

WGfLC'21 NEWSLETTER



4th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
13-17 JULY 2021



NEWSLETTER #02 OCTOBER 2020



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1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

1.1. Welcome

FIG GfA Committee President



Look forward in a positive way

When I write these words, we are still in this unknown situation where no one really knows how and when we are back in the gym. It is different from one country to another, but everyone is aware of the situation. We know that to participate at the World Gym for Life Challenge 2021 we need to prepare, and we need something positive to look forward to.

Let us do that. Some of you can remember earlier Gymnastics for All events when thousands of gymnasts came together in an atmosphere full of joy and friendship. This will happen again, and it is something we want all gymnasts to experience. We look forward to a wonderful week in Lisbon, Portugal with sunny and warm summer days. In this surrounding there will be some exciting days with Gymnastics Performances representing the whole world.

Meet you in Lisbon!

Margaret Sikkens Ahlquist

FIG Gymnastics for All Committee - President

Executive Director of the World Gym for Life Challenge 2021



Dear gymnastics friends,

In the name of the Local Organizing Committee (LOC) it is my pleasure to come to you with this newsletter#2 and take the chance to inform all about what we are doing to make you "Smile with us in Lisbon" during the next World Gym for Life Challenge in 2021.

The LOC truly believes that this event will be the greatest opportunity to come back to gymnastics has we love it. To share moments, feelings and smiles after all that the world is going through with the present pandemic crisis. Can you imagine enjoying the sun, the river and great gymnastics performances all together, in person, again?! How great will it be?!

It will last in everybody minds for ever!

Nine months have gone by since this pandemic started and nine months are missing to the start of the event, until then science and technology will find a way to solve this global problem! And if not the LOC will be ready to welcome all participants with the best safety measures and practices to deliver a safe and healthy environment during the event. We should approach all difficulties on the positive side and we will be ready to deliver the best World Gym for Life Challenge Ever!

Ávaro Sousa

Executive Director of the World Gym for Life Challenge 2021

1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

Lisbon Municipality



Lisbon, chosen as the European Capital of Sport 2021, is preparing to host the World Gym for Life Challenge, an event sponsored by the International Gymnastics Federation and held every 4 years.

Sport is fundamental to the physical and psychological well-being of people, with an important role in the education of young people as citizens, and as a facilitating instrument for social development and inclusive, open and qualified societies within a context of healthy demand.

It is therefore with great satisfaction that the municipality of Lisbon joins the World Gym for Life Challenge, an event that enriches the city and promotes a sports culture based on inclusion, equality and plurality, because Lisbon is a city of all and for all.

Fernando Medina
Lisbon City Mayor



1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

1.2. What is the World Gym for Life Challenge?

The World Gym for Life Challenge is a contest for groups of gymnasts of all ages and from any gymnastic discipline. Performance must be a maximum of 5 minutes, may incorporate any gymnastic element; with or without apparatus and may be accompanied by music.

To register, the group should have the minimum of two active gymnasts. There is no maximum number. Groups can choose to participate in one of the following categories, which are divided by type of performance and size.

- > Gymnastics & Dance, small group (20 or less gymnasts)
- > Gymnastics & Dance, large group (21 or more gymnasts)
- > Gymnastics on or with large apparatus, small group (20 or less gymnasts)
- > Gymnastics on or with large apparatus, large group (21 or more gymnast)

For the evaluation, the FIG-GfA Committee will invite a group of experts. In each category a ranking list is created using the total score. The ranking list is only used to

determine the Gold, Silver and Bronze awards and will not be published. The Gold will be awarded to the groups with the highest scores. The Silver and Bronze awards are divided equally among the remaining groups.

All groups awarded with Gold will participate in the World Gym for Life Gala, where they will perform. After the Contest two wildcards will be awarded for the Gala, chosen by FIG-GfA Committee. At the Gala the Bruno Grandi Trophy will be awarded to one group.

After each category of performances, feedback will be provided by a group of recognised experts in different gymnastics disciplines, artistry, choreography, performance and technique, invited by the FIG GfA Committee. This group will meet with the Evaluators and prepare the feedback that will be given to the group coaches. This feedback is optional and group coaches should indicate in advance if they will attend the feedback.



1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

1.3. COVID-19, EVERYTHING WILL BE ALRIGHT



Seven months have passed since March 11, when the World Health Organization declared COVID-19 as a pandemic and the world entered in a lockdown. Since then, we have all been facing unexpected challenges.

It is necessary to re-imagine the future and continue to plan the events, so that we can again be together and celebrate Gymnastics with joy and fun!

We are aware that the current pandemic situation causes a global uncertainty, however we hope that in 2021 we will be able to enjoy a normal live. Being the WGfLC in July 2021, we expect that the pandemic panorama will improve, and we can all return to practice the sport we love and participate in events that make us happy.

The Pandemic COVID-19 development will be regularly evaluated. These information allow us to plan different scenarios to organize a safe event. The LOC works in close collaboration with the Municipality of Lisbon and the FIG – Gymnastics for All Committee.

This “new reality” made us all adapt in a short time, change our routines and create new services that are needed. This is the case with insurance companies that developed services adapted to the COVID-19 pandemic.

The LOC can now present to you an insurance that provides to the registered participant a reimbursed for accommodation and all travel expenses in case of being infected by the SARS-COVID19 virus.

Check all insurance conditions:: <https://travelinsurancehealthinportugal.com/> (The documents for requesting this insurance will be available on the WGfLC 2021 online registration platform).

The LOC wants to reinforce our commitment to do everything we can, so the event can be held safely, being available to support all federations that have more specific questions or conditions.

We wish the entire gymnastics family to remain safe and in good health. SMILE WITH US IN LISBON

SMILE WITH US IN LISBON

SEE THE VIDEO WE'VE PREPARED FOR YOU 

1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

1.4. Logo and Mascot

The World Gym for Life Challenge 2021 logo represents different elements of Lisbon, host city of this fantastic event, and gymnasts elements represented...



Logo elements:

- > Top: gymnasts / group
- > Red and Green: national colours / flag

- > Blue: Tejo river / water / waves / movement
- > Bottom form: traditional river boats

4th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
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Gymmy is our official mascot for the World Gym for Life Challenge 2021. Very popular in our national events, Gymmy represents a leopard that is an animal with agility and speed. Also, in gymnastics these physical qualities are important for gymnasts.

In the previous World Gymnestrada, Gymmy made its first international appearance and was very popular and requested to take pictures with the participants. We hope that also in WGfLC 2021 this will happen. We are looking forward to a higher popularity.



2. HOST COUNTRY

2.1. Portugal

Portugal is a country that has the oldest borders in Europe, with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage, where tradition and modernity blend together in perfect harmony. Its superb cuisine, fine wines and hospitable people make this a wonderful country to visit.

