



**European Gym for
Life Challenge**
July 13th 2024



Bulletin no. 2



Greetings from European Gymnastics

European Gym for Life Challenge

Dear Gymnastics' friends

Soon its time to register for the 4th edition of European Gym for Life Challenge (EGFL) that will be held in Bodo Norway in July 2024.

After seeing the numbers of the preregistration we are sure we will have the biggest edition ever.

The LOC has been great organizing a beautiful venue and making sure that everything will run smoothly. We are looking forward to see all age groups but remember that everyone must be 12 years old in the year 2024 (or older) to be able to participate.

Don't miss the opportunity to come to beautiful Bodo Norway and take part in a wonderful event of European Gymnastics!

We look forward to seeing you all.



Hlíf Thorgeirsdóttir

Hlíf Thorgeirsdóttir
President of the EG TC-GfA

Welcome to Bodø — LOC President Irina Solem

Welcome to 4th European Gym for Life Challenge in Bodø

With just under a year to go, we are thrilled to announce that preparations for an unforgettable European Gym for Life Challenge (EGFL) are in full swing. We are committed to making EGFL 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 more than 1000 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 EGFL 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 EGFL 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

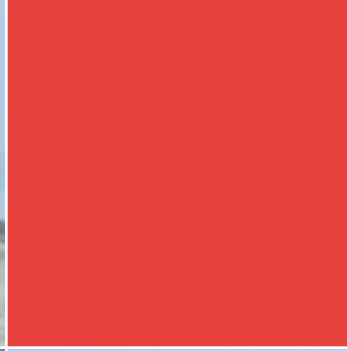
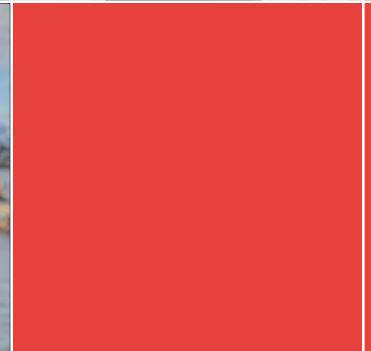
European Gymnastics

Gymnastics for all
Technical Committee



European
Gymnastics

The LOC Local Organizing Committee



What is European Gym for Life Challenge (EGFL)?

The European Gym for Life Challenge is organized by the European Gymnastics (EG) and is held every two years the day before EUROGYM. The EGFL will last for 1-3 days, depending on the number of groups. The Challenge is open to everyone who is 12 years and older.

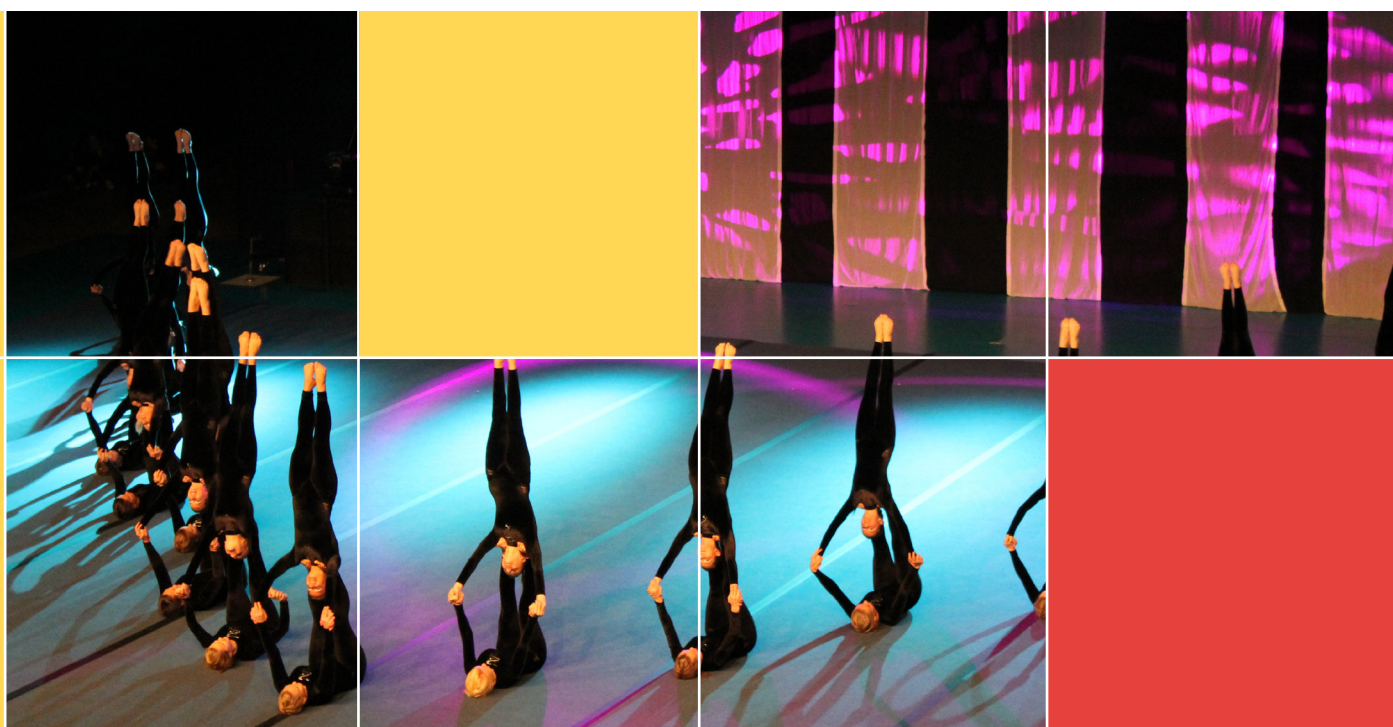
Groups consisting of a minimum of 6 gymnasts can participate in this gymnastics festival and have their program evaluated. The aim is to improve the quality of group performances by giving an evaluation and feedback, including advice on how to improve.

