



GET *READY* PACK

MILANO CORTINA 2026

CONTENTS

- 3 Join the community
- 4 Welcome to Milano Cortina 2026



GETTING TO THE GAMES

- 6 Arrivals
- 7 Accreditation
- 8 Transport
- 9 Olympic Villages map



WELCOME TO YOUR VILLAGE

- 11 Milan
- 12 Cortina
- 13 Predazzo
- 14 Livigno
- 15 Bormio
- 16 Anterselva



LIFE IN THE VILLAGE

- 18 Olympic Village services
- 19 Athlete365 House
- 20 IOC Athletes' Commission election
- 22 Athlete365 x Powerade Mind Zone
- 23 Believe in Sport ambassadors
- 24 Pamper yourself with P&G
- 25 Paying with Visa
- 26 Your Golden Moment
- 27 Eating and drinking



MAXIMISING YOUR GAMES EXPERIENCE

- 29 Airbnb500
- 30 Olympic Edition Samsung phone
- 31 Athlete Moment
- 32 Capture your Olympic experience
- 33 Athlete365 app
- 34 Athlete365 Learning
- 35 PinQuest
- 36 How to access tickets
- 37 Opening Ceremony
- 38 Get Set – Train Smarter



NEED TO KNOW

- 40 Getting to your competition venue
- 41 How to seek help
- 42 Social media guidelines
- 43 Athlete Expression
- 44 Commercial opportunities
- 45 Prevention of competition manipulation
- 46 Anti-doping
- 47 Sustainability
- 48 Departures



JOIN THE COMMUNITY

We're on a mission to make athletes' lives better.

Athlete365 is the global community for Olympians, Paralympians, elite-level athletes and their entourage members.

We have more than 200,000 members from around the world, and we'd love you to join us.

Here's why you should sign up today.



ACCESS OUR EXCLUSIVE OFFERS

Including the Airbnb500 Travel Grant.



LEVEL UP WITH ATHLETE365 LEARNING AND CAREER+

Empower yourself on and off the field of play.



PERSONALISE YOUR ATHLETE365 EXPERIENCE

Get the content that matters most to you.

SIGN UP NOW

WELCOME TO MILANO CORTINA 2026

Blending decades of winter sports expertise, legendary venues and a passionate local fan base, Milano Cortina 2026 will be truly unique.



13

COMPETITION VENUES

With breathtaking backdrops across northern Italy



16

DISCIPLINES

Featuring an Olympic debut for ski mountaineering

116 MEDAL EVENTS

Including new medal events in:



ALPINE SKIING

men's and women's team combined



SKELETON

mixed team



FREESTYLE SKIING

men's and women's dual moguls



SKI JUMPING

women's large hill



LUGE

women's doubles



SKI MOUNTAINEERING

men's and women's sprint, mixed relay

47%

FEMALE ATHLETES



Making this the most gender-balanced Olympic Winter Games in history



GETTING TO THE GAMES



Your journey at Milano Cortina 2026 starts here.

6 Arrivals

7 Accreditation

8 Transport

9 Olympic Villages map



ARRIVALS

What to expect when you arrive in Italy.

Due to the widespread nature of Milano Cortina 2026, the arrivals system is split into two zones.

WEST ZONE

VILLAGES: Milan, Livigno and Bormio

MAIN POINT OF ENTRY: Milano Malpensa Airport

OTHER ENTRY POINTS:

- Milano Centrale train station and Milano Linate Airport (for Milan)
- Tirano train station (for Livigno and Bormio)

JOURNEY TIMES FROM MILANO MALPENSA AIRPORT:

Milan Village: 1 h 30 mins
Bormio Village: 4 h 30 mins
Livigno Village: 6 h 45 mins



EAST ZONE

VILLAGES: Cortina, Predazzo, Anterselva

MAIN POINT OF ENTRY: Venezia Marco Polo Airport

OTHER ENTRY POINTS:

- Venezia Mestre train station (for Cortina or Anterselva)
- Trento train station (for Predazzo)
- Valdaora train station (for Anterselva)

JOURNEY TIMES FROM VENEZIA MARCO POLO AIRPORT:

Cortina Village: 3 h 15 mins
Predazzo Village: 3 h 50 mins
Anterselva Village: 4 h 35 mins



FIND OUT MORE

If you have any questions about your arrival procedure, speak to your NOC, e.g. your Chef de Mission.

ACCREDITATION

How to validate your accreditation and keep it safe.

1

Before travelling to the Games, you will be issued with a Pre-Valid Card (PVC). If you require a visa, this will be printed on your PVC, which must be presented at immigration with a valid travel document.

2

Your PVC must then be validated when you arrive at the Games. You will then be issued with an Olympic Identity and Accreditation Card (OIAC).

3

Your OIAC is your official accreditation, granting you access to the venues and services you need. You must carry it with you at all times, apart from training or competition.



TIP: Hang your accreditation on the inside door handle of your room before you go to bed. Then, when you leave your room, you'll be reminded to put it on.

For more information, please contact your NOC.

YOUR TRANSPORT OPTIONS

How to get around at the Games.

You will have three main transport options available to you at Milano Cortina 2026.



TRANSPORT FOR ATHLETES (TA)

Point-to-point service from your Village to your training/competition venues

For athletes and accredited entourage members with TA entitlement – priority given to competing athletes



PUBLIC TRANSPORT (TP)

Free access to public transport throughout the Games period

For athletes and eligible accredited entourage members



TRANSPORT CONNECT (TC)

Extra shuttle service connecting each Village with competition venues, long-term parking areas and hotels

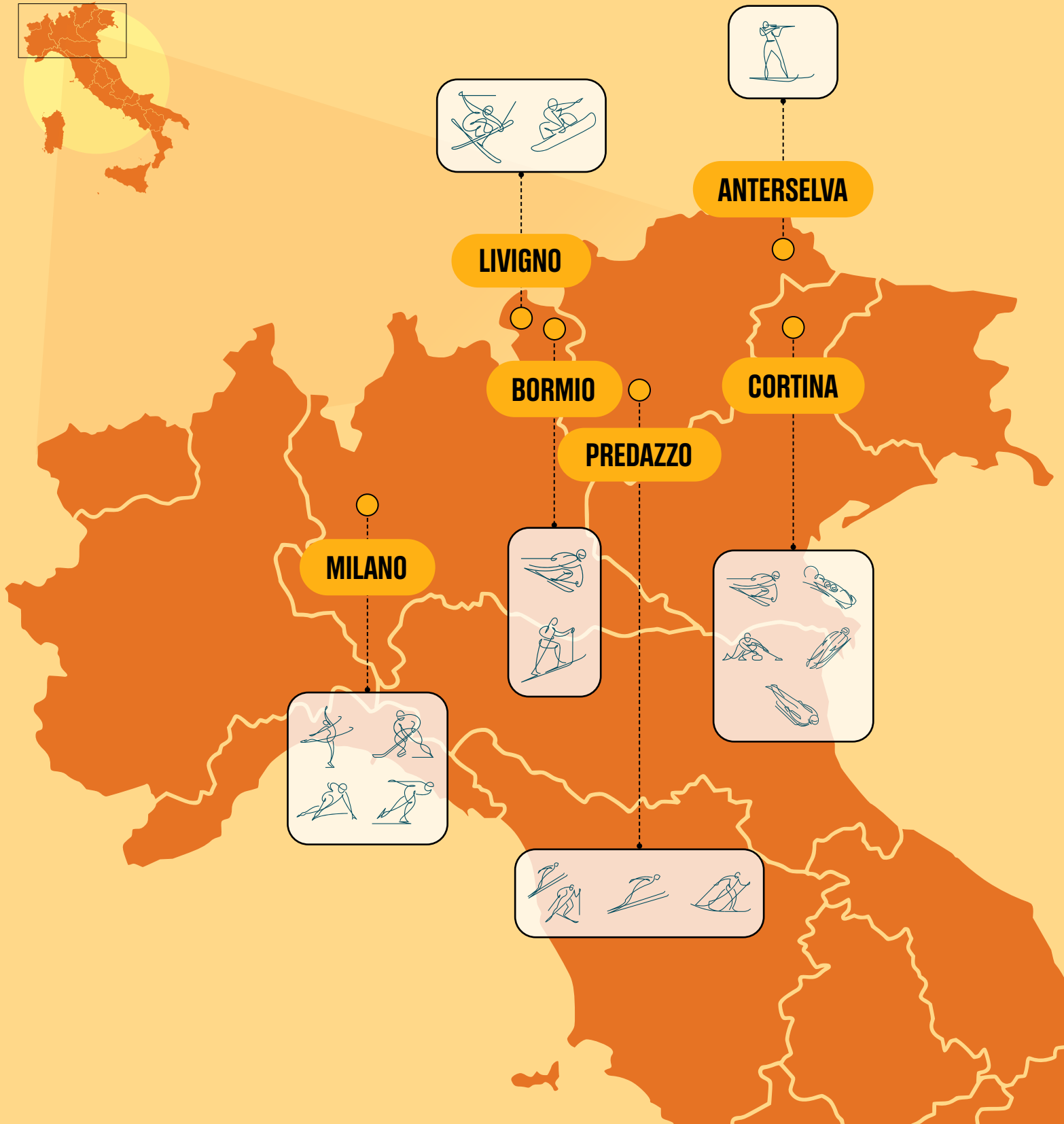
For athletes and eligible accredited entourage members

The easiest way to find your way around is the official Milano Cortina 2026 transport app, which will be available closer to the Games.