Situated in the extreme south-west of Europe, just a few hours from any of the other European capitals, Portugal attracts visitors from all over the world.

The weather in Portugal varies considerably from one region to another and is influenced by the relief, latitude and proximity to the sea, which offers mild winters, especially in the Algarve.

The summers are hot and dry, especially in the inland areas. Temperatures are slightly lower in the coastal areas, because of the influence of the sea.

Portugal has a population of about 10 million. The population density is at its greatest in Lisbon, the capital and its suburbs, where about 1.9 million people live. The second largest city in Portugal is Oporto in the north.

From a Latin root, Portuguese is spoken by about 250 million people in every continent, and is the 5th most spoken language in the world.

The Portuguese-speaking countries are scattered all over the world. Portuguese is spoken in Africa (Angola, Cape Verde, Guinea-Bissau, Mozambique and São Tomé e Príncipe), in South America (Brazil) and in Asia, (East Timor), and it is also the official language in Macao Special Administrative Region of China.

In Portugal, most people can communicate in English, French, and Spanish.



2. HOST COUNTRY

2.2. Why Lisbon?

Lisbon is a historical city full of stories to tell, where the sun shines 290 days a year and the temperature rarely drops below 15°C. A city where you feel safe wandering around day or night, where the cuisine is dedicated to creating over a thousand ways to cook the beloved bacalhau (salted cod), and where you'll find hotels and restaurants to suit every taste.

Lisbon is a city full of authenticity where old customs and ancient history intermix with cultural entertainment and hi-tech innovation. Lisbon is ageless, but it loves company, as you will find out when you ask where the best place is to listen to Fado.

The answer to how to get there will be with a lot of gestures and repetitions. After all, Lisbon is famous for its hospitality and the family-like way of welcoming visitors.

You may love Lisbon for the monuments, ideal conditions for the practice of sport or delicious gastronomy. Even for all these reasons and more. One thing is certain: all the time in the world won't be enough to enjoy our beautiful capital.

In 2021, the city of Lisbon will also be the European Capital of Sport. With this appointment the city intends to assert

itself as one of the main sports cities, continuing to invest in the development of various and dynamic sports culture.

The main objectives are to promote sport and association, reinforcing citizens sense of belonging to the city and boosting a network of partners (schools, clubs and other sports agents) to work on a common vision for Sport. Increasing sports practice on the Tejo River and continuing to encourage regular use of the city's various green parks is also something to be achieved. Finally, to recover, monetize and enjoy symbolic municipal sports equipment of the city, making them available to citizens of Lisbon again.

The organization of world events in different sports is also one of the key objectives for Lisbon, enhancing the different sports facilities and the excellence in the ability to organize major sporting events.



Lisboa 2021

CAPITAL EUROPEIA DO DESPORTO
EUROPEAN CAPITAL OF SPORT



2. HOST COUNTRY

2.3. Accommodation

2.3.1. Schools

For the participants accommodated in schools, the classrooms become dormitories and per classroom there will be sleeping arrangements. Sufficient toilets and washing facilities will be provided and cleaned daily. Breakfast will be served in schools.

The distance between gymnasts will be according to the rules.

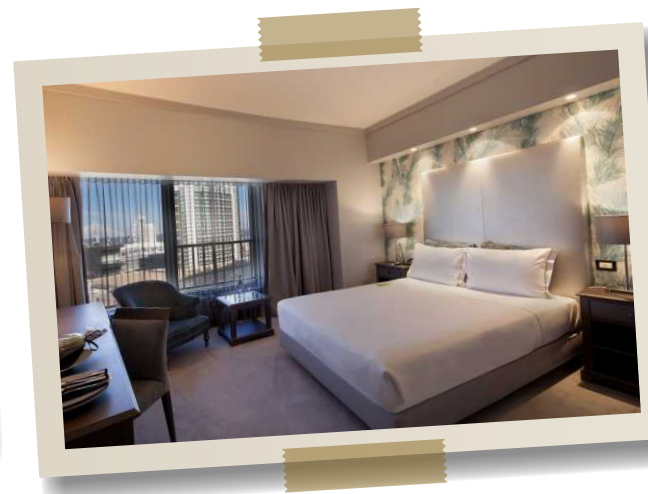


2. HOST COUNTRY

2.3.2. Hotels

It will also be possible to book hotel rooms. Lisbon is a city that receives thousands of tourists and its capacity is of high quality.

Category A

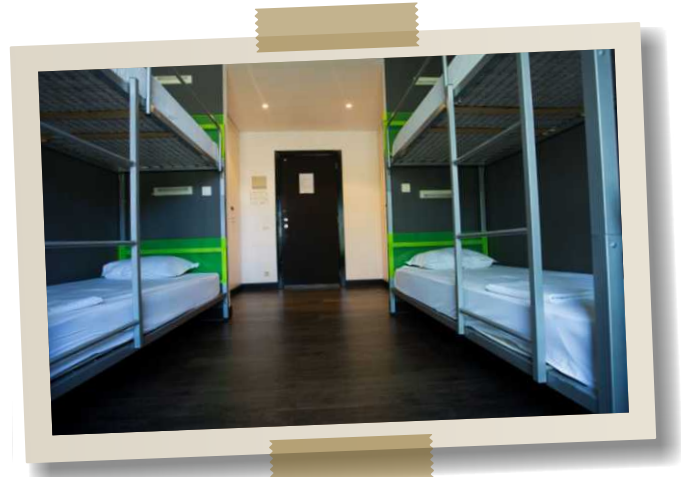


2. HOST COUNTRY

Category B



Youth Hostel



2. HOST COUNTRY

2.4. Catering

Our catering partner is a highly-experienced company, responsible for the catering in all events organized in Altice Arena, and now also for World Gym for Life Challenge 2021 participants. For the choice of the offered meals the main focus has been on regional fresh products, healthy, nutritious meals especially created for athletes and the integration of both national and international specialities.

