



Shiny GYM TIME ★★★



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LEGENDS

CATEGORIES' COLORS



INFRASTRUCTURES



ACTIVITIES



MOBILITY



WELCOME TO NEUCHÂTEL !



WELCOME MESSAGE

Dear Gymnastics' friends

Time goes quickly and within a few months you will be in Neuchâtel (SUI) for the 13th EUROGYM and 3rd European Gym for Life Challenge, both taking place in July 2022.

The LOC has been working really hard to ensure that everything will be ready when you arrive by train, bus or plane on the coast of the Lake of Neuchâtel with your groups.

The Swiss Gymnastics Federation is used to plan many great gymnastics events with lots of people and they have a long history of GfA in their country; I couldn't be more trustful that this event will stay forever in your memories.

The participants will take part in a lot of different workshops, show their presentations, meet friends made at previous European Gymnastics' events and make new friendships that will last a lifetime. We will of course have the educational forum for the coaches and you can read about the topics here in the Bulletin.

Don't forget to follow the social networks of the event and to share the posts.

We are certain that all our gymnast's friends, taking part in EUROGYM and/or EGFL will live an unforgettable week of Gymnastics.

Switzerland has many great delicacies that you need to taste such as chocolate, cheese but also many more. Neuchâtel is ready to vibe alongside with all of you!

We look forward to seeing you all.

Hlíf Thorgeirsdóttir

President of the European Gymnastics TC-GfA



WELCOME MESSAGE

Shiny GYM TIME – Welcome in Switzerland !

The Swiss Gymnastics Federation is proud and pleased to welcome the European gymnastics youth in July 2022.

Gymnastics in Switzerland has a long tradition, is full of innovations and is very popular. Almost half of the approximately 370,000 members of the SGF are in the youth age segment.

To offer the future gymnastics generation an unforgettable experience despite the pandemic is something particularly important to us. On the one hand, Eurogym shows the gymnasts an international sporting goal and, on the other hand, is a spreading tool of the youthful lightness and joy of life - simply fantastic !

Organized with passion, for young people, with young people and by young people - many thanks to the great Organising Committee which is preparing an entertaining event.

Be there and enjoy the gymnastics spirit, the unique emotions and be thrilled by the charming university town of Neuchâtel. See you all -- Shiny GYM TIME !

Best wishes

SWISS GYMNASTICS FEDERATION

Jérôme Hübscher

Head of the Sports Department



WELCOME MESSAGE

EUROGYM Atmosphere

The Association Cantonale Neuchâteloise de Gymnastique (ACNG) knows the "EUROGYM atmosphere" well: it has registered groups of gymnasts for the past several editions. And now, it is an honour for the ACNG to welcome in Neuchâtel more than five thousand gymnasts coming from all over Europe, and to take up this great challenge with the support of the Swiss Gymnastics Federation.

The Neuchâtel gymnastics clubs are ready to present all the facets of the gymnastics they practice on a daily basis, as well as many other sports activities, during the workshops and the evening of Monday, July 11. The opening ceremony will welcome the most prestigious groups of Switzerland who will amaze us with a performance at their highest level.

As for our young gymnasts, they look forward to meeting you, to sharing good moments to the rhythm of "Shiny GYM TIME" and to helping you discover the touristic beauties of the city of Neuchâtel and its region.

Together, we will put all our energy into making sure you have a great time in Neuchâtel and that you go home filled with unforgettable memories !

Emmanuel Libert

President of the Cantonal Gymnastics Association of Neuchâtel
Vice-president of the Local Organizing Committee



LOCAL ORGANISING COMMITTEE (LOC)



President
Christian BLANDENIER
Spoken languages : F/G/E



Vice-President and Leisure Manager
Emmanuel LIBERT
Spoken language : F
Main tasks within the Leisure Department :
• Tourism office
• Excursions
• EUROGYM village evening parties
• Partner hotels



General secretary
Raphaële TSCHOUMY
Spoken languages : F/E/G



FSG Delegate
Jérôme HUEBSCHER
Spoken languages : G/E/F



Technical Manager
Martine JACOT
Spoken languages : F/G/E
Main tasks within the Technical Department :
• EGFL
• Parade and Opening ceremony
• Closing ceremony
• Gala
• City Performances
• Workshops
• Forum
• Music, Speakers, Material
• Registration tools
• Inclusion of people with disabilities



Logistic Manager
Laurent AMEZ-DROZ
Spoken languages : F/G/E
Main tasks within the Logistic Department :
• Security
• Sanitary measures
• Transport
• Structures
• Sound system
• Signage
• Decors/ornaments



Accommodation Manager
Jean-Pierre MATTHEY
Spoken language : F
Main tasks within the Accommodation Department :
• Gymnastics campus
• Sleeping equipment
• Mobile toilets
• Mobile showers



Volunteer Manager
Florine CARRARD
Spoken languages : F/E/G/S
Main tasks within the Volunteer Dpt :
• Volunteers platform
• Volunteers welcome, coordination and info
• VIP hospitality
• Coordination with the army and civil protection
• Volunteers for the Technical, Logistic, Accommodation, Catering and Communication Departments



Communication Manager
Corinne SCHMALZ
Spoken languages : F/E
Main tasks within the Communication Department :
• Accreditations
• Website and social media
• Printed material : Newsletters, Event guide
• Marketing and merchandising
• Video and images



Press/Media Manager
Raphaële TSCHOUMY
Spoken languages : F/E/G
Main tasks for the Press/Media Manager :
• Contacts with the national and international media
• Drafting documents
• Specific media actions and projects



Catering Manager
Yvan LAUBSCHER
Spoken languages : F/G/I
Main tasks within the Catering Department :
• Catering
• Canteens
• Menu printings (or other printings related to catering)
• Technical installations



Sponsoring Manager
Catherine MERTENAT
Spoken languages : F/G
Main tasks within the Sponsoring Department :
• Sponsors and VIP hospitality
• Fundraising and advertising
• Sponsoring and partners' stands



Finances Manager
Jean-Paul JECKELMANN
Spoken languages : F/E/G
Main tasks within the Financial Department :
• General accounting
• Budget monitoring
• Cash management
• Insurances
• VAT



Administrative Office
Muriel CLERC
info@eurogym2022.ch
Spoken languages : F/E/G

Spoken languages within the COL:

- French (F)
- English (E)
- German (G)
- Italian (I)
- Spanish (S)

NEUCHÂTEL

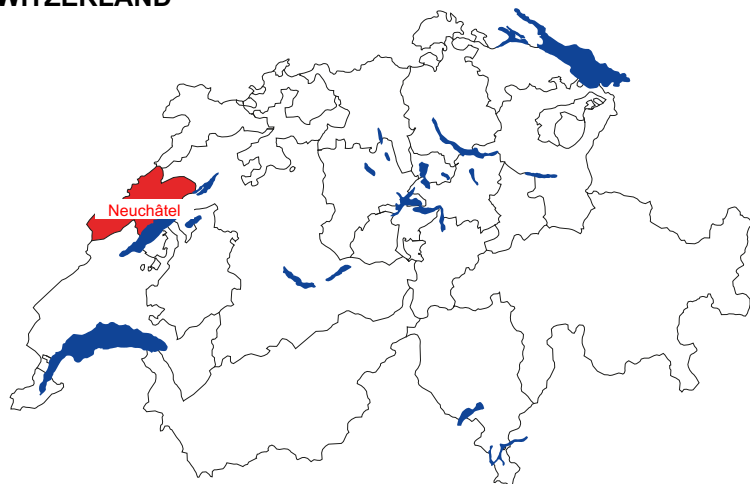
OPEN MINDS, CREATIVE GROUNDS

Thanks to its activities in microtechnics Neuchâtel is an internationally renowned innovation centre. Through its University and Highly Specialized Technical Schools it is a centre of excellence in training.