OLYMPIC VILLAGES MAP

Click on your Village to find out more.



WELCOME TO YOUR VILLAGE



Get to know your new home.

11 Milano

14 Livigno

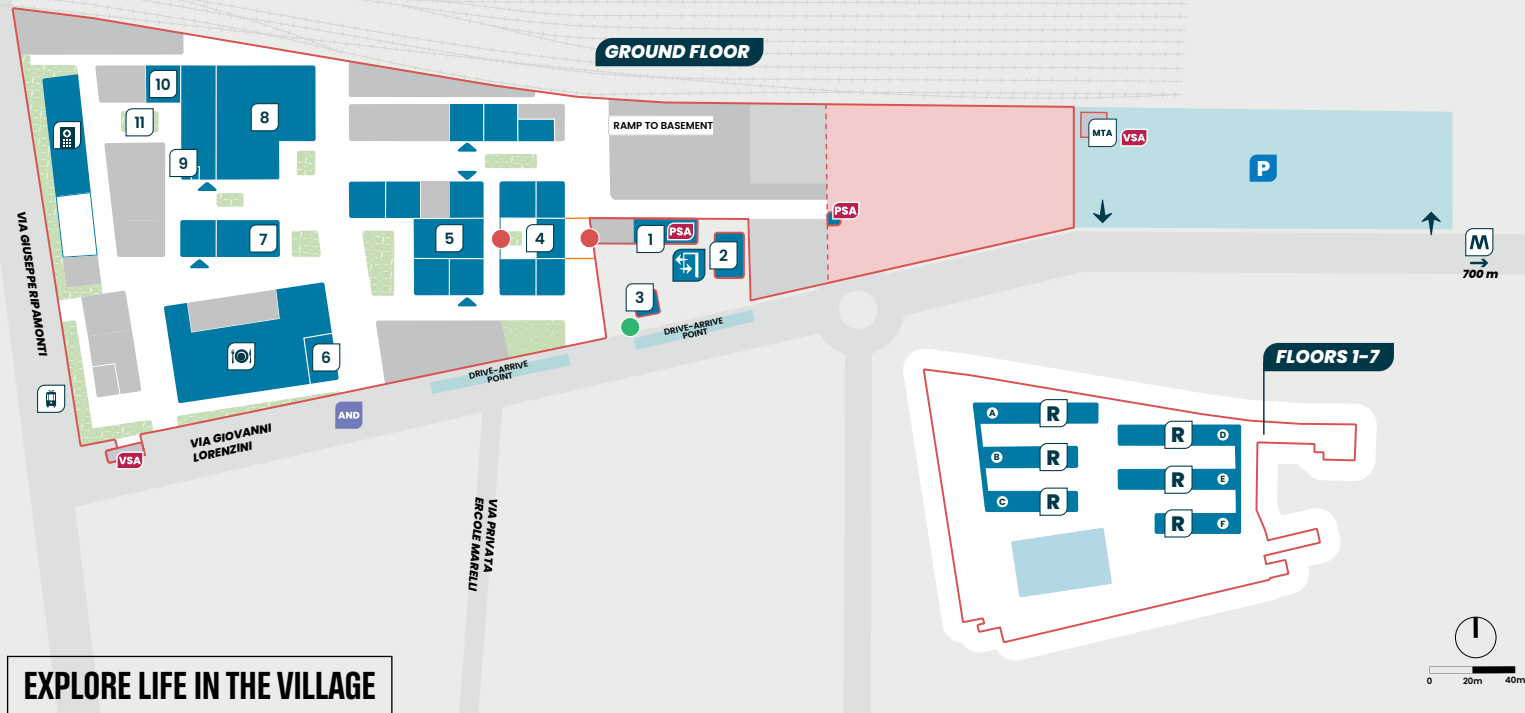
12 Cortina

15 Bormio

13 Predazzo

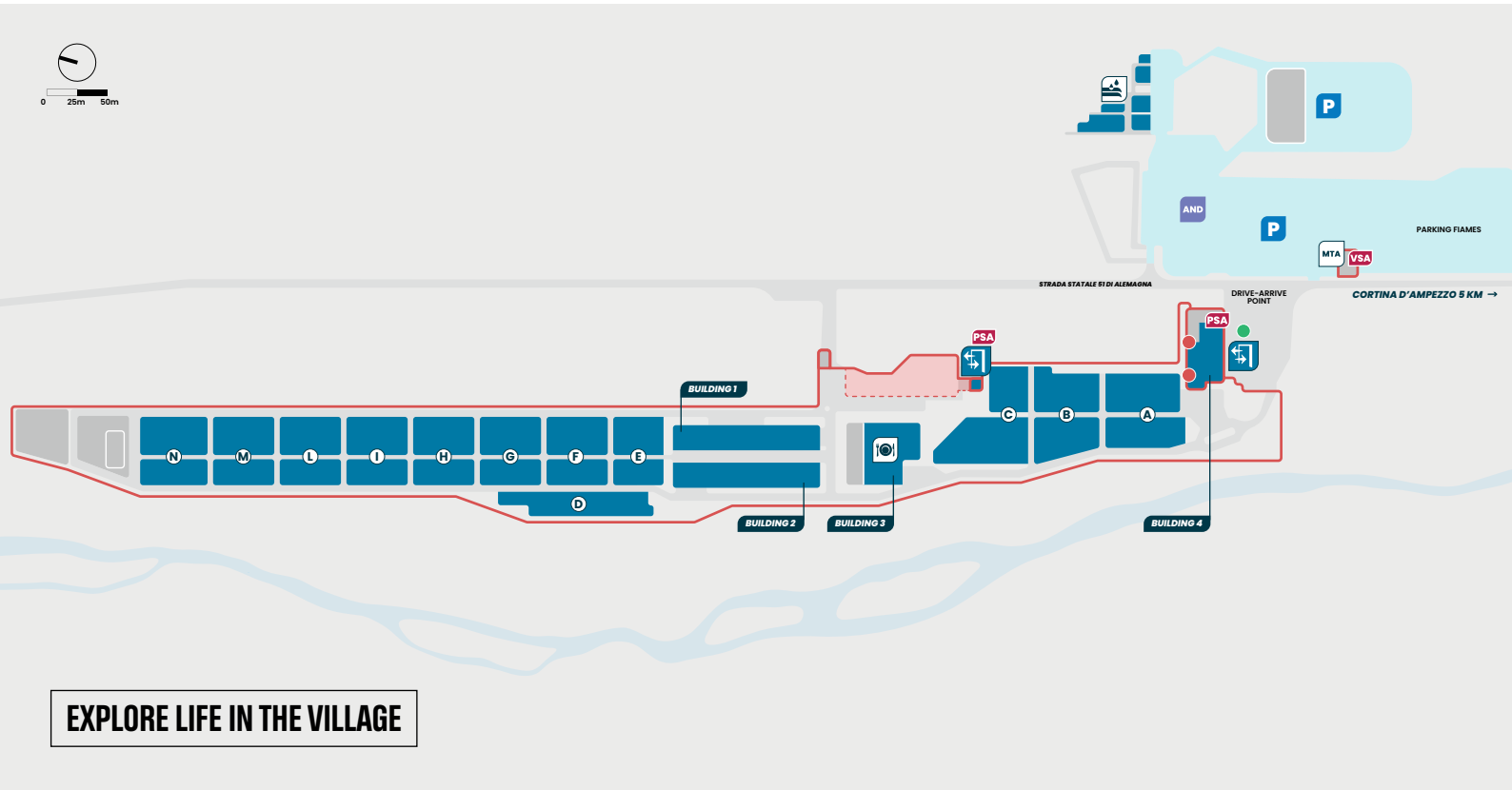
16 Anterselva

MILAN



WELCOME TO YOUR VILLAGE

CORTINA



EXPLORE LIFE IN THE VILLAGE

-  Athletes and Team Officials
-  Unavailable area
-  Transport Mall
-  Entrance/Exit
-  Pedestrian Screening Area
-  Vehicle Screening Area
-  Materials Transfer Area
-  Arrivals and Departures Service
-  NOC Dedicated Parking