The menu contains:

- > a soup
 - > a fish menu
 - > a meat menu
 - > a vegetarian menu
 - > a salad
 - > variable fruit and dessert
 - > drinks (mineral water, coffee and milk)
-] one of the options



2. HOST COUNTRY

2.5. Tourist Packs and Families

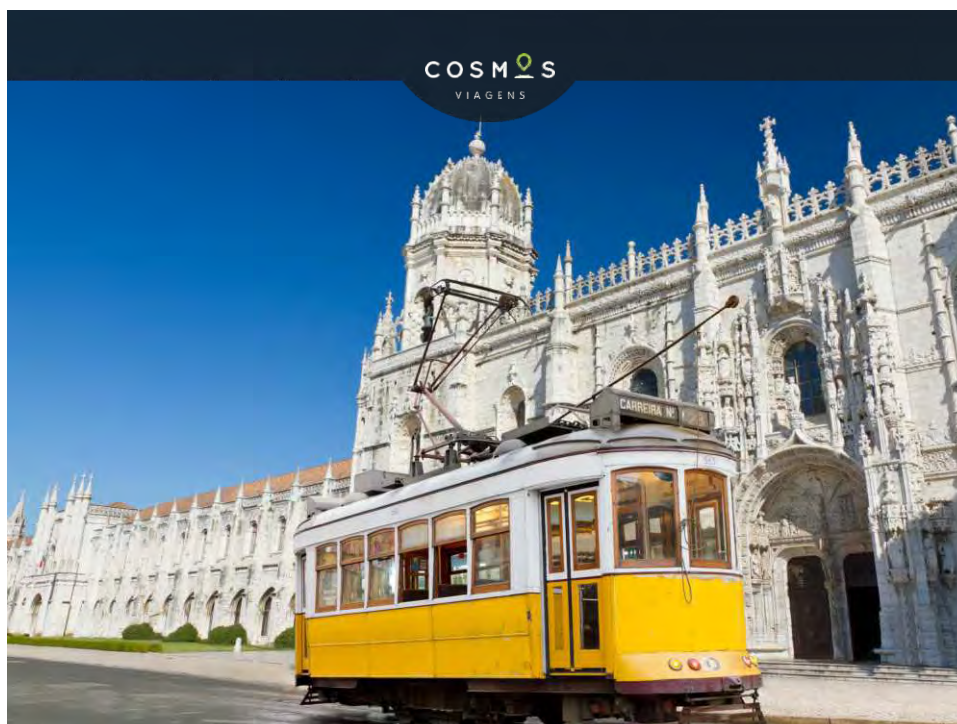


Cosmos Viagens is the Official Partner of the 4th World Gym for Life Challenge - Lisbon 2021 for Tourist Packs and for all services for the families (accommodation and travels) that will come to watch this amazing event and to visit Portugal.

All contacts in this cases should be done for the email: gymforlife2021@cosmos-viagens.pt

Please confirm all the tours that we prepare specially for the event participants and their families.

COSMOS
VIAGENS



- Half Day City Tour -

The visit starts in Belém quarter, the monumental section of Lisbon, and its monuments: The Tower of Belem & the monument to the Discoveries (stop for photos and explanations), the impressive Monastery of Jerónimos (inside visit church & cloisters) and finally the National Coach Museum (inside visit). All these monuments represent the "Golden Age" of the Portuguese Discoveries, which began in the 15th century. Driving to the opposite side of the city, the visit continues in the downtown area, including the busy Rossio square, the Praça do Comércio facing the River Tagus and the old Quarter of Alfama, with its narrow and tortuous streets (walking visit) and its small handcrafts shops.

Included: Transportation + Official English Speaking Guide + National Coach Museum & Jerónimos Monastery (Church & Cloisters).

2. HOST COUNTRY

2.5. Tourist Packs and Families (cont.)



- Half Day city Tour in Lisbon with visit to Oceanário de Lisboa -

The visit starts in the downtown area, including the busy Rossio square, the Praça do Comércio facing the River Tagus and the old Quarter of Alfama, with its narrow and tortuous streets (walking visit). Proceed to the Nations Park (Parque das Nações). The former site of Expo '98 is now a themed Park where some of the attractions of the Expo here remained for the entertainment of the people of Lisbon. After a brief walking tour through the Nations Park the visit continues to the famous Oceanário de Lisboa. Impressive high construction, designed by the architect Peter Schermayeff, the Oceanário de Lisboa is the second largest in the World, after Osaka /Japan.

Included: Transportation + Official English Speaking Guide + Ticket to Oceanário de Lisboa.

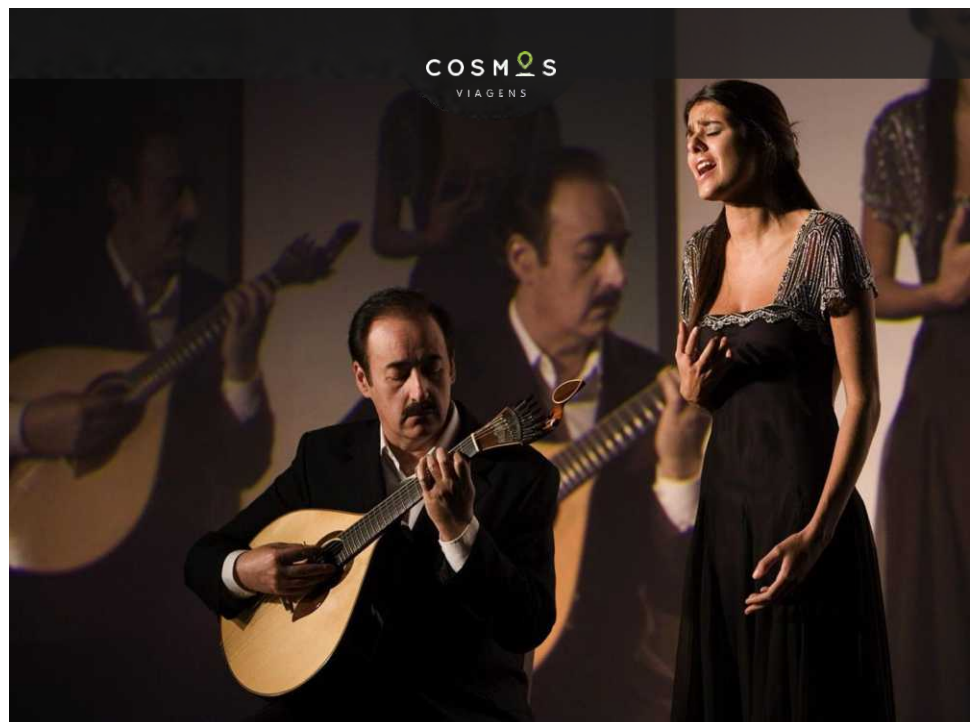
- Typical Dinner with Fado Show -

Departure from the hotel to enjoy the view over Lisbon downtown, from the São Pedro de Alcantara Belvedere.

Continue to one of our typical restaurants in "Bairro Alto" or "Alfama". Interesting quarters of Lisbon where several fashionable new bars and restaurants are located.

Fado: Like the blues, "fado" is an expression of longing and sorrow. Literally meaning "fate", the term may be applied to an individual song as well as the genre itself. The music owes much to the concept known as "saudade", meaning a longing both for what has been lost, and for what has never been attained, which perhaps accounts for its emotional power. The people of Lisboa have nurtured this poignant music in back-street cafés and restaurants for over 150 years, and it has altered little in that time. It is sung as often by women as men, always accompanied by the "Portuguese guitar" and "viola" (acoustic guitar). "Fado" from Coimbra has developed its own distinctive, light-hearted style. In 2011, Fado was classified as a Heritage of Humanity by UNESCO.

