



# Welcome to Uppsala and Virtus European Athletics Championships 11-16 June 2024

Uppsala ●



SWEDISH ATHLETICS

Dear Virtus Athletics Friends,

In Swedish Athletics we have a wide range of activities and an including perspective in our great sport. The Swedish Athletics family would be very honoured to get the privilege to organize the Virtus European Athletics Championship 2024 in Uppsala. We have a lot of experience, in Sweden and especially Uppsala, to organize big athletics events.

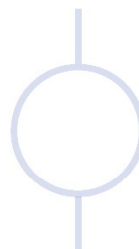
Swedish Athletics has organized major athletics events such as the IAAF World Championships 1995, European Athletics Championships 2006, European Team Championships 2011, European Athletics Indoor Championships 2013, European Athletics U20 Championships in 2015 & 2019 and European Athletics U23 Championships in 2019. The local club Uppsala IF has organized a number of national and international events during the last couple of years.

In Swedish Athletics we have good knowledge about Virtus athletics and a lot of high level educated officials in athletics. Since 1st of January 2022 para athletics is an official part of the Swedish Athletics Association. By hosting Virtus European Championships 2024, and bring attention to the para athletics, before, during and after, we hope to create a good legacy from the championship. A legacy that broadens and strengthens para athletics, in Uppsala and in Sweden.

We will love to welcome the European Virtus family to Uppsala and Sweden in the summer of 2024!

**Johan Storåkers**  
**President Swedish Athletic Association**

**Anders Kindmark**  
**President Uppsala IF Athletics**





### **Virtus, welcome to Uppsala in June 2024!**

Meetings and events are an important part of Uppsalas brand as well as a strong contributor to the city's identity and attractiveness. In addition, meetings and events in Uppsala also contribute to sustainable social development. It is our strong belief that sport events create healthy role models in our communities and provide opportunities for an active everyday life for our residents of all ages.

Therefore, we welcome a wide range of sports and event experiences to Uppsala.

Athletics in Uppsala is experiencing strong growth. Owing to new athletics arenas, Uppsala has been given opportunities to host high-profile events.

The work of preparing for an event takes time. For us, it is not sparkler effects that we want to achieve, but something more permanent and sustainable. Destination Uppsala wants before and after the Virtus EC to shine a light on what is required to create a good event experience for the event's main target group, the athletes and their families, over the years up to and beyond 2024.

Talking openly about intellectual impairment as well as working closely with the hospitality industry, sport associations, coaches and volunteers, will be of great value for everyone involved in hosting this event.

In addition to this, we are convinced that we will be able to engage and to inspire young people within the target group. This is an important event for the society of Uppsala!

For the implementation of the event, Uppsala hopes to welcome colleagues from other cities in Sweden, to learn more prior to the event and experience the championships on site. We believe that this will contribute to the para-athletes' continued success and future hosting around Sweden.

Uppsala is growing and will continue to develop and innovate. Our inhabitants shall have a good and rich everyday life and leisure time. In Uppsala, we believe in events as a tool for change. Therefore, it is easy to arrange events like this in our municipality. Our Convention Bureau will actively support Swedish Athletics, the national federation for athletics in Sweden, our local athletes club Uppsala IF Friidrott in the process up to and beyond 2024, in Uppsala.

With an assurance that we will jointly do our utmost to ensure a successful championship for all of us, I hereby hope that Uppsala will have the opportunity to host Virtus and warmly welcome all athletes and their families to our city!

A handwritten signature in blue ink that reads "Erik Pelling".