-  Wax Cabins
-  Residential Blocks
-  Security Perimeter
-  Internal Perimeter
-  Entry to Residential Units
-  Access Control Point
-  Main Entry Address (individual deliveries)

BUILDING 1

- Resident Laundries
- Resident Centre
- Recreational Areas
- Doping Control Stations

First Floor

- Prayer Room

BUILDING 2

- Fitness Centre
- Mind Zone

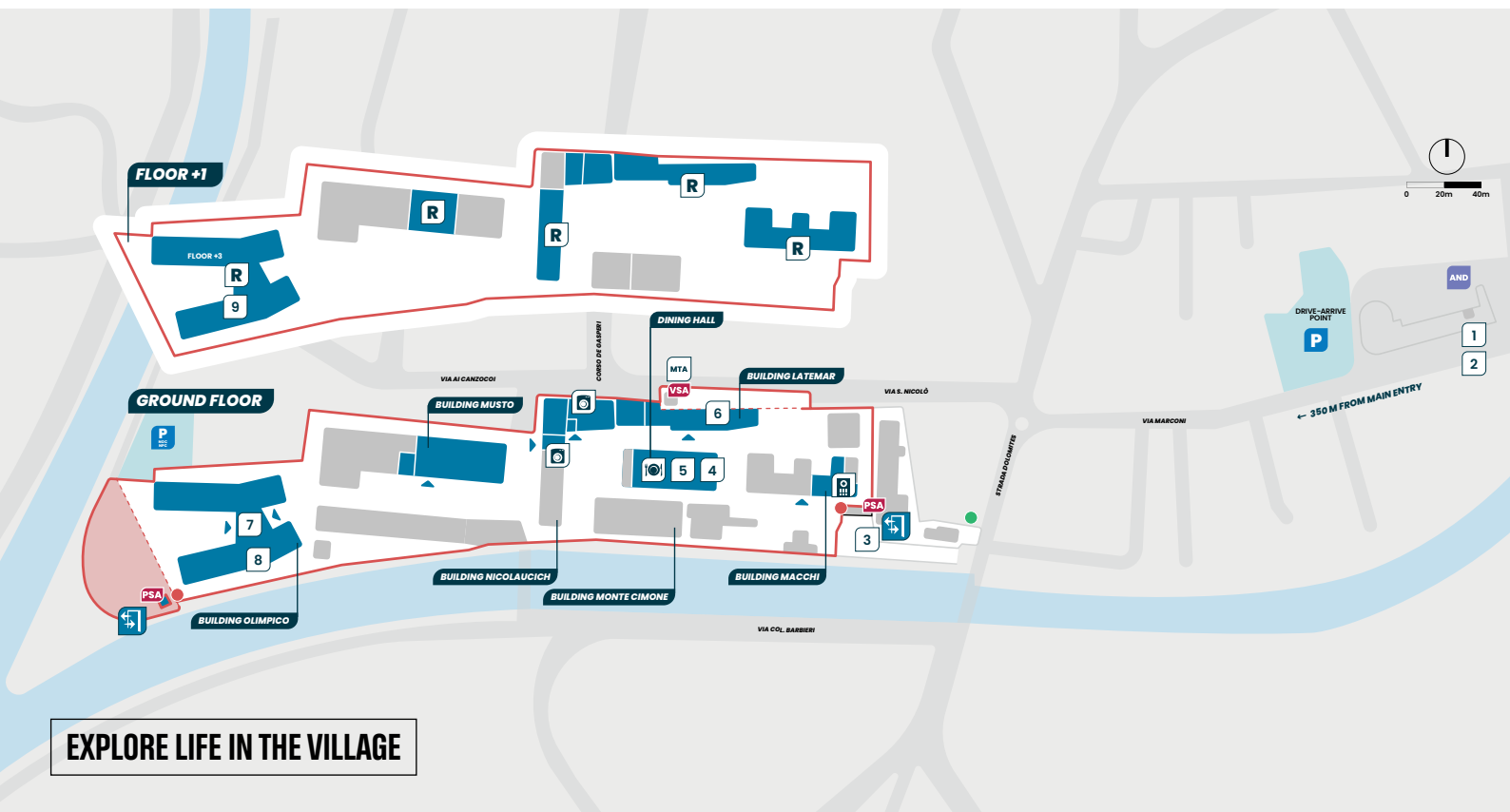
BUILDING 3

- Main Dining Hall
- Athlete365 House

BUILDING 4

- Team Processing Centre
 - Main Entry
 - Accreditation Centre
 - Guest Pass Centre
 - Village Plaza

PREDAZZO



EXPLORE LIFE IN THE VILLAGE

	Athletes and Team Officials		Entrance/Exit		Security Perimeter		Accreditation centre	FLOOR -1	Fitness Centre
	Unavailable area		Main Dining Hall		Internal Perimeter		Guest Pass Centre	FLOORS 1-3	
	Transport Mall		Polyclinic		Entry to Residential Units		Main Entry		Residential Units
	Pedestrian Screening Area		Resident laundries		Access Control Point		Athlete365 House		Mind Zone
	Vehicle Screening Area		Waste Disposal Point		Main Entry Address (individual deliveries)		Recreational Areas		
	Materials Transfer Area						Doping Control Station		
	Arrivals and Departures Service						Resident Centre		
	NOC Dedicated Parking						Prayer Room		



WELCOME TO YOUR VILLAGE

LIVIGNO

EXPLORE LIFE IN THE VILLAGE

Athletes and Team Officials

Unavailable area

Transport Mall

Entrance/Exit

PSA

Pedestrian Screening Area

VSA

Vehicle Screening Area

MTA

Materials Transfer Area

AND

Arrivals and Departures Service

P

NOC Dedicated Parking

Entry to Residential Units

Access Control Point

Main Entry Address (individual deliveries)

	Alpen Resort Bivio Hotel	Intermonti Hotel	Charme Hotel Alexander	Remote Location
Main Entry (PSA)	●	●	●	
Accreditation Centre				●
Guest Pass Centre & Workforce Centre				●
Village Plaza	●			
Main Dining Hall	●	●	●	
Residential Units	●	●	●	
Resident Centre	●	●	●	
Fitness Centre	●	●	●	
Recreational Areas	●	●	●	
Resident Laundries				●
Medical Desk		●		
Prayer Room		●		
Transport Mall		●		
Athlete365 House	●	●	●	
Mind Zone	●			
Doping Control Station		●		

BORMIO

EXPLORE LIFE IN THE VILLAGE

- Athletes and Team Officials
- Unavailable area
- Athletes and Team Officials,
Guests and Press
- Transport Mall
- PSA

Pedestrian Screening Area
- MTA

Materials Transfer Area
- Entrance/Exit
- AND

Arrivals and
Departures Service
- Access Control Point
- Main Entry Address
- P

NOC Dedicated Parking

	Palace Hotel	Miramonti Park Hotel	Baita Clementi Hotel	Cristallo Hotel	Remote location
Accreditation Centre	●				
Main Entry	●	●	●	●	
Secondary Entry				●	
Guest Pass Centre	Inside Accreditation Centre				
Village Plaza				●	
Main Dining Hall	●	●	●	●	
Residential Units	●	●	●	●	
Resident Centre	●	●	●	●	
Fitness Centre	●	●			
Recreational Areas	●	●	●	●	
Resident Laundries					●
Medical Desk	●				
Prayer Room	●				
Athlete365 House	●	●	●	●	
Mind Zone	●				
Doping Control Station	●				

ANTERSELVA



- Athletes and Team Officials
- Unavailable area
- Athletes and Team Officials, Guests and Press
- Transport Mall
- Pedestrian Screening Area
- Materials Transfer Area
- Entrance/Exit
- Entry to Residential Units

	Garberhof Hotel	Alpenhof Hotel	Brunnerhof Hotel	Autentis Hotel	Remote location
Main Entry (PSA)	●	●	●	●	
Cluster Connection Centre (CCC)					●
Guest Pass Centre					Inside CCC
Main Dining Hall	●	●	●	●	
Residential Units	●	●	●	●	
Resident Centre	●	●	●	●	
Fitness Centre	●	●	●	●	
Recreational Areas	●	●	●	●	
Resident Laundries			TBD		
Medical Desk		●			
Prayer Room			TBD		
Athlete365 House	●	●	●	●	

LIFE IN THE VILLAGE



Find out what's happening in your Village.

18 Olympic Village services

19 Athlete365 House

20 IOC AC election

22 Athlete365 x
Powerade Mind Zone

23 Believe in Sport ambassadors

24 Pamper yourself with P&G

25 Paying with Visa

26 Your Golden Moment

27 Eating and drinking

OLYMPIC VILLAGE SERVICES

Here's what you will find in your Olympic Village.

