



# WORLD GYMNAESTRADA 2023 AMSTERDAM

30 July - 5 August 2023

Bulletin 4.0





# JOIN US IN AMSTERDAM, SHOW US!



## INTRODUCTION

Amsterdam is the city of tolerance, connection, sport, fun and culture. These are touchpoints that also apply to the World Gymnaestrada, one of the most splendid events in global sports. The Royal Dutch Gymnastics Federation and Amsterdam have joined forces to raise that event to a next level in 2023. The roots of the World Gymnaestrada lie in the Netherlands; and as far as we are concerned, it is the steppingstone to the future.

We will set ourselves apart by organising the World Gymnaestrada as a compact and well-organised event at several special locations in a vibrant city. We can offer participants a comfortable week with convenient and sustainable modes of transport, from public transport to bicycles. We will ensure the fun element by organising amazing parties and activities throughout the city. We promise you an unforgettable week in the beating heart of the Netherlands.





## MESSAGE FROM THE ROYAL DUTCH GYMNASTICS FEDERATION

The first World Gymnaestrada took place in the Dutch city of Rotterdam in 1953. It is a great honour for us to host this splendid international gymnastics event again in the Netherlands seventy years later.

We are proud that the City of Amsterdam wants to collaborate with us in giving gymnastics a boost by providing a stage for this event. Amsterdam has held the World Gymnaestrada once before. This was in 1991 and was a great success. In 2023 we set a new standard for the World Gymnaestrada. We believe it is a wonderful opportunity to focus on sustainability and to introduce surprising

innovations in the field of gymnastics. We are looking forward to the 17th World Gymnaestrada, where we would be bringing together people from all over the world at the event in Amsterdam, who share the same passion for gymnastics.

All participants, visitors, volunteers and organisers, striving together to create an unforgettable event!

**Monique Kempff**

*Chairman of Royal Dutch Gymnastics  
Federation*



# FIG GFA COMMITTEE



Rogério Valério



Monika Siskova



Tatsuo Araki



Marco Bortoleto



Gemma Barton



Jérôme Huebscher



Petrina Hutchinson



## MESSAGE FROM THE FIG GYMNASTICS FOR ALL COMMITTEE

The big Gymnastics events are back in our lives!

Gymnastics for All is a unique sporting activity that empowers the quality of life in all perspectives.

In 2023, World Gymnaestrada will celebrate 70 years full of gathering and sharing the joy of practising gymnastics and developing lifelong friendships.

This 2023 edition in the iconic Amsterdam, NED will provide the first big opportunity

to bring together the community from all over the world, after the challenges presented by the pandemic.

Let's enjoy life through Gymnastics for All meeting our friends from across the world face-to-face and creating the chance to make many new ones.

Looking forward to meet you all there!

**Rogério Valério**

*FIG Gymnastics for All Committee –  
President*





## Femke Halsema

Mayor of Amsterdam

It is with great pleasure that I present to you the City of Amsterdam, with all its unique qualities. As you probably are aware, the City of Amsterdam is known worldwide for its policy that deserves the mark 'inclusive'. The face of the City of Amsterdam is built by almost 900.000 inhabitants from approximately 180 different countries.

The City of Amsterdam wants to be the right place to work, live and play sports for each and everyone. The City of Amsterdam therefore takes great pride in offering both a unique and marvellous platform for

every athlete to excel and showcase their talents and inspire people from all walks of life to participate in sports for all.

The City of Amsterdam offers the whole package. Amsterdam is easily accessible, the city has a high-profile public transport system, the city's accommodations are state of the art and the overall sports climate is world class.

Nowhere in the world can offer what the City of Amsterdam has to offer: the city itself! With its historical beauty reflected in the eyes of those who come to admire it. Who doesn't want to visit the City of Amsterdam?!

I hope we can welcome you in the splendid City of Amsterdam in 2023.



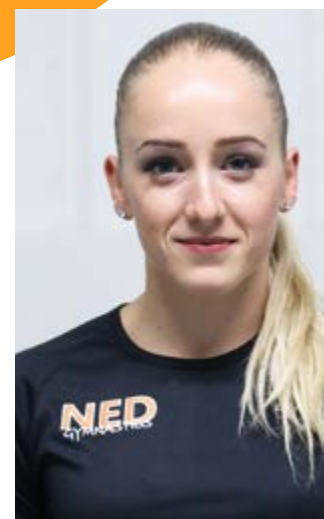
# AMBASSADORS

## Epke Zonderland

Olympic Champion 2012

World Champion 2013, 2014 & 2018

*'As a doctor, athlete and young father, I know how important exercise is in our daily lives, irrespective of how old we are. The World Gymnaestrada in Amsterdam would provide an enormous boost to the work of the Royal Dutch Gymnastics Federation in encouraging children and adults to start and continue exercising.'*

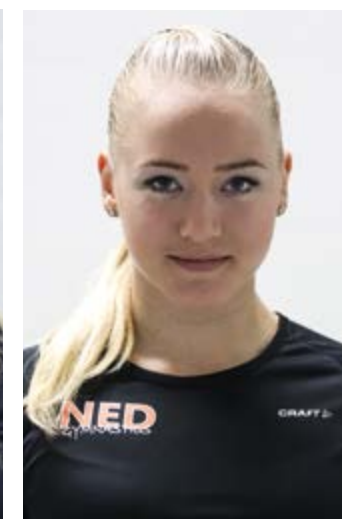


## Sanne Wevers

European Champion 2018

Olympic Champion 2016

*'As sisters we regard the gymnastics community, perhaps more than most, as family. And imagine how wonderful it would be if we were able to soon share and experience that passion in Amsterdam with over 18,000 people from that family of athletes. Count us in!'*



## Lieke Wevers

Winner European Games 2015



# INDEX

PAGE 3	Introduction
PAGE 4	Message royal Dutch Gymnastics Federation
PAGE 6	Message the International Gymnastics Federation
PAGE 8	Ambassadors
PAGE 12	About World Gymnaestrada
PAGE 14	World Gymnaestrada is coming home
PAGE 16	World Gymnaestrada Amsterdam 2023
PAGE 18	RAI Convention Centre + Floor Plan + Technics
PAGE 24	Olympic Stadium + Field Plan + Technics
PAGE 28	Apparatus
PAGE 32	Provisional Timetable <b>NEW</b>
PAGE 34	World Gymnaestrada Week
PAGE 47	Ticketing
PAGE 48	Public Transport <b>NEW</b>
PAGE 50	Visiting Amsterdam <b>NEW</b>
PAGE 60	Accommodation <b>NEW</b>
PAGE 66	Catering <b>NEW</b>
PAGE 68	Participations Pricelist <b>NEW</b>
PAGE 70	Organisation <b>NEW</b>
PAGE 76	Volunteers <b>NEW</b>
PAGE 77	Media & Accreditation <b>NEW</b>
PAGE 78	Timeline
PAGE 80	LOC
PAGE 82	The Netherlands welcome you
PAGE 84	Contact



# ABOUT WORLD GYMNAESTRADA

The World Gymnaestrada is a world-wide, non-competitive event held every four years, attracting the largest number of active participants of any gymnastic event. Participation is for everybody, regardless of gender, age, race, religion, culture, ability or social standing.

All participants practice to perform their routines at the World Gymnaestrada, but that's not the only goal. It is more about the whole experience, the festivities and a feeling of belonging. Proudly representing their countries,

adds a slight Olympic feeling to the event. Gymnastics from all over the world come together, reunited after several years, reinforcing international friendships, transcending language and culture differences.

Since the very first edition in The Netherlands in 1953, the World Gymnaestrada has travelled around the world and grown into a multicultural gymnastics festival. After 32 years, this celebration is returning to Amsterdam. It is expected to be the best and biggest World Gymnaestrada ever.





# WORLD GYMNAESTRADA IS COMING HOME

The very first edition was – unsurprisingly – held in the Netherlands (Rotterdam) in 1953, under the motto 'Joy of Life in Gymnastics'. The Netherlands (Amsterdam) again hosted the World Gymnaestrada in 1991. Compared to 1953, the number of participating countries had doubled to 28 and the number of participants almost quadrupled to 19,500.

In terms of the number of participants, the

World Gymnaestrada was the second largest event held in Amsterdam, after the 1928 Olympic Games.

In 2023, exactly 70 years after the first edition of the World Gymnaestrada, Amsterdam again hopes to welcome you to this event. Faithful to the founding principles, but with a fresh and innovative interpretation for a new generation.



# WORLD GYMNAESTRADA AMSTERDAM 2023

Amsterdam is a city where everybody feels at home, where tolerance flourishes and sports play a key role. The city of Amsterdam is cosmopolitan, but is typified by a compact structure and cosy, intimate character. Amsterdam lends itself well to making cultural trips and new friendships.

A week in Amsterdam will be an enriching experience for the participants of the World Gymnaestrada. The World Gymnaestrada 2023 in Amsterdam is characterised by an unequalled programme and a high level of service for the

participants. As the best way to get around Amsterdam is by public and sustainable modes of transport, the participants will be given the opportunity to make optimal use of these.

In addition to the numerous cultural highlights in Amsterdam, music and dance will also play an important role in the entertainment programme. Specially for the participants, DJs will be playing at large parties with various themes (80s, 90s & current themes) that run parallel to the history of the World Gymnaestrada.





# RAI CONVENTION CENTRE

The RAI Amsterdam Convention Centre is located at a stone's throw from the centre of Amsterdam and situated right off the A10 ring road. It is a top venue for trade fairs, parties, theatre shows and any major

event. The RAI Amsterdam venue will be the heart of the event for the Group Performances, National Performances, the FIG Gala, catering, stands, media and organisation.