Its numerous infrastructures allow the hosting of major sporting events. Its dense network of associations generates enough volunteers. An open city, with a human dimension, ideally located between the lake and the first foothills of the Jura, Neuchâtel has 33'000 inhabitants.

Usually, the climate in Switzerland is moderate with no excessive heat, cold or humidity. From July to August the daytime temperature range is 18 to 28 °C.

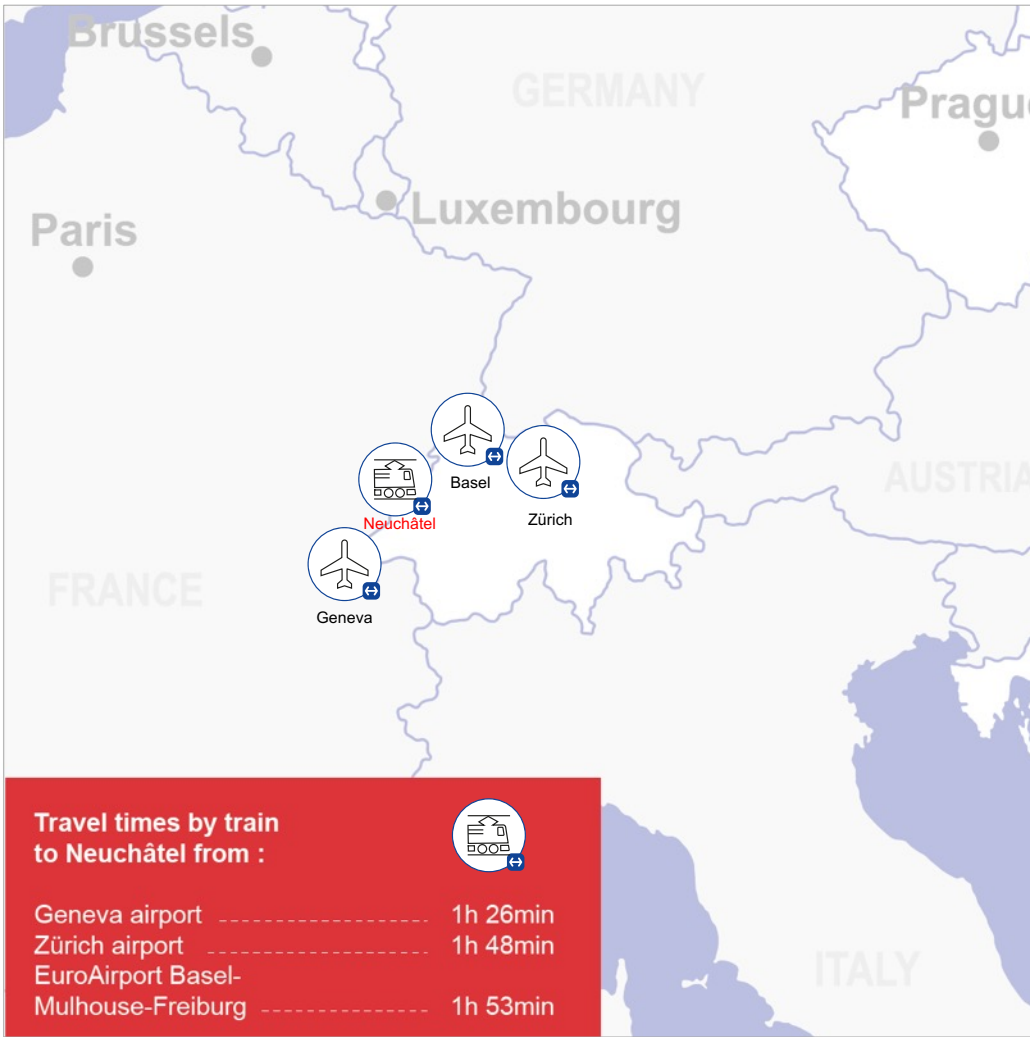
SWITZERLAND



TRANSPORT - COME BY PLANE



SWISS AIRPORTS



**Travel times by train
to Neuchâtel from :**

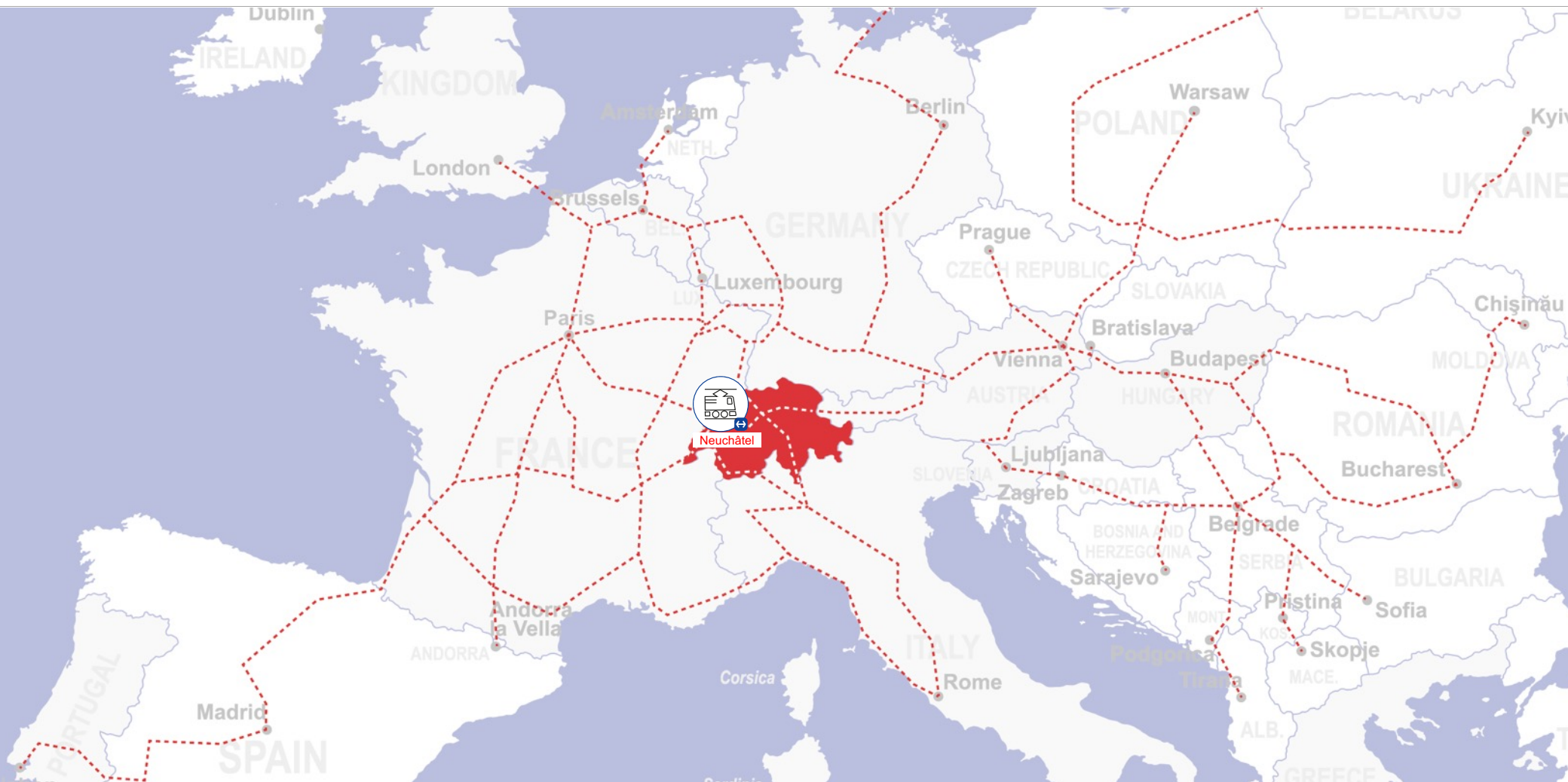
Geneva airport	1h 26min
Zürich airport	1h 48min
EuroAirport Basel-Mulhouse-Freiburg	1h 53min

