

European
Gymnastics

Greetings from European Gymnastics

EUROGYM

Dear Gymnastics' friends

Time goes quickly and soon it's time for registration. After seeing the numbers of the preregistration we are sure we will have the biggest edition ever.

Within a few months you will be in Bodø, Norway for the 14th EUROGYM taking place in July 2024.

The LOC has been working really hard to ensure that everything will be ready when you arrive with your groups.

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

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

Don't forget to follow the social networks of the event and to share the posts. Bodø is a special place with beautiful landscape all around. Come and feel the midnight sun that gives everyone extra energy.

We look forward to seeing you all.



Hlíf Thorgeirsdóttir

Hlíf Thorgeirsdóttir
President of the EG TC-GfA

Greetings from the LOC President

Welcome to EUROGYM Bodø 2024

With just under a year to go, we are thrilled to announce that preparations for an unforgettable Eurogym are in full swing. We are committed to making Eurogym in Bodø a once-in-a-lifetime experience for every participant, filled with memorable moments, cultural exchange, and the joy of gymnastics.

The notification of interest has been overwhelming, as nearly 6000 participants have expressed their interest in joining us in Bodø next summer. This remarkable level of enthusiasm not only demonstrates the allure of Norway's stunning natural beauty, making it an exciting destination for Eurogym 2024, but also indicates our collective excitement to come together and celebrate the spirit of gymnastics for all!

Get ready for an incredible journey and adventure under the midnight sun at Eurogym in Bodø 2024!

See you soon!



Irina Solem

Irina Solem
President of the Local Organizing Committee (LOC)

Greetings from European Gymnastics President EUROGYM & EGFL

Dear Gymnastics Friends,

The destination of the next edition of the European Gym for All event is one of the happiest countries in the world — Norway. The city of Bodø will host the 14th EUROGYM and 4th European Gym for Life Challenge on July 14-18, 2024.

The purpose of these events is well-known. What can be more beautiful than gatherings of young people aged 12 and 18 for Gymnastics festival? Friendship of people, representing different cultures of the European countries, makes our continental Gymnastics stronger.

Every activity, showcased at these events, is another opportunity to demonstrate what a harmony can be achieved through passion for healthy lifestyle, meeting new people, sharing experience and love for Gymnastics.

The incredible scenery of Bodø will be lightened twice next summer — both by midnight sun and breathtaking performances within the framework of the EUROGYM and European Gym for Life Challenge.

I can imagine how the participants are already preparing for this event. I am confident that Norway will host the events at high level with the support of the Gymnastics for All Technical Committee and staff of the European Gymnastics.

Every effort is worthy to be made to experience the thrill under Gymnastics for All umbrella.

I wish all the delegations' members vivid impressions from trainings leading them to the final stage of their destination — open air under the Bodø's midnight sun.



Farid Gayibov
European Gymnastics President

What is EUROGYM?

Eurogym brings together young gymnasts from different European countries. The event is organized by European Gymnastics (EG) and is held every two years.

Eurogym is a non-competitive gymnastics festival with a focus on promoting the sport of gymnastics and fostering friendship and cultural exchange between young athletes from different countries. The event includes gymnastics performances, workshops, cultural activities, and social events.

All gymnasts between the ages of 12 and 18 who are members of EG-affiliated national gymnastics federations can attend Eurogym.

The event is hosted by a different European city each time. The host city is responsible for organizing the various activities and providing accommodation and transportation for participants.

Overall, Eurogym is a great opportunity for young gymnasts to develop their skills, make new friends, and experience different cultures while promoting the sport of gymnastics at an international level.

Who can attend EUROGYM?

- Participants
- Coaches
- Group leaders
- Head of delegation

EUROGYM is open to young people aged 12 to 18 years old.

A group with 10 participants (or more) can include younger participants (10 and/or 11 years old) and older participants (19 and/or 20 years old) according to the table below.

Coaches may not take part in a performance as gymnasts. Guests that don't have an accreditation are not allowed in the schools.

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

Inclusion - Facilitation for special needs athletes

We would like to prioritize the inclusion of all gymnasts, regardless of ability or level of function. We are actively working to facilitate special needs athletes, and will be designing venues with sufficient space for accessibility, elevators, highly visible signage, etc.

Quiet rooms will be available in various arenas where there is expected to be many people present and long waits. We are open to adapting the schedule to better facilitate special needs, for example reducing the number of shows or workshops. We can also help you to find alternative accommodation and/or find volunteers to assist with logistics throughout the event.

Please contact us with any questions regarding inclusion and facilitation: inclusion@eurogym2024.com

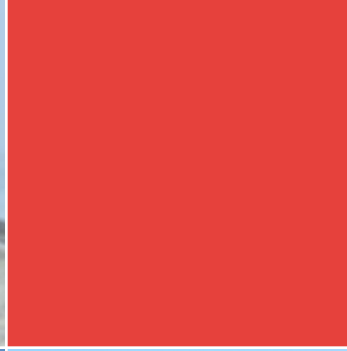
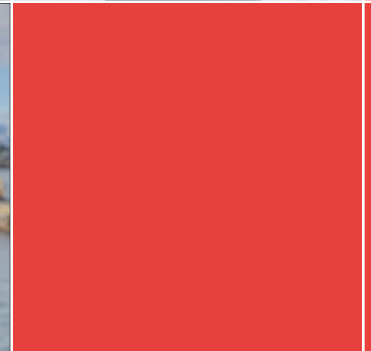
European Gymnastics

Gymnastics for all
Technical Committee



European
Gymnastics

The LOC Local Organizing Committee



About Norway

Some facts about Norway

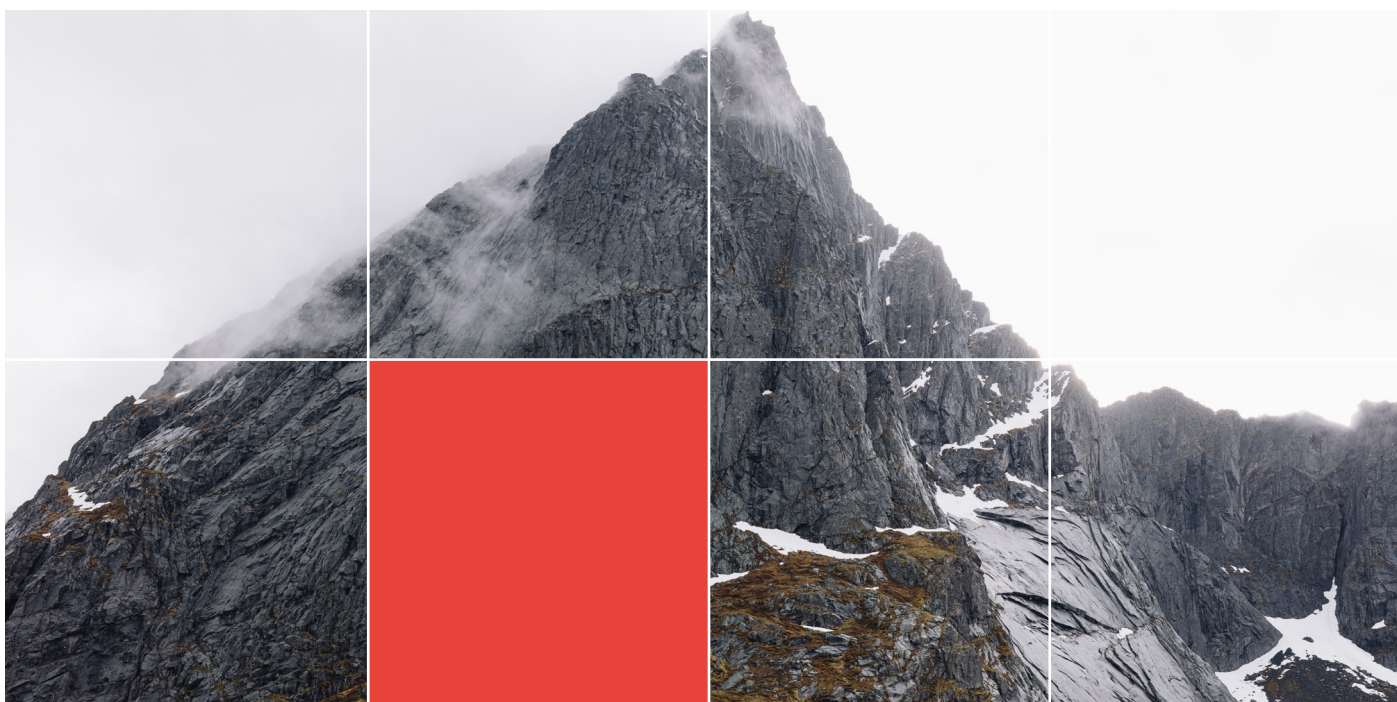
- Ca. 5 400 000 inhabitants
- Nearly half of the inhabitants live in the southeastern parts surrounding the capital Oslo
- About two thirds of Norway is mountainous
- The length of the Norwegian coastline is 25 148 km, including fjords
- The highest mountain in Norway is Galdhøpiggen (2 469 masl)
- The world longest road tunnel, Lærdalstunnelen (24.5 km), is situated in the western part of Norway
- The Nobel Peace Prize is awarded in Oslo
- Two official languages — Norwegian and Sami
- The Norwegian spoken language has many different dialects varying between the regions

