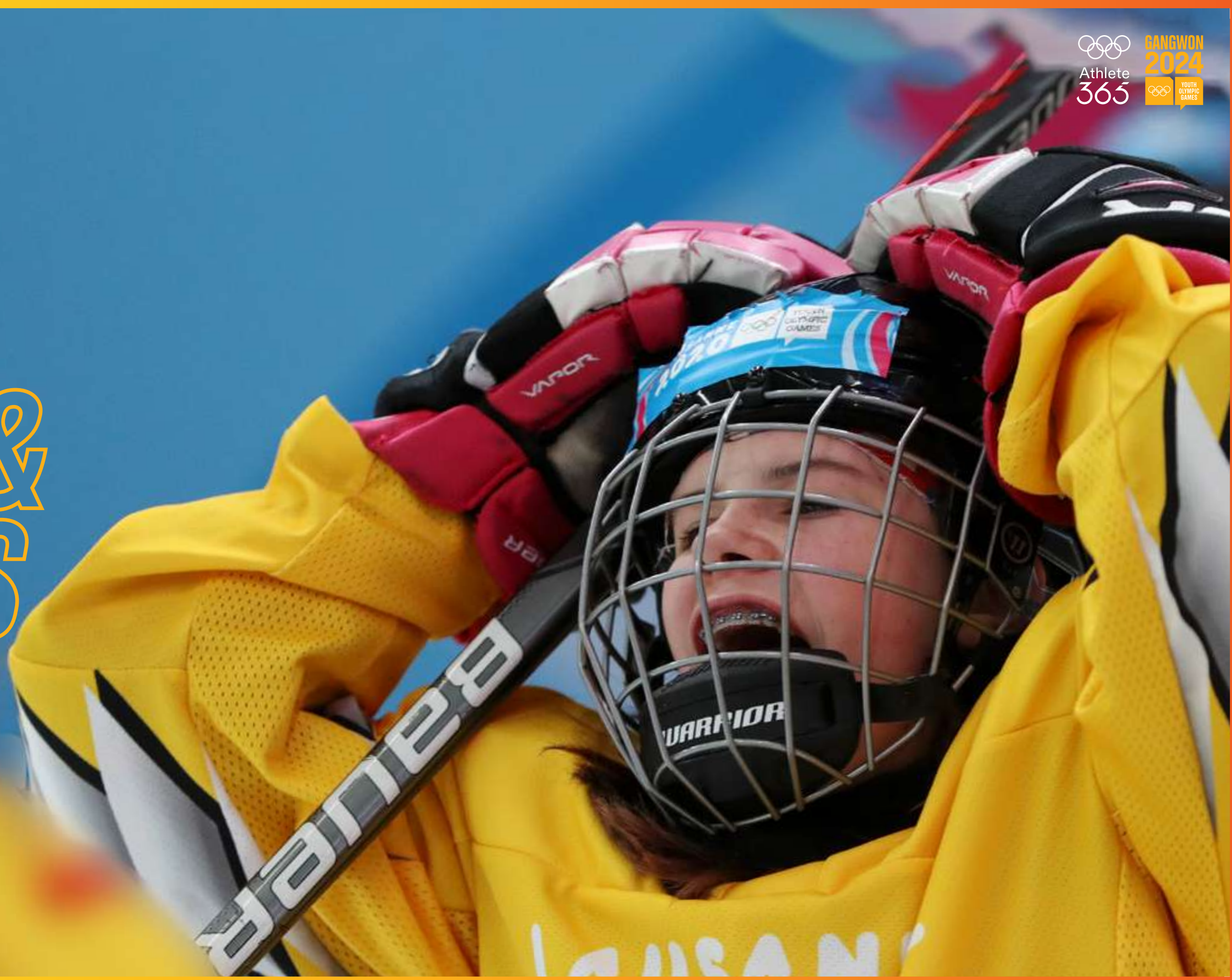
To preserve clean sport and educate the athletes, a doping control programme will be in place at the Winter Youth Olympic Games Gangwon 2024. This means that, during your stay in Korea, you may be subjected to doping controls at any place and time, but you will always be accompanied by someone from your NOC. You will receive more information on this topic once you arrive in Korea.



TICKETS FOR FAMILY & FRIENDS

Athlete 365

GANGWON 2024 YOUTH OLYMPIC GAMES



TICKETS FOR FAMILY & FRIENDS

All tickets for the sports competitions at Gangwon 2024 are unassigned and free of charge. However, you must have a ticket to watch most of the competitions.

COMPETITIONS

- All athletes (from every discipline) are entitled to free seating in the “official stand” which is the new name for seats reserved for accredited attendees. This area is accessible with the “O” printed on your accreditation card.
- Athletes’ friends and family members can book tickets to the competitions through the e-ticket platform. There will be no designated seating.

OPENING CEREMONY

- The Opening Ceremony is the only event for which tickets are on sale.
- The Closing Ceremony in Gangneung Olympic Park will be a non-ticketed event, and open to the public.

THE CLOSING CEREMO- NY

At the end of the YOG, a Closing Ceremony will be held to provide one last opportunity to celebrate sport and your amazing achievements. It will take place on 1 February 2024 at the Gangneung Olympic Park, which is at the centre of all the Gangneung venues. A farewell party will be organised for all athletes back in the Village, so that you can enjoy one last moment together before your journey back home.



TIME TO LEAVE KOREA



The YOG are over, you've done your utmost to perform to the best of your abilities, done your country proud and hopefully had an amazing time in Korea. It is now time to pack your bags and go back home.

On the day of your departure, your NOC and the Gangwon 2024 team will guide you out of the Village to the transport mall, where a bus will take you directly to the airport, following the same route as when you arrived. You will have assistance to get all your luggage onto the buses. Before boarding the buses, don't forget to grab one last snack and a bottle of water from the resident centre.

Once you arrive at the airport, you will be guided to the check-in area and luggage drop-off. All your sports equipment will be shipped directly to the airport by the Gangwon 2024 team for you to pick up there.

You will then board your plane and leave Korea. We hope that your experience at the YOG and the memories you made with friends and family will stay with you forever!

Introduction
Learning Courses

ABOUT ATHLETE 365




ATHLETE365

INTRO- DUCTION

Athlete365 is here to help you, before, during and after the YOG! Athlete365 is the official community for elite athletes and Olympians, and provides support through relevant advice, tools and services.



 [Click here to find out more about Athlete365](#)

 [Click here to find out more about the Winter Youth Olympic Games Gangwon 2024](#)

ATHLETE365

LEARN- ING COURSES

Athlete365 Learning has been designed to empower you on and off the field of play. We have a wide selection of courses tailored specifically to meet your unique needs as an athlete, such as:




MULTIPLE LANGUAGES

Mindful Social Media

The IOC has developed this course – designed in collaboration with leading experts – to help athletes recognise the signs that social media may be negatively affecting their mental health. Most importantly, it offers a range of strategies and techniques that encourage mindful use of social media. It also provides further information on where to go for support.

[ACCESS COURSE](#)



MULTIPLE LANGUAGES

Get financially fit, with Visa

Welcome to our Financial Fitness Learning Course, developed in collaboration with long-standing Worldwide Olympic and Paralympic Partner, Visa.

[ACCESS COURSE](#)

 [Click here to see all of the Athlete365 Learning Courses available](#)



Athlete
365

GANGWON
2024



YOUTH
OLYMPIC
GAMES