TRANSPORT - COME BY TRAIN



Shiny GYM TIME ★★★

RAILWAY NETWORK - Main european rail axes

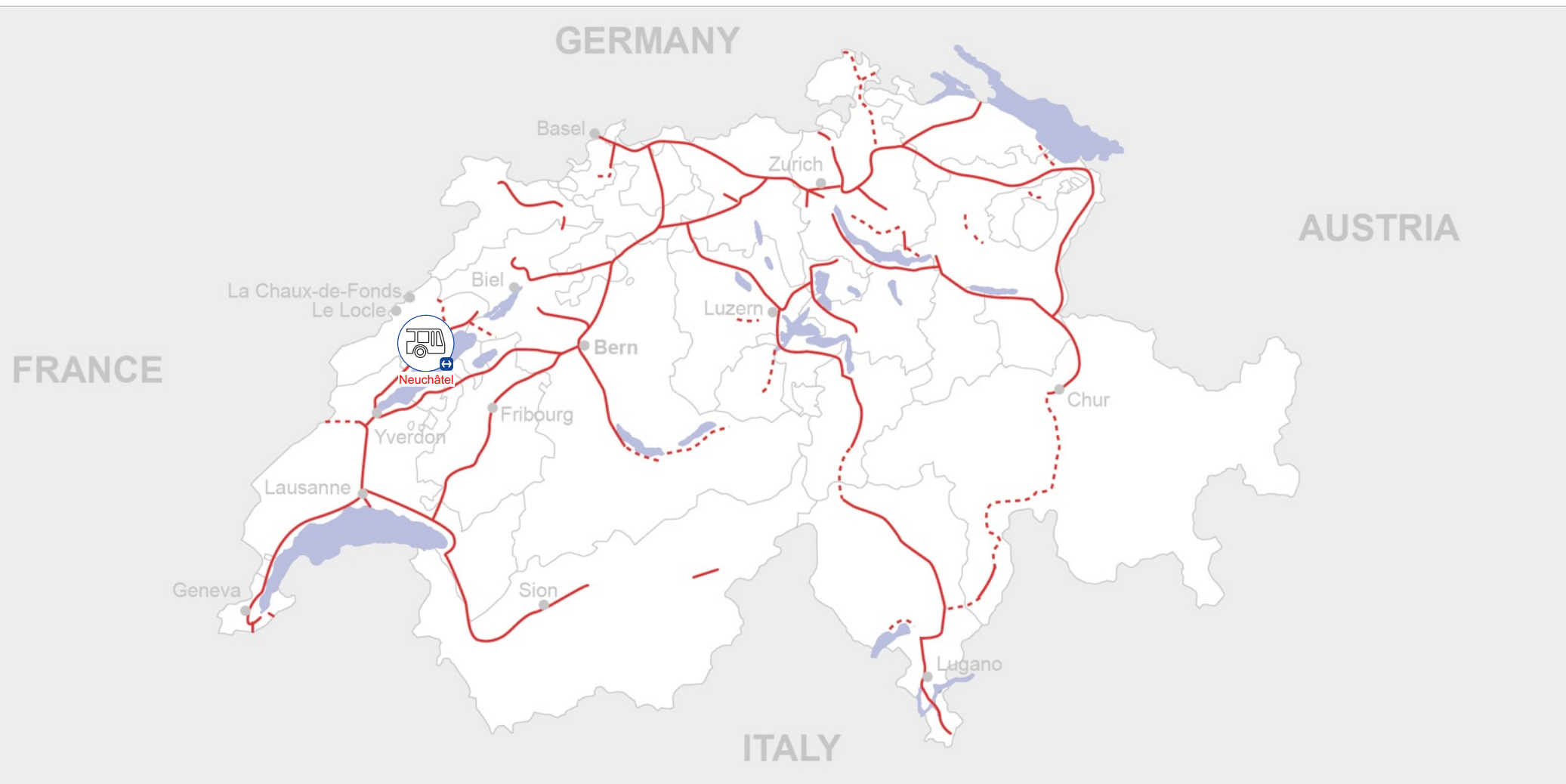


TRANSPORT - COME BY BUS



Shiny GYM TIME ★★★

SWISS HIGHWAYS - Motorways and semi motorways



“EUROGYM IS THE BIGGEST EUROPEAN GYMNASTICS EVENT FOR YOUNG TEENAGERS”

The event is organised every two years, in 2022 the European Gymnastics Executive Committee has attributed it to Switzerland and will therefore be organised from July 7th to 15th.

The program focuses on sports activities, fun, exchanges and encounters. An opening ceremony, a gala and a closing ceremony are also planned as well as sightseeing excursions that will allow participants to discover the Neuchâtel region, its lake and mountains.

The gymnasts will present their productions to the public on several stages in the city, take part in various workshops and will be engaged in cultural and recreational activities. In the first part of this great gymnastics festival, the European Gym for Life Challenge (EGFL) will reward the best participating groups on 9 July 2022.

The event is open to people with disabilities.



KEY FACTS

- 5000 gymnasts from 12 to 18 years old from more than 20 nations
- 500 accompanying adults (parents, friends) who follow the gymnastics productions while taking advantage of tourism in the region

NEUCHÂTEL'S PARTICIPATION IN THE 4 PREVIOUS EDITIONS

- 2012 Coimbra - Portugal
- 2014 Helsingborg - Sweden
- 2016 Ceske Budejovice – Czech Republic
- 2018 Liège - Belgium

LOCATIONS

- A stadium with 10'000 seats for the opening ceremony
- Sports halls and outdoor areas dedicated to workshops
- 3 stages for City performances
- 1 indoor skating rink with 3200 places for the Gala
- 1 sports hall with 1250 places for the EGFL

ACCOMMODATION

- 5'000 places in high schools for gymnasts
- Accommodation in hotels in the region for officials
- Choice of accommodation (hotel, B&B, camping) for accompanying persons

CATERING

- 5000 meals (lunch and dinner) in the EAST indoor skating rink
- Breakfast
- Canteens for accompanying persons

TRANSPORTS

- By train from the airports to Neuchâtel (at the participant's expense)
- On foot and by bus between the sites to the accommodation (included in the accreditation card)

DETAILED PROGRAM

Shiny GYM TIME ★★★



				EGFL 7 to 10 July 2022				EUROGYM 10 to 15 July 2022											
				TH 07.07	FR 08.07	SA 09.07	SU 10.07			MO 11.07	TU 12.07	WE 13.07	TH 14.07	FR 15.07					
Espace Facchinetti				Arrival of EGFL groups			Arrival of EG groups (part 1)	Departure of EGFL groups	Arrival of EG groups (part 2)	Groups Leader & HOD Meetings									
Ceremony Indoor Skating														Silent Party (to confirm)		Silent Party	- Gala EG - Closing ceremony		
Catering Indoor Skating *Schedules will be given to groups			Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00		Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00				Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00		Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00			
Lakeshore													Sofa lounges	Sofa lounges		Sofa lounges	Sofa lounges	Sofa lounges	
Maladière Plaza - Info, stands, meeting point						Evening entertainment 19:30 - 21:30							- Social activities 13:30 - 18:30 - Evening entertainment 19:30 - 21:30	- City performances 13:30 - 18:30 - Social activities - Evening entertainment 19:30 - 21:30		- City performances 13:30 - 18:30 - Social activities - Evening entertainment 19:30 - 21:30	- City performances 13:30 - 18:30 - Social activities - Evening entertainment 19:30 - 21:30		
Maladière Stadium										Arrival of EG groups (part 1)		Departure of EGFL groups		Arrival of EG groups (part 2)		- Parade - Opening ceremony			Departure of delegations
Place du Port (harbour)						Big air bag										- City performances - Big air bag - Evening entertainment 19:30 - 21:30	- City performances - Big air bag - Evening entertainment 19:30 - 21:30	- City performances - Big air bag - Evening entertainment 19:30 - 21:30	Big air bag
Quai Ostervald																- City performances - Evening entertainment 19:30 - 21:30	- City performances - Evening entertainment 19:30 - 21:30	- City performances - Evening entertainment 19:30 - 21:30	
Riveraine						Rehearsals				(EGFL)	EGFL	(EGFL)				Parkour site	Parkour site	Parkour site	Parkour site
Several sites																- Workshops 08:30 - 09:45 10:15 - 11:30 - Excursions 08:00 - 12:00 13:30 - 18:00	- Workshops 08:30 - 09:45 10:15 - 11:30 - Excursions 08:00 - 12:00 13:30 - 18:00	- Workshops 08:30 - 09:45 10:15 - 11:30 - Excursions 08:00 - 12:00 13:30 - 18:00	- Workshops 08:30 - 09:45 10:15 - 11:30 - Excursions 08:00 - 12:00 13:30 - 18:00
University Hall											Educational forum	Educational forum							

