



## Get Better

This section contains:

1. [Orienteering Technique for Beginners](#) [1] - information on orienteering technique suitable for beginners going out on their first course.
2. [Moving Up to Intermediate Courses](#) [2] - information on orienteering technique for intermediate orienteers.
3. [Advanced Orienteering](#) [3] - a summary of advice from top orienteers.
4. [Permanent Courses](#) [4] - information pertaining to permanent orienteering courses in our area.
5. [The Five Key Skills of Orienteering](#) [5] - a brief article on the most essential orienteering techniques.
6. [QOC Library](#) [6] - a catalog of the materials available to borrow from the QOC library.
7. [Online Resources](#) [7] - links to videos and other external instructional materials, including games.

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### Links:

- [1] <http://qocweb.org/content/orienteering-technique-beginners>
- [2] <http://qocweb.org/content/moving-intermediate-courses>
- [3] <https://qocweb.org/content/advanced-orienteering>
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