Erik Pelling  
Mayor of Uppsala





## Short facts of VIRTUS 2024 in Uppsala, Sweden

### Dates 2024:

11 <sup>th</sup> June	Arrival day
12 <sup>th</sup> June	Training, social program and technical meeting
13 <sup>th</sup> June	Competition day 1
14 <sup>th</sup> June	Competition day 2
15 <sup>th</sup> June	Competition day 3
16 <sup>th</sup> June	Departure day

**Location:** Uppsala, Sweden. 30 km from Stockholm Arlanda Airport and 70km from Stockholm

### Uppsala Friidrottsarena (the Competition venue)

Uppsala Friidrottsarena, the athletics stadium, opened in 2018 and is a modern top-level facility with high quality equipment for all events. The facility has a spectator capacity of approximately 4 000 people, a separate throwing field, numerous changing rooms and a kiosk serving food, snacks, and a variety of cold and warm drinks. The stadium has hosted several national and international championships at the youth and senior levels, with many excellent results, including the world leading men's discus throw by Daniel Ståhl in 2022, as a result.

### IFU Arena (the warm-up facilities)

Warm-up facilities in full-scaled indoor arena IFU Arena, only 100m from the competition venue.

### Official hotel

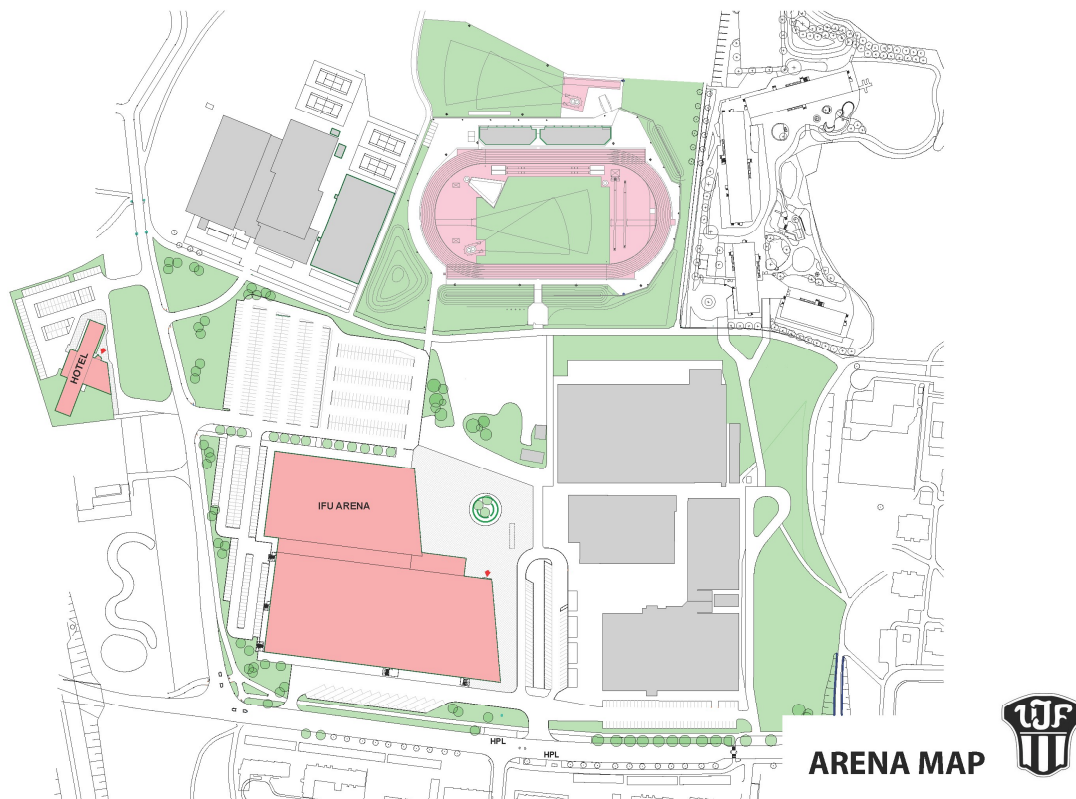
Arenahotellet with 200 rooms. Located 100m from IFU Arena and 150m from Uppsala Friidrottsarena

### Uppsala as organizer of Athletics championships

Uppsala and local athletics club Upsala IF have a proud history of organizing athletics events. Upsala IF has a solid event organization with referees, judges and volunteers and has during recent years hosted several National Senior and Youth Championships, the Nordic Indoor Match and the Nordic Combined Events Championships. The club also host their own annual gala, Mondo Classic by Beijer.

