THE 2017 WORLD ROWING JUNIOR CHAMPIONSHIPS
Dear competitors, dear guests,

I am extremely glad to see that Lithuania is being recognized by the international rowing community as a state worth hosting European and World Championships.

The fact that recent years were full of international rowing events shows our organizational capability to successfully handle major projects. The work of the Lithuanian Rowing Federation and the inter-institutional working groups is noticeable and is considered as a good example for other sports organizations.

I hope that upcoming 2017 World Rowing Junior Championships in Trakai will give an important experience for the young athletes as well as good memories for all the participants of the event.

I wish you strength and determination during the training and all the success at the Championships!

Edis Urbanavicius
Director General
Department of Physical Education and Sports under the Government of the Republic of Lithuania

Dear Rowing Friends,

Let the passion for rowing connect all of us. I am inviting you to enjoy our beautiful nature and get inspired by one of the most astounding rowing routes in the whole world. I truly believe 2017 World Rowing Junior Championships will be unforgettable you will improve and show your personal athletic skills and psychological abilities.

2017 Word Rowing Juniors Championships is one of the main events after Rio Olympic Games due to selection to Buenos Aires Youth Olympic Games 2018 therefore I wish all the teams great success and impressive results.

If you are joying us in Trakai for the 2017 World Rowing Junior Championships we have at least one thing in common – it is our love for rowing sport. So let’s cherish and treasure it.

Dainius Pavilionis
President of Lithuanian Rowing Federation
General information
Location: The country is located on the eastern shore of the Baltic Sea. In 1989, the National Geographic Institute of France identified the geographical centre of Europe 24 km northwest of Vilnius. Neighbouring countries: Latvia, Belarus, Poland, Russia (the Kaliningrad Region).
Area: 65,300 sq. km.
Population: 2,900,000.

Ethnic Composition
83.1% Lithuanian, 6.0% Polish, 4.8% Russian, 1.1% Belarusian, and 5% other. People of 115 different ethnic backgrounds live in Lithuania.

Religions
The religion in Lithuania is predominantly Roman Catholic. In addition to Roman Catholics, you will find Russian Orthodox, Evangelical Lutherans, Evangelical Reformers, Old Believers, Jews, Sunni Muslims and Karaims.

National Currency
Euro (EUR) = 100 cents (ct).

Time
GMT + 2 hours.

Lithuanian is the oldest surviving Indo-European language, which has preserved the most phonetical and morphological aspects of the proto-language which many other European languages come from. Melodic and pleasant to the ear, Lithuanian may appear to be a real mind bender because of its conservative character. It doesn’t have articles – the connections between words are expressed by declining the endings. The Lithuanian language and the kindred Latvian language belong to the Baltic group of Indo-European languages. To this day, some people base their own understanding of ethnic identity on linguistic identity. Lithuanians proudly quote the French linguist Antoine Meillet, who said that ‘anyone wishing to hear how Indo-Europeans spoke should come and listen to a Lithuanian peasant’.

Many popular Lithuanian names are linked with nature:
- Aušra – dawn
- Eglė – fir-tree
- Gintaras – amber
- Linas – flax
- Ramunė – chamomile flower
- Rasa – dew
- Rūta – rue-flower
- Saulė – sun

State symbols

Coasts of arms: white Vytis (Knight) in the field gules
Names: Local long form: Lietuvos Respublika
Local short form: Lietuva
Capital: Vilnius

Language
2017 World Rowing Junior Championships
Trakai, Lithuania
VILNIUS

Vilnius, as the capital of Lithuania, was first mentioned by Grand Duke Gediminas in his letter of 1323 to European towns, inviting merchants and craftsmen, promising them religious freedom and every kind of assistance. Since then Vilnius has been known as a cosmopolitan city, friendly to people of different nations and religions.

Despite wars, occupations and destruction, the architecture of Vilnius remains unique. It is the largest Baroque city north of the Alps, and one of the farthest to the east. Nearly all the styles of European architecture from Gothic to Classicism are found in Vilnius.

The Old Town of Vilnius is one of the largest old towns in Central and Eastern Europe, covering almost 360 hectares and over 1500 buildings. As one of the most authentic and best-preserved cities in Europe, Vilnius was included into the UNESCO World Heritage List in 1994.

Vilnius is not only a city with a rich history and wonderful architecture in a beautiful natural setting, where the Neris River and the Vilnia River meet. The capital of Lithuania is a modern city, a political, administrative and economic centre of the country and the heart of its education and culture. It is also the largest city of the country.