Included: Transportation + Official English Speaking Guide + Dinner in a Standard Fado restaurant (3 course menu with drinks).



2. HOST COUNTRY

2.5. Tourist Packs and Families (cont.)



- Half Day Tour - - Sintra & Cascais -

Drive inland road to Sintra, a small village considered "World Heritage" by Unesco, built against the northern slope of the "Serra de Sintra" mountains. Sintra is well known by its charming narrow roads, noble houses and palaces with walled gardens and stately courtyards are scattered throughout the forested hills, reveling in the soft, cool microclimate that the mountain position brings upon the town and the surrounding area. In Sintra, you will visit the National Town Palace (also known as "Palacio Nacional de Sintra"), distinguished by its twin kitchen chimneys. This National Monument is a mixture of architectural styles, combining Gothic, Mud jar and Renaissance work, with superb 15th and 16th century "Azulejos" (hand painted wall tiles) in the main halls and Chapel. Continue to Cascais, to visit this well-known seaside resort and fishing port.

Return to the hotel passing through Estoril, famous for its mild climate and luminous skies and especially for its Casino.

Included: Transportation + Official English Speaking Guide + Ticket to Palácio Nacional de Sintra.

- Full Day Tour - - Queluz, Sintra & Cascais -

Drive inland road to Queluz, where you will visit the Palácio Nacional de Queluz. This Palace used to be the former Royal Residence and it dates from the 18th cent, Gardens and a Park surround it with fountains, statues, avenues and a small canal faced with "azulejos" (hand painted glazed tiles) painted according to the 18th cent Portuguese taste. After visiting this Palace you will proceed to Sintra, a small village considered "World Heritage" by Unesco. Sintra is well known by its charming narrow roads, noble houses and palaces with walled gardens and stately courtyards are scattered throughout the forested hills, reveling in the soft, cool microclimate that the mountain position brings upon the town and the surrounding area. In Sintra, visit to Palácio da Pena, Located in the Sintra hills, the Park and Palace of Pena are the fruit of King Ferdinand II's creative genius and the greatest expression of 19th-century romanticism in Portugal. Lunch in one of the restaurants in Guincho (famous for its conditions for water-sports). Return to the Hotel passing through Estoril, famous for its mild climate and luminous skies and especially for its Casino.

Included: Transportation + Official English Speaking Guide + Ticket Palácio Nacional de Queluz & Palácio da Pena, in Sintra+ Lunch on a local restaurant (3 course menu with drinks).



2. HOST COUNTRY

2.5. Tourist Packs and Families (cont.)



- Full Day Tour - Arrábida, Setúbal & Palmela -

The visit starts by crossing the bridge over the Tagus River and travel through the southern highway, reaching the vineyards of Azeitão, where you will taste the local wines during the visit to the most famous wine cellars in this region – José Maria da Fonseca (JMF). Drive on to Arrábida mountain range to have a beautiful view of the Atlantic Ocean. Lunch in Setúbal and panoramic visit to the town and its fishing ports and on the way back to Lisbon you will have a brief panoramic visit to Palmela where the Castle has been converted into a gorgeous “Pousada”.

Included: Transportation + Official English Speaking Guide + visit and Wine tasting at JMF Wine + Lunch on a local restaurant (3 course menu with drinks).

- Half Day Tour - - Fátima -

Leave Lisbon by the northern highway, passing through the plains of Ribatejo province, renowned region for its Portuguese style bullfights. Visit Fátima including the sanctuary, “Valinhos” (the site of the apparitions). Return to the Hotel.

Included: Transportation + Official English Speaking Guide + visit Fátima Sanctuary and “Valinhos”.



2. HOST COUNTRY

2.5. Tourist Packs and Families (cont.)



- Full Day Tour - Óbidos, Alcobaça, Nazaré, Batalha & Fátima -

Leaving Lisbon towards the north, you reach Óbidos, medieval township authentic museum, carefully preserved, surrounded by high walls, winding streets and white flowers at windows (walking visit).

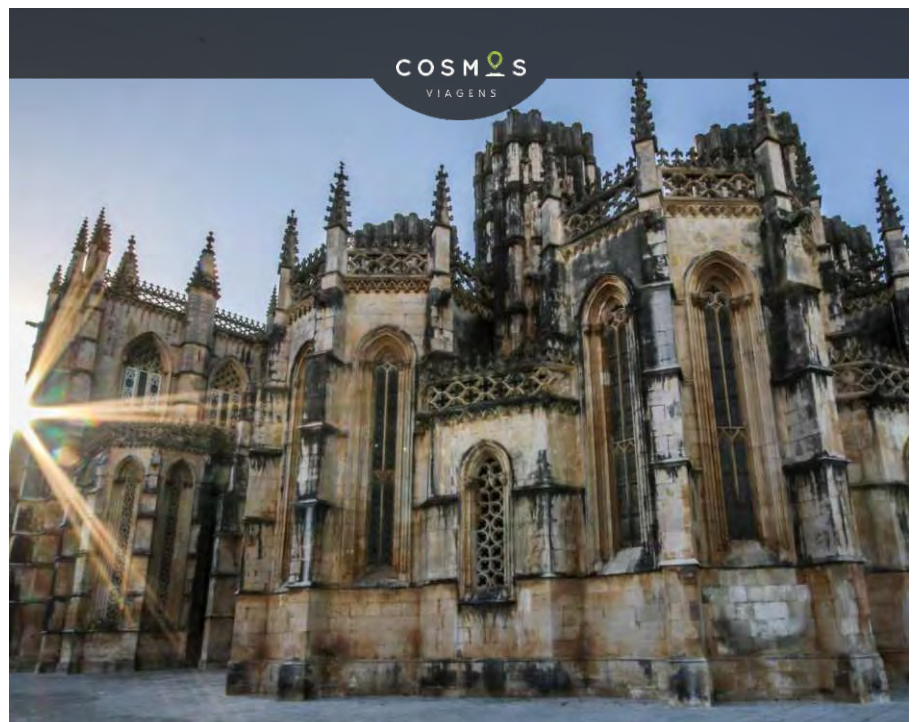
Proceed to Alcobaça and visit its 12th century Monastery. This is one of the most beautiful Cistercian abbeys dating from the Middle Ages. Continue to Nazaré, attractive and picturesque fishing village, with busy narrow streets where you can find the fishermen and the women wearing typical multicolored costumes. In the afternoon proceed to Batalha to visit the monastery of Santa Maria da Vitoria, a masterpiece of the Portuguese Gothic Architecture, named "Manuelino". Continue to Fátima to visit Fátima Sanctuary, one of the most famous in the world.