Subject to modifications - Provisional version of 08.09.2021



OPENING CEREMONY



MALADIÈRE STADIUM



OPENING CEREMONY

MALADIÈRE STADIUM - 10'000 SEATED PLACES

Sunday 10th July – 16:00

The opening ceremony **"Back to the Life"** will tell the story of our life before, during and after the pandemic. After seeing the parade, the nations will take their places in the stands of the Maladière stadium. The show will be animated by gymnastics societies from all regions of the country who will present the different facets of gymnastics practiced in Switzerland.

WITH THE PARTICIPATION OF

- | | |
|---------------------------------|--------------------------------|
| Acrobatics Gymnastic | Genève |
| Artistic Bikes | Vanessa Hotz |
| Bars & Dance | Wetzikon |
| Bars beam airtrack hoops ribbon | Artistic, GR, ACRO Neuchâtel |
| Bir Air Floor Acrobatics | Welsh Master Team |
| Enfants | Suisse romande |
| Floor Gymnastics | Vevey JP/Vevey Ancienne/Morges |
| Floor Gymnastics | Yverdon Amis Gym |
| Gym & Dance | Suisse romande |
| Jump Production | Neuchâtel |
| Swing Rings | Fribourg/Vevey Ancienne |
| Swing Rings | TV Ziefen/TV Siebnen |

Saute ! Saute ! Saute !
Flashmob EUROGYM 2022

Music : Neuchâtel Bands

Shiny **GYM TIME** ★★ ★



Maladière stadium



Disabilities welcomed



TAGLINE « SHINY GYM TIME »

Shiny GYM TIME ★★★

THE LAKE, THE SUN.... AND YOU !

Whether you are a gymnast or a spectator, or both, it is you who will illuminate the various stages set up on the shores of Lake Neuchâtel in July 2022. Nothing will be too shiny or too bright for this resolutely convivial, sporting and festive week.

To understand our region, let's turn these few days into "Shiny GYM TIME". In Neuchâtel, we are indeed in the cradle of Swiss watchmaking. Our hearts beat to the rhythm of our watches. And at EUROGYM 2022 | NEUCHÂTEL, it is together that we will follow the beat to keep an unforgettable memory of this 13th edition.

We look forward to welcoming you and sharing this week of "Shiny GYM TIME" with you.

SHARE YOUR GYMNASTICS EXPERIENCES

#eurogym2022



LINKS TO FOLLOW US

FACEBOOK : facebook.com/EUROGYM2022

INSTAGRAM : instagram.com/eurogym2022

TIK TOK : tiktok.com/@eurogym2022

WEBSITE : eurogym2022.ch



Shiny GYM TIME ★★★

CONTEST SHINY GYM TIME !!!!



*Do you like to move?
Do you like to dance?
Do you like to show what
you can do on social
networks?*

Be in the starting blocks for the big EUROGYM 2022 contest.
Together, we will swing on a "Shiny GYM TIME"
flashmob !

You will be informed in due time about the details of the contest.
Wonderful prizes will reward your efforts.

**Be "FlashMob" !
Be "Shiny GYM TIME" !
Be "EUROGYM 2022 | NEUCHÂTEL" !**

Shiny **GYM TIME** ★★

f i d #eurogym2022

CITY PERFORMANCES



MONDAY 11TH TO WEDNESDAY 13TH

City performances will take place at different venues in the heart of the city, at the place where the inhabitants of Neuchâtel are used to walk. The groups should present their performance at least twice during the week.

MALADIÈRE PLAZA

Stage 20 x 20 m. Closed on 3 sides.
Surface area 30 x 25m.
Roof height : 5.2m. 0,40 m above the ground floor



All

- Workshops in the morning
- City performances in the afternoon
- Info, stands, meeting point
- DJ on the stage
- Parkour Site
- Evening entertainment

QUAI OSTERVALD

Stage 14 x 14 m. Closed on 3 sides.
Surface area 22 x 18m.
Roof height : 5m. 0,40m above the ground floor



All

- Workshops in the morning
- City performances in the afternoon
- Evening entertainment

PLACE DU PORT (BY THE HARBOUR)

Stage 20 x 20 m. Closed on 3 sides.
Surface area 30 x 25 m.
Roof height : 5.2m. 0,40 m above the ground floor



All

- Workshops in the morning
- City performances in the afternoon
- City Orienteering starting point
- Big Air Bag on the square
- Evening Shows

INDOOR - OUTDOOR - POOL & LAKE (provisional list)

GYMNASTICS

- Acrobatic gymnastics
- Aerial sil
- Aerobics
- Appartus gymkhana
- Artistic gymnastics
- Flow tonic
- Flying Trapeze
- Gymnastic with apparatus
- Gymnastic without apparatus
- Judo and wrestling games
- Rope skipping
- Special Choreography
- Swing rings
- Sumo /Slackline
- Tai Chi
- T-Bow
- Yoga

DANCE

- Agility Dance
- BodyActiv/Pilates
- Breakdance
- Cuban Salsa
- Pole dancing
- Popping

MISCELLANEOUS

- Aikido
- Archery
- Cardio combat
- Circus
- Discovery of the Alphorn
- Fencing
- Indoor climbing
- Massage
- Let's play together with our differences
- Throwing the flag

OUTDOOR

- Big Air Bag/Slackline
- Big Air Floor Acrobatics
- Bungypump dynamic walking
- Parkour
- Petanque (bocce)
- Target Sprint
- Trailfit

GAMES

- Badminton
- Beach Volley
- Bubble soccer
- Flag football
- Let's play !
- Parkour Matball
- Kin-ball
- Tchoukball
- Unihockey

POOL

- Diving
- Mermaiding
- Water aerobics in deep water

LAKE

- Paddle board
- Rowing
- Water jump





All EUROGYM participants will take part in four workshops

In principle guaranteed by the choice of the groups. The workshops will take place in and around Neuchâtel and will be related to gymnastics and other sports and activities.

It is important for Switzerland to present some of its specific sports disciplines and traditional folklore to other European nations.

The workshops will take place indoors, outdoors, pool and lake. The groups will choose their workshops at the time of the definitive registration.

The final locations of the workshops will be communicated at the same time as the schedules.

GYMNASTICS

Acrobatic gymnastics

- Discover the basics of acrobatic gymnastics.
- Flexibility, strength, coordination, balance and courage !
- Presentation and learning of different pyramids.
- Short choreography with the tried and tested pyramids.

Aerial silk

- Introduction to different ways of climbing.
- Learning of some static poses and first drops.

Aerobics

- Dynamic and expressive class, combining cardio and muscle strengthening to lively music.