Vikings

The Vikings were fearless seafarers. In the period from about the year 800-1000, they emigrated from Denmark, Norway and Sweden to countries and islands in Europe and North Atlantic. Although today they are best known for their Viking expeditions, they were also traders, explorers and settlers.

Fun facts

- Norway has won more medals in the Winter Olympics than any other country
- Brown Cheese is a staple on Norwegian breakfast and lunch tables (that is caramel-like brown cheese)
- It was a Norwegian who invented the cheese slicer
- The most famous artwork to come out of Norway is Edvard Munch's iconic «The Scream», and once held the Guinness World Record for «the world's most expensive painting» when a version of it (there are 4), was sold for almost \$120 mill. at Sotheby's in 2012
- The North Cape bills itself as the northernmost point in Europe. The settlement is nearer to the North Pole than to Oslo
- In Svalbard, an island 2030 km north of Oslo, 1050 km south of the North Pole it is required by law to be armed when you leave a settlement due to the danger of a polar bear encounter
- The Samis. Half the world's Sami population lives in Norway
- Norway has been named the world's happiest country



About Bodø

An urban city on the edge of nature

You will not find a more impressive approach than the one you will see through the plane window prior to landing in Bodø. A vibrant city on the edge of the great outdoors, with fjords, mountains, glaciers, a stunning coastline, and clear coral green waters as far as the eye can see. Bodø is a compact city and a gateway to a unique assortment of wonderful arctic experiences. With the natural resources around us, we can offer world-class experiences, most of them based in the city or just a short bus or boat ride away.

With a location just north of the Arctic Circle, Bodø has a spectacular light throughout the year. During summer, the midnight sun fascinates and captivates us all. In winter and autumn, you will see the mysterious blue that lights up the dark polar night, and the magical and alluring northern lights. With the light as a backdrop for activities, we guarantee unforgettable experiences. The city is famous for its rich and cultural scene, and for being an arctic hub in the North. Bodø also has a resourceful business community, and a university that is committed to collaboration with national and international communities, businesses and industries.

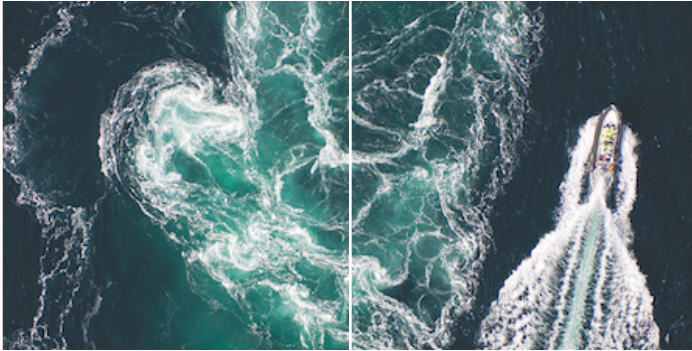
Bodø will be the European Capital of Culture in 2024

This means that Bodø will deliver a magnificent cultural program throughout the whole year, and EUROGYM will be one of the many events that will color the city with the unique shows from all of you. Youth and young people is our number one key priority in the capital of culture year. In addition to being an important part of our current audience and production base, they are the artists, the organizers the audiences and the cultural founders of the future. We want our young people to develop projects and cultural content together with European youth, with their attention on climate, democracy, urbanisation, freedom of expression, diversity, and through a common cultural identity.

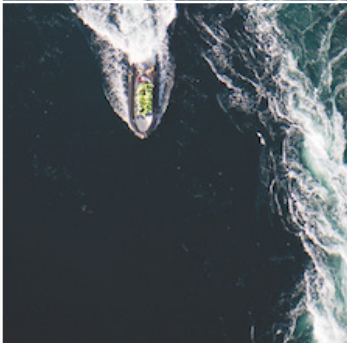
The doors of our region, and our hearts, are wide open to Europe!



Saltstraumen //
Photo: Tommy Andreassen



Kjerringøy //
Photo: Ernst Furuhatt



Attractions

You will find some of Norway's and Europe's most famous attractions in Bodø. Experience the world's strongest tidal current - Saltstraumen. During a six-hour period, 372 million m³ of seawater pass through a 150 m and 31 m deep channel, which creates whirlpools up to 10 m in diameter and 5 m in depth when the current is at its strongest. A couple of hours drive from Bodø, you can experience the Svartisen Glacier - Northern Scandinavia's biggest glacier. This mighty glacier, underground caves, marble formations, steep peaks and waterfalls, all located in the beautiful national park. The Kjerringøy Trading Post, which is beautifully located in a stunningly scenic landscape, is one of Norway's most important cultural heritage monuments from the 19th century. This living museum provides a unique insight into the coastal culture of Northern Norway. Not far from the downtown Bodø, you will find the Norwegian Aviation Museum, the largest such museum in Scandinavia and one of the most modern in Europe. Furthermore, Bodø is home to the largest colony of European sea eagles in the world.

Also, the people living north of the Arctic Circle are very friendly and open-minded. You will find it easy to communicate with the locals, since language skills in general are very good and English is spoken as a second language everywhere.

More information about excursions and booking will be provided in the Event Guide.



Getting here and getting around

Getting to Bodø is easy and there are several options. You can travel here by air from the north, south, east or west. The airport is located only 2 km, or a 10-15 minute walk, from the city center. You can also arrive on the northbound or southbound Hurtigruten (the Norwegian Coastal Voyage) and continue your journey by sea in the beautiful region of Nordland by express boat or ferry. You can drive here along the picturesque Kystriksveien (The Coastal Route) which is Norway's longest National Scenic Route or arrive by train via the Saltfjellet mountain range where you cross the Arctic Circle. If you arrive by train, our own Polar Express has its final stop in Bodø, which is the northernmost railway terminal in Northern Norway.



Air

Bodø Airport is situated only 2 km away from the city centre, which is a hub to the rest of the region and Nordland County.