### LOC:

Anna Lindström	City of Uppsala
Henrik Wennberg	Upsala IF Athletics Club
Linus Boyer	Upsala IF Athletics Club
Magnus Olsson	Swedish Athletics Association
Daniel Bergin	Swedish Athletics Association
Magnus Malmsborg	Swedish Athletics Association



## IFU Arena

[www.ifuarena.se](http://www.ifuarena.se)

IFU Arena (the warm-up facilities) is located on Gränby Sports Ground, near the exit roads from the E4 and route 55 and with great public transport to and from the venue. Uppsala Friidrottsarena (the Competition venue), Gränby Ishallar (ice rinks), the Recoverhallen and UTK-hallen (racket sports) and Arenahotellet (the official hotel) are located on the same site.

IFU Arena is a top-level indoor athletics facility adjacent to the competition venue. The facility offers a 130 m straight runway, a gym, a 200-meter oval track, 3 long jump pits and offers great conditions for the vertical jumps as well as the throws. IFU Arena will serve as warm-up facilities during the championships.

IFU Arena also supplies meeting rooms, changing rooms and a popular restaurant serving a selection of healthy and well tasting lunch alternatives.

The athletics hall holds around 800 seats, and there is the option of erecting an additional gallery around the 200-metre track.

*'Kranmärkt', Sweden's 'Eco-tap' label - Accessible for wheelchairs  
Disabled parking - Disabled toilets*

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### Capacity

- **1 000** persons seated in one banqueting/dining hall
- **11** meeting rooms for 3,000 - 10 persons, the largest of which hold 2,350, 800, 500, 500, 500 and 500 persons in rows with no tables.
- Total exhibition space of **15,000** square metres

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### Other

The arena has a large restaurant available during events. Local transport runs just outside, and there are numerous stops close to the arena. The arena also has 800 parking spaces. A two-minute walk away is the hotel, Arenahotellet, with 200 rooms.

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Uppsala friidrottsarena

sportfastigheter

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## Arenahotellet

[www.arenahotellet.se](http://www.arenahotellet.se)

Arenahotellet will be the official team hotel during Virtus European Championships 2024. The hotel is located just next to the competition venue Uppsala Friidrottsarena, and indoor venue IFU Arena with training and warm-up facilities.

The hotel's largest conference room has space for around 200 persons, and sliding walls can be used to transform it into three smaller conference rooms. In addition, there are a further five conference rooms at various levels.

**The 400 beds are secured at Arenahotellet for the dates of Virtus 2024**

*Green Key - 'Kranmärkt', Sweden's 'Eco-tap' label - Accessible for wheelchairs  
- Disabled parking - Accessibility-adapted rooms - Disabled toilets*

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### Total capacity

- **200** hotel rooms
- **200** persons in the largest hall
- **150** persons seated in one banqueting/dining hall
- **6** meeting rooms holding 200 - 8 persons

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### Other

The hotel's restaurant uses ingredients from local suppliers, adapted specifically for conferences. On level 8 is the hotel's relaxation area, equipped with sauna and bubble bath, and a fantastic view of Uppsala.  
Free parking.

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## Travelling to and from Uppsala

As Stockholm Arlanda Airport is only 30 kilometres away, it's easy to get from the world to Uppsala and from Uppsala to the World.

### Stockholm Arlanda Airport

In the middle of Scandinavia is Stockholm Arlanda Airport. This is the largest airport in Sweden, and is important for Uppsala, Uppland and the nearby regions. The airport has Sweden's most extensive route network, with more than 181 different national and international destinations.

Its proximity to Stockholm Arlanda Airport makes Uppsala an easily accessible destination for travelers from all over the world.