Included: Transportation + Official English Speaking Guide + Alcobaça & Batalha Monasteries + Lunch on a local restaurant (3 course menu with drinks).

- Full Day Tour – Batalha, Fátima & Tomar -

Leave Lisbon by the northern highway, passing through the rich plains of Ribatejo famous for bull-breeding you will reach Batalha where you will visit the monastery of Santa Maria da Vitoria, a masterpiece of the Portuguese Gothic Architecture, named "Manuelino" and considered "World Heritage" by Unesco. Continue to Fátima to visit Fátima Sanctuary, one of the most famous in the world. In the afternoon continue to Tomar, a beautiful town stretched along the banks of Nabão River and famous by the impressive Convent of Christ, the headquarters of the Knight Templars in Portugal, considered "World Heritage" by UNESCO. During this visit you'll be able to admire the very famous Manuelino Window and the "Charola".

Included: Transportation + Official English Speaking Guide + Batalha Monastery & Convent of Christ + Lunch on a local restaurant (3 course menu with drinks).



2. HOST COUNTRY

2.5. Tourist Packs and Families (cont.)



- Full Day Tour - - Évora -

Crossing the modern “Vasco da Gama” bridge, over the Tagus River, and taking the highway to the east, you will reach Évora.

Évora is the Capital of the Alentejo province, the south region between Lisbon and the Algarve. It is known as the “City Museum” and UNESCO considers it as “World Heritage”.

Here you will visit the Roman Temple of Diana, the Romanesque Gothic Cathedral, the Church of São Francisco from the 16th century and its Chapel of Bones.

In the afternoon walk along the old streets of this walled town and discover the beautiful of its Renaissance palaces and mansions and also the rich handicraft shops.

Return to Lisbon crossing again the Tagus River.

Included: Transportation + Official English Speaking Guide + visit Church of S. Francisco & Chapel of Bones - closed on 25 Dec.

COSMOS VIAGENS														
Tours	Departing from Hotels in Lisboa - Rates per person													
	Classe E (2 PAX)		3-5 PAX		6-7 PAX		7-16 PAX + Guide		15-19 PAX + Guide		20-33 PAX + Guide		34-48 PAX + Guide	
	WK	WKND/HOL	WK	WKND/HOL	WK	WKND/HOL	WK	WKND/HOL	WK	WKND/HOL	WK	WKND/HOL	WK	WKND/HOL
Half Day City Tour (4Hrs)	104 €	104 €	88 €	88 €	65 €	65 €	60 €	64 €	46 €	48 €	47 €	50 €	38 €	40 €
Half Day City Tour with visit to the Oceanarium (4Hrs)	106 €	106 €	90 €	90 €	66 €	66 €	61 €	65 €	47 €	49 €	48 €	51 €	39 €	41 €
Full Day Tour – “Classic Lisboa” (8Hrs)	187 €	187 €	174 €	174 €	136 €	136 €	133 €	139 €	107 €	111 €	100 €	104 €	87 €	89 €
Full Day Tour – “Old Lisboa & Nations Park” (8 Hrs)	168 €	168 €	159 €	159 €	124 €	124 €	125 €	132 €	100 €	104 €	93 €	96 €	80 €	82 €
Typical Dinner with Fado Show (4Hrs)	158 €	158 €	135 €	135 €	111 €	111 €	113 €	118 €	96 €	99 €	95 €	97 €	85 €	86 €
Half Day Tour – Sintra & Cascais (5Hrs)	101 €	101 €	86 €	86 €	60 €	60 €	55 €	59 €	39 €	41 €	39 €	41 €	28 €	30 €
Full Day Tour – Queluz, Sintra & Cascais (8Hrs)	227 €	227 €	211 €	211 €	176 €	176 €	178 €	184 €	152 €	156 €	148 €	152 €	139 €	142 €
Full Day Tour – Arrábida, Setúbal & Palmela (8Hrs)	182 €	182 €	155 €	155 €	123 €	123 €	122 €	129 €	99 €	103 €	106 €	110 €	90 €	93 €
Half Day Tour – Fátima (6Hrs)	169 €	169 €	132 €	132 €	88 €	88 €	65 €	69 €	41 €	43 €	38 €	41 €	25 €	26 €
Full Day Tour – Évora, Alcobaca, Nazaré, Batalha & Fátima (9Hrs)	272 €	272 €	223 €	223 €	167 €	167 €	146 €	152 €	117 €	121 €	115 €	119 €	98 €	100 €
Full Day Tour – Batalha, Fátima & Tomar (9Hrs)	270 €	270 €	223 €	223 €	167 €	167 €	146 €	152 €	117 €	121 €	115 €	119 €	98 €	100 €
Full Day Tour – Évora (8Hrs)	271 €	271 €	214 €	214 €	160 €	160 €	178 €	188 €	115 €	120 €	106 €	110 €	89 €	91 €
Minimum Participants	2	2	3	3	5	5	7	7	15	15	19	19	33	33

LISBOA 2021

EUROPEAN CAPITAL OF SPORT



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 @lisboacapitaleuropeiadodesporto2021

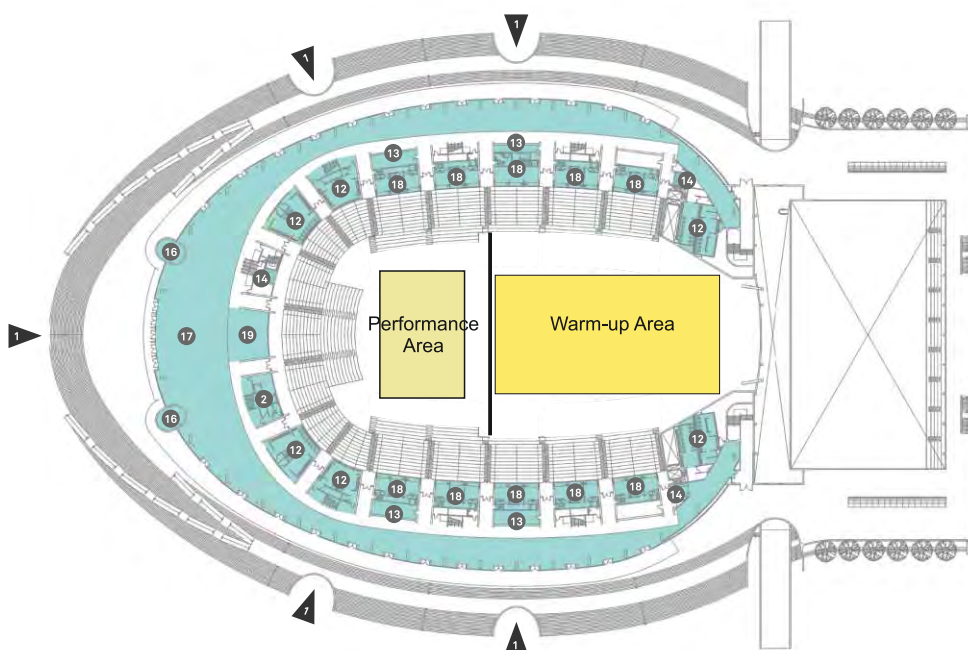


3. VENUES

3.1. Altice Arena

In the heart of Parque das Nações and 10 minutes from Lisbon International Airport you can find this multipurpose facility with a set of rooms prepared to receive the most diverse events.