Train

Bodø is the end station of the train line from Oslo/ Trondheim. There are several southward-bound local and regional trains from here every day.



Car

There are two main roads to drive to Bodø, the E6 (Fv80) and the Coastal Route (Fv17). There are three Norwegian Scenic Routes in Nordland.



Bus and boat

It's easy getting from A to B by bus, ferry or express boat. In the summer you can travel with the Travel Pass Nordland. Hurtigruten have daily arrivals.



The theme for EUROGYM 2024

Midsummer Madness

The theme for EUROGYM 2024 is «Midsummer Madness», a celebration of the long summer days and bright nights in the land of the midnight sun. Located above the Arctic Circle, Bodø is a unique and vibrant city that comes alive in the summer months, when the sun never sets.

During the event, participants will experience the magical atmosphere of the midnight sun, with endless daylight and northern Norwegian nature. It is a very special experience to be outside in daylight when sounds and wildlife indicate that it is night. The midnight sun will provide a unique backdrop for a variety of sports and cultural activities, including music, dance, and gymnastic performances.

The midnight sun is a natural phenomenon that occurs when the sun remains visible at midnight. This phenomenon is particularly pronounced in the Arctic regions, including Bodø, where the sun remains above the horizon for over 70 days during the summer months. This creates a unique and magical atmosphere, where the sun never sets, and the days seem to stretch on forever.

EUROGYM 2024's «Midsummer Madness» theme celebrates the unique and vibrant culture of the region and the magical atmosphere created by the midnight sun. Participants can expect to have an unforgettable experience, filled with cultural activities, outdoor adventures, and the natural wonder of the midnight sun.

Provisional

Program EUROGYM

July 13th	July 14th	July 15th	July 16th	July 17th	July 18th	July 19th
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 7 - 12 am						
Arrival	Arrival	Breakfast at schools	Breakfast at schools	Breakfast at schools	Breakfast at schools	Breakfast at schools
		HOD-meeting	HOD-meeting	HOD-meeting	HOD-meeting	Departure
		Workshops	Workshops	Workshops	Workshops	
	Lunch	Lunch	Lunch	Lunch	Lunch	
Afternoon 12 - 6 pm						
Arrival	Orientation meeting for HOD, Group Leaders and Gala coaches	City performances	City performances	City performances	EG Gala rehearsal	
	Dinner	Dinner	Dinner	Dinner	Dinner	
Evening 6 - 10 pm						
Arrival	Parade and Opening ceremony		Educational forum		European Gymnastics Gala and Closing Ceremony	
	FunZone	FunZone	FunZone	FunZone	Farewell party	
Midnight 10 pm - 2 am						
			*Midnightsun adventure			

*Change of date may be done due to weather reports (midnightsun adventure)





Venues



Stormen Concert Hall

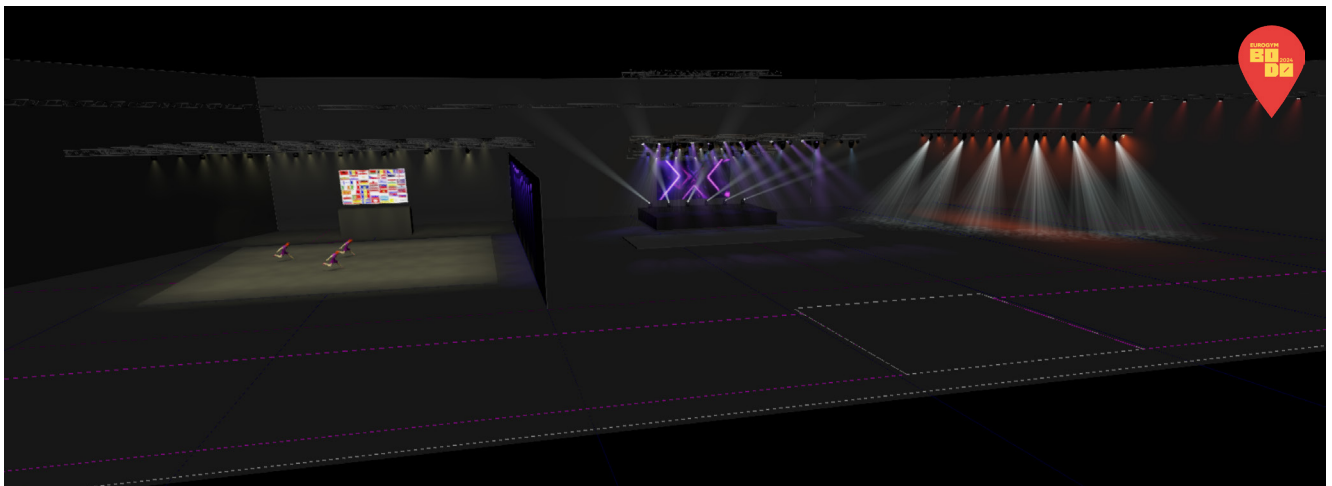
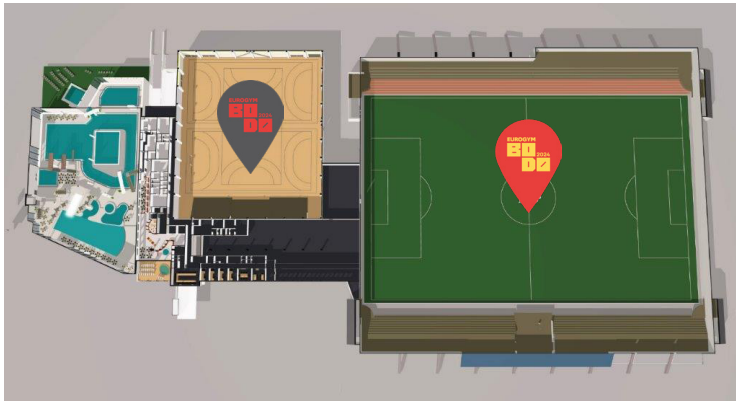




Bodøhallen



Nordlandshallen



Main Venue



Main Venue will be in Stormen Concert Hall. This will be the arena for accreditation and info desk, as well as the HOD-meetings and receptions. One of the stages for City Performances will also be here.