[FIND OUT MORE](#)



MEDICAL SERVICES

Medical services will be available in each Village, with varying levels of service, including external locations supported by arranged transport. Accredited entourage members are eligible only in emergencies.



FITNESS CENTRE

Gym with equipment tailored to the specific sports represented in the Village.



LAUNDRY

Self-service laundry stocked with Dash Laundry Detergent, Lenor Fabric Conditioner and Lenor In-wash Scent Booster from P&G.



RESIDENT CENTRE

Get assistance with any accommodation issues, including housekeeping requests, emergency maintenance and lost property.



RECREATIONAL AREA

Relax and have fun with a variety of entertainment activities.



PRAYER ROOM

A quiet space for meditation and worship.

ATHLETE365 HOUSE

Connect with other athletes, access support programmes, learn about key topics and vote in the IOC Athletes' Commission election – all at Athlete365 House!

Thoughtfully designed for you to get involved in rewarding activities, share your voice, create memories with other athletes, and collect limited-edition freebies, Athlete365 House will be in every Village at Milano Cortina 2026.

With six areas to explore, here's what you can expect:



EMPOWER

Learn about the prevention of competition manipulation and anti-doping



PLAY

Play PinQuest and win special prizes



CELEBRATE

Commemorate your Games experience with souvenir photos



CONNECT

Join the Athlete365 community, access our exclusive offers and learn about Olympic Solidarity



ACT

Vote in the IOC Athletes' Commission election



EXCITE

Watch live competitions with other athletes

[FIND OUT MORE](#)



LIFE IN THE VILLAGE

VOTE IN THE IOC ATHLETES' COMMISSION ELECTION

Have your say in who represents you within the Olympic Movement.

Two athletes from two different sports will be elected to the IOC Athletes' Commission (AC) at Milano Cortina 2026.

All accredited athletes (Aa) are eligible to vote – don't miss this chance to use your voice.



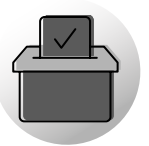
WHAT IS THE IOC AC?

The IOC AC's mission is to represent you within the Olympic Movement, support you so they can succeed in your sporting and non-sporting careers, and empower the global network of athlete representatives.



WHO IS STANDING?

There are 11 candidates standing in the election, representing 11 National Olympic Committees and five sports. Find out more about your candidates on the next page.



WHEN AND WHERE CAN I VOTE?

Election dates: 30 January–18 February

Location: Voting booths at Athlete365 House in each Village

FIND OUT MORE



IOC **ATHLETES'**
COMMISSION ELECTION

MEET YOUR CANDIDATES

BIATHLON



**JOHANNA
TALIHÄRM**

BOBSLEIGH



**YUNJONG
WON**

CURLING



**MAGNUS
NEDREGOTTEN**

SKATING

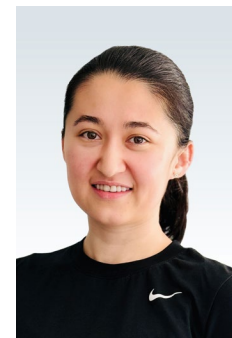


**CONG
HAN**

SKIING



**OLEKSANDR
ABRAMENKO**



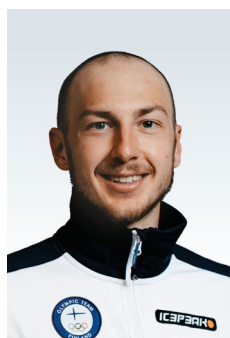
**ZHANBOTA
ALDABERGENOVA**



**DARIO
COLOGNA**



**YOHAN
GONCALVES GOUTT**



**ILKKA
HEROLA**



**ÁDÁM
KÓNYA**



**MARIELLE
THOMPSON**

ATHLETE365 X POWERADE MIND ZONE

Relax, recharge and mentally prepare to compete at your best.

First introduced at Paris 2024, the Athlete365 x Powerade Mind Zone is a groundbreaking initiative that helps you prioritise your mental health during the Olympic Games.

- Relax with a virtual reality mindfulness experience*
- Disconnect and inspire your creativity with art activities
- Unwind and de-stress with breathing exercises
- Have a confidential chat with a qualified IOC safeguarding officer**

Delivered in partnership with Worldwide Olympic Partner Coca-Cola, the Mind Zone is also stocked with Powerade products to aid your recovery.

[FIND OUT MORE](#)



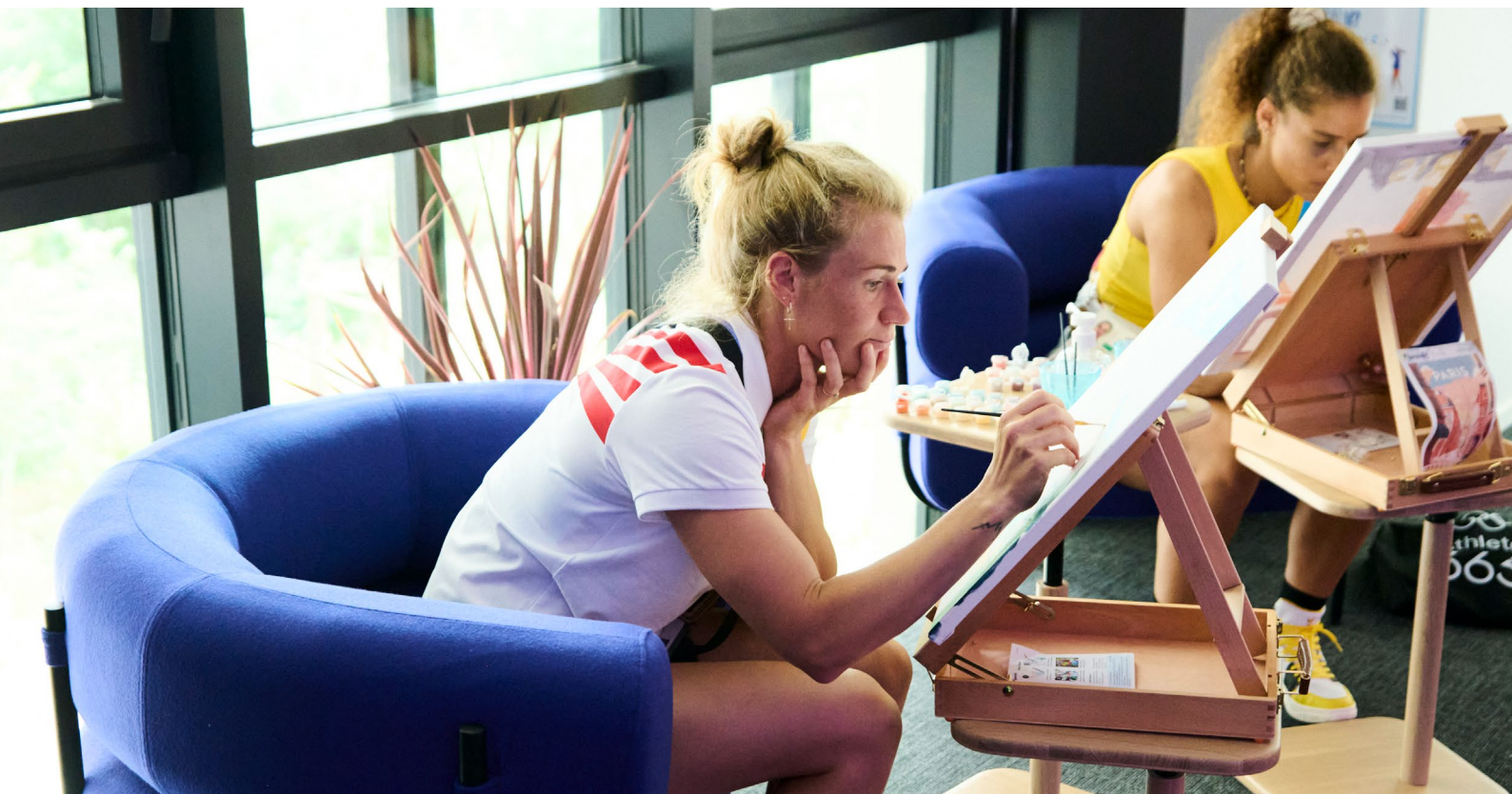
DID YOU KNOW?

You can get a free one-year premium subscription to a leading mindfulness app with Athlete365.

[ACCESS OFFER](#)

**Mind Zone in Bormio will not have the VR experience.*

***Mind Zone in Bormio will not be staffed but contact information for mental health and safeguarding support will be available.*



LIFE IN THE VILLAGE



MEET YOUR BELIEVE IN SPORT AMBASSADORS

The Believe in Sport campaign raises awareness about the threat of competition manipulation.

As part of the IOC's Believe in Sport campaign, three ambassadors have been chosen for Milano Cortina 2026: Mark Fraser, Yura Min and Dominik Windisch.