You will find [European Gym for Life Challenge Regulations here](#).

Provisional program

Program European Gym for Life Challenge

| July 11th | July 12th | July 13th | July 14th |
|-------------------------------------------------|----------------------|---------------------------------|----------------------|
| Thursday | Friday | Saturday | Sunday |
| Morning 7 - 12 am | | | |
| | Breakfast at schools | Breakfast at schools | Breakfast at schools |
| Arrival | Rehearsal | European Gym for Life Challenge | Departure |
| | Lunch | Lunch | |
| Afternoon 12 - 6 pm | | | |
| | Rehearsal | European Gym for Life Challenge | |
| | Dinner | Dinner | |
| Evening 6 - 10 pm | | | |
| HOD and group leaders/ coaches meeting 20:00 | | FunZone | |



About the European Gym for Life Challenge

Performances

The groups present a performance of a maximum of 3 minutes, including entering and exiting the performance area. If large apparatus are used, the group may use one minute for placing and removing the equipment. This minute is to be without music and is used ONLY for moving the equipment/apparatus. It is not considered part of the performance. The music must be delivered to the LOC two months in advance in order to be checked for quality and duration. The music must be uploaded during the Definitive registration in Gymnaplana.

All groups will get rehearsal time. The rehearsal time for each group depends on the number of groups taking part. The Challenge will take place indoor with a floor area of 20 x 30 meters in total.

Categories

The main objective of the EGFL is to improve the quality of performances. The TC-GFA focuses on the “show effect” which means attractiveness for the spectators. The number of categories depends on the number of groups. The TC-GFA can change the format of categories depending on the number of registrations (e.g. large groups/small groups, etc. with or without apparatus).

Evaluation

Each performance will be evaluated according to the following criteria:

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

All parts have equal value, up to 5 points per criteria. The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography. This panel is selected by the TC-GFA. The Evaluators will be directed by a supervisor before, during and after the event. The supervisor is appointed by the TC-GFA. Each Evaluator has a total of 20 points, 5 per criteria. After each performance the Evaluators give the 4 scores/criteria and the total score. All scores are given independently. 4 scores are added (maximum score is therefore 80).

Feedback

The Challenge will have a minimum of 3 Feedbackers, who are experienced in choreography and have participated in an “advisory course” of the TC-GfA. The experts giving feedback will be appointed by the TC-GfA. The feedback includes positive points from the performance and recommendations on how the performance can be improved. The feedback will only be given to a coach or a choreographer. The feedback will be given directly after the performance. Each coach/choreographer will meet the Feedbacker in a place indicated at the Coaches/Head of Delegation meeting.

