



**EKSTREM
SPORT
VEKO**

VOLUNTEER HANDBOOK 2023



DEAR EKSTREMSPORTVEKO VOLUNTEER

We welcome you into the family and wish to express our gratitude for your willingness to help us make this year's festival an unforgettable experience. We aim to create a welcoming environment for all volunteers, athletes, production crew and the public who attend the festival.

Your contributions will help make the experience for all involved the best it has ever been, and we would never have been able to do it without you. So once again, thank you!

In this handbook you will find a summary of valuable information about the volunteer experience for this year's edition of Ekstremsportveko, including your perks as a volunteer, guidelines and other practical information. Please do not hesitate to contact us if you have any questions regarding the volunteer position.

We're looking forward to making this festival together with you! <3

The Volunteer Team
Helena and Karen
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Frivillig@ekstremsportveko.no



STAY INFORMED





PRACTICAL INFORMATION

WHERE DO WE MEET?

All volunteers that hasn't already collected their wristband and staff t-shirt meet at the registration stand on the Festival Arena (Prestegardslandet downtown Voss).

WHERE DO WE EAT?

If you're working on one of the sport-crews your food will be delivered to you on site. If you're working for the festival crews the food during your shifts will be available in the Volunteer tent on the Festival Arena. All allergies and food preferences will be attended to as long as it has been noted in this section when applying as a volunteer.

VOLUNTEER PERKS

- Free festival pass (work 3 shifts or more)
- Food while you are at work
- Staff t-shirt
- New friends!
- A great working experience and networking opportunity
- The opportunity to win super nice prizes - woop!
- A legendary and free volunteer party



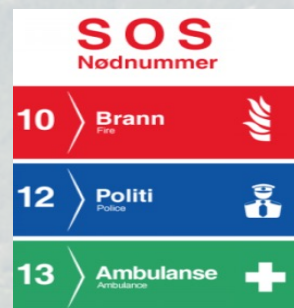
- Please be on time for your shift, ready in your volunteer tee and work the hours you have agreed to.
- Let your team leader and the volunteer team know as soon as possible if you can't volunteer at the festival/cannot make your shift/ will be late for your shift.
- You are welcome to take pictures during the festival and a lot of you are great at it, so please use the hashtag #Ekstremsportveko so we all get the chance to see it!
- Eat before your shift. Please do not come to your shift on an empty stomach as you may be running around a lot and not necessarily have a lot of time to top up on fuel.
- Do not make statements to the press on behalf of Ekstremsportveko.
- Be a good ambassador for the festival and contribute to a good working environment by bringing your best smile and lots of patience.
- Keep a water bottle with you or something to drink.
- Be sober when you are working.
- Always prepare for rain and wind (it is Voss, Norway after all!)
- HAVE FUN :)

WORKING GUIDELINES



SAFETY STEPS

1. Your own safety comes first
2. Call the emergency service
3. First aid
4. Call your team leader



Download the 113 app!



SOCIAL EVENTS



Bula Beanie Boogie Party

VekoPride

Veko-day i Nærøyfjorden

OEXTREME VOLUNTEER PARTY SUNDAY 2ND OF JULY @ SKYDIVE VOSS



Concerts all week