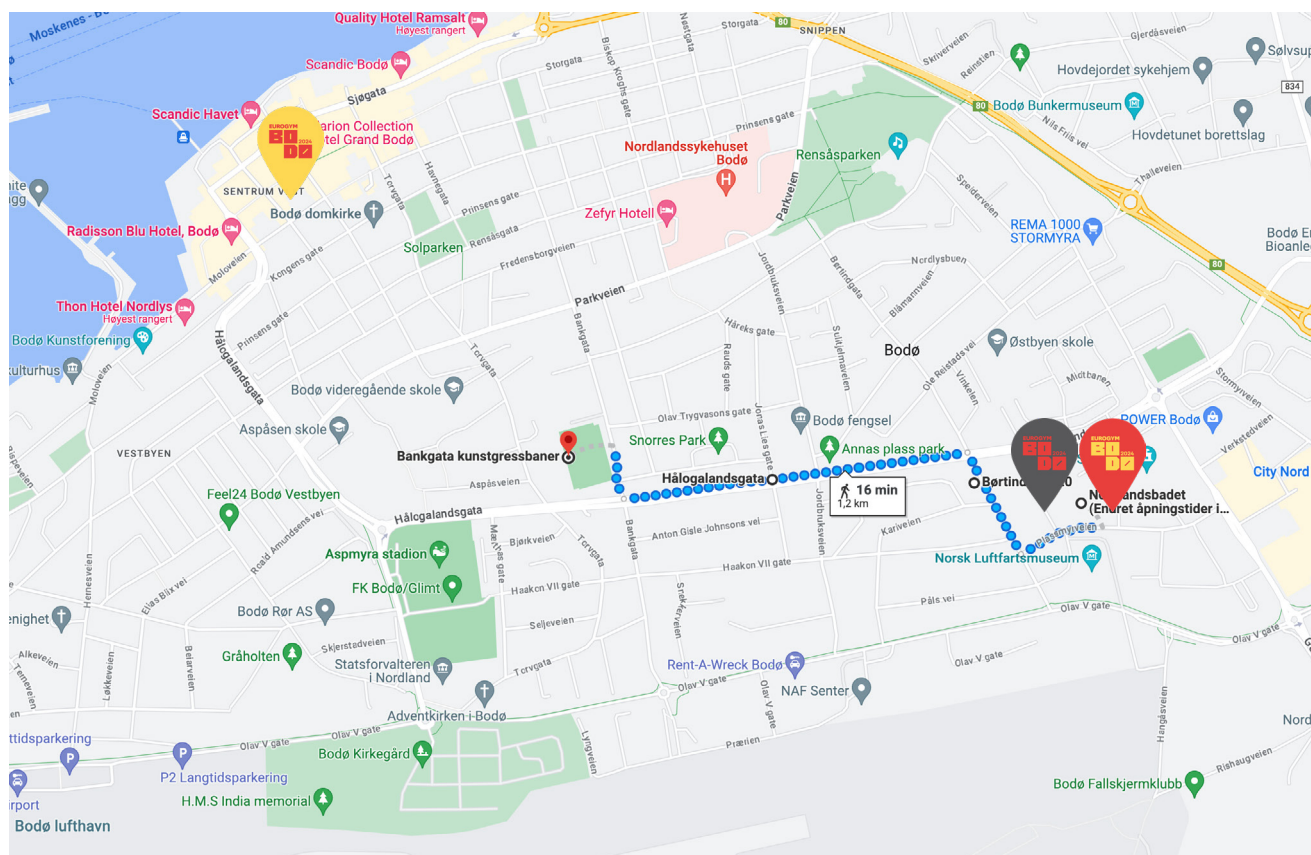
Opening and Closing Ceremony



The parade for the Opening Ceremony will start at Bankgata artificial turf field and take approximately 16 minutes of walking through the streets of Bodø, ending up at Nordlandshallen with an exceptional Opening Ceremony for EUROGYM 2024.

The Closing Ceremony will also take place in Nordlandshallen and will be followed by an unforgettable farewell party.

Parade route



City Performances



The city performances will take place at three different stages, and give the groups the opportunity to show what they have prepared at home. All performance levels are acceptable and everybody can participate. Each group will present their performance twice during the week. A group has to consist of minimum 6 gymnasts, and each performance can last a maximum of 6 minutes, including preparation of the venue and marching in and out. Participants can visit the stages in the morning, but there will be no opportunity for rehearsals at the stages before the city performances.

- Stage 1:** Stormen Concert Hall (floor size: 14 x 14 meters)
- Stage 2:** Bodøhallen (floor size: 14 x 20 meters)
- Stage 3:** Nordlandshallen (floor size: 14 x 20 meters)

Apparatus available at the different stages

Apparatus	Size	Stage	Quantity	Picture
Exercise Floor - rollable mats (TeamGym floor blue) placed the same way as in the photo	14 x 16 meters (8 mats)	Stage 1	1	
Exercise Floor - rollable mats (TeamGym floor blue) placed the same way as in the photo	14 x 20 meters (10 mats)	Stage 2 Stage 3	1	
Trampette (36 springs)		Stage 2 Stage 3	2 at stage 2 1 at stage 3	
Trampette (40 springs)		Stage 2 Stage 3	2 at stage 2 1 at stage 3	
Trampette Open End		Stage 2 Stage 3	3	
Runway TeamGym	25 x 1 meters	Stage 2 Stage 3	1	
Trapezium Foam		Stage 2 Stage 3	2	
Springboard		Stage 2 Stage 3	2	
Airtrack	15 x 2 meters (30 cm thick)	Stage 2 Stage 3	1	
Safety mats	3 x 2 meters (30 cm thick)	Stage 2 Stage 3	4	
Landing mats	4 x 2 meters (20 cm thick)	Stage 2 Stage 3	2	
Landing area TeamGym	4 x 6 meters	Stage 2	2	
Tumbling track	15 x 2 meters	Stage 2	1	
Running blocs for tumbling track	15 meters (8 blocs)	Stage 2	1	
Vaulting table - Pegasus TeamGym		Stage 2	1	

Note: Stage 1 (Stormen Concert hall) is set up for groups with little or no equipment. Stage 2 (Bodøhallen) is designed for groups with more and larger equipment. For groups with a need for a significant amount of equipment or other special requirements, it is possible that both performances will take place in the same venue, allowing us to tailor the setup as best as possible for the performance. It is important that the groups are thorough in registering equipment in the definitive registration if you have any specific wishes.

If you have any questions or special needs regarding apparatus, please do not hesitate to contact us at info@eurogym2024.com. We will do our best to meet your wishes but cannot guarantee that we can provide the equipment not mentioned here.



EUROGYM Gala will take place in Bodøhallen July 18th. The performance area will be 20 x 30 m, and the roller mats will be 14 m x 14m or 14 m x 16 m in blue color.

Due to limited seating available, we will put on two Gala shows. Group 1 will start with the Gala and then go for dinner. Group 2 will start with dinner and then go for the Gala. When Gala show number 2 is finished Group 1 will join Group 2 in Nordlandshallen for the Closing ceremony.

The theme for the Gala show is Midsummer Madness.

Price Gala

For now, it is still uncertain whether we will sell tickets to the Gala or not. If so, this will be announced in Event Guide as it depends on the number of participants. The most important thing is that participants will have a spot. If there is space available, we will, of course, open it up to the public, and the price will not exceed 20 euros.

Application to perform at the EUROGYM Gala 2024

The EUROGYM GALA is a great colorful show that gives expression to the variety existing in Gymnastics for All (GfA) with the focus on creativity, entertainment and originality! We are looking forward to celebrating an enthusiastic EUROGYM GALA with all of you! For this edition, the theme is Midsummer Madness.

Our goal for the EUROGYM GALA 2024 in Bodo is to have many groups from different federations involved! Each European Gymnastics National Federation that wishes to participate in the EUROGYM GALA can apply with the online form. There's no limit of how many applications each federation can send. However, one important criteria for all EUROGYM GALA performances is the maximum duration of 3 minutes.

All applications have to be sent with a video that shows or gives impressions of the planned performance.