The legend of the founding of Vilnius

Grand Duke, Gediminas, was on a hunting trip in the forests of Sventaragis valley around the mouth of the River Vilnia. When night fell, the party, feeling tired after a long and successful hunt, decided to set up camp and spend the night there. While he was asleep, Gediminas had an unusual dream in which he saw an iron wolf at the top of the mountain where he had killed European bison that day. The iron wolf was standing on the top of a hill with its head raised proudly towards the moon, howling as loud as a hundred wolves.

Awakened by the rays of the rising sun, the Duke remembered his strange dream and consulted the pagan priest Lizdeika about it. The latter interpreted the dream as follows: ‘Let that happen to the Ruler and the Lithuanian State what was fated to happen!’ He told the Duke that the dream was a direction to found a city among these hills. The howling of the wolf, explained the priest, represented the fame of the future city: that city will be the capital of Lithuanian lands, and its reputation would spread far and wide, as far as the howling of the mysterious wolf…

Therefore, the Grand Duke of Lithuania, obeying the will of gods, immediately started to build the future capital, and took it the name – Vilnius – from the stream of the rapid Vilnia.
The name of Trakai was first mentioned in Teutonic Knights chronicles in 1337. This year is considered to be the official date of town's foundation.

Trakai - historical capital of ancient Lithuania fascinates with its wooden architecture, medieval castle, and magnificent scenery and at the same time – a modern face of the town. The town is surrounded by the lakes of Luka (Bernardinai), Totoriskes, Galve, Akmena, Gilusis. Galve Lake, where world rowing junior championships will be held, at its deepest point is 46.75 metres (its area is 361 ha).

The pride of Trakai is the Island Castle, the only castle in Eastern Europe built on an island, now a museum on the Galve Lake.

People are telling a lot of legends about how Trakai was born. According to one of them, after a successful hunting party, Grand Duke Gediminas discovered a beautiful lake-surrounded place not far from Kernave, then capital of the Grand Duchy of Lithuania, and decided to build a castle in the location. That is how the Trakai Castle was built.

The peninsular castle, barrows and cemeteries are unique sites and the church exhibiting the picture of the Holy Mother of God built in the 15th century in the Baroque and Gothic style is considered by historians to be one of the most valuable Lithuanian heritage objects. Persons who are the greatest figures of our history and who have honourably remained important in European history lived in the Uzutrakis Manor and the Old Town of Trakai.
Climate
The climate is maritime/continental. Average temperature in July is +23°C, and in January – 5°C.

Landscape
Lithuania is a flat country, lowland plains make up 75% of its territory. Altitude above sea level is 162 m.

Sunset
20:54-20:53

Sunrise
3:54-3:55

2016
August 1-10

Prevailing wind direction
ABOUT THE VENUE AND ROWING COURSE

The sport of rowing in Lithuania has deep and long traditions. Rowing was first practiced in Klaipeda in 1885, and then it spread all over Lithuania. In Trakai, rowing regattas have been organized since 1928, and in 1962 the idea was born to organize an international AMBER OARS regatta. Until 2016 the Trakai venue hosted many national and international regattas, including the following FISA events and regattas:

- World Rowing Junior Championships 2002
- FISU World University Championships 2006
- World Rowing Masters Regatta 2008
- World Rowing U23 Championships 2012
- World Rowing Junior Championships 2013
- European Rowing Junior Championships 2016

The regatta venue is located in a unique place. Trakai city and its surrounding areas are listed as a UNESCO Historical Heritage Site. The rowing course is located on a natural lake, Lake Galve.

Please be aware, that temporary tents may only be erected with the written permission of the OC. The regatta venue and Rowing Centre provides world class facilities for competitors and spectators:

- A 7 lane rowing course
- Finish tower
- Boathouse
- Grandstands
- Hotel
- Conference Hall
- Fitness Room
- Showers and Sauna
- Cafe

A locker room will be available in the Rowing Centre for competitors to leave their bags during training or racing days. An athletes’ rest area is located in the gym on the first floor of Rowing Centre.
Vilnius International Airport (VNO) will be closed from 14 July till 18 August 2017 due to reconstruction. Flights to and from Lithuania will be operated from airports as below:

<table>
<thead>
<tr>
<th>Airport</th>
<th>Distance, approx. drive time to Vilnius</th>
<th>Distance, approx. drive time to Trakai (Venue)</th>
</tr>
</thead>
<tbody>
<tr>
<td>KUN (Kaunas International Airport, Lithuania)</td>
<td>103 km, 1 hr 20 min.</td>
<td>85 km, 1 hr</td>
</tr>
<tr>
<td>PLQ (Palanga International Airport, Lithuania)</td>
<td>337 km, 3 hrs 50 min.</td>
<td>320 km, 3 hrs 35 min.</td>
</tr>
<tr>
<td>RIX (Riga International Airport, Latvia)</td>
<td>300 km, 3 hrs 50 min.</td>
<td>310 km, 4 hrs</td>
</tr>
</tbody>
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ACCOMMODATION AND TRANSPORTATION FOR TEAMS

For the Championships accommodation the Organizing Committee has chosen hotels in Vilnius city and Trakai. The capital city of Lithuania, Vilnius, is a 30 minute drive from the venue.

A shuttle service will operate between the accommodation and regatta course. This will be available to all accredited persons, who have booked accommodation through the Organizing Committee. Traffic restrictions will be in place around the venue to ensure that rowers and teams staying in official accommodation have the quickest access to the course. Further information will be published in the Team Managers’ Manual.

Contact information

National federations are encouraged to send their accommodation requests well in advance. Accommodation must be booked through the Organizing Committee via e-mail: rasa@baltictours.lt.
## Accommodation Options for Teams

### Team Accommodation Options

<table>
<thead>
<tr>
<th>Category</th>
<th>No.</th>
<th>Hotel Name</th>
<th>Type of Rooms</th>
<th>Number of Rooms</th>
<th>Distance to Venue (km.)</th>
<th>Driving time to Venue (min.)</th>
<th>Price per person in Euros (per day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I (Equivalent to 4 star rating)</td>
<td>1</td>
<td>Hotels in Vilnius city</td>
<td>One bed</td>
<td>18</td>
<td>26</td>
<td>35</td>
<td>130</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Two beds</td>
<td>300</td>
<td>100</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Hotels in Trakai and surroundings</td>
<td>One bed</td>
<td>15</td>
<td>10</td>
<td>15</td>
<td>150</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Two beds</td>
<td>85</td>
<td></td>
<td>125</td>
<td></td>
</tr>
<tr>
<td>II (Equivalent to 3 star rating)</td>
<td>1</td>
<td>Hotels in Vilnius city</td>
<td>One bed</td>
<td>40</td>
<td>26</td>
<td>35</td>
<td>115</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Two beds</td>
<td>260</td>
<td></td>
<td>95</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Hotels in Trakai and surroundings</td>
<td>One bed</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>125</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Two beds</td>
<td>40</td>
<td></td>
<td>105</td>
<td></td>
</tr>
<tr>
<td>III (Equivalent to 2 star rating)</td>
<td>1</td>
<td>Hotels in Vilnius city</td>
<td>One bed</td>
<td>100</td>
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<td></td>
<td>Two beds</td>
<td>250</td>
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<td>88</td>
<td></td>
</tr>
<tr>
<td>IV (Low cost)</td>
<td>1</td>
<td>Trakai and surroundings</td>
<td>Two beds</td>
<td>10</td>
<td></td>
<td>3</td>
<td>85</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3-4 beds</td>
<td>10</td>
<td></td>
<td></td>
<td>80</td>
</tr>
</tbody>
</table>

### Accommodation Rates for Teams

All rates for accredited team's person include:

- Arrival and departure transfer service between the hotel and Kaunas, Palanga, Riga (Latvia) international airports, Vilnius Railway Station or Vilnius Bus Station. Travel details forms should be submitted by 20 July, 2017 and sent to Organizing Committee travel agent BALTIC TOURS rasa@baltictours.lt.
- Local shuttle service between the hotel and venue.
- Full board accommodation with the choice of lunch at the hotel or venue.
- Lunch and dinner place has to be chosen by 20 July, 2017. Please note, that there will be no refunds for meals not taken.

### Payment Deadlines for Teams

First deposit: 20% of the total amount after confirmation to guarantee your reservation.
Second deposit: 40% of the total amount before 15 June, 2017.
Balance of the total amount before 15 July, 2017.

The cancellation policy for team accommodation is as follows:

- Notification 65 days before first the day of the championships – no cancellation fee.
- Notification 30 days before first the day of the championships – 50 % refund.
- Notification 29 days or less before the first day of the championships – no refund.
LITHUANIAN ROWING FEDERATION

Dainius PAVILIONIS – President
Rima KARALIENE – Vice President
Edmundas DAUKANTAS – Vice President
Inga DAUKANTIENE – Secretary General

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OFFICIAL TRAVEL AGENT BALTIC TOURS
Accommodation, transportation, catering –
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