Apparatus gymkhana

- Discover a gymkhana course with apparatus and relay.

Artistic Gymnastics

- Introduction to the various apparatus of this Olympic discipline.

Flow Tonic

- Endurance-strength-mobility exercised in a lively and playful training.
- Work on the stabilisation of the whole body.

Flying trapeze

- Learn about the flying trapeze, one of the circus arts disciplines.

Gymnastics with apparatus

- Discover a specific Swiss practice of simple exercises on apparatus such as parallel bars, high bar, swinging rings, mini-trampoline jump, floor.

Gymnastics with/without hand apparatus

- Discover an expressive sport discipline practiced to music with or without conventional (hoop, ball, etc.) or non-conventional (hat, umbrella, scarf, etc.) hand-held devices and a studied choreography.

Judo and wrestling games

- To confront, challenge and compare one's strength through wrestling games.
- To encourage the development of body perception and the management of emotions.



Rope Skipping

- Rope Skipping is more than just skipping.
- Combination of artistic jumps according to creativity.
- Learn a few tricks individually or in a group jump.

Special choreography

- If you want to work with your team, practice your team routine, get inspired and receive feedback, this is your workshop.

Sumo / Slackline

- Small fights between friends disguised as Sumo !
- In parallel and to wait, initiation to the slackline.

Swinging rings

- Discover the swinging rings, a typically Swiss discipline of gymnastics on the ring apparatus.

Tai Chi

- Chinese martial art practiced as meditation in motion.

T-Bow

- T-Bow combines endurance and strength while working on coordination and balance.
- Exercises are performed in a stable, unstable and moving manner.
- Each muscle is exercised down to its deepest fiber.

Yoga

- Introduction to Hatha Yoga.
- Learn some basic poses, breathing, meditation/relaxation exercises.
- Introduction to Yin Yoga and Yoga Flow.

DANCE

Agility Dance

- Discover the Agility concept developed by dancer Raphael Berkane.
- Acro Dance, floorwork, balance, flow...
- Welcome to the world of unleashed movement !

Body Active / Pilates

- Dance fitness including aerobics.
- Strengthening of all muscle groups.

Breakdance

- Introduction to the basic moves of Breakdance.
- Discover and get acquainted with the music specific to this dance.

Cuban Salsa

- Steps and moves in solo, and/or couple figures, depending on the configuration of the groups and the wishes of the participants.



Pole Dancing

- Introduction to Pole Sport, an acrobatic, fun and original discipline practiced around a vertical metal bar.
- Aerial moves combining flexibility, strength and grace.
- A complete discipline that will seduce you for sure !

Popping

- Dance based on various body illusions, such as Waving and Glides.
- It has inspired some famous artists, including Michael Jackson and Chris Brown.

OUTDOOR

Big Air Bag

- Come and have fun and jump from a platform or a slackline

Big Air Floor Acrobatics

- Acrobatic introduction to the 14 m x 14 m Airtrack !

Bungypump dynamic walking

- Enhanced Nordic walking.
- Use of poles with a built-in suspension system providing 4 to 10 kg resistance.
- Strengthening exercises.

Parkour

- Safely pass over urban or natural obstacles, using fast and agile movements. In the footsteps of the Yamakasi !

Pétanque / Bocce

- A game that needs no introduction...
- Teaching precision shooting and pointing.
- Let's finish with a game !

Target Sprint

- 400 m running alternating with precision air gun shooting in prone position.
- Based on biathlon.

Trailfit

- Offers a new sports experience connected to nature.
- Thanks to a special belt, take your gym with you around your waist.
- 100% outdoor.

GAMES

Badminton

- Playful warm-up.
- Technique and tactics on the whole court.
- Short games.

Beach Volley

- Beach Volleyball by the lake
- An air of vacation guaranteed!



Bubble Soccer

- Equipped with a big inflatable bubble, you will be able to bounce, fall and roll without risks. Fun, laughter and bodychecks for a great time in complete safety!

Flag football

- What is flag football?
- Explanations and differences with American football.
- Warm-up with focus on joints.
- Workshops on deflagging, catching, throwing.
- Mini game and cool down.

Let's play !

- For the pleasure of gathering, for the joint challenge, to laugh and share emotions!
- Familiar or less familiar, classic or revisited, competitive or cooperative, a good hour of informal games.

Parkour Matball

- Game of two teams that compete against each other by running around a room full of obstacles.
- Catch the ball and pass it among the obstacles, while being chased by the other team !

Kin Ball

- Learn the basics and play Kin Ball.
- Team sport and cooperative game played with a giant ball.

Tchoukball

- Discover and get an introduction to this sport invented in Switzerland in the 1960s.
- Learn about the rules and techniques of the game.

Unihockey

- Learn the basics of a fast, dynamic and attractive team sport.

MISCELLANEOUS

Aikido

- Martial art of Japanese origin, non-violent and without competition.
- In a real Dojo, discover useful tools to master the body, the emotions and the mind.
- Rolls, breathing and self-defense techniques in a jovial and respectful atmosphere.

Archery

- Come and try, precision and concentration. Shoot alone and progress in a restricted environment

Cardio Combat

- Cardio training and playful full body strengthening.

Circus

- A workshop to discover and learn about circus arts.
- Juggling, acrobatics, aerial acrobatics (silk, hoop, trapeze) and much more...



Discovery of the Alphorn

- Presentation of the making of the instrument in video.
- Demonstration of the principle of harmonies.

Exercises of sound production by the participants.

Introduction to fencing

- Épée handling and footwork exercises.
- Technique and tactics, explanation of combat rules.
- Trial duels with electric scoring devices.

Indoor climbing

- Discovery of indoor bouldering.
- A fun and safe approach to this sport that requires strength, balance, coordination and reflection.

Introduction to massage

- Introduction to sports massage (feet, legs, arms, neck, back), working in pairs.
- Demonstration of reflex points on the foot.
- Self-massage.

Let's play together with our differences

- A day of inclusion with people with disabilities.
- Group games, Rapprochement, chair games, course with special glasses and blindfolds.

Throwing the flag

- Discover the Swiss custom and learn how to twirl a flag over your head in a series of controlled sequences.

Diving

- Discover 3D by getting wet !

Mermaiding

- Immerse yourself as a mermaid...
- Discover dynamic apnea with a single fin and learn the art of being a mermaid !

Paddle Board

- Come and dance on the water and try stand up paddle.

Water aerobics in deep water

- Come and discover water aerobics, a fun and physical sport in water with music, focusing on strengthening, cardiovascular and coordination exercises.
- You will be kept on the surface by a buoyancy belt.

Rowing

- The Neuchâtel Rowing Club will take you out in rowing boats on Lake Neuchâtel.
- Roll up your sleeves and row !

Water Jump

- Enjoy unbridled jumps from the mini-trampoline with landing in the lake, all under supervision.
- Combine gymnastics on the apparatus with beach fun !

CITY ORIENTEERING



IF YOU WANT TO CHANGE YOUR MIND

The city orienteering is there for a breath of fresh air. Let yourself be guided through two cities to discover, free of charge.

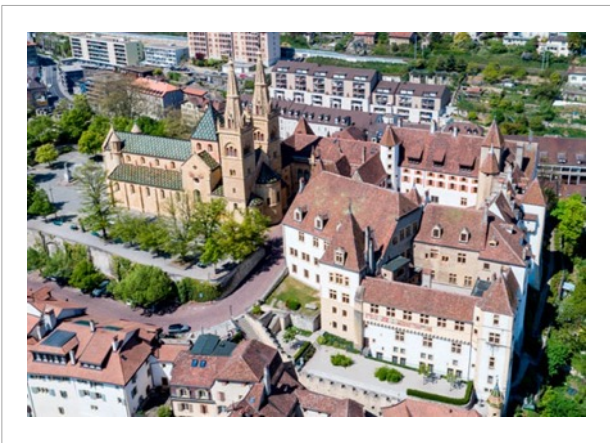
NEUCHÂTEL

Discover the city of Neuchâtel with the help of three different routes to choose from, one of which is guided using the Totemi application. Let's go for a thrilling game of posts in search of the exceptional places of the historical heart of Neuchâtel.