All videos that will be sent will be evaluated by members of the Technical Committee Gymnastics for All to the following criteria:

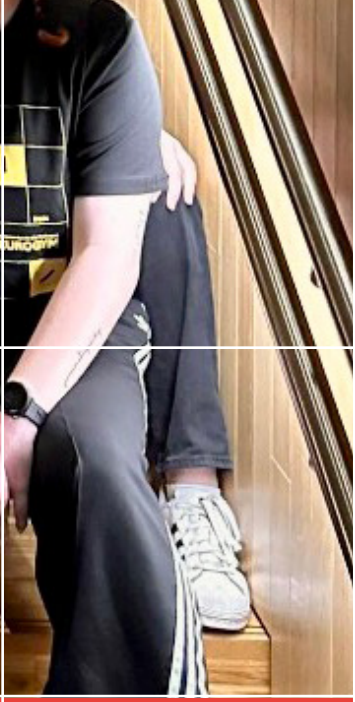
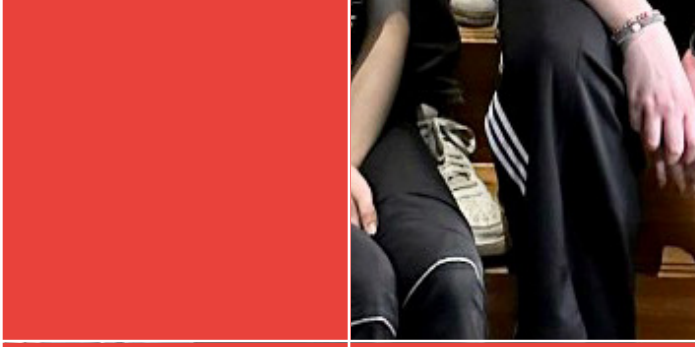
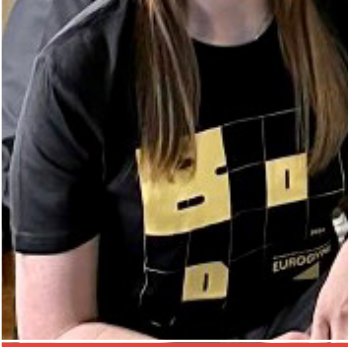
- Entertainment value and overall impression
- Innovation, originality
- Technique, quality and safety
- Variety, diversity

Please note: these are the same criteria as for the European Gym for Life Challenge.

Please send your application using [THIS LINK](#) by Sunday December 31st, 23:59 CET (Norwegian time) 2023. Any application received past this deadline or not using the official form, will not be accepted.

The Technical Committee GfA will decide which groups will take part in the Gala. The information will be sent within January 31st 2024.

**Young Leaders of
EUROGYM 2024**



FunZone by Young Leaders of EUROGYM 2024

Get ready for an exhilarating array of zones, all planned and organized by EUROGYM 2024's own group of Young Leaders (a group of young gymnasts from all over Norway). All these exciting activities will take place in Nordlandshallen each evening throughout the entire week of EUROGYM, and our Young Leaders will be there to organize the fun with you. Here's a sneak peek into what awaits you:

PartyZone

Every evening, a different theme will take over this zone, ensuring non-stop fun. Get your groove on, unleash your inner party animal, dive into the theme of the night, and dance along!

ChillZone

Need a breather? Seek solace in the ChillZone, a relaxing and cozy place where you can hang out with friends, chill out and indulge in card or board games. It's your go-to place for recharging, both yourself and your devices. There will be two ChillZones during EUROGYM, one in Nordlandshallen and another one at Mørkved, where we invite you to different activities like movie nights and singalongs.

PlayZone

Adventure beckons! Engage in a variety of thrilling activities and mega games such as Bubble Football, Sumo Action, and the adrenaline-pumping Bungee Run.

Norwegian Corner

Experience Norway's rich traditions and culture in this corner inspired by the celebration and activities that happens in Norway on our Constitution Day. On our Constitution Day we dress up in our national costume which is called "bunad". In the Norwegian corner you will find people who are wearing the "bunad" and some of our favorite, traditional activities and Norwegian food. We challenge you to try and find your favourite!

Whether you're seeking pulsating fun, a cozy hangout, thrilling adventures, or a taste of Norwegian culture, FunZone has it all. Join us for unforgettable moments, new friendships, and an experience you'll treasure.

Midnightsun Adventure

Experiencing the midnight sun is a MUST when visiting Northern Norway during summer. Therefore, we will do our best to create a unique midnight experience for the EUROGYM participants.

More information about this event, registration and additional costs will be provided in the Event Guide.

Farewell Party

As the final day of EUROGYM 2024 approaches, we invite all participants to join us for a memorable farewell party. This event will be a joyful celebration filled with shared experiences and newfound friendships. Together, let's cherish the moments, share stories, and say goodbye to an amazing event that brought us together from different parts of Europe. The farewell party promises to be an evening of laughter, music, and shared joy, creating lasting memories as we bid farewell.

SwapZone

We can't wait to share one of the coolest EUROGYM traditions with you — the T-shirt and pin exchange on the last day! We will set up a special spot just for this on the last day of EUROGYM 2024, and we want you to be a part of it. Bring your national T-shirts, pins and other merch you would like to exchange with participants from different countries. Also, bring along a plain white T-shirt so you can create a personalized souvenir filled with signatures from all your new EUROGYM buddies. It's a fantastic way to capture the spirit of the event and the awesome connections you've made. Get ready to swap, share, and make your EUROGYM memories last a lifetime.

Educational Forum

The educational forum will take place in Bodøhallen Tuesday evening at the same time as FunZone. While the participants are attending the FunZone, the coaches and leaders are welcome to attend the educational forum next door. The theme for the educational forum is choreography.

Speaker Gry Nygård Fredriksen

Gry is a passionate choreographer in show gymnastics with a heart for gymnastics for all. She is a part of the Norwegian national coaching pool in choreography, and has experience as evaluator at different FIG, EG and national events. Her background comes from teamgym as a gymnast and coach with experience from National, Nordic and European Championships. Also, Gry was the artistic director and choreographer for Nordic Evening 2019 (World Gymnaestrada) and World Gym for Life Challenge 2017.

CoachZone

As well as a zone for the youth, we will have a zone where coaches/leaders can meet and get to know each other.



Workshops

We will provide lots of different workshops during the week, and all groups will be provided with four different workshops. The workshops will take place in and around Bodø and will be both gymnastics related and other sports and activities. There will also be workshop showcasing Norwegian culture. Changes might be made to the complete list before the registration for workshops begins.

TeamGym

Train across the three apparatuses: trampette, tumbling, and floor exercises. Engage in diverse exercises and techniques aimed at honing skills in these disciplines as a group and individually.

Artistic gymnastics

Try various apparatus exercises like bars, vault, beam, and floor routines at our workshop. Explore athleticism, creativity, and gymnastics excellence, whether you're a beginner or refining your skills!

Trampoline

Learn essential skills and acrobatics on large trampolines tailored to your skill level. Gain confidence in aerial moves and safety measures for an exhilarating workshop experience!

Rhythmic Gymnastics

Explore rhythmic gymnastics, incorporating ribbon, hoop, ball, and clubs. Enhance flexibility, learn fundamental skills, and express creativity through rhythmic movement in this workshop!

Cheerleading

Perfect high-energy stunts, synchronized cheers, and captivating dance moves in our workshop. Hone skills, foster team spirit, and prepare to cheer with flair and precision!

Airtrack

Experience the thrill of gymnastics and acrobatics using Airtrack. Learn fundamental and new tumbling skills, practice acrobatic movements, and perform on inflatable, air-filled tracks!

Acrobatics

Engage in partner acrobatics! Discover lifting and throwing techniques within pairs and groups, fostering teamwork, strength, and creative expression in this dynamic session.

Parkour

Explore parkour fundamentals, emphasizing creative urban movement. Learn obstacle navigation techniques, build strength, agility, and deepen your understanding of parkour philosophy.

Water Aerobics

Immerse yourself in the vibrant world of water aerobics. Experience a fusion of aerobic movements and water resistance, crafting a high energy session. Discover and master diverse techniques.

Modern Dance

Enhance dance skills with Modern Dance moves. This workshop focuses on expressive movements, conveying emotions through fluid choreography, and refining artistic storytelling.

HipHop

Join us for an experience that blends passion, rhythm, and community spirit. Refine your skills, discover new dance styles, and immerse yourself in the infectious energy of hip-hop culture.

Breakdance

Explore the dynamic art of breakdancing. Suitable for all skill levels, delve into fundamental elements, techniques, and the vibrant culture surrounding this high-energy dance form.