# FLOOR PLAN RAI

NEW

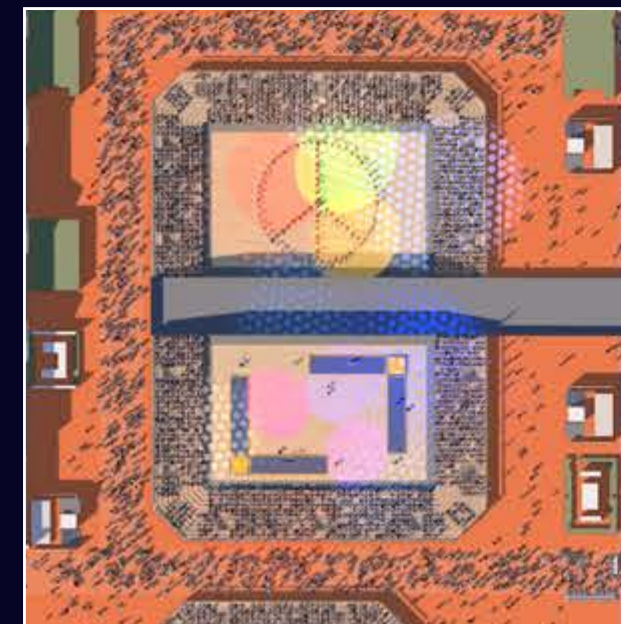
NEW



\*Subject to change

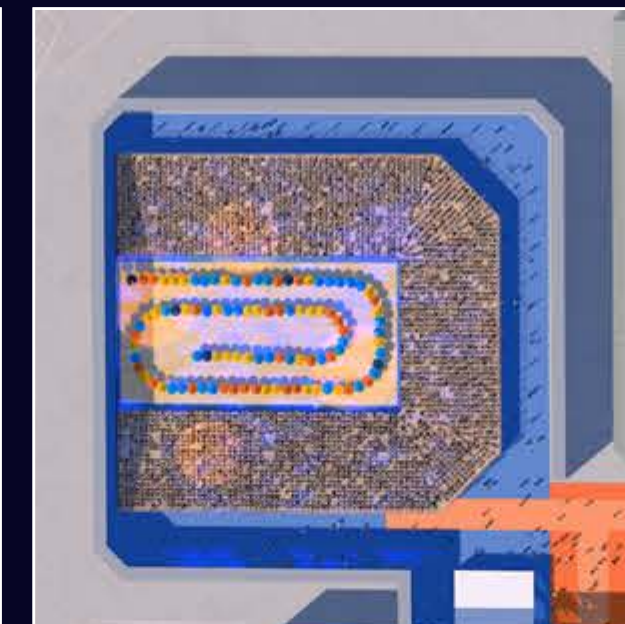
- A Group Performance Stages**
- B National Performance Stage 1**
- C FIG Gala & National Performance Stage 2**

- Catering**
- Entertainment**
- Expo**



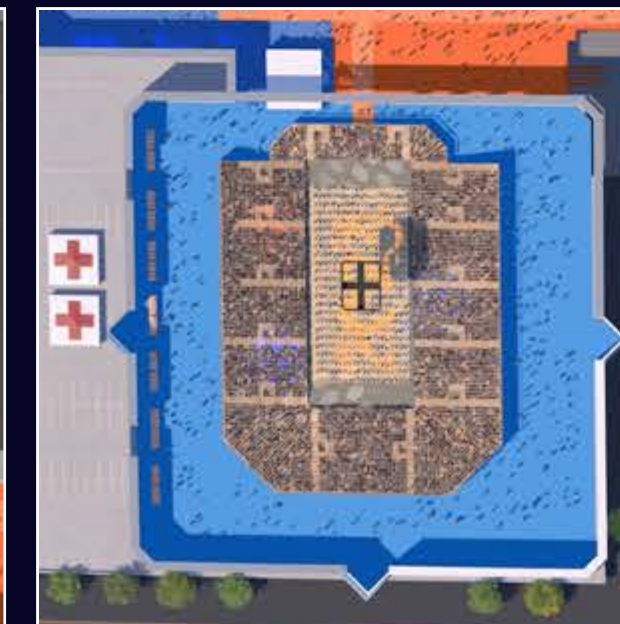
## A GROUP PERFORMANCE STAGES

In this area the Group Performances will take place. There will be eight stages in total in these halls. Six of these stages will have a performance floor of 20m x 20m (400m<sup>2</sup>). Two stages are slightly larger with a performance floor of 30m x 20m (600m<sup>2</sup>). The grandstands' capacity around the stages is between 1.200 and 1.350 spectators.



## B NATIONAL PERFORMANCE STAGE 1

Stage 1 will be equipped for National Performances. There will be a performance floor of 40m x 20m (800m<sup>2</sup>) with grandstands on three sides. The total capacity of these grandstands will be 4.400 spectators.



## C FIG GALA & NATIONAL PERFORMANCE STAGE 2

Stage 2 will also be equipped for National Performances, just like Stage 1. This stage will also be used for the FIG Gala. In this stage will be a performance floor of 40m x 20m (800m<sup>2</sup>)\* with grandstand on three sides of the floor. These grandstands will have a total capacity of 6.900 spectators.

\*Dimensions of the floor are subject to change.



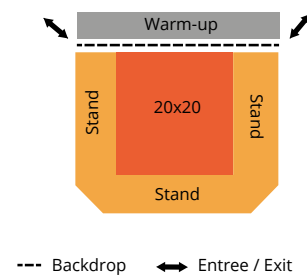
# RAI TECHNICS & STAGE PLANS

## Technics

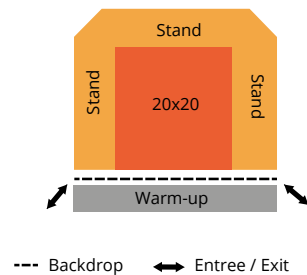
### Group Performance Stages

- Lighting: Static white light
- Audio: PA system and monitor
- Music play format: Music for performances should be uploaded in FLIP. We advise teams to bring the same music on a USB stick (.MP3, .MP4 en .WAV Format)
- Radio: Yes
- Video: No
- Radio Microphone: Yes
- Intercom: No

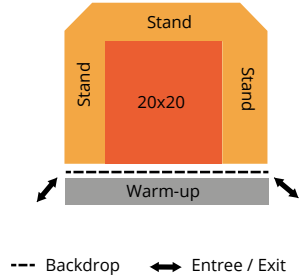
#### Group Stage 4



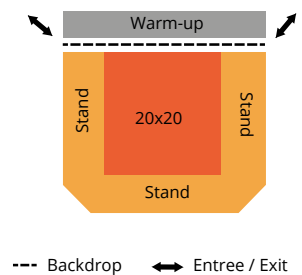
#### Group Stage 5



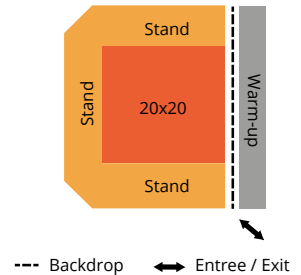
#### Group Stage 6



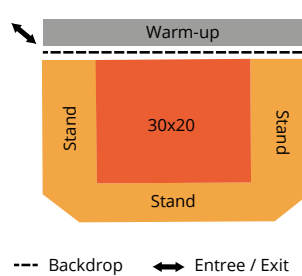
#### Group Stage 7



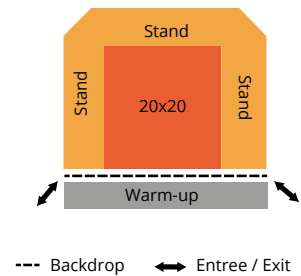
#### Group Stage 8



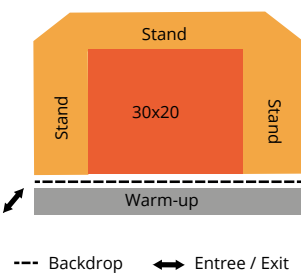
#### Group Stage 2



#### Group Stage 3



#### Group Stage 1



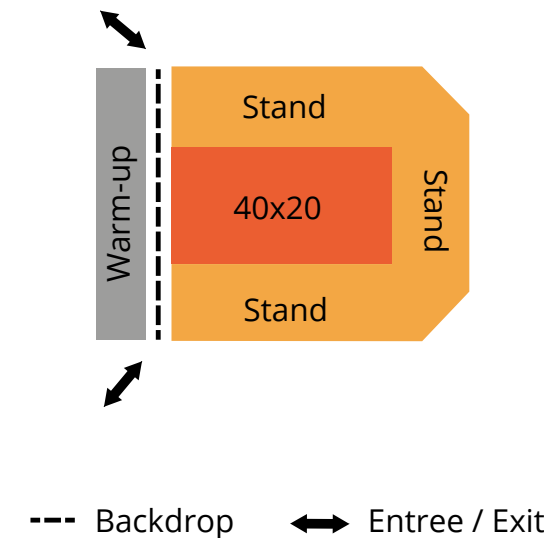
NEW

## Technics

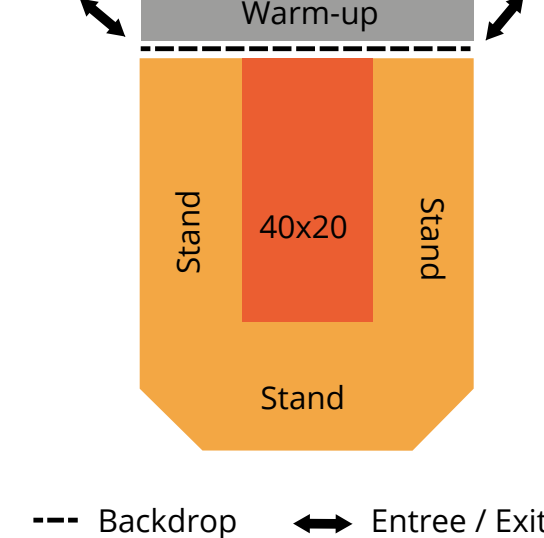
### FIG Gala & National Performance Stages

- Lighting: Show light
- Audio: PA system and monitor
- Music play format: Music for performances should be uploaded in FLIP. We advise teams to bring the same music on a USB stick (.MP3, .MP4 en .WAV Format)
- Radio: Yes
- Video: Video wall, DVD/USB stick
- Radio Microphone: Yes
- Intercom: Yes

#### National Performance Stage 1



#### FIG Gala & National Performance Stage 2\*



\*The dimensions of the floor are subject to change.

NEW



# OLYMPIC STADIUM

The Olympic Stadium in Amsterdam is a stadium with an athletics track. It is located at the Stadionplein in the western part of the Amsterdam southern district. The stadium is the iconic focus of an area that exudes sporting history and splendour on all fronts. The 1991 World

Gymnaestrada was also held in this stadium. The Olympic Stadium is the icon of Dutch Olympic sports and the right place for new inspiration. The Olympic Stadium is the location for the Opening and Closing Ceremonies and Large Group Performances.

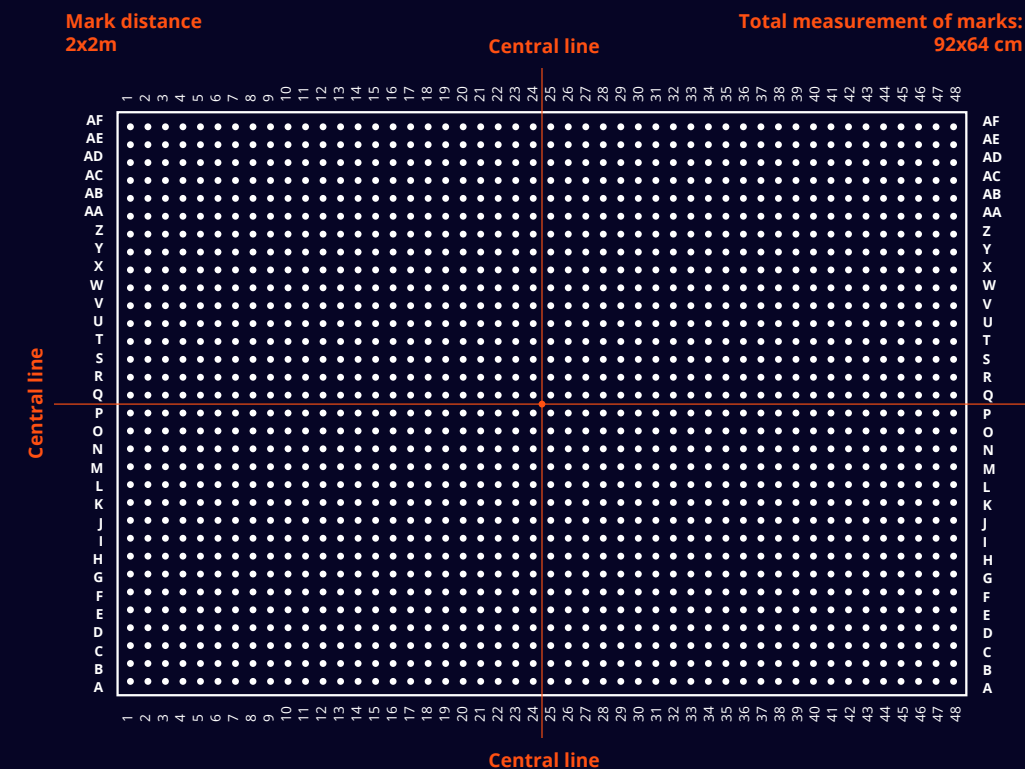




After a tense period in the late 1990s, just before the planned demolition of the building, the status of 'national monument' was granted. The stadium was then rapidly renovated. In the year 2000 the Olympic Stadium was reopened. Now millions of visitors use the Olympic Stadium and its various facilities every year. The stadium has 22.500 seats and is jointly owned by the Olympic Stadium Foundation and Bouwinvest.