They will be present at the Believe in Sport booth in Athlete365 House in **Milan** and **Cortina** from 30 January to 23 February.

Head down to the booth to find out more about the prevention of competition manipulation and have a go at an interactive game to take home a special souvenir.

[LEARN MORE ABOUT YOUR AMBASSADORS](#)

[LEARN MORE ABOUT BELIEVE IN SPORT](#)

We want you to feel confident in spotting the warning signs and know exactly what you can do to protect the integrity of sport.

To find out what your sport is doing to prevent competition manipulation, head to our International Federations Directory.

[ACCESS THE DIRECTORY](#)



WORLDWIDE OLYMPIC AND PARALYMPIC PARTNER

PAMPER YOURSELF WITH P&G

P&G's leading brands are here to help you feel your best during the Games.

P&G CHAMPIONS CLUBHOUSE

For athletes in the **Milan Olympic Village**, head to the P&G Champions Clubhouse to treat yourself to beauty and grooming services, take part in gaming competitions and cultural celebrations with fellow athletes, and receive exclusive giveaways.

PAMPERS KIT FOR PARENTS

Are you an athlete with a baby or young child travelling with you to the Games? Pick up your Pampers Kit, designed to support your family during your stay at the Games with high-quality nappies/diapers, wipes and a few other surprises for your little one. If you haven't done so already, sign up here to register your interest.

[REGISTER HERE](#)



ATHLETE WELCOME KIT

To welcome you to Milano Cortina 2026, all athletes will receive a thoughtfully curated Athlete Welcome Kit, packed with premium products to ensure you feel your best as you compete on the world stage.



LIFE IN THE VILLAGE



PAYING WITH VISA

As part of Visa's longstanding partnership with the Olympic and Paralympic Games, Milano Cortina 2026 accepts only Visa for card payments, along with cash, at Olympic venues and Villages to pay for food, beverages and official licensed products.

Get ready for the Games. Contact your bank and request a Visa card now.





Corona
Cero



MARK YOUR **GOLDEN** MOMENT

Celebrate your time at the Games with a Corona Golden Bottle.

For athletes in the **Milan Village**, head to the Corona Greenroom to relax before competition, recharge afterwards, and celebrate your achievements.

Here, you can customise and pick up your Corona Golden Bottle, a unique symbol of

your journey, ready to be engraved with the golden moment that defined your Games.

If you are staying in **Cortina, Predazzo, Livigno, Bormio, or Anterselva**, you can personalise your Golden Bottle online and have it delivered to you. Stay tuned.

EATING AND DRINKING

Your food and beverage options at the Games have been carefully designed to offer you high-quality meals tailored to your dietary and nutritional requirements.

OLYMPIC VILLAGES

- The Main Dining Areas in each Village will operate for 24 hours a day
- Specific menus available for breakfast, lunch and dinner
- Options will rotate over five days and offer a diverse selection
- Vegetarian, vegan and gluten-free options always available
- Water, isotonic drinks, juices and soft drinks from Coca-Cola available throughout the Village

COMPETITION VENUES

- The Athletes' Lounge at each venue will offer light refreshments
- Meals will be provided if you're at the venue for more than four hours
- Enhanced meals will be provided for certain disciplines
- Water and Powerade available on field of play; other Coca-Cola products available in Athletes' Lounge



MAXIMISING YOUR GAMES EXPERIENCE



Make the most of your time at Milano Cortina 2026.

29 Airbnb500

30 Olympic Edition Samsung phone

31 Athlete Moment

32 Capture your Olympic experience

33 Athlete365 app

34 Athlete365 Learning

35 PinQuest

36 How to access tickets

37 Opening Ceremony

38 Get Set - Train Smarter



Worldwide Olympic and Paralympic Partner

READY, SET, GO WITH A USD 500 AIRBNB GRANT

Relax

Take a moment to rest and recover after the Games with a USD 500 Airbnb Travel Grant, available only to Olympians and Paralympians competing at Milano Cortina 2026.

Claim your grant from 30 January to 20 April 2026 by registering online or going to Athlete365 House in your Olympic Village.

Additional terms and conditions apply.

[FIND OUT MORE](#)



MAXIMISING YOUR GAMES EXPERIENCE



SAMSUNG

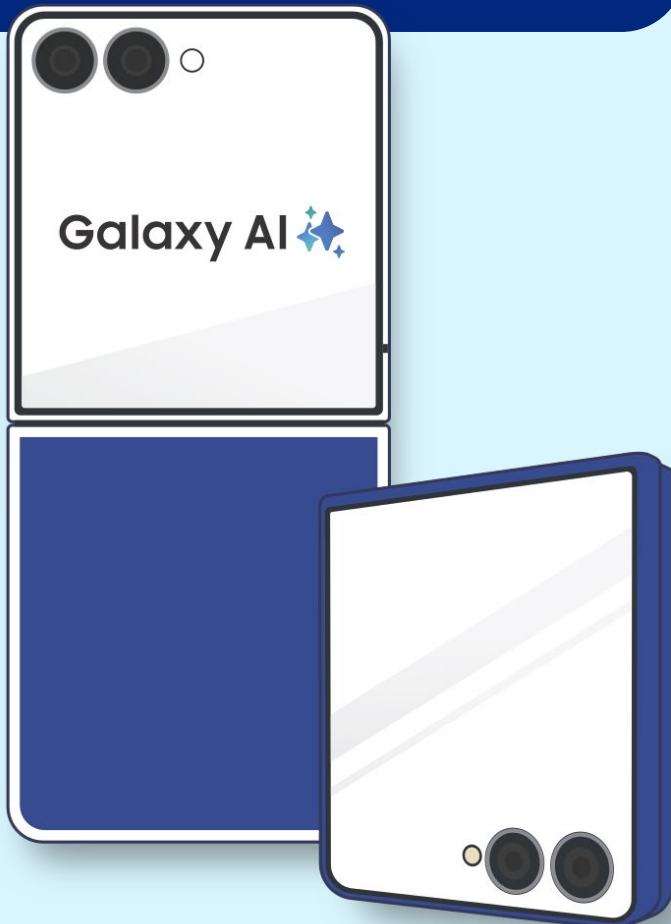
YOUR OLYMPIC EDITION PHONE

All athletes competing at Milano Cortina 2026 will receive an exclusive Olympic Edition phone from Samsung.

As a Worldwide Olympic Partner for more than 25 years, Samsung is proud to bring you an Olympic Edition phone – designed exclusively for athletes at Milano Cortina 2026.

To help you make the most of your time at the Games, your phone will come with several essential apps pre-installed, including Athlete365, PinQuest and the transport app. You can also use a free eSIM with data, calls and texts upon activation.

WHAT MAKES IT SPECIAL?



Olympic exclusive design



Samsung Galaxy AI



Olympic applications



Special accessories



2-year global warranty



Exclusive benefits

CELEBRATE WITH LOVED ONES AROUND THE WORLD

Do you have family and friends who can't be at the Games? Connect with them after your event with the Athlete Moment, presented by TCL.

HOW DOES IT WORK?

- 1 Sign up and share your private link with loved ones
- 2 Loved ones join video call at specified time
- 3 Celebrate on screen immediately after your event

IS MY SPORT INCLUDED?

The Athlete Moment will be available for all sports at Milano Cortina 2026.

If you're competing in curling or ice hockey, it will be available from the quarter-finals onwards. For every other sport, it will be available during all sessions.



HOW DO I APPLY?

Applications will open in the lead-up to the Games.



CAPTURE YOUR OLYMPIC EXPERIENCE

Have a professional headshot taken and get access to photos of yourself competing at the Olympic Games.

ATHLETE HEADSHOTS

All athletes are required to get a professional headshot taken in the studio in your Olympic Village or competition venue.