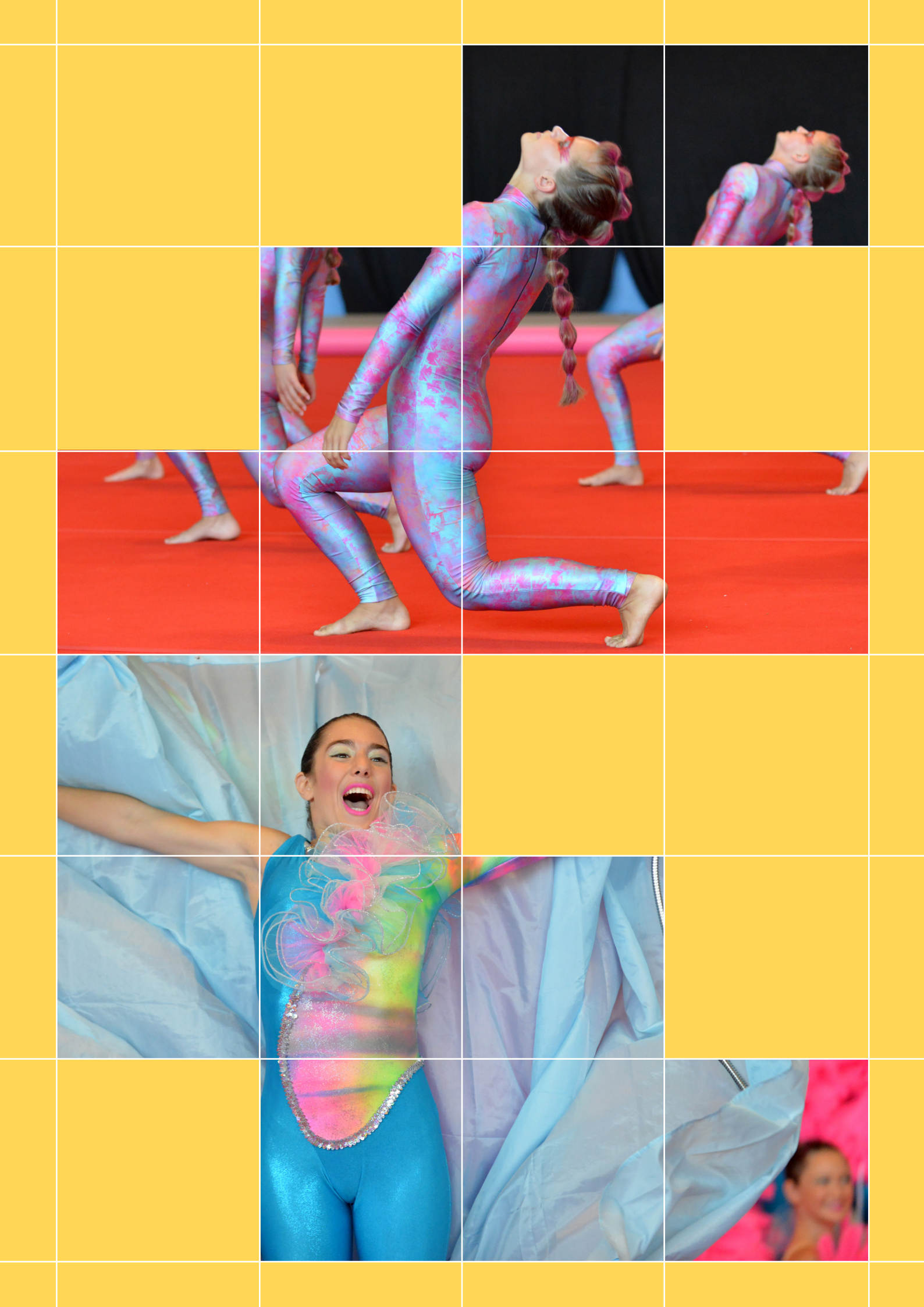
Results

The scores will be used to establish an internal ranking list which will not be distributed. All groups receive a bronze, silver or gold trophy, all gymnasts receive a medal and a diploma. European Gymnastics will also hand out some special diplomas. The results will be announced, and the prizes will be handed out after the Challenge.