# FIELD PLAN



## Olympic Stadium Technics

- Audio: PA system and monitor
- Music play format: Music for performances should be uploaded in FLIP. We advise teams to bring the same music on a USB stick (.MP3, .MP4 en .WAV Format).
- Radio: Yes
- Radio Microphone: Yes
- Intercom: Yes



# APPARATUS

The complete Gymnastics Apparatus will be provided by Janssen Fritsen, Eurotramp and Airtrack Factory. After the Gymnaestrada the apparatus will be sold at special rates. Reservations can be made via the LOC.



## 1. AIRTRACK P3

The P3 is the thickest AirTrack; 30 cm high, 15m long and 2.8m wide. This allows you to vary the most with the pressure and is therefore suitable for all athletes and skill progressions. With a low pressure, the AirTrack is soft and suitable to work on new moves. When you get the skill down, build up the pressure until the AirTrack resembles a spring floor.



## 2. ULTIMATE COMPETITION DOUBLE MINI-TRAMPOLINE

The Ultimate DMT is the successor of the Double-Minitramp 190. It is equipped with the powerful and innovative 6x6 mm high-performance jumping bed and fulfils the FIG norm. The Double-Minitramp Ultimate 6x6 guarantees more power and durability due to an optimized spring suspension. (FIG ID: 1495022)



## 3. BALANCE BEAM

FIG certified balance beam. Height adjustable from 75 to 125 cm, with 5 cm increments. Hygroscopic cover ensures optimal grip and comfort during long trainings. Extremely stable legs with durable powder coating. Rubber leg caps for extra stability and to prevent floor damage. (FIG ID: 1414034)



## 4. PARALLEL BARS

FIG certified parallel bars. Original Reuther. Dynamoflex pre-tensioned fibreglass rails with veneer. The length of rails is 350 cm. Width infinitely adjustable from 41 - 71 cm, with scale on stand for precise adjustment of the width. Height adjustment in five cm increments, from 160 - 210 cm. (FIG ID: 1403104)



## 7. OPEN-END MINITRAMPOLINE

Open-eind minitrampoline Jumping mat of 70cm x 60cm with 13mm braided strap. 32 steel springs and double padding.



## 5. VAULTING BOX

Three parts in the middle with reinforced hook-in options on the short sides. Upper part with reinforced hook-in options on the short sides. Two closable openings on the long sides for coupling pipes.



## 8. POMMEL HORSE

Top competition pommel horse, FIG certified. Shape-retaining hull covered with foam and top quality leather. Aluminium brackets covered with hygroscopic non-slip rubber. Adjustable in height from 95cm to 125cm, 5 cm increments. (FIG ID: 1406104)



## 6. MAT 400 X 200 X 10

“Happy landing” mat. Cover of PVC with sturdy quality zippers. Prescribed at competitions



## 9. MUSHROOM

Gymnastics mushroom 60cm with wooden base, without bracket. Hull covered with polyurethane foam.





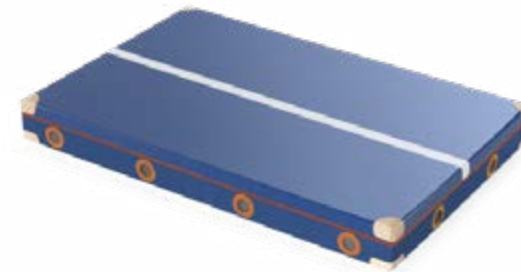
### 10. VAULTING TABLE

Competition Vaulting Table adjustable in height from 125cm to 165cm, 5cm increments. With sustainable non-slip cover.



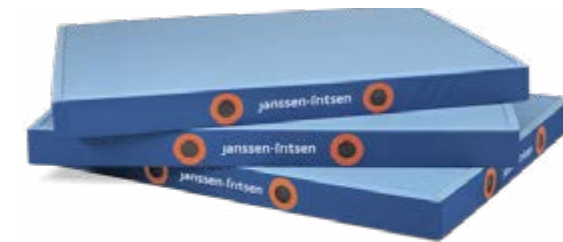
### 11. SPRINGBOARD

FIG certified competition springboard. The surface is made of carbon fiber with chrome silicon pyramidal springs. (FIG ID: 1411714)



### 15. SAFETY MAT 300 X 200 X 30

Safety mat basic 300cm x 200cm x 30cm with 12 handy grips. Special extra strong fabric. Very high tensile and tear strength, a skin-friendly top layer and 8 leather corner pieces.



### 16. TRADITIONAL MAT 300 X 200 X 20

FIG certified competition mat 300cm x 200cm x 20cm. Flat-stable core with high-density cushioning foam. Handy grips with a top layer of heat-absorbing needle felt. Seams covered with 2 mm thin, 15cm wide velour/Velcro strips. Quick power reduction, high damping, very stable. (FIG ID: 2240501)



### 17. EUROTRAMP GRAND MASTER ULTIMATE

Trampoline Grand Master 13M | FIG certified competition trampoline with 4mm straps. With 110 steel springs and 8 reinforced corner springs. Jumping mat 426 x 213 cm with 4x4 mm wide woven nylon straps. Shock-absorbing and stable frame padding 32 mm. (FIG ID: 1495023)



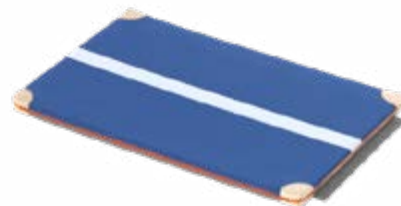
### 12. ERGOTRAMP

The learning springboard has an ergonomic shape facilitating the correct vaulting shape learning, intended to create longer flight moment.



### 13. BENCH

Gymnastics bench 300cm with a 10cm balance beam. Very stable frame without sharp edges. Bench and balance beam are made of European hardwood.



### 14. MAT 150 X 100

Schoolmat "Super-8" 150cm x 100cm x 8cm with sandwich foam.



### 18. ROLLABLE MAT

Rollable mat 1400cm x 200cm x 4cm. strong and flexible, easy to roll up with 16 cm wide cross cells. Reinforced strong fabric with high tensile and tear strength. Skin-friendly, non-slip material.



# PROVISIONAL TIMETABLE

NEW

NEW

	Sunday 30 July	Monday 31 July	Tuesday 1 August	Wednesday 2 August	Thursday 3 August	Friday 4 August	Saturday 5 August	
09:00								09:00
10:00		City Performances	Group Performances	City Performances	Group Performances	Group Performances	FIG Gala	10:00
11:00								11:00
12:00								12:00
13:00								13:00
14:00								14:00
15:00			Large Group Perf.	Large Group Perf.	Large Group Perf.			15:00
16:00	Opening Ceremony							16:00
17:00							Closing Ceremony	17:00
18:00		National Perf. BRA	National Perf. PAGU		National Perf. POR	FIG Gala		18:00
19:00		National Perf. SUI	National Perf. NED		National Perf. TBD			19:00
20:00								20:00
21:00		National Perf. TBD	National Perf. SUI		National Perf. ITA	FIG Gala		21:00
22:00			National Perf. GER	National Perf. JPN	National Perf. NORDIC			22:00





# WORLD GYMNAESTRADA WEEK





# OPENING CEREMONY

NEW

**Location:** Olympic Stadium Amsterdam

**Date:** Sunday, July 30th

**Time:** 16:00

**Duration:** 2 hours

**Capacity spectators:** 22.000

## Opening Ceremony For everyone

The 17th edition of the World Gymnaestrada will be opened with a spectacular show in the unique Amsterdam Olympic Stadium. Our choreographer Janien Schipdam will work together with her creative group to design a beautiful performance with art, colours and typical Dutch traditions.

The World Gymnaestrada is for everyone and we will make the Opening Ceremony experience special for all participants. With an innovative twist,

the Opening Ceremony will begin 2km away from the Olympic Stadium, with a unique walking parade of all the World Gymnaestrada participants towards the Olympic Stadium. This will bring the World Gymnaestrada into the heart of Amsterdam with the streets lined with friends and fans, music and colour, celebrating our wonderful Gymnastics for All community.

Once arriving, participants will take their seats in the 22,000 capacity stadium with each federation allocated a specific area together. A small group of representatives from each delegation will enter the field to march into the stadium with the country's official flag. During the marching of the flags, each participant will

have a new opportunity to be part of the Opening Ceremony through performing a 30 second team song, dance or chant from their seats, together with their whole federation when their country name is announced. This will be shown on huge screens projected throughout the grandstand, with a digital link from the field to the seats welcoming every participant under loud applause, with cheers from Albania to Zimbabwe.

Federations will receive more information about this exciting new contribution to the Opening Ceremony in quarter one of 2023.

NEW





# PERFORMANCES

NEW

## Group Performances

**Location:** RAI Convention Centre

**Date:** Monday, July 31st – Friday, August 4th

**Duration:** 10 – 15 mins

**Capacity spectators:** 1.000 per stage

Group Performances are designed to show the diversity of 'Gymnastics for All'. Groups include a minimum of ten active performers with no maximum number being set. Performances will be presented three times in an indoor performance area at the RAI Convention Centre. Each performance will take either 10 or 15 minutes.

## Large Group Performances

**Location:** Olympic Stadium

**Date:** Tuesday, August 1st – Thursday, August 3rd

**Duration:** 15 mins

**Capacity spectators:** 22.000

Large Groups will include a minimum of 200 active performers. Performances will be presented three times in the Olympic Stadium in Amsterdam. Two or more participating FIG Member Federations may join together to form one Large Group.

A Large Group Performance will have a maximum of 15 minutes and will be presented three times.

## National Performances

**Location:** RAI Convention Centre

**Date:** Monday, July 31st, Tuesday, August 1st and Thursday, August 3rd

**Duration:** 1,5 hours

**Capacity spectators National Performance 1 :**

4000 – 4250

**Capacity spectators FIG Gala / National**

**Performance 2 :** 6000 – 6250

A FIG Member Federation can apply for a National Performance as well. Once it is approved by the FIG GfA Committee, that FIG Member Federation can present its 'Gymnastics for All' show. These events are designed to give participating FIG Member Federations an opportunity to present their range of 'Gymnastics for All' activities, combined with music and personality that fits their national culture. It is

allowed for FIG Member Federations to join together to present a joint National Performance. A National Performance should be a maximum of 1.5 hours.