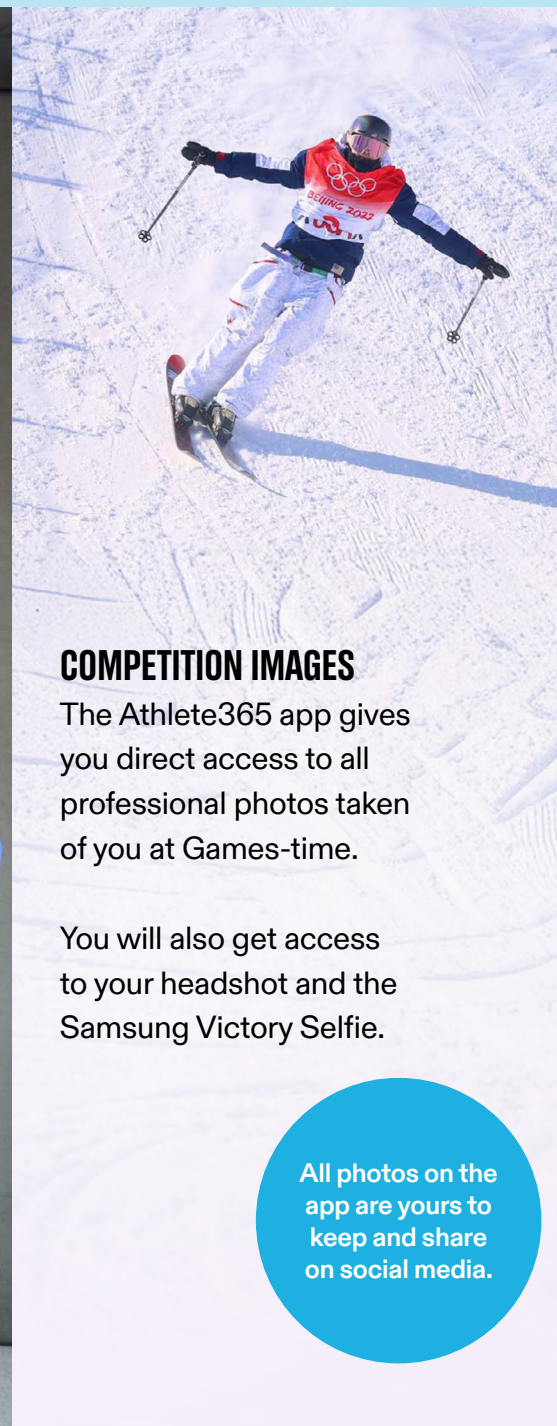
Your picture will be used for:

- TV graphics
- Public scoreboards
- Website biographies
- Social media

There will also be an audio recording during the session to ensure your name is pronounced properly during commentary.

The schedules and location will be communicated for each discipline.

Make sure you get your headshot taken at least two days before your first competition.



COMPETITION IMAGES

The Athlete365 app gives you direct access to all professional photos taken of you at Games-time.

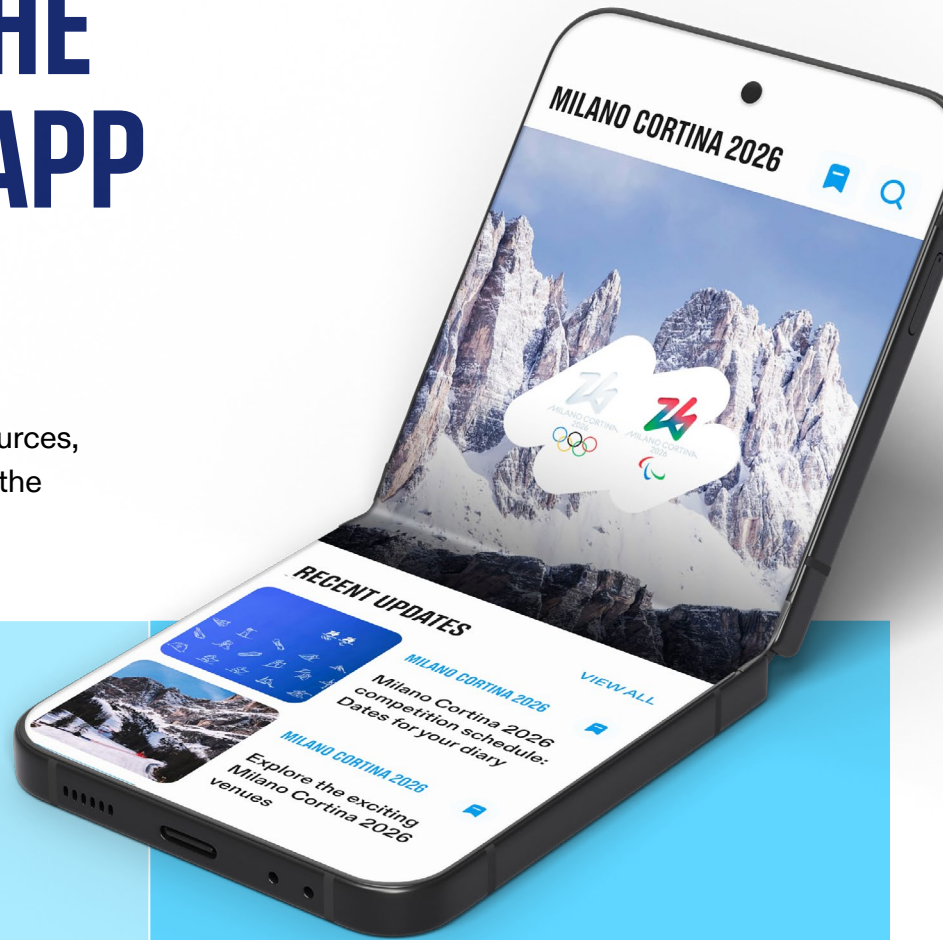
You will also get access to your headshot and the Samsung Victory Selfie.

All photos on the app are yours to keep and share on social media.

DOWNLOAD THE ATHLETE365 APP

Everything that Athlete365 has to offer, right at your fingertips.

Your go-to destination for our practical resources, learning opportunities and exclusive offers, the Athlete365 app is split into five sections:



HOME

The latest news from Athlete365.



FOR YOU

Log in to access a personalised feed based on your interests.



GAMES

Everything you need to know before, during and after your time at Milano Cortina 2026.



LEARNING

Easy access to all of our bespoke educational courses, with insight from experts and Worldwide Olympic Partners.



YOUR NETWORK

Keep up to date with the global athlete community and meet your representatives.

DOWNLOAD THE ATHLETE365 APP NOW



MAXIMISING YOUR GAMES EXPERIENCE

ATHLETE365 LEARNING

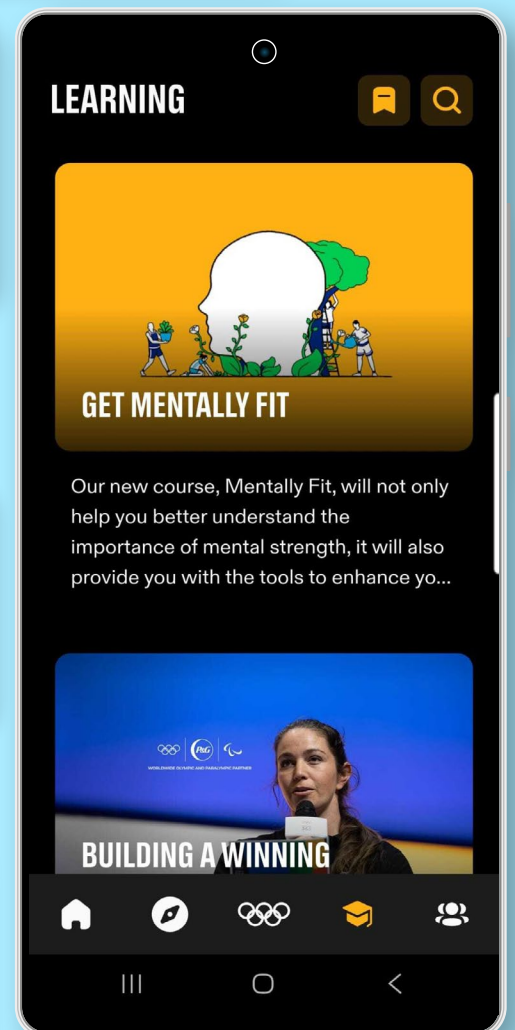
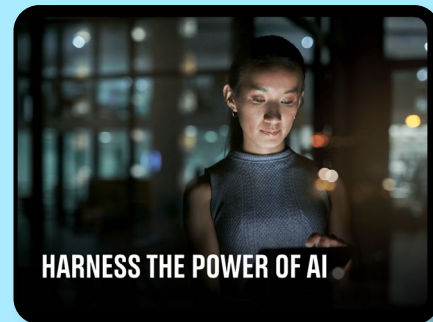
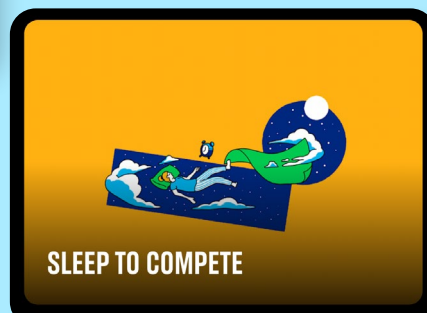
Empower yourself on and off the field of play with new skills, knowledge and expert advice.

Athlete365 Learning is a bespoke educational platform designed for athletes and their entourage, with insight from experts and Worldwide Olympic Partners to help you on your journey to the Olympic Games.

Our courses cover a wide range of important topics, from maximising your performance, to improving your mental strength and building a winning personal brand.

Upon completion of each course, you will receive an official IOC Certificate.