Inclusion - Facilitation for special needs athletes

We would like to invite also integrative performance groups for the EGFL, regardless of ability or level of function. We are actively working to facilitate special needs athletes. We will be designing venues with sufficient space for accessibility, elevators, highly visible signage, etc.

We can also help you to find alternative accommodation and/or find volunteers to assist with logistics throughout the event. Do not hesitate to contact us with any questions regarding inclusion and facilitation. inclusion@eurogym2024.com



Venues



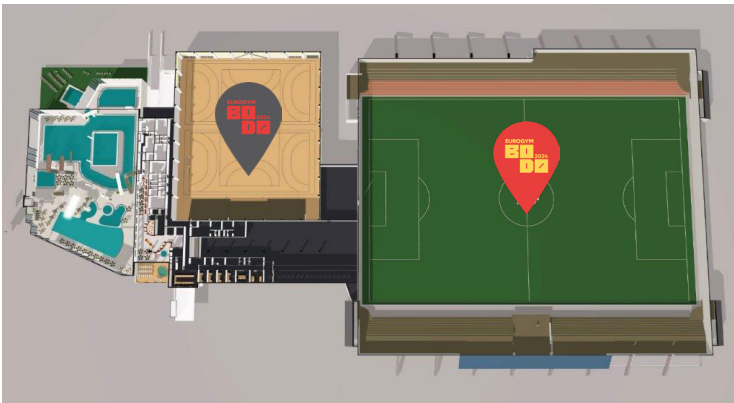
Stormen Concert Hall



Bodøhallen



Nordlandshallen





Main Venue



The Main Venue will be in Stormen Concert Hall. This will be the arena for accreditation and info desk.

Rehearsal



The rehearsal for all groups will be in Bodøhallen on Friday July 12th. Registered groups will be notified after the registration how many minutes the training will be, since this depends on how many groups will participate.

Warm-up



The general warm-up for the EGFL will be in Nordlandshallen, which is next to and connected to Bodøhallen. Roller mats will be provided, but no other equipment. There will also be toilets and mirrors available.

European Gym for Life Challenge



The European Gym for Life Challenge will take place in Bodøhallen (performance area 20 x 30 m, floor of oak, ceiling height 7,8 m).

Apparatus available at the different stages

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

Note: 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.

About Norway

Some facts about Norway

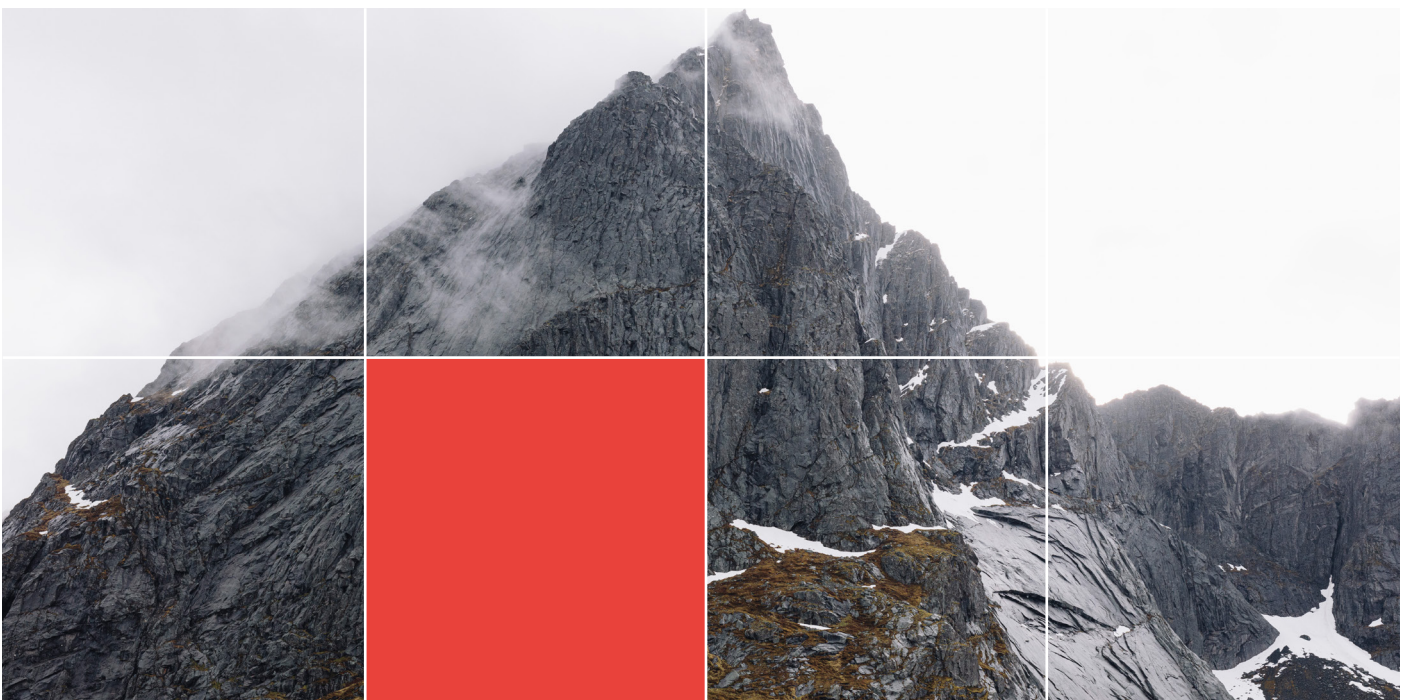
- Ca. 5 400 000 inhabitants
- Nearly half of the inhabitants live in the southeastern parts surrounding the capital Oslo
- About two thirds of Norway is mountainous
- The length of the Norwegian coastline is 25 148 km, including fjords
- The highest mountain in Norway is Galdhøpiggen (2 469 masl)
- The 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.