NEW





## City Performances

Amsterdam is a fantastic location in many ways. In the ambition to bring sport more to the people, organising City Performances is a must. We are going to place beautiful stages on three locations in the city where performances will take place from Monday through Thursday. All three stages will be covered.

It is now possible to indicate your interest in a City Performance in FLIP. In doing so, we would like to ask you to indicate which apparatus you require for your performance. Please note that there will be limited apparatus available, only at stages A and C. The final list will depend on registrations.

### Location A: RAI

Inside the fences of the RAI, of course, many wonderful performances take place. We would like to place Location A on the Europaplein just before the fences of the RAI. This is to show the passing public what happens in the RAI during the week and to present the diversity of Gymnastics for All. At this location, we will also start planning performances in the evening. This venue will have most of the apparatus and a basic set for lighting and sound.

Floor dimensions will be 14x14m and minimum height 5m.

### Location B: Vondelpark

In the Vondelpark, is the Vondelpark Open Air Theatre. This is an almost complete setting where we would like to have the City Performances. The Vondelpark is a beautiful green spot in the middle of the city where many tourists and residents of Amsterdam enjoy the surroundings, the perfect place to introduce people to Gymnastics for

All. This location will be used for gymnastics and dance performances, no apparatus will be available at this location. A basic set of light and sound will be available for the performances.

Floor dimensions will be 8 x 6.40m.

### Location C: Olympic Stadium

For location C, we found a great spot near the Olympic Stadium, where the Opening and Closing Ceremonies and the Large Group Performances will also be held. This makes it the ideal alternative to Museumplein. At this venue, apparatus will be available for the performances and there will be a basic set of light and sound.

The dimensions of the floor will be 14x14m and the minimum height 5m.

NEW

## Participation City Performances

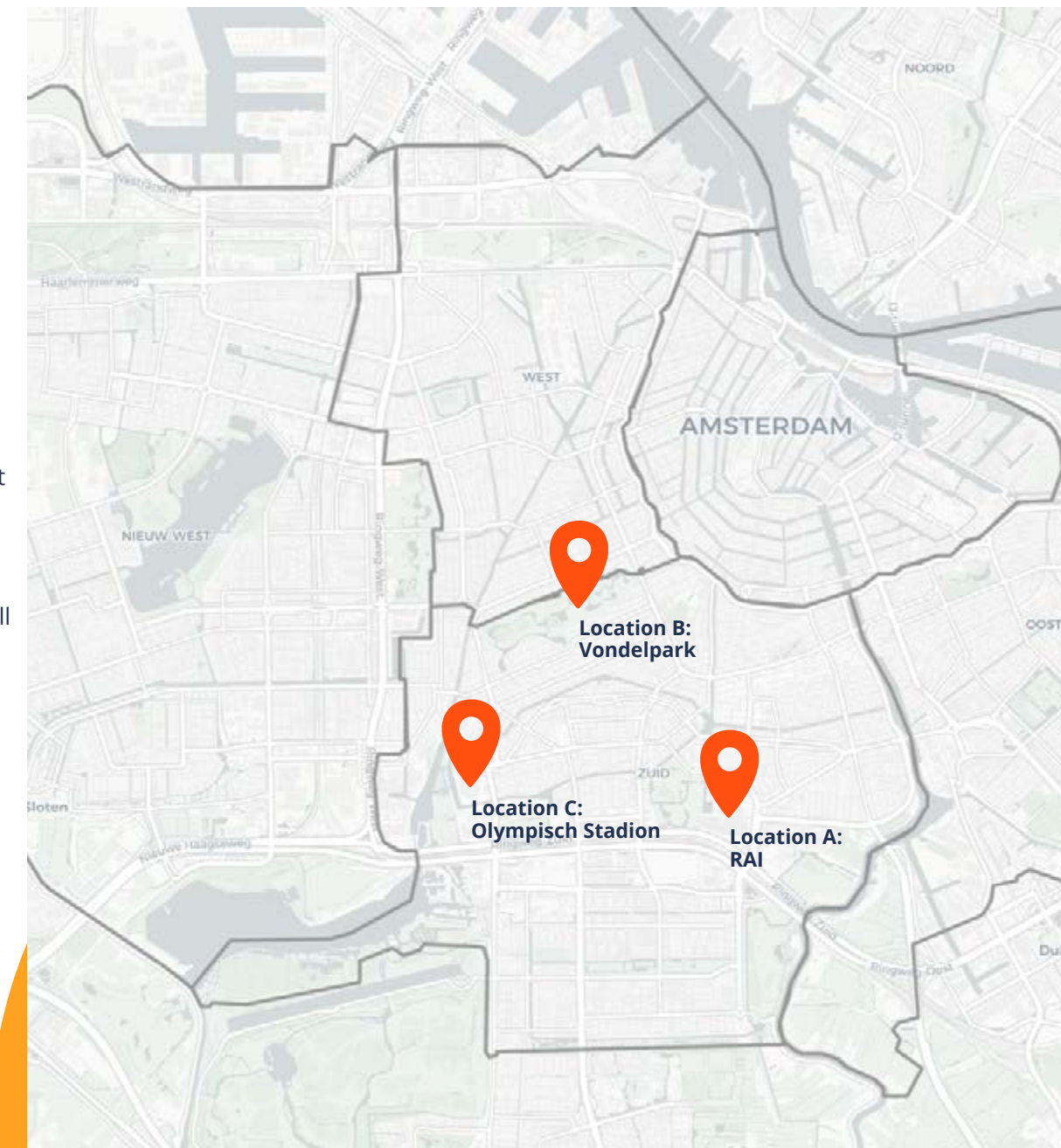
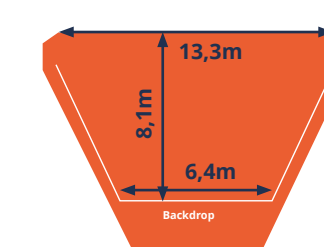
We are so excited to be able to organise City Performances in our beautiful city of Amsterdam. Participation in a City Performance is possible when you participate as a group in one of the parts of the official programme (Group Performances, Large Group Performances, National Performances, FIG Gala and/or de World Team). If you wish to take part in the City Performances, you and your group will perform at least once, at one of the three locations. Should you wish to give several performances. Please let us know at [info@wg2023.nl](mailto:info@wg2023.nl), and if the schedule allows, the LOC will make multiple slots available.

Don't forget to add the wish for devices to your application.

### Location A & C



### Location B



NEW



# FIG GALA

NEW

**Title:** Feel the Flow FIG Gala

**Location:** RAI

**Date and time:**

- Friday August 4  
FIG Gala 1: 18.00 - 19.30  
FIG Gala 2: 20.30 - 22.00
- Saturday August 5  
FIG Gala 3: 10.00 - 11.30

**Duration:** 1.5hours

**Capacity:** 6000 - 6250

**Aim:** show the variety of gymnastics

**Note:** spectators sitting on three sides of the arena, curtain on backside

**Measure:** 40m x 20m\*

## Concept and theme

Connection and passion are the themes in which all nationalities and levels come together. Within this idea, the countries make each other's

announcements. In this way we literally connect the acts together. The main theme is 'WATER'.

Confucius said: "It is only when you row across the sea that you will discover who you really are." Only with hard work, sweat and tears can we achieve something great within sports. By traveling to and coming together in the Netherlands, the participants will also learn more about themselves and about each other.

Every athlete is, as it were, a drop or a small stream. Together they form a stronger current which becomes a river. When those rivers come together, the rivers form a sea and then an ocean. That's the metaphor for this gala. Collaboration is everything. There is no I in team. You don't have to fight the water but only need to go with the flow to get somewhere. This gala is

about participating together; it's no contest. The water purifies, washes away, cools and quenches thirst. "Hard work, sweat and tears" combined form the elixir of life.

## Participating countries

In order to select groups for the FIG Gala, all FIG federation members have been requested to suggest groups. This was done with films showing the standard and quality (and information about the groups) of the groups to enable a proper selection. All presentation materials submitted should show the general abilities of the group. Unfortunately, not all groups could be accepted as the FIG Gala is choreographed show. This is the reason why a comprehensive application procedure was exercised.

\*The dimensions of the floor are subject to change.

-  **Austria**
-  **Australia**
-  **Brazil**
-  **Canada**
-  **Chile**
-  **Denmark**
-  **Finland**
-  **Germany**
-  **Greece**
-  **Egypt**
-  **Italy**
-  **Portugal**
-  **The Netherlands**
-  **Sierra Leone**
-  **Sweden**
-  **Switzerland**
-  **United States of America**
-  **Zimbabwe**

## FIG Gala team:

Michiel Maas - Managing director  
Stanley Burleson - Show director  
Maurice Wijnen - Creative director  
Patricia Khemili - Kok - Executive producer  
Rianne Veldhuizen - Event manger / secretary  
Raymond Weeda - Technical support

NEW





# WORLD TEAM & CLOSING CEREMONY

NEW

## WORLD TEAM

The World Team is an international Large Group Performance in which gymnasts from all over the world can take part.

What is special, is that it is not connected with any group, but all of those who participate in the World Gymnaestrada can take part, even individuals.

Instructions and information for participants will be shared [here](#). This year's choreographers are: Danique van 't Erve & Anouk van 't Erve. The group will do a performance to the music of Lady Gaga. The song 'Born this Way' symbolises 'Gymnastics for all'.

"I'm beautiful in my way, I'm on the right track, baby. I was Born This Way".

A song to eliminate prejudice against others and allow everyone to be themselves. When we think of Amsterdam, we think of a diversity of cultures. A place where everyone can be who they want to be and where inclusion is very important. At the World Gymnaestrada we can all be ourselves and appreciate the World Team.

Lady Gaga says:

"The nexus of 'Born This Way' and the soul of the record reside in this idea that you were not necessarily born in one moment. You have your entire life to birth yourself into becoming the ultimate potential vision that you see for you. Who you are when you come out of your mother's womb is not necessarily who you will become. 'Born This Way' says your birth is not finite, your birth is infinite."

### Props:

Specific prop\* that will be organised by the Dutch organisation.

\*€2,- per participant

The schedule for information about the World Team specifically is as follows:

**January '23** – Online meeting participants World Team x choreographer including clothes & props

**February '23** – Online meeting participants World Team x choreographer

**May '23** – Final meeting participant and National Federations



NEW



## CLOSING CEREMONY

**Location:** Olympic Stadium

**Date:** Saturday, 5 August

**Time:** 16:00 – 17:30

**Duration:** 1,5 hours

**Capacity:** 22.000

Like the opening, we will close the event in a unique way in the Olympic Stadium.

With a spectacular show with participants from all over the Netherlands and from all disciplines of gymnastics, we conclude the World Gymnaestrada week together.

It would be great if we could keep as many participants as possible in Amsterdam until the closing. We transfer the World Gymnaestrada flag to the Portuguese Federation for the organisation of the World Gymnaestrada 2027.



