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| **PALANEXTREME** |
| **NO BORDER. ONLY YOU EXIST.** |

**TECHNICAL DETAILS**

**PURPOSE AND IMPORTANCE**

The Palan Extreme Competition's primary objective is to enable the exploration of the physical and mental capabilities of young people, as well as their endurance, in an environment that fosters a sense of exhilaration and enjoyment by fostering teamwork in the natural world.

The objective of this organisation is to foster the development of nature sports and to unite young athletes with the distinctive natural beauty of Erzurum province. Additionally, it seeks to contribute to the promotion of Erzurum on a national and international scale.

**2. SCOPE**  
The competition, which is scheduled to be held annually on an international scale, will be conducted along a camping-caravan-nature activities tourism route that encompasses the districts of Narman, Oltu, Uzundere, and İspir.  
The Governorship of Erzurum and Erzurum Macera Off-Road and Nature Sports Club have developed the event, "Stars of the North - Our Route is Adventure," as a social responsibility project. The event will be organised in collaboration with the following institutions:

- Erzurum Metropolitan Municipality

- Ataturk University

- Narman, Oltu, Uzundere, and Ispir District Governorships and Municipalities  
- Adventure Offroad Nature Sports Club

The objective is to organise the event with the involvement of universities from both Turkey and internationally.

3. CONDITIONS OF PARTICIPATION AND TEAM ORGANISATION

Within the scope of the event, the teams to be formed by the Faculties of Sports Sciences will participate in the competition in line with the official invitation to the universities. Each team will be formed in the following structure under the supervision of a lecturer with the title of Technical Coach:

- 4 student competitors (at least 2 of whom must be female) who are compatible with teamwork and natural conditions

- 1 team coach (lecturer/coach)

- 1 assistant staff

Teams will come to Erzurum and participate in all processes of the competition.

**4. ORGANISATION STAGES**

**4.1. Preparation and Training Programme (29 June - 2 July 2025)**

Before the competition, a 4-day preparatory training will be organised for the participant teams to adapt to the natural conditions and to acquire the knowledge and skills that will be needed in the competitions.

In this training programme, theoretical and practical trainings will be given on the following topics:

- Map reading and compass use

- Camping and tenting

- Canoe use

- Rock climbing

- Search and rescue in nature

- Bicycle use

- Teamwork and natural safety

**4.2. Competition Stage (3-8 July 2025)**

Teams that successfully complete the training process will participate in the competition section to be held between 3-8 July 2025. The competition course will be held on the route of Narman - Oltu - Uzundere - İspir districts and will consist of stages where elements such as physical strength, mental endurance, strategic planning and team cohesion are at the forefront.

**5. COORDINATION AND LOGISTICAL SUPPORT**

The Coordination Centre of the Competition will be established in Uzundere district of Erzurum. The following units will operate here:

- Health Services

- Security Units

- Tracking, Information and Communication Systems

- Infrastructure and Technical Support

Two personnel from universities and the districts where the competition will be held will be present at the Coordination Centre in Uzundere to take part in the organisation. These personnel will work in coordination with Health, Police, Gendarmerie and field officers.

**6. CULTURAL AND TOURISTIC PARTICIPATION**

The event will not only be limited to the competitors, but will also be open to the people of the region and visitors from outside the province under the title of culture and tourism. Local people and nature-loving citizens will also be able to participate in the process by participating in the competition camping areas. In this way, it is aimed to create a cultural sharing environment intertwined with nature for both young people and participating viewers.

**COMPETITION DETAILS: Training and Competition Calendar**

‘PalanExtreme-No Boundaries. Only You Exist.’ The competition consists of two main stages: preparation training programme and competition process.

**1. Preparation and Training Programme**

A four-day training programme will be held in Erzurum between 29 June - 2 July 2025 in order for the teams to adapt to the challenging natural conditions and acquire the necessary basic skills.

The training topics to be given in this context are as follows:

Map reading and navigation (use of compass),

Camping and tent building techniques,

Canoe training,

Basic knowledge of rock climbing,

Search and rescue applications in nature,

Mountain bike use and safety,

Teamwork in natural conditions.

Trainings will be carried out theoretically and practically by trainers who are experts in their fields.

**2. Competition Period**

Teams that successfully complete the training process will participate in the competition stage to be held between 3-8 July 2025.

The competition will be held on the Narman - Oltu - Uzundere - Ispir route in a challenge-oriented format, with tracks covering various nature sports and team skills.

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| **IMPORTANT** Food and Campsite Organisation  During the competition, the nutritional needs of the participants will be met with canned foods that are portable and can be consumed quickly.  Team coaches are responsible for completing all preparations in the area before the competitors arrive at the campsite. These preparations include the following:  Setting up camping tents,  Placement of sleeping bags,  Safe preparation of the campfire,  Organising and preparing the dining area.  Due to adverse weather conditions that may occur during the competition, drying the wet clothes of the competitors and similar support activities will be carried out by the team coaches.  All these arrangements are planned to ensure that the participants have a safe, organised and coordinated camping experience. |

**LIST OF NECESSARY MATERIALS AND SUPPLIES:**

**(To be provided to the participating teams before the competition):**

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| * Tent * Sleeping bag * Mat * Backpack * Fire starter kit * Bicycle helmet * Drinker * First aid kit * Bicycle repair kit * Referee vest * Sail pennant * Road sign flag * Staff support team * Mobile Toilet   Kano | * Map * Hand shovel * Emergency smoke bomb * Outer fleece * Head lamp * Lifejacket * Highlighter stick * Canned food * Competitor tshirt * Raincoat * Large load bag * 4x4 vehicle * Magnetic compass   Bicycle |

**TEAMS IN CHARGE IN THE COMPETITION:** There is a vehicle road on the route and Police, Gendarmerie, Ambulance and Vehicles on Duty will accompany. In this context

1) Coordination Centre team of 12 people

2) 20 flagmen

3) 12 coordination centre staff

4) 5 referees

5) 7 fully equipped 4x4 offroad vehicles

6) 5 assigned health personnel (excluding 112 personnel to work in the field)

7) Production shooting crew of 6 people

8) Station team of 3 people (they will install an antenna system on the field and make GPS connection)

**PRODUCTION TEAM:** It is important that the event to be organised is announced and broadcast live on television channels and social media. In order to establish a comprehensive broadcast network, the filming should be done in 4K quality. Equipment required for filming within this framework:

a) Drone

b) Go pro

c) 360 camera

d) Microphone

e) And other equipment

**PRIZE:** 4-day abroad trip for the team ranked 1st in the competition

**CALENDAR OF EVENTS:**

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| 23 May 2025 | Sending the Official Invitation Letter of Atatürk University Rectorate to Universities |
| 10 June 2025 | Last day for students to apply to their universities |
| 13 June 2025 | Last day for universities to send their team and caravan lists to Atatürk University Rectorate |
| 16 June 2025 | Announcement of participants |
| 27-28 June 2025 | Arrival of teams to Erzurum |
| 29 June-2 July 2025 | Training of competitor teams in Narman |
| 3-8 July 2025 | Realisation of the competition |
| 9 July 2025 | Competitors' return to Erzurum centre |
| 9 July 2025 | Award Ceremony |

**Competition Co-ordinators to get information;**

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