START YOUR ATHLETE365 LEARNING JOURNEY



PINQUEST



Start your PinQuest journey today!

Win limited-edition Milano Cortina 2026 souvenirs!

PinQuest is a digital game that invites you to test your Olympic knowledge, challenge other athletes and athletes' entourage members, interact with IOC Athletes' Commission members – and win an exclusive Milano Cortina 2026 pin collection (and more)!



HOW DO I PLAY?

Download the PinQuest app from your store and sign in using your Olympic ID.

When you're up and running, simply explore the virtual 3D map, answer quiz questions and challenge other players.



WHAT CAN I WIN?

If you accumulate 10,000 points, you will unlock an exclusive collection of Milano Cortina 2026 pins. There are also several other special prizes available, including Allianz's special pin!



HOW DO I COLLECT MY PRIZES?

Simply head to the PinQuest desk at Athlete365 House to claim.



HOW TO ACCESS TICKETS

Want to secure tickets for yourself and your loved ones?
Here are your ticketing options.

ATHLETES' FRIENDS & FAMILY TICKETING PROGRAMME

Purchase two tickets per session in which you are competing.

- Preliminary round tickets available in early February
- Intermediate round tickets available between rounds
- Use your accreditation number to purchase on dedicated web shop

DIFFERENT DISCIPLINE ATHLETES PROGRAMME

Support your fellow athletes free of charge.

- For outdoor venues, you can enter using only your accreditation
- For indoor venues, you can request one ticket per day on a first-come first-served basis, and must bring both your ticket and accreditation
- Dedicated web shop open in early February



FIND OUT MORE



OPENING CEREMONY

A new vision for the Opening Ceremony will be in place at Milano Cortina 2026.

Taking part in the Opening Ceremony is one of the most memorable moments of the Olympic Games.

To ensure the maximum number of athletes get to enjoy this once-in-a-lifetime experience, the Opening Ceremony of

Milano Cortina 2026 will take place across four locations: **Milan, Cortina, Livigno and Predazzo.**

If you want to take part in the Opening Ceremony, **you will parade in the cluster where you are competing.**

Dedicated transport will be provided within each cluster, taking you from your Village to your Opening Ceremony.

Contact your NOC, e.g. your Chef de Mission, for more information.





Google Play Store



App Store

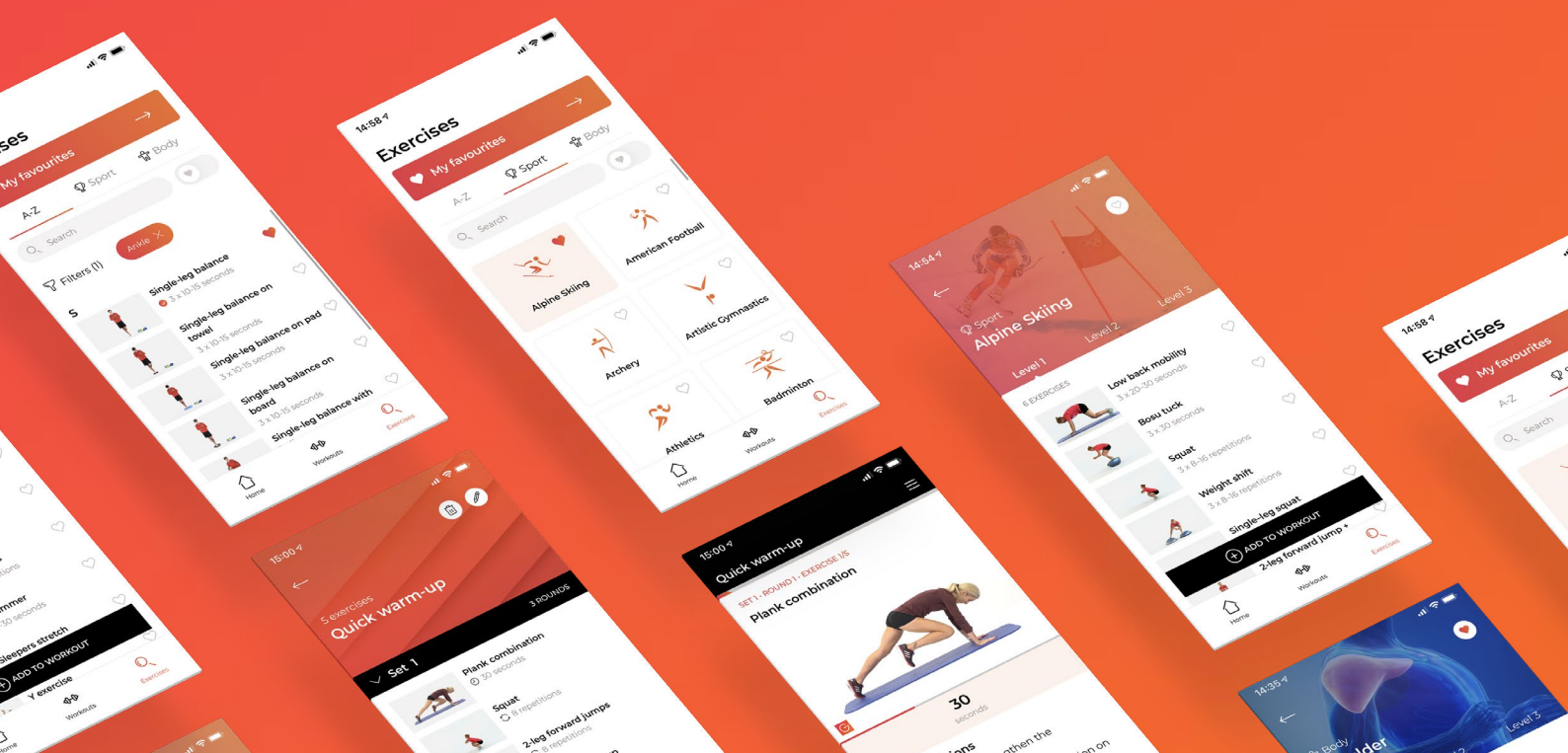


GET SET – TRAIN SMARTER

The Get Set – Train Smarter app helps incorporate injury prevention into your exercise routines using scientifically proven methods – allowing you to perform at your best and stay injury free when you need it the most.

- ✓ Prevent injuries with effective and evidence-based workout routines
- ✓ Exercises included for 55 sports – including 15 winter disciplines
- ✓ Focus on the body part of your choice

Get Set is available in 11 languages: English, French, Spanish, Russian, German, Norwegian, Chinese, Korean, Finnish, Italian and Slovenian.



MAXIMISING YOUR GAMES EXPERIENCE



NEED TO KNOW



Essential information for a stress-free Games.

40 Getting to your competition venue

45 Prevention of competition manipulation

41 How to seek help

46 Anti-doping

42 Social media guidelines

47 Sustainability

43 Athlete Expression

48 Departures

44 Commercial opportunities

GETTING TO YOUR COMPETITION VENUE

Average travel times between each Olympic Village and competition venue.

MILAN

Venue	Distance from Village (KM)	Avg. Travel Time by TA	Avg. Travel Time by TP
Milano Santagiulia Ice Hockey Arena	7.4	20	45
Milano Rho Ice Hockey Arena	29.1	45	60
Milano Ice Skating Arena	8	30	45
Milano Speed Skating Stadium	29.1	45	60

CORTINA

Venue	Distance from Village (KM)	Avg. Travel Time by TA	Avg. Travel Time by TP
Tofane Alpine Skiing Centre	7	25	30
Cortina Sliding Centre	5	15	15
Cortina Curling Olympic Stadium	6	15	15

PREDAZZO

Venue	Distance from Village (KM)	Avg. Travel Time by TA	Avg. Travel Time by TP
Predazzo Ski Jumping Stadium	3	11	35
Tesero Cross-Country Skiing Stadium	8	16	40

LIVIGNO

Venue	Distance from Village (KM)	Avg. Travel Time by TA	Avg. Travel Time by TP
Livigno Snow Park	1	7	8
Livigno Aerials & Moguls Park	3	13	16

BORMIO

Venue	Distance from Village (KM)	Avg. Travel Time by TA	Avg. Travel Time by TP
Stelvio Ski Centre	1	7	8

ANTERSELVA

Venue	Distance from Village (KM)	Avg. Travel Time by TA	Avg. Travel Time by TP
Anterselva Biathlon Arena	17	25	30