# TICKETING

## Ticket Sales information

Most events taking place within the World Gymnaestrada week are included in the price of a participant ticket. This applies to the Opening & Closing Ceremony and all (Large) Group Performances. Not included in the participant ticket are the National Performances and the FIG Gala. Separate tickets will need to be purchased for these, see prices below:

TICKETS	AMSTERDAM 2023 (incl. TAX)
Day ticket Group Performances	€16,50
Day ticket Large Group Performances	€12,50
Weekticket Group Performances	€65,00
Ticket Opening Ceremony	€25,00
Ticket Closing Ceremony	€17,50
National Performance ticket Cat. 1	€35,00
National Performance ticket Cat. 2	€28,50
FIG Gala Cat. 1	€40,00
FIG Gala Cat. 2	€35,00

## Ticketing Information

- Children under 4 are free on the day of the event. There are no price differences for children, adults, students and or senior citizens.
- In January, ticket sales will open to all fans in the Netherlands.
- From February, tickets go on sale for everyone.
- Prices are the same at all times.
- Prices include VAT but exclude service charges



# PUBLIC TRANSPORT

NEW

You will receive a [GVB](#) Multi day ticket 7 days which will be valid during the event dates, from Sunday 30 July – Saturday 5 August. The card currently covers the entire World Gymnaestrada week.

We understand that it is practical for some participants to be able to travel a few days before the World Gymnaestrada starts. There is an option to purchase a pass for the days prior to the start of the Gymnaestrada on 30 July. However, a fee will be charged for this. We will announce how to purchase this pass later.

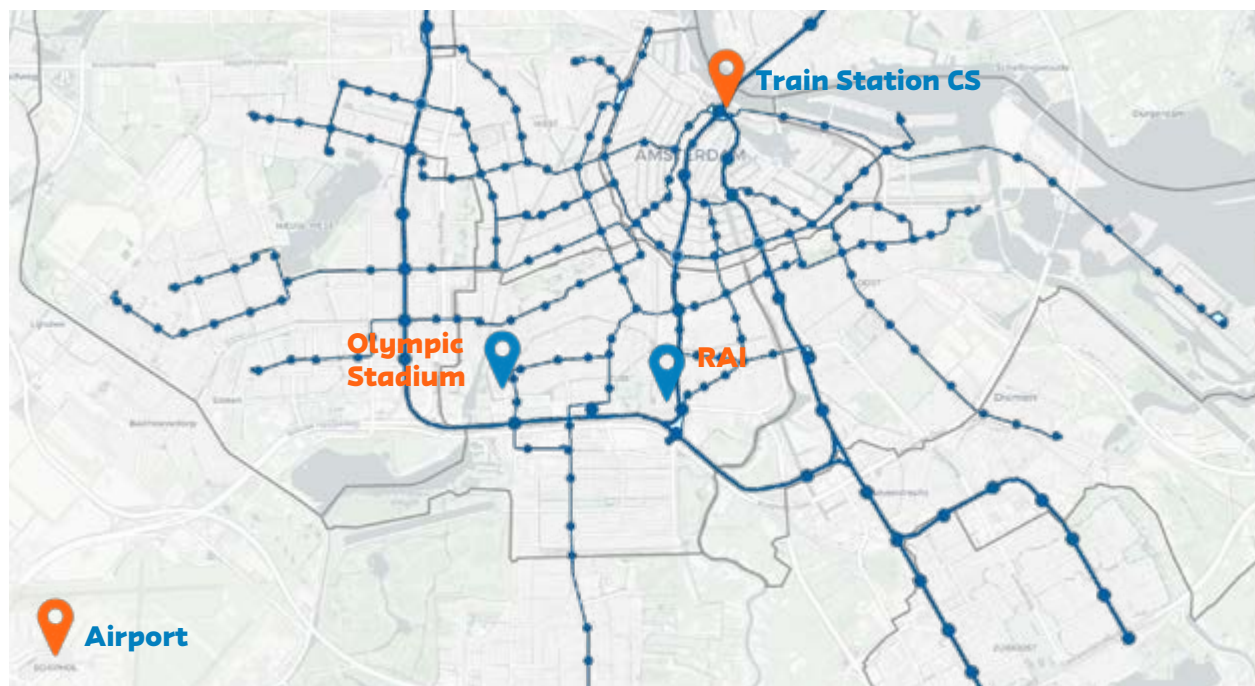
## Where can you travel:

With all GVB trams, (night) buses and metros in Amsterdam, Diemen, Duivendrecht, Amstelveen, Schiphol and Weesp. The best public transport routes in Amsterdam can be found online via <https://9292.nl/> and google maps

or you can download the GVB Travel app for your mobile phone.

## When can you travel:

All day and all night. With a 7-day ticket, you can travel 168 hours from the first check-in. Transport ticket is for 7 days.



— Metro/Tram 

## Transport company: GVB

Official WG airport transfer information will be available through FLIP around September.

We facilitate airport transfer from Amsterdam Airport Schiphol to the school or hotel where the delegation is staying. Information and costs will follow end of summer via FLIP.

## Own bus/car – where to park/keep & costs

- There are multiple parking lots near the Olympic Stadium and the RAI
- Parking costs vary between €3,- – €4,50,- per hour

Parking in Amsterdam is very expensive. We also do not recommend parking your car near the schools or venues. Loading and unloading is of course possible, but for parking the car we recommend a place outside the city or in a Park and Ride location. Please find more information about what Park and Ride is, [here](#).

In Amsterdam city only ‘clean’ vehicles with minimum a Euro6 engine are allowed, this

includes the area around the Rai convention center.

## P+R Locations in Amsterdam

[Park and Ride \(P+R\) - City of Amsterdam](#)

## Airport Transfer

We would like to assist World Gymnaestrada participants in booking a transfer from Amsterdam Airport Schiphol to the school or hotel and back.

We can only book transfers for participants staying in accommodation booked through the LOC. For groups larger than 10 people, the cost is 30 euros per person per transfer and does not include VAT. For individual transfers, the cost is 45 euros per person per transfer and does not include VAT.

These transfers can be booked at the final registration in our FLIP registration system.

NEW





# VISITING AMSTERDAM

'Amsterdammers' (the people of Amsterdam) consider sports to be an important aspect of life, and you can play or watch sports anywhere you go in the city. From gymnastics to hockey, tennis, squash, ice hockey, basketball, swimming or track cycling; you can find any sport. Since 53% of the inhabitants play sport at least twice a week, Amsterdam is widely recognised as the sports city of The Netherlands.

The ambition of 'The Sports City' goes beyond everything we already do; it is about what kind of city Amsterdam wants to be. The ambition of sports city is to promote sports as a quality of the city and develop sport and exercise as an integral part of life among the people of Amsterdam. With sports and exercise interwoven in everyday life, Amsterdam is a city with an enormous diversity of sports and exercise facilities around every corner.

Besides the event itself and a day full of gymnastics activities, there is also a lot to do in the city of Amsterdam itself. The wide variety of art museums, such as the Van Gogh Museum, Rijksmuseum, Rembrandt house Museum and the Moco museum offer a comprehensive selection of different art styles. If you want to experience original Amsterdam history, we recommend the Anne Frank House where you can find out more about Anne Frank; the world most famous Jewish diarist who lived during the Second World War.

Looking for something else? Discover the world of science in the Nemo museum, learn how to make a real Heineken beer at the Heineken experience or visit Artis Zoo. If you haven't made plenty of selfies by then, you can end your day at Madame Tussauds and have your picture taken with one of your idols.



**180**  
Nationalities



Bicycles  
**881,000**



Canals  
**165**



Population of city  
**838,338**

Bicycles recovered from  
the canals each year  
**15,000**



Canal cruise  
boats  
**110**

Amsterdammertjes  
(traffic bollards)

**38,000**



**2,332,773**  
Population of Amsterdam  
Metropolitan Region



**8,863**  
Houses and buildings from the  
16th, 17th and 18th centuries



**252**  
Bridges in the city centre



If you want to see Holland from a different point of view (from above), 'This is Holland' offers a great experience during a drone flight over the Netherlands. Do you want more excitement? Visit the Adam Tower where you can enjoy beautiful views of Amsterdam and sit on a swing on the edge to literally swing above Amsterdam.

When you think of Amsterdam, you probably immediately think of the ring of canals. Explore these canals by taking a nice walk, renting a bike or joining one of the canal cruises along the Amsterdam's canals?

Dam Square is the heart of Amsterdam and the place the city owes its name to. The square is home to the Royal Palace, the New Church and the National Monument which commemorates the Second World War, among others. The Magna

Plaza is a lesser known monument of the city, but just as beautiful, and is hidden behind the Palace on Dam Square. The building once served as a post office, but nowadays serves as a luxurious shopping mall.

For more shopping you can visit the Nine Streets in the Jordaan. In this area there are nine streets where shopping is the main focus. Here, you will find all kinds of nice boutiques, flagship stores owned by big brands, eateries, cafes, pop-up stores and many more. It is a cosy bustle where you can find a true Amsterdam experience.

If you long for peace and quiet during your visit to Amsterdam, Vondelpark is the place to be. Vondelpark is the city park of Amsterdam and has been a national monument since 1996. During the hot summer days, many people come here for sports, picnics, barbecues or just to relax in the sun. In the Oud-West district you will find trendy cafes and boutiques, and in the industrial North you will find fantastic flea markets and vintage furniture stores. In fact, every district outside the city centre has something special to offer.

All in all, Amsterdam offers a wide variety of activities, but the Netherlands has so much more to offer. Admire the typical Dutch windmills on the Zaanse Schans and Kinderdijk or the tulips in the Keukenhof. Plenty to discover throughout the entire country!

Amsterdam is one of the greatest small cities in the world. From the Amsterdam canals to the world-famous Amsterdam museums and historical sights, Amsterdam is one of the most entertaining cities in Europe.

It is also a city of tolerance and diversity. With over 180 nationalities, Amsterdam scores well on diversity and reflects its past. In becoming the melting pot of Europe, the city set the template for modern urban life.

Amsterdam has all the advantages of a big city: rich culture, lively nightlife, high-class hotels, restaurants with international cuisines, good transport – yet it is quiet, and largely thanks to its extensive canals, has little road traffic. In this city, your destination is never far away.

NEW



NEW

## Summary of what to offer participants

- An unforgettable event in a wonderful, free and open-minded atmosphere
- Good accessibility of the city and accommodation
- Unforgettable party night for participants with leading Dutch DJs. Let's celebrate the World Gymnaestrada!
- Discounts on admission fees of canal boat cruises through the Amsterdam canals and leading museums in Amsterdam
- Exploring the city sustainably (e.g. by bike) for one week
- A user-friendly app to guides you through the week
- A participation pass and free travel on public transport in Amsterdam



# EXCURSIONS AND GUIDED TOURS

During the World Gymnaestrada, participants have the opportunity to explore Amsterdam. This list has been compiled to include the best attractions, tours and museums to visit. From 14 December, it is possible to book both group and individual outings at competitive prices through the World Gymnaestrada website. You can use the discount code Gymba10 for a discount on the World Gymnaestrada top 5. It is also possible to get your tickets on location during the event week. Please note that attractions, tours or museums may be fully booked, so make sure you buy your tickets on time!

