

Campus Orienteering



Bike Orienteering

The Activity:

When: End of the academic year

What: Campus-wide navigation challenge on bicycles

Task: Teams used maps to find checkpoints across campus trails and roads



Student Benefits:

First-Time Exposure: Introduced a completely new outdoor sport to students unfamiliar with orienteering

First-Time Campus Riders: Gave many students their very first experience cycling on campus grounds

Green Living: Promoted cycling as a practical, eco-friendly way to commute

Strategy & Stamina: Built route-planning skills and physical endurance

End-of-Year Reset: A fun, active team celebration before finals



Running Orienteering (Term Kickoff)

The Activity:

- **When:** Beginning of the academic term
- **What:** Foot-orienteering race through campus landmarks
- **Task:** Small teams sprinted to markers using maps and compass clues



Student Benefits:

- **Discovering a New Concept:** Broke unfamiliar ground by introducing orienteering to first-time participants
- **Campus Discovery:** Helped students learn the university layout fast
- **Icebreaker:** Built trust, communication, and new friendships right away
- **Brain & Body:** Combined fast thinking, problem-solving, and cardio



Key Takeaways

- **Unlocking New Experiences:** Expanded students' horizons; orienteering and cycling
- **Beyond the Classroom:** Turned campus geography into an active space for learning, exploration, and community-building.
- **Culture of Well-Being & Eco-Mobility:** Cultivated lasting habits around sustainable transport, physical fitness, and stress relief.
- One student said 'I will buy a bike asap'
- **Peer Connection:** Strengthened teamwork and communication — from the first days on campus to the end of the year.

