



# Sunclimbing Opening Celebrations | 16.-19. November 2023 | Program\*

\*This is the final program, however, small changes in times and places are always possible. You will receive the most recent information on the website, our Instagram page or, if you are registered for a workshop, via email. All workshops will be held in English.

Participation in all workshops is **FOR FREE!**  
[Online registration required.](#)

<b>Thursday, 16.11.2023</b>					12:00	<b>Start Registration, Information, Coffee</b> just come by :)				18:00	<b>Opening Get-together and Welcome Speech</b>								
<b>Friday, 17.11.2023</b>										<b>Saturday, 18.11.2023</b>									
08:00					<b>Morning Yoga</b> with Christina Bauer					08:00					<b>Morning Yoga</b> with Christina Bauer				
09:00										09:00									
10:00		<b>From the question "which rope?" to self rescue...</b>		<b>PPE and interesting facts about climbing gear</b>		<b>Petzl GriGri+ and Connect Adjust</b>		<b>How to use the beta stick</b>		10:00		<b>From the question "which rope?" to self rescue...</b>		<b>PPE and interesting facts about climbing gear</b>		<b>Petzl GriGri+ and Connect Adjust</b>		<b>How to use the beta stick</b>	
11:00		With Rauf Osman Pınarbaşı, Mustafa Nalbant, Haldun Ülkenli		with Jürgen Beisswenger		with Volkan Ozkan		with Arda Mert		11:00		With Rauf Osman Pınarbaşı, Mustafa Nalbant, Haldun Ülkenli		with Jürgen Beisswenger		with Volkan Ozkan		with Arda Mert	
12:00				<b>How to use an Ohm</b>				<b>Keep the mountains clean</b>		12:00				<b>How to use an Ohm</b>				<b>Keep the mountains clean</b>	
				with Jürgen Beisswenger				with Wolfgang Vogl and Magx Becker						with Jürgen Beisswenger				with Wolfgang Vogl and Magx Becker	
13:00					<b>Hangboard and Slackline Contest</b>					13:00					<b>Hangboard and Slackline Contest</b>				
14:00		<b>Emergency first response on the rock</b>		<b>Girls on fire - Masterclass</b>		<b>Improve training performance</b>		<b>Tactics to succeed in climbing routes</b>		14:00		<b>Emergency first response on the rock</b>		<b>Girls on fire - Masterclass</b>		<b>Improve training performance</b>		<b>Tactics to succeed in climbing routes</b>	
15:00		With Büsra and Mustafa Nalbant		with Fleur Derks		with Burak Serter		with Wolfgang Vogl		15:00		With Büsra and Mustafa Nalbant		with Fleur Derks		with Burak Serter		with Wolfgang Vogl	
16:00						<b>Train on a hangboard</b>				16:00						<b>Train on a hangboard</b>			
						with Zorbey Aktuyun										with Zorbey Aktuyun			
17:00		<b>Food for climbing performance</b>		<b>Dealing with injuries</b>						17:00		<b>Food for climbing performance</b>		<b>Dealing with injuries</b>					
		with Natalia Furina		with Ahmet Güner								with Natalia Furina		with Ahmet Güner					
late					20:00 <b>Movie Night</b>					late					19:00 <b>Opening Rock Party</b>				
<b>Sunday, 19.11.2023</b>					10:00	<b>Good-bye Breakfast and last get-together</b>													