NEW

WORLD GYMNAESTRADA TOP 5	Adult	Child*
1. Countryside & Windmills tour: Classic	€ 24,75	€ 12,38
2. Body Worlds	€ 19,35	€ 12,15
3. The Upside Down Amsterdam	€ 22,46	€ 22,46
4. Canal Cruise Lovers	€ 13,50	€ 7,20
5. City Sightseeing Amsterdam	€ 21,60	€ 10,80

CRUISES	Adult	Child*
Cruise Like a Local	€ 15,00	€ 8,00

MUSEUMS	Adult	Child*
Stedelijk Museum	€ 23,00	€ 0,00
Straat Museum	€ 17,50	€ 8,50
Rembrandt House Museum	€ 15,00	€ 6,00
Rijksmuseum	€ 20,00	€ 0,00
Moco Museum - Banksy and More	€ 17,50	€ 14,50
National Maritime Museum	€ 16,50	€ 8,00
Youseum	€ 18,95	€ 11,50

\* Children's rate applies up to 12 years.

NEW

ATTRACTIONS	Adult	Child*
City Bike Tour (3hr)	€ 29,50	€ 14,75
Countryside Bike Tour ( 4hr )	€ 34,50	€ 17,25
Giethoorn & Enclosing Dike	€ 75,00	€ 37,50
Vox city Tour	€ 19,50	€ 10,00
Amsterdam Icebar	€ 26,50	n/a
Artis Amsterdam Royal Zoo	€ 25,00	€ 21,00
Artis + Micropia combi	€ 29,50	€ 24,50
Heineken Experience	€ 21,00	€ 14,50
Madame Tussauds	€ 22,00	€ 18,00
Molen Zaanse Schans	€ 5,00	€ 2,50
This is Holland	€ 18,50	€ 11,00
Our House	€ 24,95	€ 14,00
WONDR experience	€ 24,50	n/a
Jewish Cultural Quarter	€ 16,00	€ 8,50
Mesdag Collectie	€ 9,00	n/a
Micropia	€ 16,00	€ 14,00
Nemo Science Center	€ 17,50	€ 17,50
Ripley's Believe it or not!	€ 21,50	€ 13,50



# TOP 5 IN AMSTERDAM



## 1. Half day Marken & Volendam

A lovely day out to picturesque Volendam and the beautiful Marken peninsula.

Volendam is known worldwide for its beautiful harbor and many famous Dutch artists. It is not for nothing that it is praised as the pearl of the

Zuiderzee. Not much has changed on Marken. The former island still radiates an oasis of tranquility. A walk along the drawbridges and narrow alleys shows the real charm of the peninsula.

The Wooden Shoe Factory Marken has been making unique wooden shoes on the (former) island of Marken for over 50 years. But is more than just a clog store. They have a wide range of Dutch quality products, and we ship them all around the world. Because of their many years of experience making wooden shoes, they are experts when it comes to clogs. They also have a lot of experience with other typical Dutch souvenirs. In addition to the unique clog collection, they have an extensive range of Delft blue, Dutch kitchen towels, wooden tulips and much more. Cheese Factory Volendam is an all-in-one museum

and cheese shop that offers demonstrations and cheese tastings. Do you know how cheese was discovered? Or how many liters of milk we need for 1 kg of cheese?

A visit to Woltje's Bakery in Volendam is a must for anyone who visits Volendam. Not only because there is much to experience here, but mainly because there are many good treats to be found. This bakery is no ordinary bakery, but an authentic stroopwafel bakery. In addition to the store, you will also find the bakery itself, where you can attend demonstrations. Moreover, there is a nice museum where you can go all the way back to the way people used to live. You will find the Bakery of Woltje at the harbour in Volendam, on the middle of the dike, where you will find many other interesting sights.

## 2. Body Worlds: The Happiness Project

BODY WORLDS Amsterdam will take you on a fascinating journey through the human body. The exhibition displays real plastinated bodies, giving you a unique peek into our anatomy and how our bodies work. This original attraction has enjoyed international success all over the world, with tours in more than 100 cities in Europe, America, Africa, and Asia. It has drawn more than 40 million visitors since it began in 1995. Are you ready for an unforgettable experience? Book a visit to the fantastic BODY WORLDS Amsterdam exhibit in Amsterdam right now!

The BODY WORLDS Amsterdam exhibitions have undergone significant changes and taken on different incarnations throughout the years. From the effects of health, sports, and diet to the anatomy of animals, BODY WORLDS Amsterdam has been reinventing itself over and over again and educating people in novel ways since its conception. The exhibitions are the creation of Dr. Gunther von Hagens, who invented the process of plastination in the University of Heidelberg in 1977. The original exhibitions have been the subject of

imitation by countless copycats, but they remain unmatched in terms of quality and innovation. The current theme in Amsterdam is named The Happiness Project and focuses on the effects of happiness on our well-being.

This exhibit has more than 200 real anatomical models on display, which will give you a greater insight into how our mood can affect our health. Discover the secrets of the body and learn about how it functions from a unique perspective. BODY WORLDS Amsterdam is an essential educational attraction and an unforgettable experience. The exhibition is within walking distance from Central Station, on the lively street Damrak.

## 3. The Upside Down Amsterdam

The biggest interactive museum of Europe. Surprise your brain and tickle your senses.

### The Upside Down Amsterdam Museum

Is the largest, interactive Instagram museum in Europe, where you set the rules. It's a fantastic mix of a museum, an amusement park, a nightclub and the perfect backdrops. Take a journey to a whole

new dimension where you can get further than you ever imagined!

### New Dutch culture

The Netherlands is known worldwide for our windmills, clogs and tulips, but we have so much more to share with the world! The Upside Down Amsterdam does not focus on traditional Dutch culture, but on our current culture. Think of everything we are proud of, such as our diversity and inclusivity, the best Dance music and our abnormal (according to some) preference for chocolate and sweets.





### Get inspired

Find inspiration by stepping out of your current reality and into a new fantasy world. In this mind-blowing world, you are inspired to create, to do things you never dreamed of and to have fun. You can touch everything in the rooms and decors and go all out.

#### 4. 1 hour Canal Cruise Amsterdam

Enjoy your spectacular holiday in Amsterdam and complete the experience with a fantastic Amsterdam canal cruise!

Explore this lively city from a different perspective and relax as you cruise through the beautiful canals past the iconic sights. The Amsterdam Canal Cruise offers a one-hour sightseeing boat trip past some of the city center's famous landmarks, with audio commentary available in 19 different languages. Don't miss out on this great opportunity.

Discover the city's best on a canal boat cruise, Amsterdam!

A fun Amsterdam canal cruise is a great way to get to know one of Europe's most popular tourist

destinations. Some of the most famous attractions include the Anne Frank House Museum, the Red-Light District, and the old Heineken factory. There are more than 100 kilometers of waterways that run through the city's neighborhoods. Some of the most well-known districts are 'de Pijp', 'de Wallen' and 'Jordaan'.

Here you will find the lovely canals, historic bridges and picturesque merchant houses that give the town its charming and iconic character. Don't miss out on any of this with a fun-filled canal boat cruise. On your canal boat cruise through Amsterdam you might see the Westerkerk church, the Negen Straatjes ('Nine Streets') district and the Magere Brug ('Skinny Bridge') on the Amstel river. There is no better way to take in these sights than with a laid-back Amsterdam Canal Cruise. Just hop on the boat and enjoy a one-hour trip through the iconic canals of Prinsengracht, Keizersgracht, and Herengracht. Don't forget to bring your camera as

you sit back and relax during this amazing canal boat cruise, Amsterdam.

#### 5. City Sightseeing Amsterdam: Bus Tour

The best city sightseeing experience!

Hop On Hop Off Bus Amsterdam is the most convenient way to see the city's best without wasting time or going over your budget. Hop On Hop Off Bus Amsterdam is the perfect city sightseeing experience: you set your own pace and design your own program! Just hop on and off the red City Sightseeing bus whenever and wherever you like, without any additional costs. The modern City Sightseeing buses are equipped with panoramic windows and a GPS guide in several languages which will provide you with interesting information about the sights along the way. On top of that, free Wi-Fi is also available while traveling.

- See all the best highlights in Amsterdam
- GPS Audio Guide in 18 languages
- Panoramic roof for the best view
- Free WiFi available on all buses and boats

- Free Mobile app available
- Free City map included
- Discount tickets for museums and attractions available

Descriptions of the other attractions and museums outside the top five can be found in the following [brochure](#)



# ACCOMMODATION

## SCHOOLS

As one of the traditions, a large number of participants for the World Gymnaestrada will spend their nights from 29 July – 6 August in the classrooms of the schools of Amsterdam. During their stay, all schools will have sufficient sleeping space (6m<sup>2</sup>), toilets and showers.

During the event week, security, first-aiders and janitors will be present in the schools, and trash pickup and cleaning will be provided each day. Also, participants will have the opportunity to have breakfast in the schools in the morning, so that they can go through the day full of energy.

To ensure that everyone gets a good night's sleep, participants can choose to purchase a sleeping package. The package will include an air mattress, pillow and bedding with the World Gymnaestrada 2023 logo.

## SLEEPING PACKAGES

To ensure that everyone gets a good night's sleep, participants can choose to purchase a sleeping package. The package will include an air mattress, pillow, a blanket and pillow cover with the World Gymnaestrada 2023 logo.

### AIR MATTRESS

- Good size single person air mattress for a comfortable night's sleep
- 75 x 190 x 22cm
- PVC/Vinyl material with Velour topping

### PILLOW

- 800gr lightweight pillow
- 60 x 65 x 13cm
- 100% Cotton
- Duck feather filling

### PILLOW COVER

- Pillow cover with the World Gymnaestrada 2023 logo
- 60 x 70cm
- 100% Cotton

### BLANKET

- Cosy single person blanket with the World Gymnaestrada 2023 logo
- 135 x 200cm
- Made of 100% quality polyester
- Duck feather filling

Sleeping packages can be ordered in FLIP. Deadline for completion is at the same time as final registration at the end of January.