LA CHAUX-DE-FONDS

Fun and adventure with the orienteering course to discover the city of La Chaux-de-Fonds, using a map or an application.
Estimated duration: 3 hours including free public transport.

More details during the final registration in March 2022 and on our website.



SOCIAL ACTIVITIES



MALADIÈRE PLAZA



SOCIAL ACTIVITIES



MOMENTS OF RELAXATION AND CONVIVIALITY

In evenings animated by a parkour site (where a national competition will take place under the aegis of the FSG), live concerts, DJ animation, Big Air Bag, gym and dance shows, sofa lounge by the lake, silent party: so many opportunities to share with other gymnasts. The shores of the lake near the EUROGYM will be decorated with ephemeral armchairs with flags, graffiti and the imagination of the nations. The participants to the silent party will have to announce themselves during the final registration and pay the price of 6 Euros/CHF.

MALADIÈRE PLAZA

Music / DJ



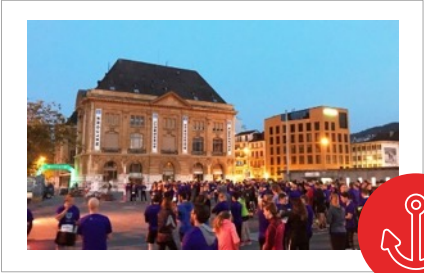
PLACE DU PORT

Big air bag (fee-based activity)



PLACE DU PORT

Gymnastics & dance shows

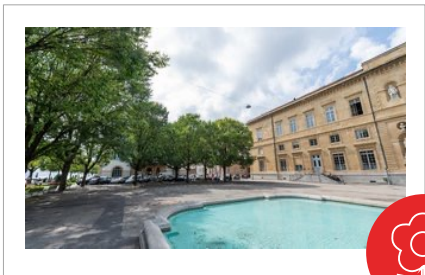


LAKESHORE Participants' sofa lounge



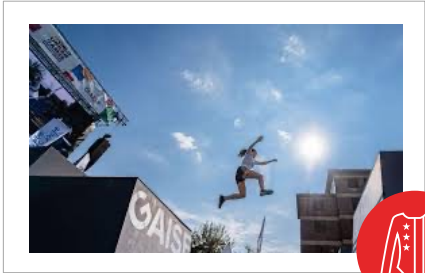
QUAI OSTERVALD

Concerts



RIVERAINE

Parkour Site



SILENT PARTY (fee-based activity)





DISCOVERY OF A REGION

The 13th EUROGYM 2022 is also an opportunity to discover a country, its traditions as well as its diverse and varied pleasures. In Neuchâtel and Western Switzerland, you are at the heart of Swiss traditions (watchmaking, cheese, chocolate, etc.). But you are also in a high-tech, innovative and Olympic environment. Here are the various magnificent excursions that we offer you.

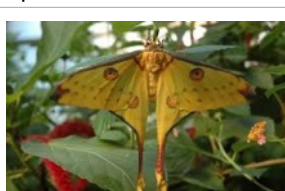
LES PONTS-DE-MARTEL

Cheese factory



KERZERS

Papiliorama & Nocturama



NEUCHÂTEL LAKE

Boat cruise



LAUSANNE

Olympic Museum



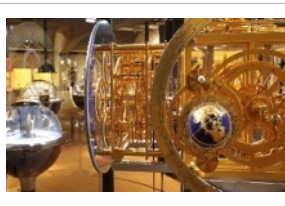
CHAUMONT

Adventure park in the trees



LA CHAUX-DE-FONDS

International clock museum



COURTERALY

Chocolate factory



BERNE (CAPITALE)

UNESCO World Heritage Center

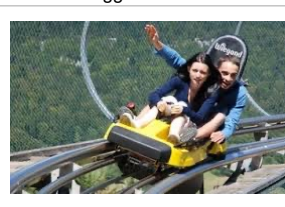


SAINTE-CROIX International center for watchmaking and art mechanics - Cima



LA ROBELLA

Summer toboggan run and all terrain scooter



CHASSERAL

Gourmet excursion



NEUCHÂTEL

Little train and Chocolatissimo



EXCURSIONS



Slide # 2/6

DISCOVERY THE AREA

The proposed activities are intended to allow the participants to discover the area, to have fun and/or to get to learn about Swiss gastronomic culture. Each group will in principle get two half-days free (one morning and one afternoon), and so will have the opportunity to register for two of the proposed activities.

Except for the excursion on Lake Neuchâtel (boat cruise), all the activities take place in the morning or the afternoon only. It is therefore possible to pick only one activity per half-day (i. e. ONE morning activity and/or ONE afternoon activity).

Unfortunately, some activities can only take place if there is a sufficient number of participants. In case an activity cannot be organised due to the low number of participants, groups registered for this excursion will be notified promptly after the final registration deadline. Each activity is planned to be guided by one (or more) local accompanying persons to ensure a smooth running.

For the groups of Swiss gymnasts participating in EUROGYM, the price to be paid in Swiss Francs is the same as the one indicated in Euros.





MORNING ACTIVITIES FROM JULY 11 TO 14, 2022

PLACE AND ACTIVITY	DESCRIPTION	TRAVEL	ACTIVITY DURATION	PRICE CHF / EURO
Les Ponts-de-Martel Visit a cheese dairy	During the travel, you will discover the valleys and forests of the Swiss Jura. You will then be able to witness a cheesemaker in action and discover the various stages of cheese making. The visit will end with a tasting of local products made in this cheese dairy. www.fromagerie-les-martel.ch	Public transport (coach). Departure from Neuchâtel train station for a journey of about 40 minutes.	1h30 (incl. tasting)	20
Kerzers Visit the Papiliorama	While on the move, you will discover the Seeland region, the largest "vegetable garden" of Switzerland. Kerzers has gained an international reputation since the building of several domes reproducing the biodiversity of tropical zones. This is an opportunity to discover a world of butterflies, the chance to catch a glimpse of nocturnal animals and experience many other encounters. https://www.papiliorama.ch	Public transport (train). Departure from Neuchâtel train station for a journey of about 35 minutes.	1h30	25 (30 > 25 y.)
Chaumont Adventure Park in the trees	The trip will take you to Chaumont, above the city of Neuchâtel : up there, you will enjoy a gorgeous view of the Swiss Plateau and the Alps. ParcAventure is an outdoor leisure center. For this tree top climbing activity, you will be secured to a cable, and have to tackle several difficulties on various courses in the trees. If you are looking for adrenaline, this is an opportunity for great fun, where your abilities in balance and agility will be greatly useful. https://chaumontaventure.ch	Public transport (bus and funicular). Departure from Neuchâtel train station for a journey of about 30 minutes.	2h (incl. gear and safety recommendations)	30
La Chaux-de-Fonds International Clock Museum	You will go to La Chaux-de-Fonds, a watchmaking town located at 1000 m above sea level and a UNESCO World Heritage site. This will be an opportunity to visit the International Clock Museum, to stroll through the streets to familiarize yourself with the watchmaking urbanism and to have time to enjoy the quiet life of the Neuchâtel mountains or to do some shopping. https://www.chaux-de-fonds.ch/en/musees/mih	Public transport (train). Departure from Neuchâtel train station for a journey of about 45 minutes.	2h15	15
La Robella Summer toboggan run and all terrain scooter	You will go to Buttes, a small village located at the end of Val-de-Travers, one of the two valleys of the canton of Neuchâtel. This will be an opportunity to experience the joys of summer sledding, as well as the exhilaration of a scooter ride down the slopes of La Robella, a local resort. https://www.robella.ch	Public transport (train). Departure from Neuchâtel train station for a journey of about 50 minutes.	2h	35