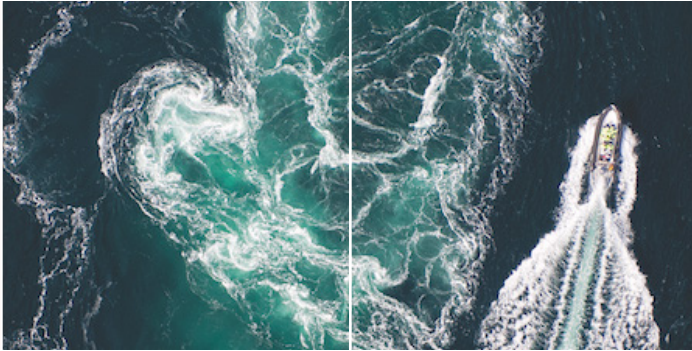
Bodø will be the European Capital of Culture in 2024

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.

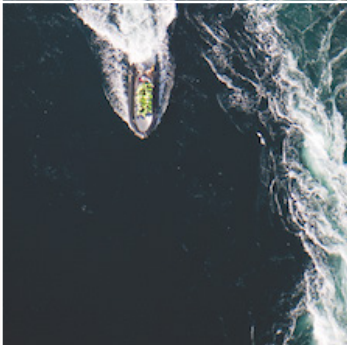
The doors of our region, and our hearts, are wide open to Europe!



