



**European
Gymnastics**

Head Office
Avenue de la Gare 12
CH - 1003 Lausanne

Phone: +41 - 21 - 613.10.20

info@europeangymnastics.com
www.europeangymnastics.com

Invitation

4th EDUCATIONAL LONG WEEKEND

Gymnastics for All



Tallinn (EST)
September 5th – 7th 2025

EBU

OPERATING EUROVISION AND EURORADIO

SMARTSCORING



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*To the Member Federations of
European Gymnastics*

Invitation to the 4th Gymnastics for All Educational Long Weekend September 5th – 7th, 2025 in Tallinn (EST)

Dear Madam, Dear Sir,

The European Gymnastics Technical Committee – Gymnastics for All is pleased to invite you to the 4th edition of the Educational Long Weekend.

Welcome to the 4th Educational Long Weekend in Estonia!

The Educational Long Weekend (ELW) combines different educational activities in one event and offers a platform for gymnastics coaches, coach developers, sport managers to exchange and to gain knowledge, new experiences and ideas.

DATES AND LOCATION

The Educational Long Weekend will start on

Friday, September 5th (1 pm), 2025.

The event will end on

Sunday, September 7th (1 pm), 2025.

The event will be organised in Tallinn, Estonia.

VENUE

The Educational Long Weekend will be organised in Tallinn (EST) at the

REVAL SPORTS CLUB:

Address: Aia 20, Tallinn, Estonia

Website: <https://revalsport.ee/spordiklubi/ruhmatreeningud/>

PROGRAMME

The main aim of the ELW is to prepare coaches to develop group performances that are more joyful, inspiring and challenging for the participants, with higher quality and more attractive for the audience.

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The ELW will also provide knowledge and support for the National Federations in preparing, coaching, evaluating and selecting groups for the Gym for Life Challenge, EUROGYM, Golden Age Gym Festival and other events. It will offer you more knowledge and ideas about how to create and develop gymnastics that attract all gymnasts.

The focus areas are: the creative process, composition, evaluation, feedback, coaching and the activity for elderly people.

The ELW consists of lectures, practical parts, discussions, group studies and possibilities to share your own experiences.

NOTA BENE: the minimum age to participate is 16 years. If a participant is under 18 years old, they need to be accompanied by another participant from the same National Federation that is over 18 years old and takes responsibility for the underaged participant.

Main topics:

- Gymnastics: development, festivals, experiences
- Choreography: elements, development, feedback, show
- Gymnastics for elderly people
- Choreography for large groups

EXPERTS

The Educational Long Weekend will be held in English and will have international lecturers and instructors from different countries with extensive experience in the field of gymnastics and sports:

- Ms Virginia GONÇALVES (POR)
- Ms Zlatka Aleksandrova DIMITROVA (BUL)
- Ms Tamara GROB (SWI)



Virginia GONÇALVES (POR)

Degree in Physical Education, Sports branch, specialisation in Artistic Gymnastics, from the Faculty of Human Motricity.

Degree in Physical Education and Sport, from the Lusófona University of Humanities and Technologies.

Grade II Coach in Gymnastics for All, Rhythmic Gymnastics and Acrobatic Gymnastics.

She was a choreographer for GPT, Acrobatic Gymnastics, Artistic Gymnastics, the Portuguese Taekwondo National Team - Free Style, Cheerleaders from two professional Portuguese Basketball league teams and assistant coach of the Portuguese National Rhythmic Gymnastics Team.

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Artistic Director and choreographer of the annual dance show, held at the Seixal Forum Auditorium, with support of the City Hall.

She is a coach and choreographer for several GPT groups, ranging from 6 to 65 years old.



Zlatka Aleksandrova DIMITROVA (BUL)

- Associate Professor in Pedagogy of Physical Education and Sports
- Master's Degree in Occupational Therapy
- Master of Sports in Rhythmic Gymnastics
- Founder and Director of **ATI Sports Club** – Majorette Sports and Dance
- Active involvement in promoting physical activity and well-being among older adults through sports and movement.
- Participation in the 8th and 9th **Golden Age Gym Festival**.
- Sports are not just movement but a way of life that shapes personalities and keeps the spirit young.



Tamara GROB (SWI)

- Head of a dance club
- Event manager of various dance events
- Choreography and program design Gymotion (show of the Swiss Gymnastics Federation)
- Choreography & Head of Gymnaestrada Large Group Switzerland
- Choreography of the ceremonies for the 2021 European Artistic Gymnastics Championships



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REGISTRATION

Each National Federation can register up to **4 participants**. The National Federations are allowed to ask to register more participants - if there will be enough places, the additional registrations will be accepted.

To register, please fill out the following form **before July 1st, 2025:**

[LINK TO FORM](#)

COSTS

Participation is free of charge.

However, the participants need to cover themselves the following costs:

- Travel costs
- Accommodation
- Meals

ACCOMMODATION AND CATERING

The participants can choose one of these solutions:

Metropol SPA (4*)

Address: Roseni 9, 10111 Tallinn, Estonia

Website: <https://www.metropol.ee/spa/>

Prices:

460 EUR / per person in a double room

(The price is for two nights for accommodation from Friday to Sunday with full board and Transfer airport-hotel-airport)

550 EUR / per person in a single room

(The price is for two nights for accommodation from Friday to Sunday with full board and Transfer airport-hotel-airport)

Distances:

5 min walk from venue.

Tallink Express (3*)

Address: Sadama 9, 10111 Tallinn, Estonia

Website: <https://hotels.tallink.com/tallink-express-hotel>

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Prices:

415 EUR / per person in a double room

(The price is for two nights for accommodation from Friday to Sunday with full board and Transfer airport-hotel-airport)

505 EUR / per person in a single room

(The price is for two nights for accommodation from Friday to Sunday with full board and Transfer airport-hotel-airport)

Distances:

20 min walk from venue.

NOTA BENE: participants choosing a double room, but who will be the only participant from their federation, might be accommodated with another person from another federation in a double room.

This will be advised accordingly to all parties concerned.

If you need to arrive one day before or depart one day after the Educational Long Weekend, please arrange your accommodation by yourself.

Prices at the official hotel for earlier arrival or longer stay can be asked to the LOC.

BOOKING OF ACCOMMODATION AND PAYMENT

Please contact the LOC (see contact details on the next page) to book your accommodation. An invoice will be provided by the LOC for the payment.

TRANSPORT

Lennart Meri Tallinn Airport transfer:

Transfer fee is included in accommodation cost

CANCELLATION POLICY

Cancellation between July 15th and August 1st, 2025: 100.- EUR must be paid.

Cancellation after August 1st, 2025: full price must be paid.

NOTA BENE: National Federations are allowed to replace participants with other without extra costs if the total number of participants is the same.



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Any question?

If you have any question regarding

- **Registration and accommodation**

Please contact the LOC member:

Heili Parras: gfa@eevl.ee

- **Programme and content of the event:**

Please don't hesitate to contact the European Gymnastics Technical Committee Members:

Emiliana Polini: emiliana.polini@virgilio.it

Ruslan Eyvazov: gfaccoach@agf.az

Lasse Hauser: lassewh@online.no

We look forward to welcoming you in Estonia!

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