



SOGO Level 3 @ Home Activities

Bonus activities

Technical difficulty ★☆☆☆☆ to ★★★★★

These activities don't have a physical component, but are still quite fun to do and will help improve your orienteering skills. They are included below with space for you to fill out when you've done them, and some instructions.

Activity source	Explanation & skill	Technical difficulty	Date completed	
Route to O-season Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11	Each day, there is a route choice from a big orienteering competition. You get to look at the leg, draw the route choice you would take, and then compare the route you chose to a) the times and GPS tracks of the competitors who ran the course and b) the routes that orienteers from all over the world chose.	★★★★★	1.	7.
			2.	8.
			3.	9.
			4.	10.
			5.	11.
			6.	12.
British Orienteering Challenges The others at this link are likely too easy	Contour interpretation - match the contour with the hill profile [Sheet 1]	★★★★☆		
	Orienteering map trivia [Sheet 4]	★★☆☆☆		
	Spot the difference. Try doing this by map memory (print and separate the two maps and do it without looking at both at once) [Sheet 5]	★★★★☆		
Octavian Droobers club online trainings This is from the UK so there is	Contour Training - match contour with hill profile or 3D landform	★★★★☆	1.	3.
			2.	4.
	Map Rotation Training - interpret control description locations from rotated map	★★★★★	1.	3.
			2.	

some different vocabulary, i.e “crag” = cliff	Map Symbol Training - learn what different map symbols mean (many)	★★★★☆		
	Memory Training - memorize features and control descriptions (change to longer time)	★★★★★	1.	3.
	Control Description Training - learn what different control description symbols mean (many)	★★★★☆	2.	
Scottish Orienteering Puzzles	Puzzles like crosswords and word searches to practice control descriptions	★★★★☆	1.	4.
	Orienteering-themed logic puzzles that are challenging but don't require orienteering knowledge	★★★★☆	5.	
Finnish route choice game	Explanation (in English) from OABC. Depending on your browser, it can probably translate for you, but it is fairly intuitive once you've logged in anyways. The goal is to make the correct route choice as quickly as possible. There are statistics and you advance to more complicated levels.	★★★★★	3.	7.
			6.	8.