MORNING ACTIVITIES FROM JULY 11 TO 14, 2022

PLACE AND ACTIVITY	DESCRIPTION	TRAVEL	ACTIVITY DURATION	PRICE CHF / EURO
Sainte-Croix International center for watchmaking and mechanical art (CIMA)	You will go to Sainte-Croix, a small town located above Yverdon-les-Bains. A stunning view of Lake Neuchâtel, the Swiss plateau and, with a little luck, the Alps awaits you. The area is mostly known for its music box and automatons manufacturing. During the guided tour (1h15) of the CIMA museum, you will have the opportunity to discover the complexity of the work done by these craftsmen whose creativity will amaze you. An enchanting journey into a world from another time. https://www.yverdonlesbainsregion.ch/en/P387/cima-museum	Transport organised by private coaches. Departure from Neuchâtel Maladière for a journey of about 40 minutes.	1h45	35
Neuchâtel Little train and Chocolatissimo	Discover the lakeside city and wander through the streets steeped in history on board a small train and discover the history of chocolate in the pedestrian zone of Neuchâtel in order to receive an artisanal chocolate plate.	Departure from the Hotel des Postes, Place du Port.	1h15	15
Neuchâtel Boat cruise on the lake	A short cruise from the harbour of Neuchâtel that will allow you to admire your host city from a different angle or to discover the shores and beaches west of the city. https://www.navig.ch	Boat. Departure from the harbour.	1h15	5



AFTERNOON ACTIVITIES FROM JULY 11 TO 13, 2022

PLACE AND ACTIVITY	DESCRIPTION	TRAVEL	ACTIVITY DURATION	PRICE CHF / EURO
Chasseral Viewpoint and culinary walk	During your journey, you will discover the typical Jura landscape with its numerous valleys and mountains covered with pine trees. This will be an opportunity to enjoy a unique view (if the weather is clear!) of the Jura, the three lakes and up to the Alps. You will then take the Jura crest trail for a walk of about 1h30 which will take you through the pastures to a farmhouse where you will have the chance to taste some local specialties (fondue, röstis, ...). https://www.parcchasseral.ch	Transport organised by private coaches. Departure from Neuchâtel Maladière for a journey of about 45 minutes.	2h30 (incl. local specialties tasting)	40
Courtelay Visit a chocolate factory	During your journey, you will discover the Val-de-Ruz and the Saint-Imier small valley, both typical valleys of the Jura. With the chocolate factory Discovery Tour, you will be immersed in the highlights of the Camille Bloch company, known worldwide for its two flagship products, Torino and Ragusa chocolates. You will witness the production live and participate in interactive experiences. This visit will engage all your senses and leave you with an unforgettable gourmet memory. On the way back, a brief stop at La Vue-des-Alpes to enjoy a beautiful view of the Val-de-Ruz, the plateau and the Alps will complete the experience. https://chezcamillebloch.ch	Transport organised by private coaches. Departure from Neuchâtel Maladière for a journey of about 45 minutes.	1h30	30
Bern Swiss capital and thousand-year-old city	This trip will take you across the plateau to the heart of Switzerland's capital. You will be welcomed by young local gymnasts who will be your guides and will show you around their city. It is a journey full of history, tradition and culture. It will also be an opportunity to visit the shopping arcades of the city. https://www.bern.com	Public transport (train). Departure from Neuchâtel train station for a journey of about 35 minutes.	2h	30 (35 > 25 y.)
Lausanne / Ouchy Olympic Museum	This journey will take you across the Swiss plateau to the shores of Lake Geneva, to Lausanne: Olympic capital, home of the IOC headquarters. The district of Ouchy is home to the Olympic Museum, whose vocation is not to showcase collections but to present an idea: Olympism. The aim of this museum is to introduce the Olympic movement, to bear witness to its essential contribution to society and to transmit Olympic values beyond the celebration of the Games and competitions. It also exhibits archives, athletes' personal belongings, highlights of the Games and the Olympic movement. https://olympics.com/musee	Public transport (train). Departure from Neuchâtel train station for a journey of about 55 minutes.	2h	40 (55 > 25 y.)

AFTERNOON ACTIVITES FROM JULY 11 TO 13, 2022

PLACE AND ACTIVITY	DESCRIPTION	TRAVEL	ACTIVITY DURATION	PRICE CHF / EURO
Neuchâtel Boat cruise on the lake	A short cruise from the harbour of Neuchâtel that will allow you to admire your host city from a different angle or to discover the shores and beaches west of the city. https://www.navig.ch	Boat. Departure from the harbour.	1h15	5



EDUCATIONAL FORUM

FOR THE EDUCATIONAL FORUM

The Swiss Gymnastics Federation is aware of the specificities of each nation and is keen to present its own knowledge and experience with other European nations by means of two themes with presentations, videos and, why not, practical experience and is of course happy to exchange views with other European countries.

Participants must announce their participation at the time of final registration

TOPIC 1 – 11.07

To present the adaptation of teaching methods and the inclusion of sports trends in a changing society

TOPIC 2 – 12.07

To present to the other European countries why and how Switzerland is successful in apparatus thanks to the new teaching methods



University Hall



GALA - CLOSING CEREMONY CEREMONY INDOOR SKATING

ICE ARENA WEST (CEREMONY INDOOR SKATING) : CAPACITY : 3'200 PLACES

2 representations are planned of the Gala and the closing ceremony (at the end of the 2nd representation), in the presence of all the EUROGYM participants.

The theme is based on the slogan of EUROGYM 2022 : « Shiny GYM TIME »

The duration of the Gala will not exceed 90 minutes. The indoor skating rink will be equipped with 2 demonstration's scenes 14X14m, with floor mat.

Groups that want to be part of the EUROGYM Gala can apply by sending a video of their performance to European Gymnastics. More specific information about this application will be sent to the National Federations (autumn 2021). Members of the TC will choose the groups. A local choreographer will script the show.

The closing ceremony will be animated by the parade of 2 delegates per nation, with their flags. There will be demonstrations of a local gymnastics production and of the next EUROGYM.

Shiny **GYM TIME** ★★ ★



ACCOMMODATION - LOCATIONS



ACCOMMODATION IN SCHOOLS IS PROVIDED FOR ALL PARTICIPANTS

The accommodation costs are included in the participation fees. All participants and accompanying persons must present their accreditation card at the entrance of the college. On the day of arrival, the groups will be welcomed by a team of volunteers.

They will be given their premises and will then be responsible for it for the duration of their stay. The premises must be kept in their original state of cleanliness. In addition the cleanliness of the sanitary facilities will be ensured by regular cleaning teams.

Through our volunteers and a safety/security agency there will be 24-hour service at all schools and security will be provided at all times. Daily information will be posted in the lobby. It is requested that all participants respect the schedules and instructions given so that the stay can take place in the best possible conditions.

For the good cohabitation and the well-being of all, a fair-play behavior is expected from all participants and accompanying persons. The organizing committee thanks you in advance and wishes you an excellent stay.