Show Hairstyling

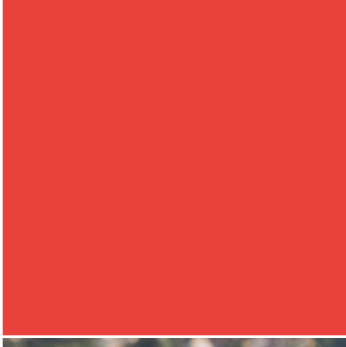
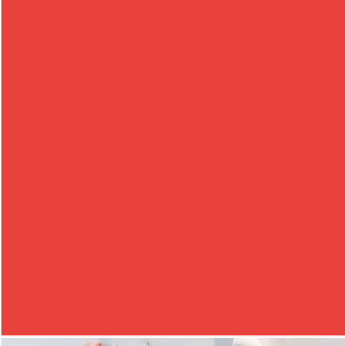
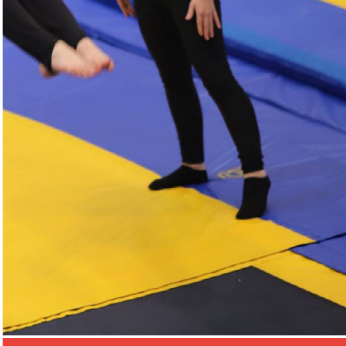
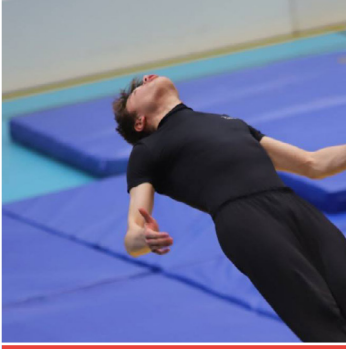
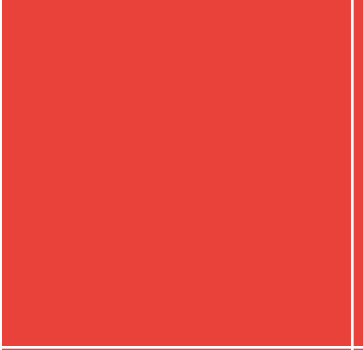
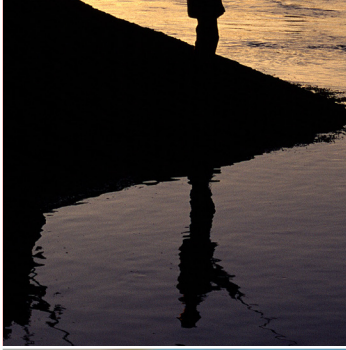
Master the art of hairstyling for performances in our Show Hairstyling Workshop. Join us for a day of inspiration and skill-building, perfecting techniques for captivating show hairstyles!

Show Makeup

Refine your stage makeup skills in our Show Makeup Workshop. Explore techniques and expressions of stage-ready makeup and unleash your creativity for a stunning performance makeup!

Special Choreography

Perfect your team routine, gather inspiration, and receive valuable feedback in our Special Choreography Workshop. Ideal for collaborative work and refining your team's performance!



City Orienteering

Experience Bodø through city orienteering—an engaging workshop enhancing navigation skills and urban familiarity. Delve into the city's charm and expand your knowledge in this insightful exploration.

Fishing

Join us for a peaceful and rewarding fishing experience in the beautiful waters around Bodø. Learn fishing techniques and tips to reel in the catch of the day during our fishing workshop.

Stand Up Paddleboard

Discover the tranquility of SUP amidst Norwegian landscapes. Enjoy the serene waters and the gentle sounds of paddles in the ocean, offering a calming and delightful experience.

Indoor Climbing

Embark on a climbing adventure at one of Norway's premier climbing centers. Acquire essential climbing skills, safety measures, and confidence for thrilling vertical pursuits together with a certified coach.

Basketball

Engage in skill drills, tactical training, and gameplay, delving into the fundamentals and strategies of basketball. Develop prowess, teamwork, and a deeper understanding of the game.

Bumper Ball

Engage in a lively and entertaining experience, maneuvering in oversized inflatable spheres. Explore the thrill of bouncing, rolling, and laughing while mastering balance in this exciting physical activity.

Hiking

Discover the scenic beauty of Bodø. Immerse yourself in nature's tranquility and explore the great outdoors while gaining valuable hiking skills and an appreciation for the city's stunning landscapes.

Out in Nature

Embark on an immersive journey into the heart of Norwegian outdoor life. Learn essential skills like cooking over an open fire and crafting your own knife. A taste of Norwegian wilderness traditions.

Beach Volleyball

Join us for a beach volleyball workshop! Practice on sandy courts, master basic spiking and serving techniques, all while developing teamwork skills under the open sky.

Indoor Bouldering

A form of climbing on artificial formations mimicking natural settings. Bouldering offers an accessible and pure climbing experience, often safely done solo and without specialized gear.

Football/Soccer

Develop your skills and tactics in the world's most popular sport. Refine your techniques, teamwork, and understanding of football's intricacies while embracing the game's spirit.

Table Tennis

Experience the excitement of table tennis! Join our workshop to explore various techniques, from powerful shots to strategic serving, and discover the thrill of this fast-paced game!

Canoeing

Discover the tranquility of paddling in the serene waters surrounding Bodø. Learn essential canoeing techniques and embrace the natural beauty of the area during our canoeing workshop.

Urban Agriculture

Discover urban agriculture: cultivate food sustainably in the city, fostering community engagement and a deeper connection to the food we grow and consume.

Obstacle Trail

Test your speed, agility, and endurance as you navigate a series of obstacles designed for individuals and teams seeking an exhilarating experience. This will be an exciting, challenging adventure.

Outdoor Climbing

Experience outdoor climbing amidst Bodø's diverse, high-quality terrains, guided by experienced instructors and offering stunning views of the city and challenging climbing routes.

Floorball

Experience the fast-paced, dynamic indoor sport of floorball. Use lightweight sticks and balls to score goals, improving your game strategy and skills in an energetic atmosphere.

Skateboarding

Discover skateboarding's essentials at this fun workshop! This engaging session introduces basic skills, safety measures, and allows you to explore your personal style and tricks on the board.

Track and field

You will be introduced to different disciplines, get fundamental skills and an understanding of track and field events. Explore various activities, focusing on running, jumping, and throwing techniques

CrossFIT

Get to know the principles and practices of CrossFIT, a high intensity fitness program that combines elements of cardiovascular exercise, weightlifting, gymnastics, and functional movements.

Outdoor strength training

Through a combination of body-weight exercises, functional training, and natural elements, you will enhance your strength, flexibility, and overall fitness while enjoying the benefits of outdoor exercise.

Taekwondo

Experience the art of Taekwondo, a dynamic martial art blending acrobatic kicks and graceful punches. Dive into this traditional Korean practice in our Taekwondo Workshop.

