



Nordic Combined invites you and your class to participate in **Nordic Nadia's Olympic Adventure** – *a global awareness challenge for the 2030 Winter Olympics*

By following the adventures of Nordic Nadia, a brave, cheerful skier who travels the world inspiring people to support women and men in the sport, students will learn about global connections, equity in sports, and Olympic values.

## Objectives

- Teach students about Nordic Combined and the Olympic spirit.
- Build awareness about gender equality in sports.
- Encourage creativity, geography, and digital citizenship.
- Inspire global interest in watching and supporting Nordic Combined.

## Materials

- Printable or digital 'Nordic Nadia' paper character template.
- Class world map or digital map.
- 'Nadia's Olympic Passport' journal pages.
- Optional: school-approved social media account for safe posting.

## Learn the Basics about Nordic Combined:

- FIS Video on Nordic Combined:  
[https://youtu.be/\\_7YvU48kzkU?si=k1Fy-Ym-Jedl4iqC](https://youtu.be/_7YvU48kzkU?si=k1Fy-Ym-Jedl4iqC)
- Nordic combined competition formats-  
<https://youtube.com/shorts/qmjI64QPOJY?si=MORNPAg-toM8Q5ls>
- How ski jumping works-  
<https://youtube.com/shorts/B8XXQJHTuB4>
- How cross country skiing/nordic skiing works-  
<https://youtube.com/shorts/3M5CinmNC8s>
- How to train for Nordic combined-  
<https://youtube.com/shorts/TlHnXBGkpN0?feature=share>



## Project Launch: Meet Nordic Nadia

Introduce students to Nordic Combined and how it blends ski jumping and cross-country skiing. Explain that Nordic Nadia dreams of seeing more people – especially girls – enjoy this exciting Olympic sport.

Introduce Nordic Nadia and share her mission statement: “I’m Nordic Nadia, and I’m competing around the world and to tell everyone, don’t miss Nordic Combined in the 2026 Olympics!”



## How the Project Works

### Step 1 – Create Your Nadia

Each student or class, colors and decorates their own Nordic Nadia. Write a short story about who Nadia is – her hometown, favorite winter sport, and her dream to make the Olympics one day.

### Step 2 – Send Nadia Traveling

Send Nadia to friends, relatives, or partner classrooms, across the country or world. Each location takes a photo of Nadia at a landmark with a caption like, “Nordic Nadia visited Chicago, Illinois! She says, Keep cheering for Nordic Combined in 2030!”

### Step 3 – Track Her Journey

Each stop adds a journal entry to Nadia’s Olympic Passport. Students log her destinations on a map and discuss geography, landmarks, and climate. Ask “Would this be a good place for skiing?”

### Step 4 – Share and Celebrate

Post photos on a school bulletin board or safe social media account using the hashtag #NordicNadia 2030. Display a large map showing where Nadia has traveled.

### Competition Option: Go Nadia Go! Challenge

Friendly contest categories:

1. Farthest Distance Traveled – measured in miles or stops.
2. Most Creative Photo or Journal Entry – judged by staff or local media.
3. Best Global Connection – if Nadia visits another country or state.
4. Olympic Spirit Award – for teamwork, creativity, and enthusiasm.

### Digital Citizenship Guidelines

- Share only through teacher or school accounts.
- Use class identifiers only (no personal details).
- Encourage families to share Nadia’s message responsibly.
- Focus on positivity, respect, and inclusion.

## Extension Activities

**Math:** Calculate Nadia's total travel distance, create graphs of her travels or activity to measure and determine size of skis (jumping and cross country). Ski jump skis are generally massive, with lengths up to 145% of the athlete's total body height. Students should determine 145% of their height for their maximum ski jump skis. Cross country or skate skis the length is generally 10-15 cm above your height.

**Art:** Design new ski suits or flags for Nadia's journey. Suits for ski jumping are aerodynamic so they lift and do not drag. Suits are tailored to maximize lift and smooth airflow. If a suit's surface area is more than 5% larger than body size, it can significantly improve flight distance. Athletes must pass "equipment control." Equipment controllers perform 3D measurements (body, leg, foot, arm lengths) and thoroughly check suit shape, seams, gloves, and boots. and each suit has embedded RFID chips after passing size checks. Athletes are limited to one suit per competition and up to eight per World Cup season.

**Language Arts:** Write a letter from Nadia to the Olympic Committee explaining why women deserve equal events. *Annika Where She Lands:* [https://youtu.be/MC6naKkdo1c?si=KBXJQ9b4Mu-\\_A6u9](https://youtu.be/MC6naKkdo1c?si=KBXJQ9b4Mu-_A6u9)

**PE:** Hold a Mini Nordic Challenge – jumps, endurance, and balance. *See Nordic Combined PE Hand-out*

**Civics:** Discuss fairness and equality in Olympic sports.

- *Nordic Combined is the only Olympic sport that does not currently include women's events.*
- *Do you think women should be allowed to compete in Nordic Combined at the Olympics? Why or why not?*
- *Explain your opinion and give at least two reasons. You can also suggest one way the Olympics could make this sport more equal for everyone.*

*Annika Where She Lands:* [https://youtu.be/MC6naKkdo1c?si=KBXJQ9b4Mu-\\_A6u9](https://youtu.be/MC6naKkdo1c?si=KBXJQ9b4Mu-_A6u9)

## Culminating Celebration: Nadia's World Tour Showcase

Host a school event where students share where Nadia traveled, geography facts, photos, artwork, and letters. Decorate the gym or library as an 'Olympic Village' and celebrate the spirit of teamwork and global unity!



### ⛰️ **Nordic Nadia's Olympic Passport** ⛏️

Explore the world of Nordic Combined—one stop at a time!

#### 📝 **Passport Entry**

**Name of Host / School:** \_\_\_\_\_

**Location (City, Country):** \_\_\_\_\_

**Date of Visit:** \_\_\_\_\_

#### ❄️ **What did Nadia learn or see here?**

---

---

---

---

#### 📷 **Photo or Drawing**

**(Use this space to draw a picture or attach a photo)**

# Print and color your own Nordic Nadia!

Decorate her outfit with your school colors or an Olympic theme. You can attach her to a stick, cardboard, or print her on cardstock to make her travel-ready!



# Print and color your own Nordic Nadia!

Decorate her outfit with your school colors or an Olympic theme. You can attach her to a stick, cardboard, or print her on cardstock to make her travel-ready!

