

INTERNATIONAL NORDIC WALKING CONVENTION 2017

JURMALA (LATVIA) – 2nd - 8th, 2017



Draft timetable:

2 nd of October	Day of arrival for National Trainers	
3 rd of October	National Trainer course	9:00- 19:30
4 th of October	National Trainer course	9:00- 19:30
4 th of October	Day of arrival for INWA members	
5 th of October-	INWA AGM	09:00 -18:00
	Coffee break	11:00
	Lunch	13:00-14:00
	Coffee break	16:00
	Dinner	19:00- 20:0
5 th of October –	Registration	17.00- 18.00
	Opening Ceremony of the Convention	18.00- 20.00
	Official opening speeches by: INWA President, LTSA President, Jurmala city	



	Latvian Sport for All association`s Presentation	18.30-18.45
	Personal INWA member country presentation (max 7 min each)	18.45-20.00
	Dinner	20.00
6 th of October –	Registration	08.30- 09.30
	Opening	09.30- 09.45
	Lecture on NW and cardiovascular system	09.45- 10.30
	The role of NW Competitions in Cancer recovery	10.30- 11.00
	Gut Friends a free app to improve Healthy Habits and NW performance	11.00- 11.45
	NW technique and injury prevention	11.45- 12.30
	Lunch	12:30- 14.00
	Video shooting on individual technique, Practical exercise NW 10 steps, tricks & tips	14.00- 16:00
	Coffee break	16:00- 16:30
	Video analyses	16:30- 18:00
	Use of sauna to reduce stress (in theory and in practice) FIN/LAV	18.00- 20:00
	Dinner	20:00- 21:00
7 th of October -	Untraditional strength exercises/ using own body weight /Indoors	09:00 -09:45
	Nutrition to enhance sporting performance in NW	09:45- 10:15
	Presentation for INWA concept Nordic Walking as an instrument for increasing Health	10.15- 11.00
	Coffee break	11.00- 11:30
	Practical exercising outdoors strength exercises	11.30- 12.30
	Lunch	12.30- 14.00
	Practical work with the International Trainers	14.00- 15.30
	Coffee break	15.30- 16.00
	Practical work with the International Trainers	16.00- 17.30
	Discussions	17.30- 18.30
	Gala Dinner & After Party	20:00
8 th of October -	Departure	



Price:

270 €/per person if booking before the 3rd of September

350 €/per person after the 4rd of September

Venue:

Jūrmala, Latvia

<http://www.jurmala.lv/>

Accommodation:

Hotel Jurmala SPA ****

<http://www.hoteljurmala.com/en>

TWIN room: 40 EUR per person/night

SINGLE room: 60 EUR per night

Please indicate room numbers and types in the application form. The organizer (LTSA) will book an accommodation for you!

Airport/ Air- tickets:

RIX (Riga International airport)

Tickets available for purchase at www.airbaltic.com home page from 17.03.17 till 01.10.17

Flights from 02.10.17 till 11.10.17

1. Go to airBaltic web page www.airbaltic.com , select flights and dates
2. Click on the “ % Enter E-Voucher(-s)” field and type in discount code **INWA2017**, continue by clicking on “ Find Flights & Fares”
3. Fares with discount will be marked with the gift box in the upper right corner of the field

* Discount will not be applied to the campaign and special fares

How to reach the place of the venue:

The organizer (LTSA) will provide the transfer RIX-Hotel-RIX

Shuttle - 25 EUR/per person

Please indicate it in the online registration form.



Registration:

<http://webanketa.com/forms/68r3ec1j70qp4cv16mvk8dk3/>

It will be possible to register via National organization and using special password!!!
Each member country will get their own password by e-mail.

After the registration will be done the organizer will issue an invoice on your request or to local organization!

Deadline:

The registration will be open till the 3rd of September with early bird prices
and after the 4th of September with the standard prices.

For more info please contact INWA Office

info@inwa-nordicwalking.com;

www.inwa-nordicwalking.com

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