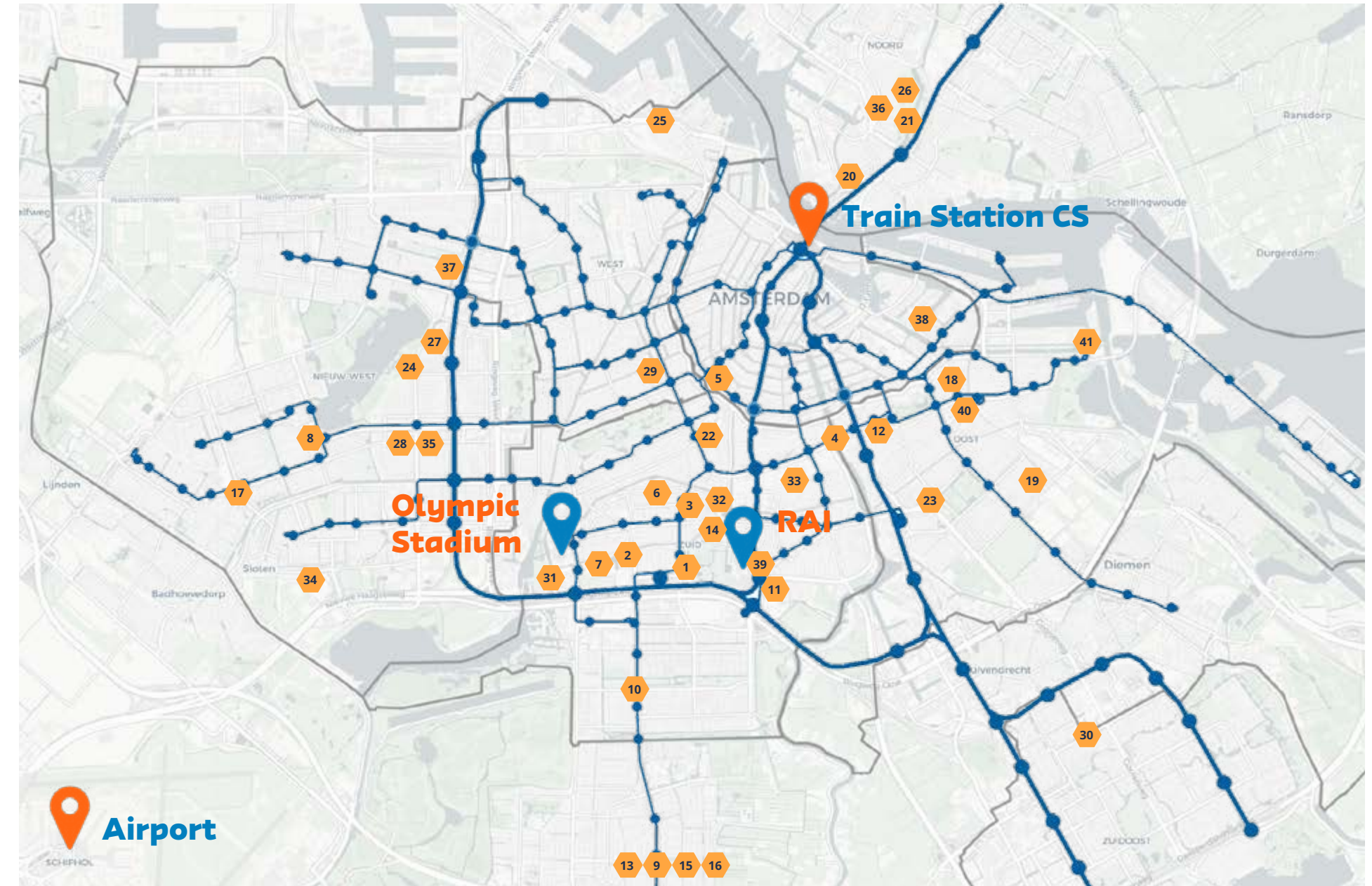




# MAP SCHOOLS

The sleeping accommodations during the World Gymnaestrada will be located all around the city of Amsterdam and Amstelveen. Due to the sophisticated public transport in Amsterdam, all accommodations are to be within 30 minutes travel distance of the Amsterdam RAI Convention Center using the GVB public transport pass, which is part of the participant card. All accommodations and travel times can be found in the map below. Per discussed with the FIG Gymnastics for All committee the allocation of schools will take place after the definitive registration at the end of January.

1	St. Nicolaaslyceum	9 min	22	Sweelinck College	13 min
2	Spinoza Lyceum	14 min	23	Pieter Nieuwland College	21 min
3	HLZ	11 min	24	Hervormd Lyceum West	30 min
4	IVKO	16 min	25	Het 4e Gymnasium	27 min
5	Barlaeus gymnasium	10 min	26	Bredero Mavo	13 min
6	St. Ignatiusgymnasium	16 min	27	De Nieuwe Internationale School Esprit	25 min
7	Geert Groote College	16 min	28	Calvijn College Amsterdam	22 min
8	Calandlyceum	30 min	29	Huygens College	19 min
9	Amstelveen college	30 min	30	Bindelmeer College	27 min
10	CSB Amsterdam	19 min	31	Sporthallen Zuid	11 min
11	Hubertus & Berkhoff	10 min	32	Apollohal	26 min
12	Cygnus Gymnasium	21 min	33	Sportcentrum De Pijp	15 min
13	Panta Rhei	27 min	34	Sportcentrum Sloten	25 min
14	Vossius Gymnasium	10 min	35	Sporthal Calvijn	22 min
15	Hermann Wesselink College	36 min	36	Sportpark Elzenhagen	27 min
16	Keizer Karel College	32 min	37	Sporthal Laan van Spartaan	20 min
17	Yuverta VMBO Sloten	26 min	38	Sporthal Oostenburg	21 min
18	Havo De Hof	22 min	39	Sporthal Europaboulevard	5 min
19	College De Meer	21 min	40	Sporthal Wethouder Verheij	27 min
20	Hyperion Lyceum	24 min	41	Sporthal Zeeburg	30 min
21	VONK Amsterdam	23 min			





## HOTELS

The LOC of the World Gymnaestrada has negotiated good prices with the hotels in Amsterdam. By booking through the LOC you will stay in one of the official World Gymnaestrada hotels.

All official World Gymnaestrada hotels are located in Amsterdam close to the venues. The hotels can be reached by public transport in less than 30 minutes.

To be eligible to book via the LOC you must book for a minimum of 8 nights (29 July – 6 August). In case of a shorter period or other dates, everyone is free to make their own booking at one of the hotels in Amsterdam.

## HOTEL REQUESTS IN FLIP

Via the registration system FLIP, participants are asked to choose their accommodation (school/ hotel/ book own accommodation). When participants choose to stay in a hotel, they can also indicate their preference for room type.

The federation has to approve these requests and makes the choice for the type of hotel they will stay in according to the price categories.

This way the participants of one federation (with preference for hotel accommodation) can stay together in one hotel.

The LOC cannot guarantee that all the numbers and types of rooms can be allocated as requested. This will be done on the basis of availability. When the accommodation requests are approved by the federations, the LOC will start assigning a hotel to a federation.

After the hotel request, the federation will receive a rooming list in which you can indicate the room type and roommates for the hotel.

## HOTEL RATES

Categories	Price range*
Category A	€85,00 to €100,00
Category B	€75,00 to €85,00
Category C	€60,00 to €75,00

\* Prices are based on a minimal 8-night stay in the period 29 July – 6 August 2023. Prices are per person and night in a double room incl. breakfast and City taxes 7% + €3 p.p.p.n. Reduction for booking of rooms with three or more beds, supplement for single rooms. Subject to minor modifications.

\* In case of governmental amendments or tax adjustments (such as city taxes, cultural taxes and others), the contracted prices can be changed without prior notice.





# CATERING

NEW

To avoid waiting times, we use time slots for both lunch and dinner:

Lunch: 11:00 am - 2:00 pm

Dinner: 5:00 pm – 8:00 pm

This time may vary slightly due to programming (e.g. the opening ceremony). A recommended lunch time per National Federation is used. This is a recommendation and not an obligation. We do ask you to please stick to it as much as possible to avoid waiting times.

We have a highly experienced partner on board for the catering of the World Gymnaestrada 2023 participants, having been the official caterer for several events in the last ten years. For the choice of the offered meals the main focus is on regional fresh products, healthy, nutritious meals especially created for athletes and the integration

of both national and international specialties.

We provide lunch and dinner daily for a carefree World Gymnaestrada week! With this combi package you will receive a unique and sustainable #WG2023 drinking cup for free. In and around the official venues, water taps will be placed for your use, all participants and staff can get fresh drinking water free of charge. No bottled water is needed, very sustainable. We advise to bring your own re-usable bottle.

All the meals are nutritious, varied, healthy and prepared with local fresh products. You will be introduced to a variety of traditional Dutch hot and cold dishes in combination with international specialties. Please note that the official menu's include a drink at lunch and dinner (juices, soda's, water). Tea and coffee is not included in the lunch

and dinner packages

- Lunch 7 days
- Dinner 7 days

## Menu

Example of a meal:

- Chicken Ketjap  
chicken thighs | soy sauce | sambal | nasi goreng | green beans
- Vegan Indian Dahl  
pumpkin | coconut milk | ginger | spinach | fried rice | green beans

One dish is served per meal, supplemented by the following items;

- Choice of 5 different kinds of salads
- Bread with sweet and/or savory fillings
- Butter, freshly boiled free-range eggs and

young mature cheese

- Every day a warm snack (e.g. sausage roll, cheese souffle, hamburger, pasta etc)

## Dietary requirements

Of course, we will take allergies and dietary requirements into account in the catering concept. However, with so many participants it is impossible for the organisation to meet all dietary requirements. We have added the below allergies into FLIP. With the information received we will be able to choose which ones we will be able to offer. So please take note that the list below is not definite.

Gluten | Peanuts | Nuts | Milk | Vegetarian | Vegan

NEW



# PRICE ADJUSTMENT INFORMATION

NEW

NEW

We as LOC are forced to implement price increases in the catering and school accommodation price during the World Gymnaestrada 2023 in Amsterdam.

Our LOC, like everyone else in the Netherlands and Europe, faces new challenges due to price increases. The average inflation rate in the Netherlands at this moment for 2022 is 14,2%, and institutions predict that inflation rates will remain high for the upcoming months.

The organization was not able to foresee these significant market changes and as result faces financial challenges on several topics. Catering and the facilities at schools are two major topics. We did our utmost to reduce increased costs and we managed to increase efficiency in many products and services we offer, however we need to guarantee a good and safe standard for all our participants, as can be expected from our LOC.

This does come at a fair price. The FIG and the LOC World Gymnaestrada 2023 Amsterdam jointly agreed that we see no other option than to make an adjustment to the earlier communicated price for lunches, dinners and overnight stays in school accommodation. The participant fee will not be increased. The new prices announced now will not be increased further.

We trust on your understanding and cooperation, and we look forward to a great event from July 30 to August 5 in Amsterdam.





# ORGANISATION

NEW

## VISA REQUIREMENTS

The majority of foreign nationals wishing to stay in the Netherlands for up to three months require a short stay visa or Schengen visa (Schengen visum). Foreign nationals from the EU, EEA (European Economic Area) or Switzerland are exempt from the visa requirement.

If you are not a national of one of the countries listed above, then you may need a short-stay Schengen visa. This allows you to stay in the Schengen area for a maximum of 90 days within a 180-day period. Please be sure to start the visa application in time as the waiting times at the visa application centres are longer due to travel increase. You can start your visa application up to 6 months in advance.

The LOC will prepare an official invitation to all countries that require it. If you need this invitation letter, please send an email to [info@wg2023.nl](mailto:info@wg2023.nl).

We will send this letter out 6 months in advance so that visa applications can be submitted immediately.

You can use the Ministry of Foreign Affairs Schengen Visa Advisor (link: [Applying for a short-stay Schengen visa](#). Choose your country. Netherlands Worldwide) to see whether you need a visa or not.

If you already have a valid residence permit for another Schengen country, you do not need a visa for the Netherlands for up to 90 days.

## SECURITY, SAFETY AND HEALTH AND SAFETY

The LOC will invite all team leaders for a digital information session on security, safety and the medical plan during the WG23, this meeting will be held 6-8 weeks prior to the event. The exact date and time will be shared in bulletin 5.

## INSURANCE:

### Federations

Participating FIG affiliated Federations must provide insurance coverage for all members of their delegation. The insurance must cover illness, accident and repatriation costs during the entire stay at the World Gymnaestrada. The insurance can be organised by the FIG affiliated Federations own insurance company or bought in advance or upon arrival through the LOC.

A participant without insurance will not receive a participant card and will not, therefore, be allowed to participate in the World Gymnaestrada.





## EXPO

### Commercial

If you are interested in a commercial stand, please send an email to [expo@wg2023.nl](mailto:expo@wg2023.nl) with the following information: Name, Country, Company & Product

We will make sure that you are put on the mailing list. Companies on this list will be the first to receive the commercial leaflet. We expect to send it out by the end of September.