Disc Golf

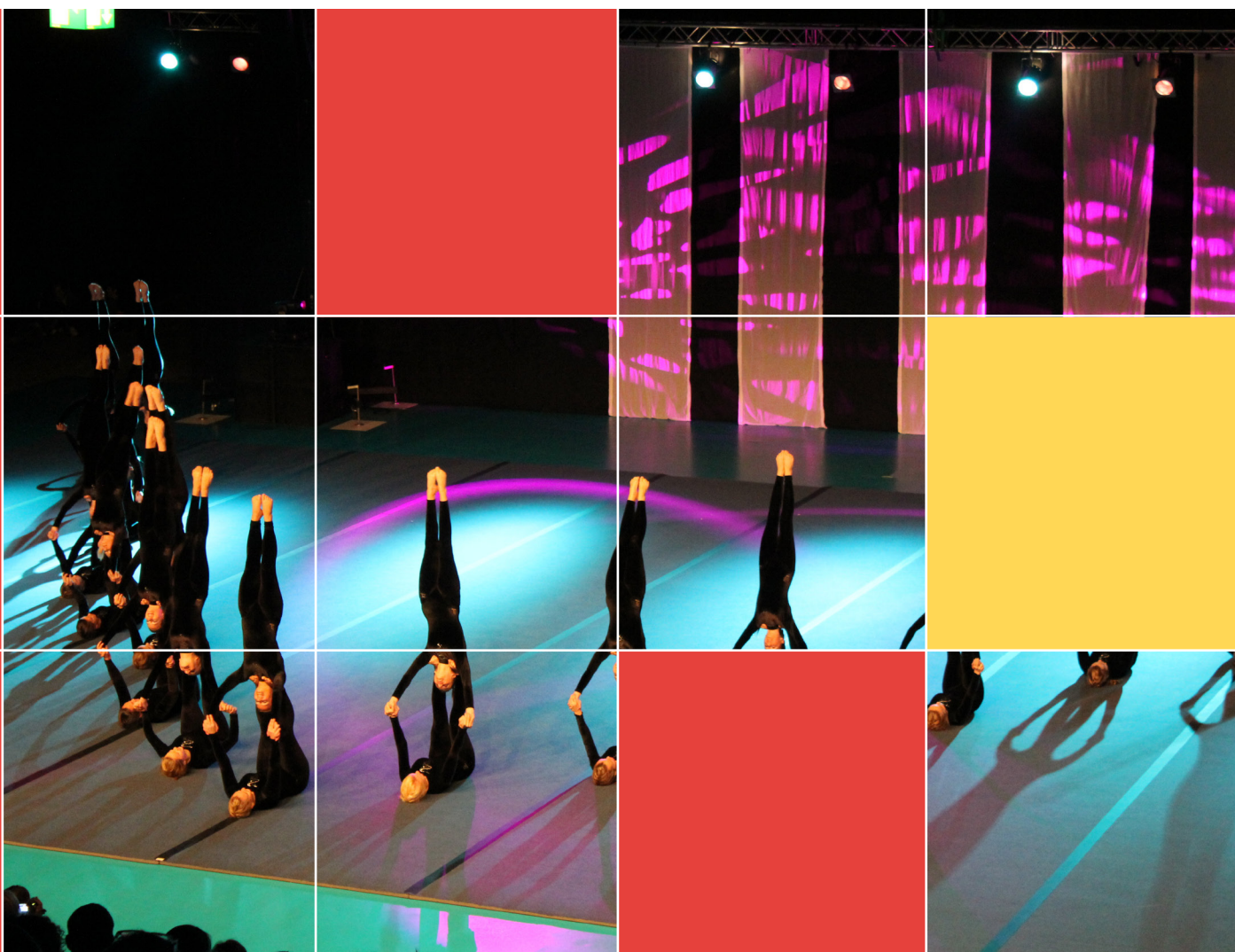
Disc golf is like traditional golf, but instead of using clubs and balls, you throw a disc into a target. It's a fun and challenging game played outdoors on a course with various targets.

Pilot Training

Experience the thrill of pilot training through engaging activities in flight simulators that are designed to test and enhance your reactions and concentration skills. Used in training of real pilots.

How to cut a fish

Master the art of gutting fish the Norwegian way! This hands-on workshop combines traditional fish-cutting techniques with culinary skills to prepare delightful seafood dishes.



Accommodation

Hotels and schools

The participants will be accommodated in schools near the city center. Even though Bodø is a very safe city, all the schools will have 24-hour security. The schools will be cleaned every day. It will be possible to buy mattresses — for more information and prices see additional costs at page 29.

Each HoD is responsible for the conditions of the school where their groups stay. It is forbidden to consume alcohol and drugs in schools' grounds. Breaking the rules will have consequences. The accreditation card can be withdrawn, and the Head of Delegation is then responsible for finding accommodation for the participants/coaches/leaders, until they return home.

Each group leader will be asked to register their group when they arrive at the school. The group leader will be asked for their contact information and must make themselves available to the HoD if needed.

There will be good information at the schools regarding safety and routines, and there will be an information meeting with the group leaders from each group as soon as everyone has arrived.

Official Hotel for EUROGYM 2024: Thon Hotel Nordlys.

It will be possible to book accommodation at the hotel through the LOC in Gymnaplana.

Hotel prices at Thon Hotel Nordlys

Single room: 140 EURO

Double room: 155 EURO

Triple room: 225 EURO



[> More information on hotels in Bodø](#)

[> Thon Hotel Nordlys](#)

[> Bodø city map](#)

Transport

Bodø is a compact city and most of the venues are in walking distance from the city center. Transportation to the venues, workshops and schools during the event is included in the participant card. Shuttle from/to the airport will be possible to order in Gymnaplana for an additional charge.

Catering

The breakfast will be served in the schools, and lunch and dinner will be served in Bankgata Flerbrukshall and Bodø VGS (High-School). We will serve nutritious and tasty food and of course, there will be a vegetarian option upon request.

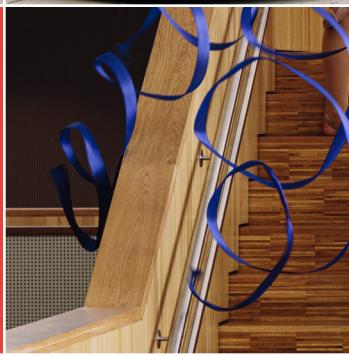
Please remember to check the boxes for allergies in the registration form. There will be four alternatives: Lactose free, Gluten free, Vegetarian food, No seafood.

All meals will be free of nuts and pork meat. All meat served is halal.

If you have other allergies, it will be possible to add them in the final registration.

Insurance

The Host Federation (NGTF), the LOC and the EG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. The LOC and the EG foresee that all participating federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents, repatriation and the like for all the members of their delegation. The LOC will verify the insurance at accreditation. The Head of Delegation is responsible for making sure that all groups can show a cover note or a photocopy of the valid policy. Delegates without insurance cover will not be permitted to participate in the Eurogym. The insurance can be organized by the EG member federations own insurance company or bought in advance or on arrival through the LOC. Price 90 Euro per person.



Registration

Provisional registration July 13th — November 13th 2023

For the provisional registration we will ask for how many groups that will attend from each Federation, and how many participants there will be in each group. 10% of the participation card should be paid by December 13th, this is non-refundable.

Definitive registration November 13th 2023 — March 13th 2024

For the definitive registration will LOC ask for a lot of details about the participants (personal but not sensitive information), travel plans, special food diet etc.

Deadlines and payment

- 10% of the participation card must be paid by December 13th, this is non-refundable
- The remaining 90% for the participation should be fully paid by April 13th. Refundable by 50% until May 13th 2024.

Prices

The fee for EUROGYM is 310 EURO

The fee for European Gym For Life Challenge is 160 EURO

The fee for both EUROGYM and EGFL is 410 EURO

Included in the EUROGYM accreditation card:

- School accommodation from Saturday to Friday (6 nights)
- Breakfast from Sunday to Friday
- Lunch and dinner Sunday to Thursday
- Entry to all ceremonies
- Participation in 4 workshops
- Two performances per team
- FunZone
- Transportation from/to workshops/arenas if needed

Shuttle to/from airport is not included and will be an additional cost.