Build with the aim for being the stage for music, sports, art and culture. It is the biggest concert hall in the country where the big events gain a new life. It's the Arena where all will want to be.



WGfLC 2021

- ↘ 1 Performance area
20x30m
- ↘ 1 Warm up area
53x28m
- ↘ 5.000 seats
- ↘ Public transportation services:
 - Bus
 - Subway

3. VENUES

3.2. Show Performances Stages

During the WGfLC 2021 the city of Lisbon will also be the stage for Show Performances, and we invite all the groups to be part of these moments, when it is intended to bring Gymnastics to well known places of Lisbon.

Apart from the residents of Lisbon, thousands of tourists from all over the world, who visit Lisbon on these dates, will be able to watch the various shows of each group, showing the beauty and real value of Gymnastics.



Parque das Nações



Terreiro do Paço

4. PROGRAMME

4.1. Event Schedule (preliminary)

M	T	W	T	F	S	S
12	13	14	15	16	17	18
<ul style="list-style-type: none"> ↳ Arrival of the Delegations 	<ul style="list-style-type: none"> ↳ Practice ↳ Opening Ceremony 	<ul style="list-style-type: none"> ↳ Practice ↳ Contest ↳ Show performance 	<ul style="list-style-type: none"> ↳ Practice ↳ Contest ↳ Show performance 	<ul style="list-style-type: none"> ↳ Practice ↳ Contest ↳ Show performance 	<ul style="list-style-type: none"> ↳ Workshops ↳ Practice ↳ Gala ↳ Closing Ceremony 	<ul style="list-style-type: none"> ↳ Departure of the Delegations



4. PROGRAMME

4.2. Opening Ceremony

Location: Terreiro do Paço
Date: Tuesday, 13. July
Area: 20m x 30m

4.3. World Gym for Life Challenge Contest

Location: Altice Arena
Date: Wednesday, 14. July to Friday 16. July
Duration: 5 minutes/performance
Capacity: 5.000 persons
Area: 20m x 30m

4.4. Show Performances

Location: Two open-air stages in Lisbon city center
Date: Wednesday, 14. July to Friday 16. July
Duration: 5 minutes/performance

4.5. World Gym for Life Challenge Gala

Location: Altice Arena
Date: Saturday, 17. July
Duration: 5 minutes/performance
Capacity: 5.000 persons
Area: 20m x 30m

4.6. Closing Ceremony

Location: Altice Arena
Date: Saturday, 17. July
Capacity: 5.000 persons
Area: 20m x 30m



4. PROGRAMME

4.7. Workshops



The workshops will take place on the mornings of July 16 and 17 (Friday and Saturday) in a sports complex in Lisbon.

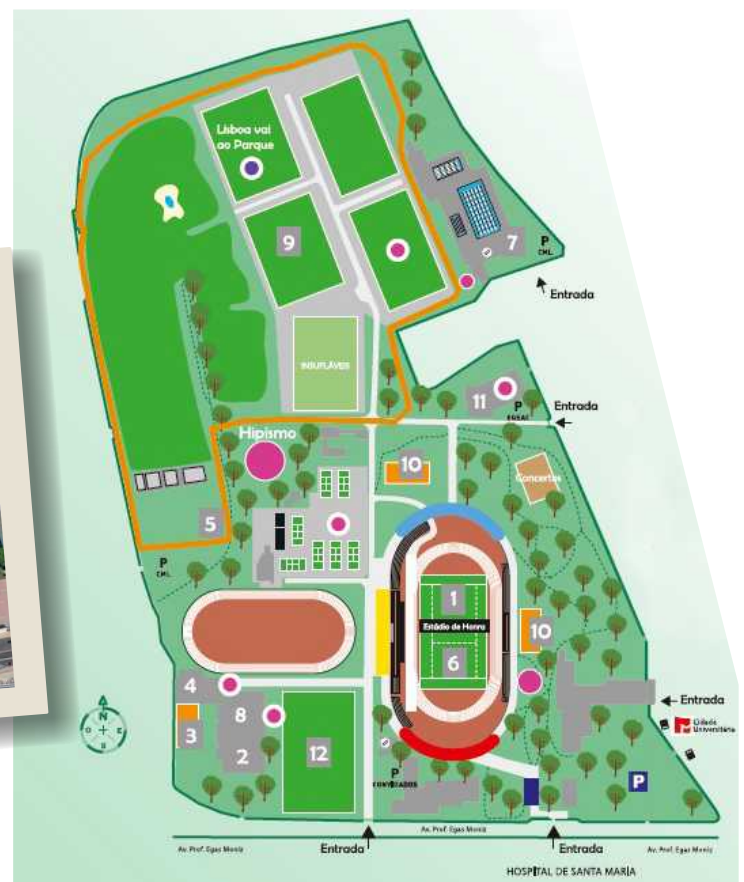
The workshops will consist of a varied set of physical and sports activities, with the aim of providing participants with moments of joy and friendship among colleagues and other gymnasts from different countries.

The workshops will have the following activities (subject to change):

- Portuguese Traditional Games
- Sport Orientation
- Golf
- Padel
- Archery
- Collective sports
- Dance (Traditional Dance, Hip-Hop, Latino Dances)
- Circus activities
- Frisbee
- Bubble Football