## MERCHANDISE

The World Gymnaestrada in Amsterdam is a once in a lifetime event that will stay in your mind forever. To contribute towards this, an extensive merchandising range is offered leading up to and during the event. So everyone can take a piece of World Gymnaestrada 2023 home with them.

Sustainability is an important aspect at Gymnaestrada and in particular merchandising. In the production of our range, we use sustainable, high-quality materials as much as possible and residual production is minimised as much as possible. In the run-up to the World Gymnaestrada, the official WG2023 online shop will be opened, where all kinds of items can be pre-ordered. All ordered items can be picked up during Gymnaestrada at a specially designated pick-up point.

During the Gymnaestrada in Amsterdam, a special merchandising booth will be set up in the expo hall that you can visit throughout the week to collect all the items and take them home with you!





## UPDATE NOTIFICATION OF INTEREST / PARTICIPANTS



























































The registration period started in 2021. Up to now, 58 countries, from all seven continents, have expressed their interest in participating at the World Gymnaestrada 2023 Amsterdam. These 58 countries together have an amount of 20.928 participants for the World Gymnaestrada 2023! This number of participants is incredibly high and an extra motivation for the LOC in its ambition to

top the number of participants which have taken part in the World Gymnaestrada back in 2019.

While we highly value such global interest in participating in one or the other way in the World Gymnaestrada 2019 we will continue our efforts in the coming months of attracting additional National Federations to register for a participation.

We will continue our efforts in the coming months of attracting additional National Federations to register for a participation.

Currently the list of Federations who have entered a Notification of Interest or a Notification of Participants contains the following countries:

1		American Samoa	16		Egypt	31		Lithuania	46		Slovenia
2		Argentina	17		Estonia	32		Malta	47		Thailand
3		Aruba	18		Fiji	33		Mexico	48		Tonga
4		Australia	19		Finland	34		Netherlands	49		Trinidad and Tobago
5		Azerbaijan	20		France	35		New Zealand	50		Czech Republic
6		Belgium	21		Greece	36		Norway	51		Uganda
7		Brazil	22		United Kingdom	37		Austria	52		Uruguay
8		Bulgaria	23		Honduras	38		Papua New Guinea	53		United States
9		Canada	24		Iceland	39		Peru	54		Venezuela
10		Chile	25		Israel	40		Portugal	55		Zimbabwe
11		Congo	26		Italy	41		Qatar	56		South Africa
12		Cook Islands	27		Japan	42		Romania	57		Sweden
13		Costa Rica	28		Cape Verde	43		Sierra Leone	58		Switzerland
14		Denmark	29		South Korea	44		Singapore			
15		Germany	30		Liechtenstein	45		Slovakia			



# VOLUNTEERS

NEW

Recruitment of volunteers for World Gymnaestrada has started!

World Gymnaestrada is made possible thanks to a great number of volunteers. During the event, many volunteers will work very hard in a wide variety of roles to make this event possible. such as team chaperones, drivers, assisting with catering, referring visitors, and assisting with performances. Our partner EventMakers coordinate volunteer recruitment, planning, training, and communication. And... volunteer recruitment has started!

Find out more information about volunteering opportunities or to sign up as a volunteer by clicking [here](#). We still need many helping hands, so your help would be greatly appreciated.

Volunteering is especially interesting if you are coming to World Gymnaestrada to watch

shows from friends and family, but you will not perform yourself. Why not also help as a volunteer and experience the event in a unique way? Also, be sure to share this link with friends, family and acquaintances who might enjoy helping make this great event a success!



# MEDIA

NEW

The process and timing for media registration will be announced in early 2023.

All media, as well as communications staff and photographers from the clubs and delegations, must register through the FIG media platform. [Click here](#)





# TIMELINE

NEW

NEW

2021

**February:**

Opening of the Registration Platform: inform us via the Registration Platform your interest in participating in the World Gymnaestrada and at the same time a possibility to apply for participation in the FIG Gala 2023 possibility to apply for participation in the FIG Gala 2023.

**July:**

Closing of the notification of interest and registration to the FIG Gala

2022

**January:**

Notification of the expected number of participants and units for Group Performances and Large Group Performances, Application for a National Performance

**March:**

Confirmation to the member federations of: Number of units, FIG Gala participation, National Performances

**May:**

Bulletin 3

**November:**

Schools list and map available

**November:**

Bulletin 4

**February:**

preliminary allocation of hotels

**April:**

Bulletin 5

2023

**January:**

Definitive Registration deadline (50% payment of the Participant cards is due at the same time)

**May:**

Final payment deadline for all payments (100%)

**May:**

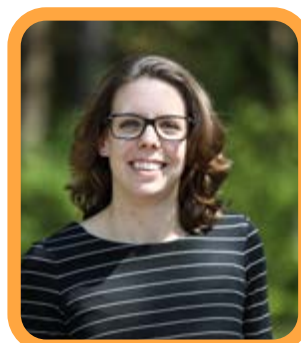
Technical specifications deadline



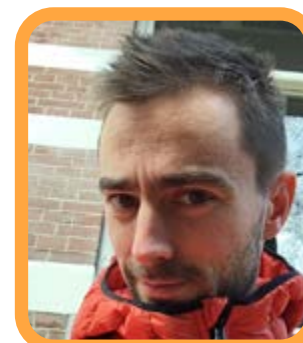




Manon Crijns  
**President**  
Manon@wg2023.nl



Bianca Wieman  
**Representative Dutch  
Gymnastics Federation**



Michiel Maas  
**FIG Gala Director**  
figgala@wg2023.nl



Rianne Veldhuizen  
**World Team**  
figgala@wg2023.nl



José Holster  
**Project Director**  
info@wg2023.nl



Elsemiek van Erkel  
**Partners, Sponsors  
& Hospitality**



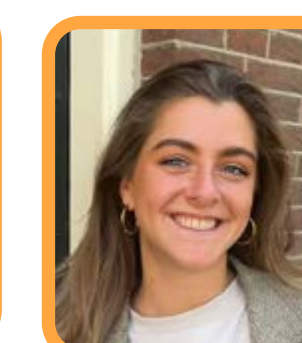
Kevin Heg  
**Schools**



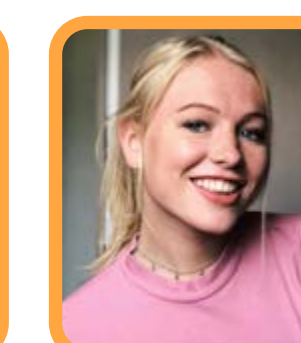
Berdine Schaap  
**Hotels**



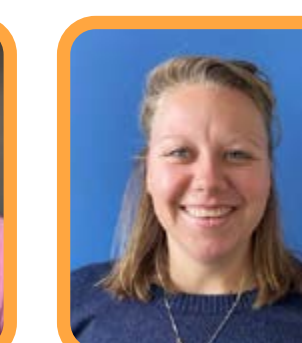
Ellis Halbmeijer  
**Director Marketing  
& Communications**



Danielle Dink  
**Special Events & Expo**



Julia Annaert  
**Social Media**



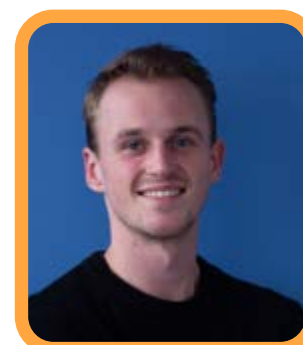
Julia Heitmijer  
**Ticketing**



Norbert Chevalier  
**Partner TIG Sports**



Willem Overdier  
**Director of Operations**



Tom Wennekes  
**Apparatus**



Margriet Bos  
**Registrations & FLIP**



Sabine de Bruyn  
**Art Director**



Karen Hanrath  
**Community Manager**  
info@wg2023.nl



Bas Middelkoop  
**Venue Manager  
Olympic Stadium**



Jasper van Trigt  
**Venue manager  
City Stages**



Yildiz Turun  
**Registration & FLIP**



Alexander Atkinson  
**Volunteers**



Guus Hogenes  
**Technical Producer**



Liza van der Wurf  
**Hotels**



# THE NETHERLANDS WELCOME YOU



*"There is nothing more beautiful than to show our collective passion to the rest of the world"*

Marina (53 years), Ilse (20 years) and Grandma Riet



*"During the World Gymnaestrada, it feels like we are all part of one big family"*

Henk Krols, 63 years



## Marina (53 years), Ilse (20 years) and Grandma Riet

### What is the World Gymnaestrada to you, and why do you love it?

There is nothing more beautiful than to show our collective passion to the rest of the world. Together with so many people from so many different countries, we all have one goal: To show everybody how proud we are of our sport. That the level doesn't matter, and having fun is most important.

### What makes you proud that the World Gymnaestrada is coming to the Netherlands/ Amsterdam in 2023?

To finally show the rest of the world where the World Gymnaestrada was born!!! The World Gymnaestrada originated in the Netherlands and spread to the rest of the world. We are pleased to be able to show what our small country is capable of.

### Why should everyone come to Amsterdam?

Gymnasts from the Netherlands, please come to Amsterdam! Now is your chance to show off your passion. It doesn't matter whether you have talent or no talent, whether you are young or old, we all love the same sport and have an opportunity to do this together. There is no discrimination between ability, colour or age. Together, we live the most beautiful moments through our sport.

## Henk Krols, 63 years

### What is the World Gymnaestrada to you, and why do you love it?

For me, the World Gymnaestrada is an active gymnastics holiday for the entire family. I'd love to participate in a jumping demo with my sons and enjoy all the gymnastics demonstrations.

During the World Gymnaestrada, it feels like we are all part of one big family, all participants have the same goal: to be active, show off what you can do, to meet gymnastic friends from all

over the world in solidarity. And, of course, going home with a lot of great memories and souvenirs, (especially clothing from other countries).

### What makes you proud that the World Gymnaestrada is coming to the Netherlands/ Amsterdam in 2023?

In 1991, I got infected with the World Gymnaestrada-virus in Amsterdam, which I have passed on to my children. Since that time, I haven't skipped one World Gymnaestrada and, for me, the circle is completed in 2023. I hope I can still show some back-flips by then.

### Why should everyone come to Amsterdam?

Amsterdam is well known for its hospitality, and with this unique gymnastics event many people can be introduced to this amazing gymnastics party. For many members of the Dutch Federation it is a unique opportunity to see it up close, and to have fun. It will be the beginning of a positive momentum for the movement, for young and old alike. No vaccine is needed for the World Gymnaestrada-virus!





# CONTACTS

## **LOC – Local Organising Committee**

José Holster – TIG Sports

LOC Amsterdam 2023

[info@wg2023.nl](mailto:info@wg2023.nl)

LOC website: [www.worldgymnaestrada2023.com](http://www.worldgymnaestrada2023.com)

## **FIG – Fédération Internationale de Gymnastique**

Alexandre Cola

FIG Sport Events Manager

[acola@fig-gymnasitics.org](mailto:acola@fig-gymnasitics.org)



Rogério Valério

FIG GfA Committee - President

[rpvalerio@gmail.com](mailto:rpvalerio@gmail.com)

FIG website: <https://www.gymnastics.sport/site/>