### LOC Transfer Services

Transfers by bus will be included in the Team Package Fee and organized by LOC from Stockholm Arlanda Airport to Uppsala on arrival day, June 11<sup>th</sup> and from Uppsala to Stockholm Arlanda Airport on departure day, June 16<sup>th</sup>.

### Travelling to Uppsala

For teams that prefer to arrive or depart outside the days when LOC organizes bus transfer, it's easy and convenient to get to Uppsala, with excellent rail connections to the airport.

Uppsala can be reached by train in only 17 minutes from Stockholm Arlanda Airport. To and from the airport you can comfortably travel onwards to Uppsala by direct train departing from SkyCity, between terminals 4 and 5. Trains depart twice an hour during the day.

Once arrived in Uppsala, local bus route 3 (direction Nyby) will take you from the Central Station to Lagerlöfsgatan in less than 15 minutes.

Distance from Uppsala to



Arlanda Airport 17 min  
Stockholm City 30 min

✈ 3:30+

✈ 3:00

✈ 2:00

✈ 1:00

**UPPSALA**

**STOCKHOLM**

• REYKJAVIK

EDINBURGH

DUBLIN

LONDON

AMSTERDAM

PARIS

MADRID

LISBON

BARCELONA

GENEVA

MILAN

COPENHAGEN

BRUSSELS

FRANKFURT

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**UPPSALA**

**STOCKHOLM**

OSLO

HELSINKI

TALLINN

RIGA

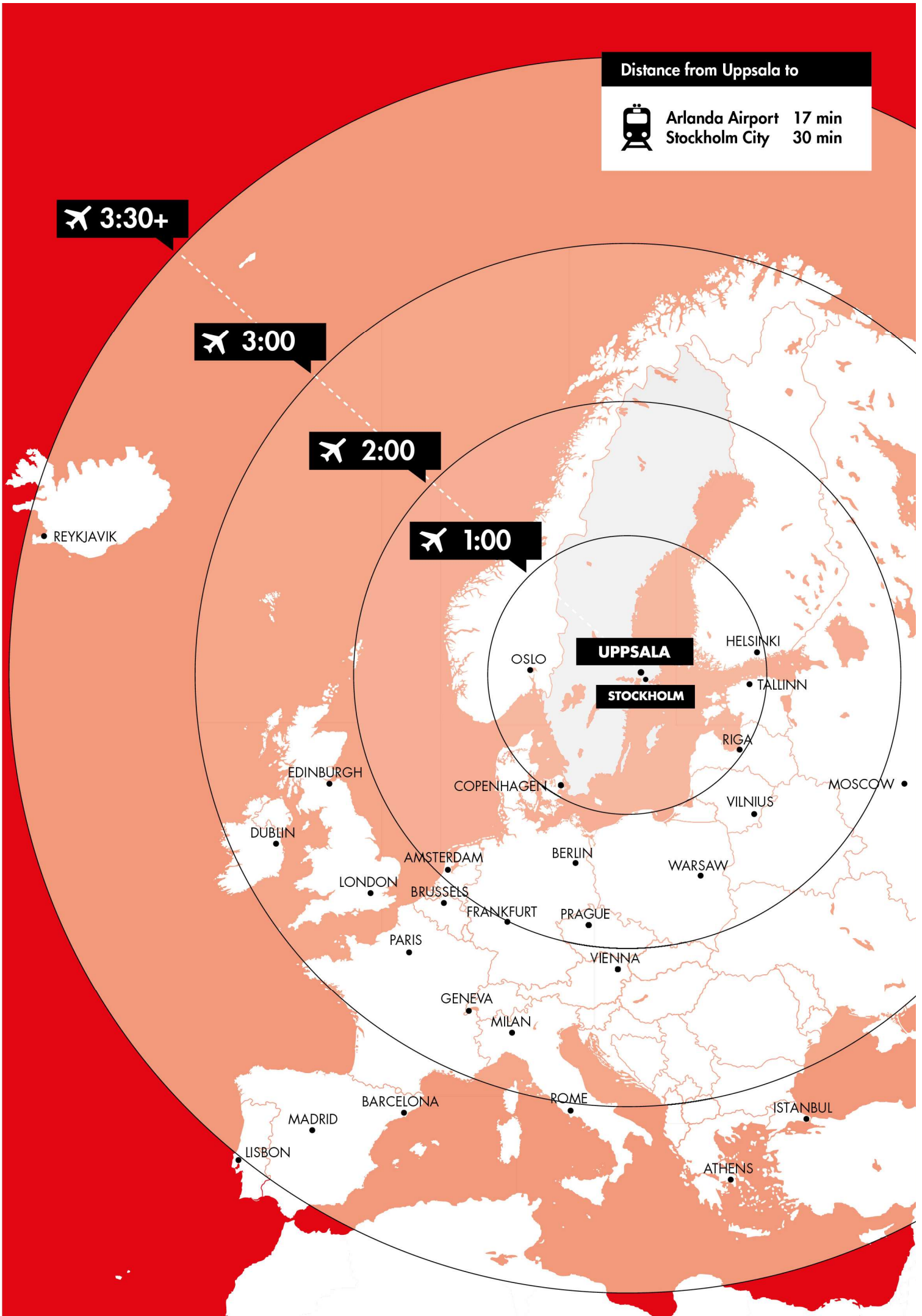
VILNIUS

MOSCOW

WARSAW

ISTANBUL

ATHENS





# This is Uppsala

Uppsala is one of Sweden's oldest cities. It was known as Östra Aros up until the 13th century, when the name Uppsala took over. Today, Uppsala is one of Sweden's four major cities with a population of 240 000 inhabitants.

Uppsala has a rich and inspiring range of cultural activities and exciting events together with whole of Sweden's history – all in one place. The tourist attractions are numerous and exciting and include something for everyone. In addition, there is beautiful nature, both in the centre of town and close by. For travelers Uppsala is only 30 minutes away from Stockholm and 17 minutes from Stockholm Arlanda Airport by train. In the city the distances are short, and you can easily walk or bike to any sight or attraction.