Estádio Universitário de Lisboa



5. APPARATUS

5.1. World Gym for Life Challenge Contest - Altice Arena



14 Rollable floor mats (1400x200x3,5cm)



2 Men's parallel bars + Landing mats (FIG Approved)



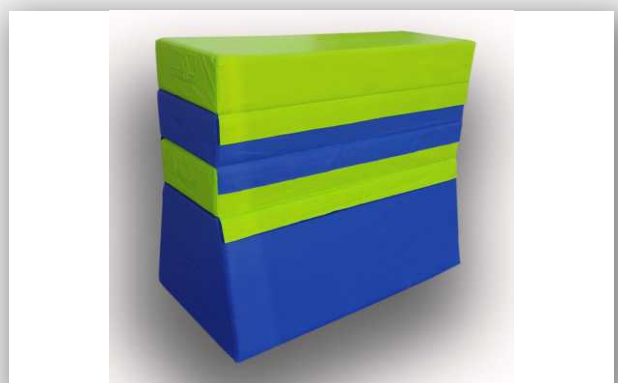
20 School mats 2x1m



1 Teamgym Vault



4 Vaulting boxes wooden



2 Vaulting boxes soft/foam vaulting table (salto box)
130x80x70cm

5. APPARATUS

5.1. Altice Arena (cont.)



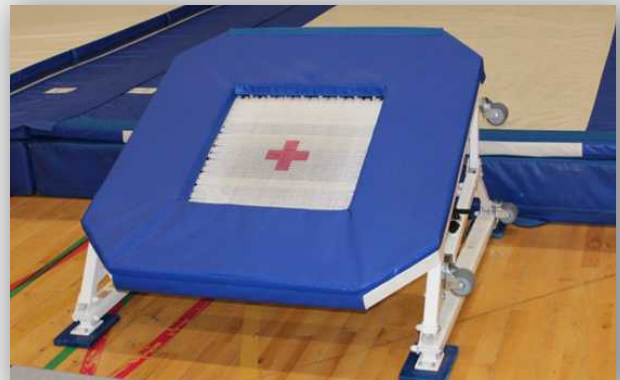
6 Wooden benches



1 Run up mat trampet 25 m, 25 mm thick



4 Mini trampoline/trampet open ended



2 Mini trampoline/teamgym



1 Large trampoline with safety ends (FIG Approved)



2 Air track 15x3m

5. APPARATUS

5.1. Altice Arena (cont.)



4 Springboards (FIG Approved)



10 Landing mats foam core 300x200x20cm (FIG Approved)



10 Landing mats foam core 300x200x30cm

5.2. Show Performance Stages



7 Rollable floor mats 14x2m, 35mm thick



10 School mats 2x1m



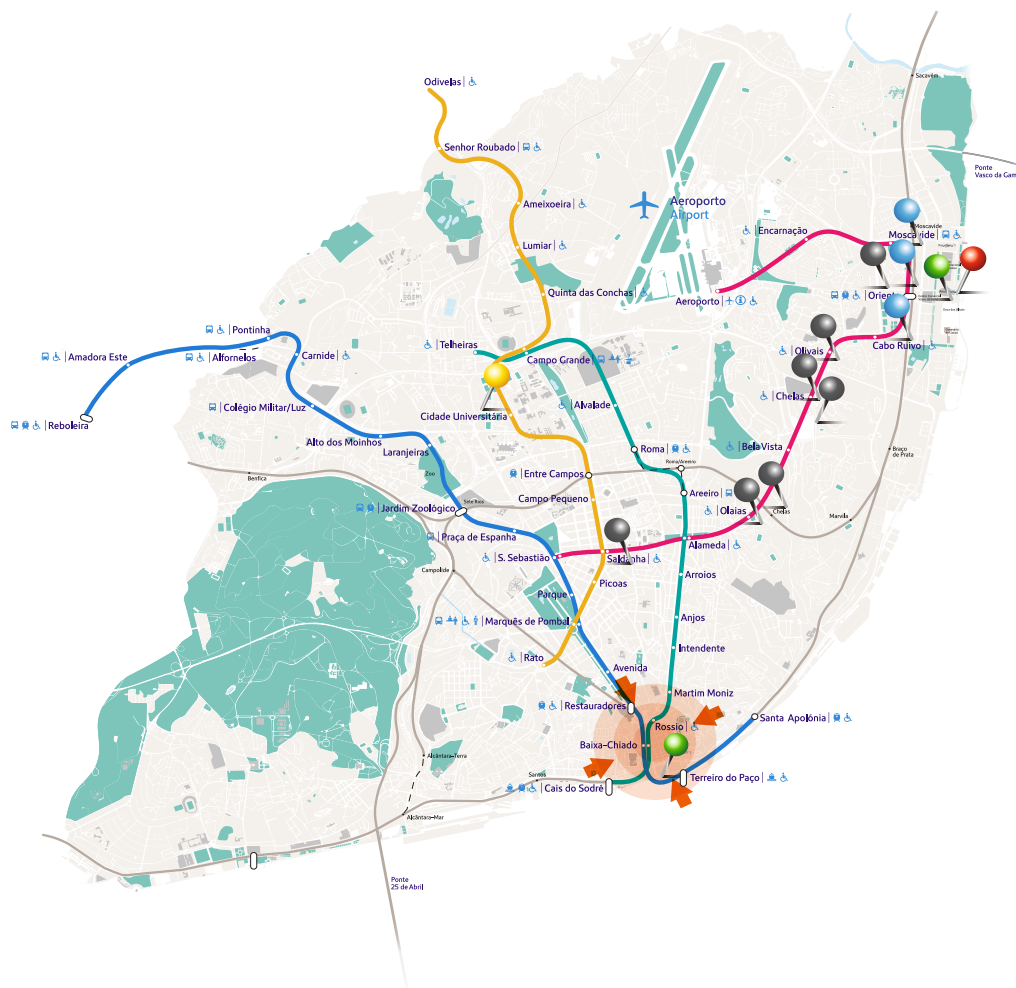
6. ORGANISATION

6.1. Travel to Lisbon

There are many ways to get to Lisbon and all of them are easy to use. With the airport just a few minutes from the centre of the city, stations with international rail links and various ports for cruise ships, there are many options for getting to the capital of Portugal. If you prefer to come by car, there are excellent roads from various points north and south along the border with Spain.

We are pleased to be at your service for the booking of your transfer from and to the Lisbon International Airport (LIS). The mentioned prices are per person and transfer (for a return trip you'll have to take the double price):

Lisbon International Airport (LIS): 15,00€



Main venue



City stages



Workshops



Hotels and hostel



Schools



City Center



Subway lines

6.2. Visa Requirements

All nationals from EU countries, the EEA countries (European Economic Area) and Switzerland do not need visa for Portugal.

All other nationals need a visa when travelling to Portugal, a member country in the Schengen zone.

Please verify if your country required visa to travel to Portugal.

All federations/groups that require a letter of invitation for visa purposes, please send request letter to

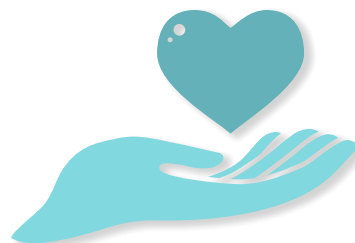
info@gymforlife2021.pt



6. ORGANISATION

6.3. Participant Insurance

Participating FIG Member 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 Gym for Life Challenge. The insurance can be organized by the FIG Member Federations own insurance company or bought in advance or on arrival through the LOC.