Additional costs

Day in July 2024	Breakfast	Lunch	Dinner	Accommodation	Airport transfer	Local transportation
Saturday 13th	Extra	Extra	Extra	Included	Extra	Included
Sunday 14th	Included	Included	Included	Included	Extra	Included
Monday 15th	Included	Included	Included	Included	Extra	Included
Tuesday 16th	Included	Included	Included	Included	Extra	Included
Wednesday 17th	Included	Included	Included	Included	Extra	Included
Thursday 18th	Included	Included	Included	Included	Extra	Included
Friday 19th	Included	Extra	Extra	Extra	Extra	Included
Saturday 20th	Extra					

Prices for extra services

- Extra breakfast is 11 EURO per person per day
- Extra lunch is 16 EURO per person per day
- Extra dinner is 20 EURO per person per day
- Extra night at school is 20 EURO per person per night
- The price for airport shuttle is 40 EURO one way, and 70 EURO both ways
- Insurance provided by the LOC: 90 EURO per person
- Sleeping package is 62 EURO:
 - Madrass: 26 EURO
 - Blanket: 23 EURO
 - Pillow: 13 EURO

Flashmob

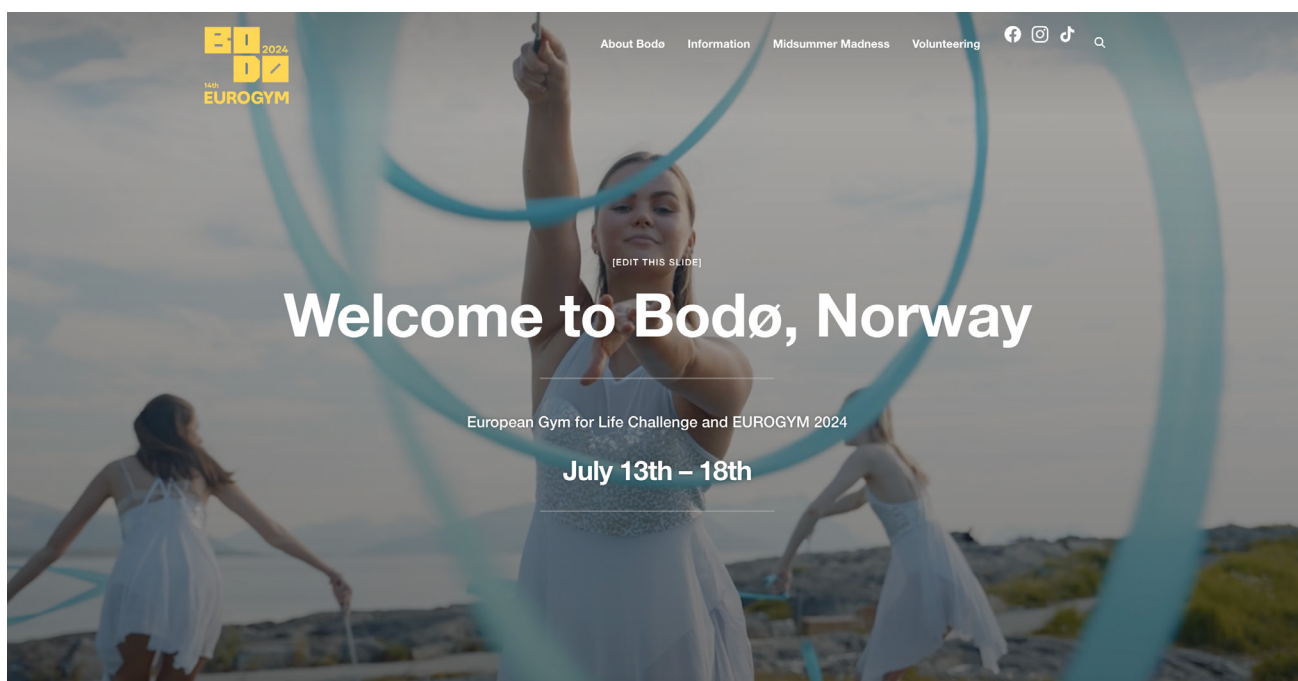
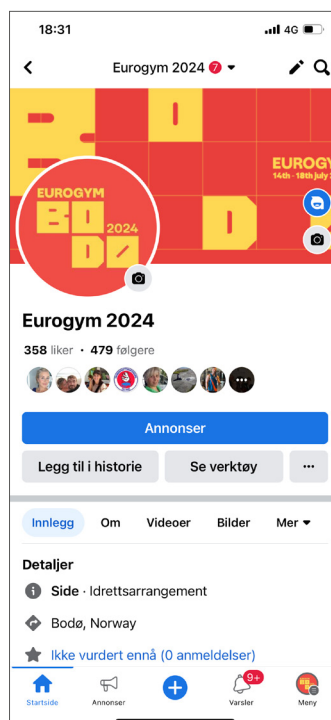
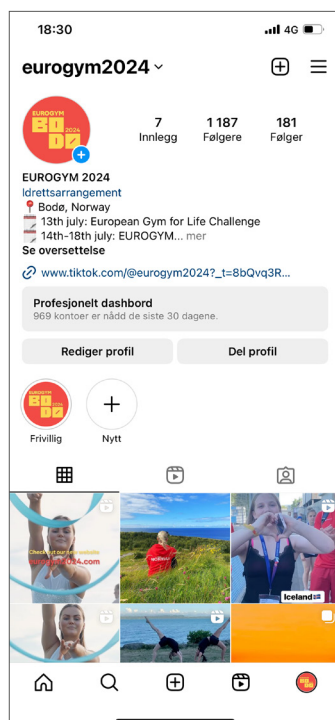
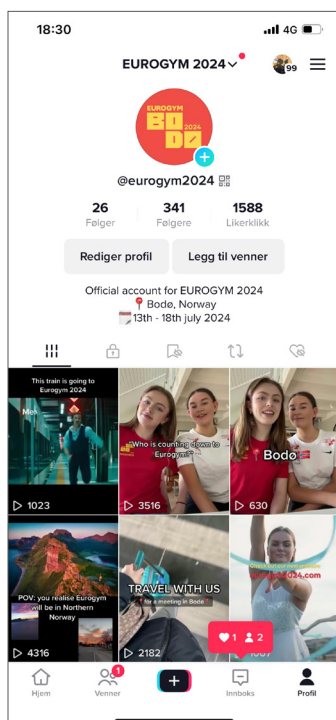
You will find the official flashmob of EUROGYM 2024 on YouTube and eurogym2024.com
Learn the moves and get ready to dance it out at the stroke of midnight sun.

Follow us on TikTok, Instagram and Facebook

We are present on TikTok, Instagram and Facebook. Please follow us for regular updates and inspiration from Bodø, Norway.

[@eurogym2024](https://www.instagram.com/eurogym2024)

eurogym2024.com



Orientation meeting for all Heads of Delegation, Group Leaders and Gala coaches

Sunday July 14th

The LOC and European Gymnastics provide important information during this meeting.

It is mandatory for all Heads of Delegation/Team Leaders of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of € 500.- payable to European Gymnastics. The orientation meeting will take place at Stormen Concert Hall.

Daily meetings with the Heads of Delegation

The participation of the Heads of Delegation is mandatory. Unjustified failure to attend will result in a sanction against the federation of a fine of € 250.-/per meeting payable to European Gymnastics. The daily meetings will take place at Stormen Concert Hall.



Bodø City //
Photo: Ernst Furuhatt

BODØ2024 14th

July 14 - 18



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[@eurogym2024](https://www.instagram.com/eurogym2024)

[#midsummermadness2024](https://www.tiktok.com/@eurogym2024)



NGTF
Norges Gymnastikk-
og Turnforbund



**European
Gymnastics**