Uppsala is today a modern city yet retains a small-town feel. It's Sweden's fourth largest city and home to two universities, the archbishopric of the Church of Sweden, a rich cultural life and beautiful scenery. Uppsala is rich in history and science and the prestigious Uppsala university is older than universities in many other countries. At the same time, the modern city is vibrating with life and is well known for its progressive research, innovation and position as a leader in modern technology. Whether you want to eat a lot or a little, outdoors or inside, Uppsala has a wide selection of pubs, cafés and outdoor restaurants. Don't forget to enjoy a Swedish fika, a Swedish social institution: a friendly, relaxing break with coffee and cake.



Sweden's fourth largest city



240,000 inhabitants



41,000 students



Cycle City of the Year for three years running. 55 km cycle paths



2 universities, the University of Uppsala (UU) and the Swedish University of Agricultural Sciences (SLU)



2 university hospitals, Akademiska sjukhuset and The University Animal Hospital (UDS).



Archbishopric since 1164. Hometown of the Archbishop and The National Church Office.



22,000 companies. The largest private employers are Cytiva, Fresenius Kabi and Thermo Fisher



Processes 83 patent applications a year and 4 new enterprises a day



Hosts 190 congresses a year



65 national and international sport events a year



26 elite sports associations and 43 national championship medals



17 minutes Uppsala – Arlanda Airport,

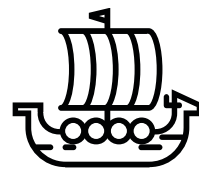
30 minutes Uppsala – Stockholm



The average temperature during the coldest months is approx. -4, and during the summer months around +16



The official currency of Sweden is the Swedish krona. Sweden is generally considered to have the most cash-less society in the world



Some of Sweden's most important historical sites: Old Uppsala, Linné's gardens, and the largest church in Scandinavia