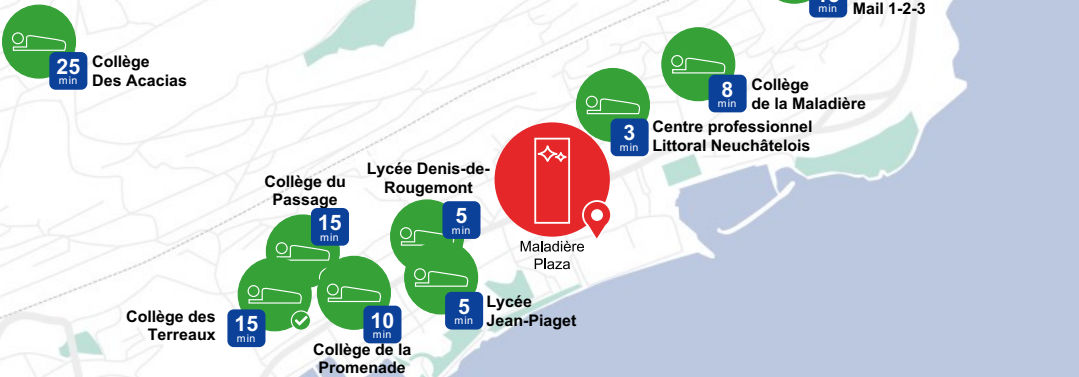
Legends

0 min

Approximate time by bus to Maladière Plaza

MORE DETAILS AND PICTURES ARE AVAILABLE ON WEBSITE

eurogym2022.ch/accommodation



HOTELS

La Tène/Marin



*** Hôtel Ibis 3 Lacs Neuchâtel
Lieu : La Tène/Marin
ibis.accor.com



*** Hôtel Alpes et Lac
www.alpesetlac.ch



*** Neuchâtel City Hôtel
www.neuchatelcityhotel.com



Maladière Stadium



*** Hôtel de l'Ecluse
www.hoteldelecluse.ch



*** Hôtel des Arts
www.hoteldesarts.ch



** L'Aubier
www.aubier.ch



**** Best Western Premier
Hôtel Beaulac
www.beaulac.ch



*** Hôtel Touring du Lac
www.touringaulac.ch



**** Hôtel Beau Rivage
www.beau-rivage-hotel.ch



NEUCHÂTEL
CITY CENTER

GUESTS

Neuchâtel has the capacity to welcome EUROGYM guests in hotels located in and around the city centre. Hotels are divided into categories 2* to 5* and some are within walking distance, others require the use of public transport.

Neuchâtel Lake

More informations about accomodation for accompanying persons : eurogym2022.ch/accompanying-persons

MEALS

For logistical reasons, all meals are taken at the Indoor Skating Rink East. Balanced menus for sporty people with 1 vegan option. With each menu, a 5 dl. mineral water is served at lunch and dinner. Small food stands will also be used and will allow participants to buy drinks and snacks.

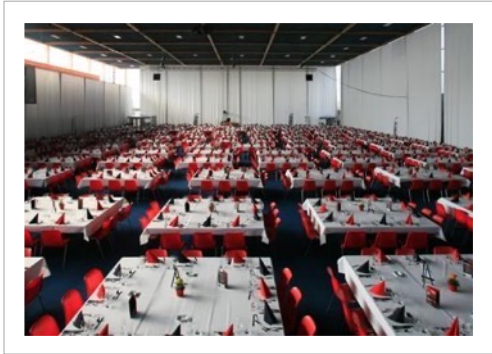
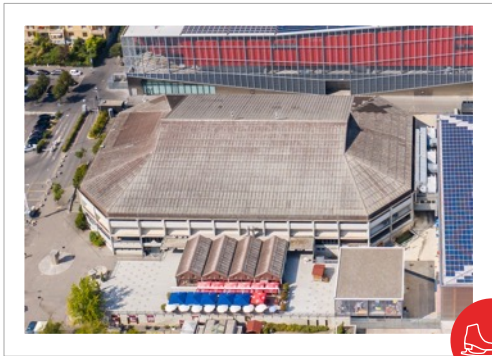
ADDITIONAL SERVICES & COSTS

On the table below, you will find the services to which you are entitled with your participation card. Indicated are additional services that you can request. Vegetarians and allergy-prone persons must indicate this at the time of provisional registration.

	July 2022	Breakfast	Lunch	Dinner	Accommodation	Local transport	Airport transfer
EGFL	Thursday 7		supplement	supplement	included		supplement
	Friday 8	included	included	included	included		
	Saturday 9	included	included	included	included		
	Sunday 10	included					supplement
EUROGYM	Saturday 9			supplement	supplement		supplement
	Sunday 10	supplement	included	included	included	included	supplement
	Monday 11	included	included	included	included	included	
	Tuesday 12	included	included	included	included	included	
	Wednesday 13	included	included	included	included	included	
	Thursday 14	included	included	included	included	included	
	Friday 15	included	supplement				supplement

PRICES CHARGED FOR EACH ADDITIONAL SERVICES (EURO/CHF)

Extra cost	Price per person	Information
Breakfast	9	
Lunch	14	
Dinner	14	
Accommodation	25	In School
Airport transfer	<25y : 33 / >25y : 66*	Train from and to Basel BSL. / *Swiss price for groups from 10 persons
Airport transfer	<25y : 42 / >25y : 83*	Train from and to Zurich ZRH / *Swiss price for groups from 10 persons
Airport transfer	<25y : 34 / >25y : 68*	Train from and to Geneva GVA / *Swiss price for groups from 10 persons
Lunch departure	14	On Friday 15 th



REGISTRATIONS

The gymnasts should be between 12 years old and 18; but it is allowed to register 10% of under-aged gymnasts of 10-11 years and/or older gymnasts. Please check the regulations and the table below, as these numbers will be checked ! A copy of a valid passport will be asked at the registration.

- Each group should include at least 6 gymnasts.
- The European Gymnastics and Technical Committee for Gymnastics for All recommends to have minimum 2 group leaders, 1 coach as well as 1 Head of Delegation.
- But if the group exceeds 12 gymnasts, it is recommended to have 1 group leader for 12 gymnasts.
- **The registration can only be done through your National Federation.**

# participants per group		# participants allowed that are younger and/or older
From ...	Until ...	
6	9	0
10	15	1
16	25	2
26	35	3
36	45	4
46	55	5
56	> 56	6

ACCREDITATION

- Participants according to the definition above
- Coaches
- Group/team leaders
- Head of delegation

Coaches may not take part on a performance as gymnasts. Accompanying persons are not allowed in the schools and will not get an accreditation.

REGISTRATION DEADLINES

- Provisional registrations November 15th, 2021
- Definitive registrations March 15th, 2022

ENTRY FEES European Gym for Life Challenge (EGFL)

7-10 July

150 EURO or CHF 160

Are included:

- School accommodation for two or three nights
- It is not necessary to use transport
- Meals on Friday and Saturday (breakfast - lunch - dinner) and breakfast on Sunday
- Participation in European Gym for Life Challenge

ENTRY FEES EUROGYM

9-15 July

295 EURO or CHF 315

Are included:

- School accommodation and Meals
- Transport in Neuchâtel City during the EUROGYM 2022
- Entry to all ceremonies (opening - closing - gala)
- Workshops - Performances - Parties

EGFL + EUROGYM

7-15 July

380 EURO or CHF 406

- The provisional registrations will be officially confirmed when 10% of the participation fees will be paid to the LOC. The balance 90% must be paid with the final registration 4 months before the event.
- Arrangements in case of pandemic will be announced if necessary.

INSURANCE, REFUND & PENALTIES

- Each participant must have a medical care and repatriation insurance at registration or must take out one with the LOC.
- 10% of registration's fees is not refundable.
- In case of absence at the daily meetings = 250 EURO fine to be paid at European Gymnastics.

HEALTH SITUATION - COVID

- The federations will have to refer to the sanitary measures in force to participate in the EGFL and the EUROGYM.

QUIZZZZZZZ !!!!!

*Post your answers on the social
networks with the mention*

#eurogym2022

In Switzerland, local
cultures live together
according to the
linguistic regions of the
country. True or false?

In your opinion, how
many languages make
up the cultural diversity
that is essential for the
cohesion of the country
and contribute to
Switzerland's identity?

What is Switzerland's
signature dish?



Organized with passion,
for young people,
with young people
and by young people.

SEE YOU IN SWITZERLAND !

f i d #eurogym2022