6.4. Registration

The Participant card includes:

- > Entry to all Contests;
- > Local Transportation (13th – 18th July 2021) between official accommodation and event venues
- > 50% Reduced price for WGfLC Gala ticket;
- > Opening and closing ceremonies;
- > City Performances;
- > Workshops.

For prices information, please contact your National Federation.



6.5. Provisional Registration

Deadline: October 13th, 2020

World Gym for Life Challenge Provisional Registration must be submitted to the FIG and the LOC and include:

- Total active number of participants;
- Expected number of groups per category;
- Expected number of gymnasts per group;
- Expected number of participants with a disability;
- Expected number of workshop presentations;
- Expected number of show performances;
- Expected needs concerning school and hotel accommodation.



6. ORGANISATION

6.6. Definitive Registration

Deadline: January 13th, 2021

Six months prior to the World Gym for Life Challenge, the Definitive Registration must be done online.

Together with the Definitive Registration (by 13. January 2021 at the latest) the FIG Member Federations must pay a deposit of 50% of the cost for the Participant Cards and hotel bookings to the LOC.

Two months prior prior to the World Gym for Life Challenge (May 13th) the final payment is to be made. This should be according to the actual number of participants. All deposits made will be taken into account in this transaction.

Accommodation, meals, tickets etc. must be paid in full no later than two months prior to the World Gym for Life Challenge.

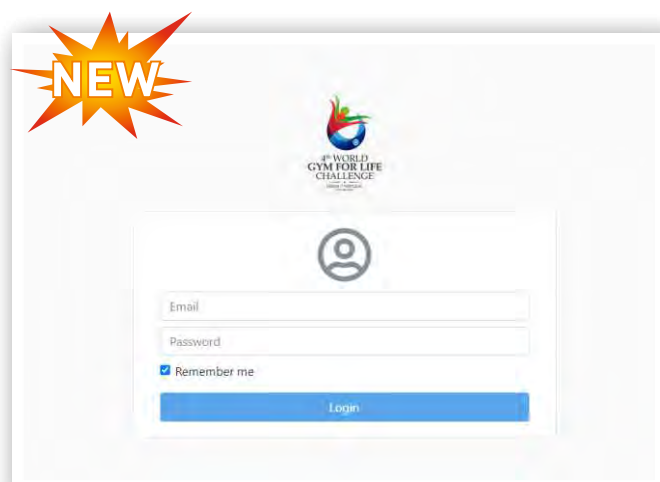
If the actual number of participants is reduced by more than 10% below the number of Definitive Registrations, 90% of the number of Definitive Registrations will be taken into consideration for payment purposes.

For the Definitive Registration in the World Gym for Life Challenge 2021, an online platform was developed that will allow all federations to register their clubs quickly and simply.

All federations wishing to receive access to the platform and start the registration must send an email (info@gymforlife2021.pt) to requesting their registration with the following data:

- Contact person;
- Email.

Online platform: <https://registration.gympor.com>



6. ORGANISATION

6.7. Cancellation

If a Definitive entry is cancelled two months or more before the World Gym for Life Challenge, 50% of the deposit shall be reimbursed.

If the cancellation is less than two months before the World Gym for Life Challenge there is no reimbursement.



6.8. Tickets



A participant will have access to attend almost all events (indoor and outdoor) for free. The exception will be the Gala World Gym for Life Challenge, which will have an extra cost, but with a 50% discount.

WGfLC Gala Ticket (public):

Cat. A: € 25,00

Cat. B: € 20,00

WGfLC Gala Ticket (participant - 50% discount):

Cat. A: € 12,50

Cat. B: € 10,00

WGfLC Contest (public):

Daily ticket: € 5,00



7. OTHER PROJECTS

7.1. School Project



The WGFLC 2021 organization in Lisbon will not finish with the event, but will also help to develop and increase the number of young gymnasts in clubs and schools.

For this, we intend to start a specific gymnastics training program for all teachers of public schools in Lisbon, improving their knowledge and intervention as teachers of young people.

On the other hand, the intention is also to improve the conditions of gymnastics practice in schools, and for that, the Municipality of Lisbon and the Gymnastics Federation of Portugal will provide schools with new and appropriate material for the intervention program.

The school project also has a third feature, which will be the exploration of cultures, regions and customs of the different countries which will be allocated in schools. This will be a way of welcoming the participants and let the students learn more from this experience.

7.2. ReFood



REFOOD is a 100% voluntary institution that works to eliminate food waste and hunger in each city. In collaboration with ReFood, the WGFLC 2021 LOC will donate all the food that will not be consumed daily, this way, the food will not be thrown away, and forwarded to those who will need it most and who are experiencing difficulties.



Aproveitar **para** Alimentar

7.3. Ecological Event



WGFLC 2021 will also have environmental concerns. Recycling will be implemented in the LOC offices, resources and structures, and the participants' places, with several Recycling Points for everyone to promote this important action.

On the other hand, a tree will be symbolically planted by each participating country in a location next to Altice Arena, with a small ceremony in which everyone will be invited to attend the planting of their country's tree. Other actions are being planned and will be presented in the next newsletters.



8. GENERAL INFORMATION

8.1. Local Organising Committee



President
João Paulo Rocha



Executive Director
Álvaro Sousa



Financial Director
Sandra Vieira



Technical Director
Ricardo Lima



Administrative
Paula Araújo



Administrative Assistance
Isabel Falcão



Accommodation, Meals and Transportation
Gabriel Fortes



Head Infrastructure and Apparatus
Tiago Horta



Head Security
José Lagoas



Volunteers
Patricia Jorge



Marketing and Media
José Carlos Manaças



Marketing and Media
Joana Patrocínio



Protocol and Social Programs
Josefina Cruz



Stage Contest Manager
André Nogueira



Opening/Closing Ceremony and Gala
Bruno Oliveira



Show Performances
Ginásio Clube Português



Show Performances
Sporting Clube de Portugal



Workshops
Alexandra Pereira



Design
Susana Sousa



WGfLC 2021 Logo
Bruno Bate

8. GENERAL INFORMATION

8.2. Contacts



FIG - FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

Fédération Internationale de Gymnastique
Avenue de la Gare 12a
1003 Lausanne, Switzerland

Contact person:

Mr. Alexandre Cola

acola@fig-gymnastics.org

Tel. +41 21 321 55 18

www.gymnastics.sport/site/



FGP - GYMNASTICS FEDERATION OF PORTUGAL

Gymnastics Federation of Portugal
Estrada da Luz, N° 30 A
1600-159 Lisboa, Portugal

Contact Person:

Mrs. Paula Araújo

info@gymforlife2021.pt

Tel. +351 21 814 11 45

www.gymforlife2021.pt



4th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
13-17 JULY 2021



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