Travel Time: Minutes
TA: Transport for Athletes
TP: Public transport



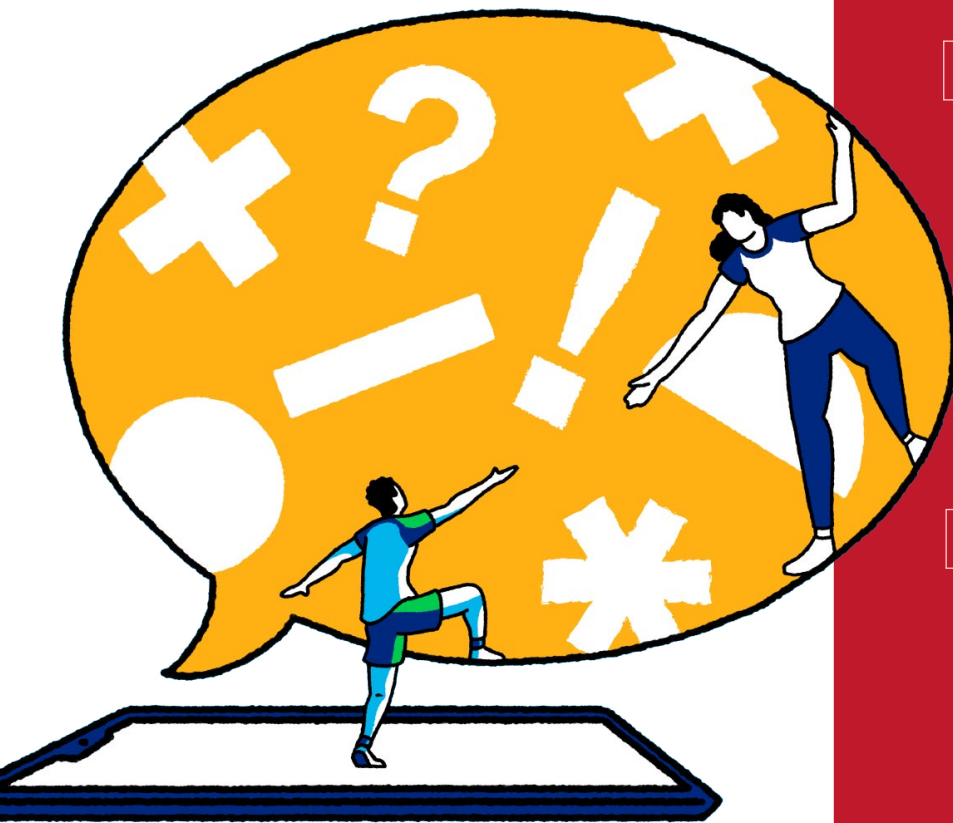
Athlete
365

Mentally
Fit

HOW TO SEEK HELP

Whether you find yourself struggling or have seen something that doesn't feel right, here's how to find support. No pressure, no judgement – just someone who's got your back.

FIND OUT MORE



ATHLETE365 MIND ZONE:

Visit the Mind Zone in your Olympic Village* for well-being and safeguarding support from qualified IOC Safeguarding Officers.

THE MENTALLY FIT HELPLINE:

A confidential 24-hour counselling service with professional support in 70 languages. Available to all Olympians at Milano Cortina 2026 for four years.

CONTACT THE MENTALLY FIT HELPLINE

IOC INTEGRITY HOTLINE:

File an online report relating to harassment/abuse or competition manipulation – you can choose to remain anonymous if you wish.

CONTACT THE IOC INTEGRITY HOTLINE

EMAIL:

Reach out to the IOC Safeguarding Officers at safeguardingofficer@olympic.org.

**For safeguarding support in Bormio, please contact safeguardingofficer@olympic.org. For mental health support, visit the polyclinic.*



NEED TO KNOW

SOCIAL MEDIA GUIDELINES

Milano Cortina 2026 offers more opportunities to engage with your followers than any previous Olympic Winter Games.

You are encouraged to share your Olympic experience with your friends, family and supporters.

The IOC social and digital media guidelines set out exactly where you are able to capture content and what you can share on your social media accounts or other channels.

You will need to follow the guidelines from **30 January to 24 February**. The rules on prohibited content still apply after this period.

WHY DO THESE GUIDELINES EXIST?

The guidelines allow you to share your experience at the Games while protecting the rights of IOC Media Rights-Holders.

Access the guidelines and FAQs for athletes and other accredited individuals:

[FIND OUT MORE](#)





ATHLETE EXPRESSION

The Athlete Expression guidelines outline the opportunities you have to express your views while respecting others.

- Sport at the Olympic Games is neutral and must be separate from political, religious or any other type of interference.
- The focus on the field of play during competitions and official ceremonies must be on celebrating athletes' performances.
- The Olympic Village must provide respectful conditions for all athletes to live together.

[READ THE GUIDELINES IN FULL](#)



COMMERCIAL OPPORTUNITIES

How to engage in and benefit from commercial activities during the Games.

- As athletes, you are able to generate income through personal sponsorships with well-planned advertising during Milano Cortina 2026, as long as you follow the requirements of the Rule 40 framework.
- By doing this, you help the Olympic Movement maintain its solidarity funding model, ensuring athletes from around the world are able to participate in the Games.
- Read the Key Principles, Illustrative Guidance and FAQs now to understand your rights and responsibilities.

FIND OUT MORE



PREVENTION OF COMPETITION MANIPULATION

What's the point of sport if the result is fixed in advance? Make the right decision and join the fight against competition manipulation.

Competition manipulation happens when athletes intentionally underperform or lose on purpose. It's also when officials intentionally make wrong decisions affecting the competition. This may be for a financial, sporting or other advantage.

[LEARN MORE](#)

THERE ARE FOUR KEY RULES TO FOLLOW AS ATHLETES:

- ✓ **We will not fix** the competition and always do our best.
- ✓ **We will not bet** on our own sport or any event at the Olympic Games.
- ✓ **We will not share information** about health issues or sport tactics.
- ✓ **We will speak up** if we witness or suspect competition manipulation.

Suspicious activity should be reported through the IOC Integrity Hotline. All matters are dealt with professionally, with full confidentiality and anonymity.

[IOC INTEGRITY HOTLINE](#)



ANTI-DOPING RULES

All athletes competing at the Olympic Games – and their entourage members – must comply with the IOC's anti-doping policies.

As athletes and entourage members, **you are solely responsible** for ensuring that you comply with the anti-doping rules at the Olympic Games.

To protect yourself and your place at the Games, it is essential that you understand the rules that are in place.

Ahead of Milano Cortina 2026, the IOC has confirmed the anti-doping rules and system for the upcoming Olympic Winter Games.

FULL ANTI-DOPING RULES

RESOURCES



NEED TO KNOW

SUSTAINABILITY AT THE GAMES

Milano Cortina 2026 has set out a number of objectives to make the Games more sustainable. As athletes, you have a key role to play.

SUSTAINABILITY OBJECTIVES:



Minimise the carbon footprint

Protect natural ecosystems



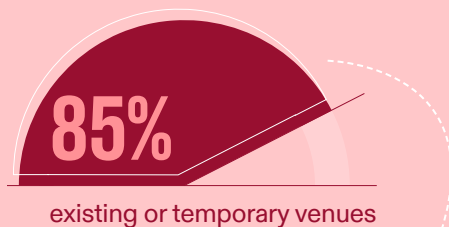
Reduce waste and promote circular economy



Learn how you can be a sustainable champion with our guide

[FIND OUT MORE](#)

HOW WILL MILANO CORTINA 2026 ACHIEVE THIS?



100%
renewable energy at venues

Transportation plan favouring trains and buses



Low carbon menus and local products

Reuse of
20,000
equipment items from Paris 2024



Biodiversity conservation and restoration plans

More energy-efficient snow-making system



HOW CAN ATHLETES CONTRIBUTE?



Avoid single-use plastic items

Follow waste-sorting instructions to maximise recycling



Opt for low carbon and more sustainable food options

Drink tap water instead of bottled water



Keep it simple and refuse any unnecessary goods

HEADING HOME

What to expect when departing the Games.

**ARE YOU
ATTENDING
THE CLOSING
CEREMONY?**

NO



Departure services will be organised by your NOC for return to your port of exit.

YES

YES



OPTION 2

LEAVE VIA THE MILAN VILLAGE:

If you have a bed in the Milan Village, you can return for the night. If you don't have a bed but would like to wait for your onward travel in Milan, there will be dedicated waiting areas in place in the Village.

YES



OPTION 1

LEAVE STRAIGHT TO THE AIRPORT:

Shuttle buses will take you to Verona Porta Nuova train station, then you will get the train to Milano Malpensa or Venezia Marco Polo Airport. If you are leaving the next day, dedicated waiting areas will be in place at the airport.

YES



OPTION 3

RETURN TO YOUR VILLAGE:

If you want to return to your Village, dedicated buses will be in place. Departure services will then be organised by your NOC for return to your port of exit.

OPTION 4

DRIVE YOURSELF:

Park and ride services will be provided for athletes who wish to drive to the Closing Ceremony.



Please speak to your NOC, e.g. your Chef de Mission, for more information.



NEED TO KNOW



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