Saltstraumen //
Photo: Tommy Andreassen



Kjerringøy //
Photo: Ernst Furuhatt

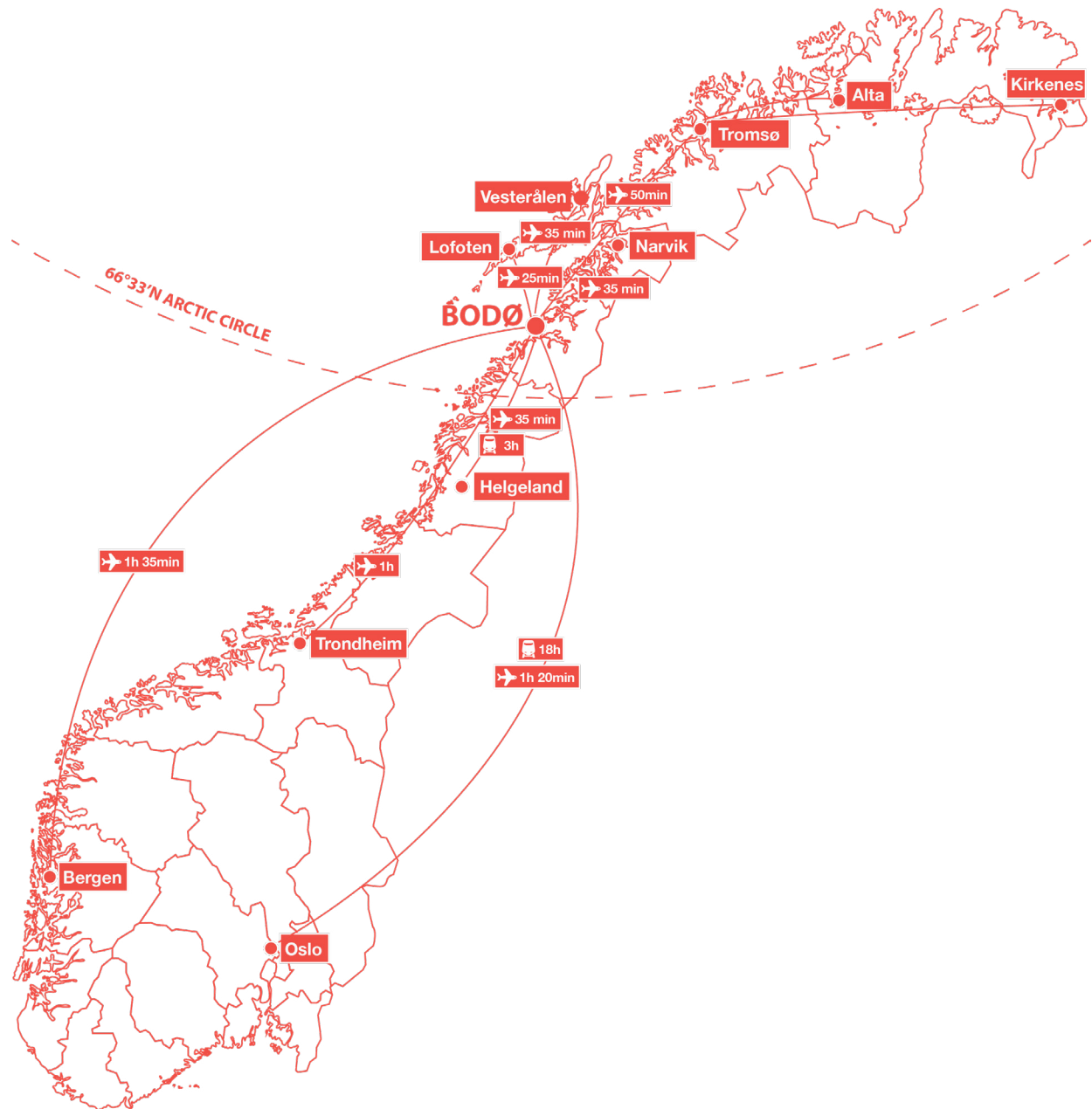


Attractions

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.



Welcome to the land of the midnight sun

Midsummer Madness

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.

The European Gym for Life Challenge with all its spectacular performances and Gymnastics for All spirit, together with the midnight sun, will be a Midsummer Madness celebration like no other. Participants can expect to have an unforgettable experience, filled with cultural activities, outdoor adventures, and the natural wonder of the midnight sun.



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 20.

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. Not following the rules will have consequences. The accreditation card will be withdrawn, and the Head of Delegation is then responsible for finding a hotel room or the first flight home for the person not following the rules.

Each group leader will be asked to register their group when you 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 groups 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 EGFL. 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.

Orientation meeting for European Gym for Life Challenge

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

It is mandatory for all Heads of Delegation and 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 meeting will take place on Thursday July 11th.

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

During the definitive registration the necessary information regarding each participant must be filled in by the Federations. There will be a spreadsheet where at least the following information must be filed in: Name, year of birth, gender, accommodation, meals, allergies, arrival and departure information, transfer orders, insurance, wheelchair user/other special requests.

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 EGFL accreditation card:

- School accommodation from Thursday - Sunday (3 nights)
- Breakfast from Friday - Sunday
- Lunch and dinner Friday - Saturday
- Entry to all ceremonies
- FunZone

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 |
|------------------|-----------|----------|----------|---------------|------------------|----------------------|
| Thursday 11th | Extra | Extra | Extra | Included | Extra | Included |
| Friday 12th | Included | Included | Included | Included | Extra | Included |
| Saturday 13th | Included | Included | Included | Included | Extra | Included |
| Sunday 14th | Included | Extra | Extra | Extra | Extra | Included |
| Monday 15th | 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

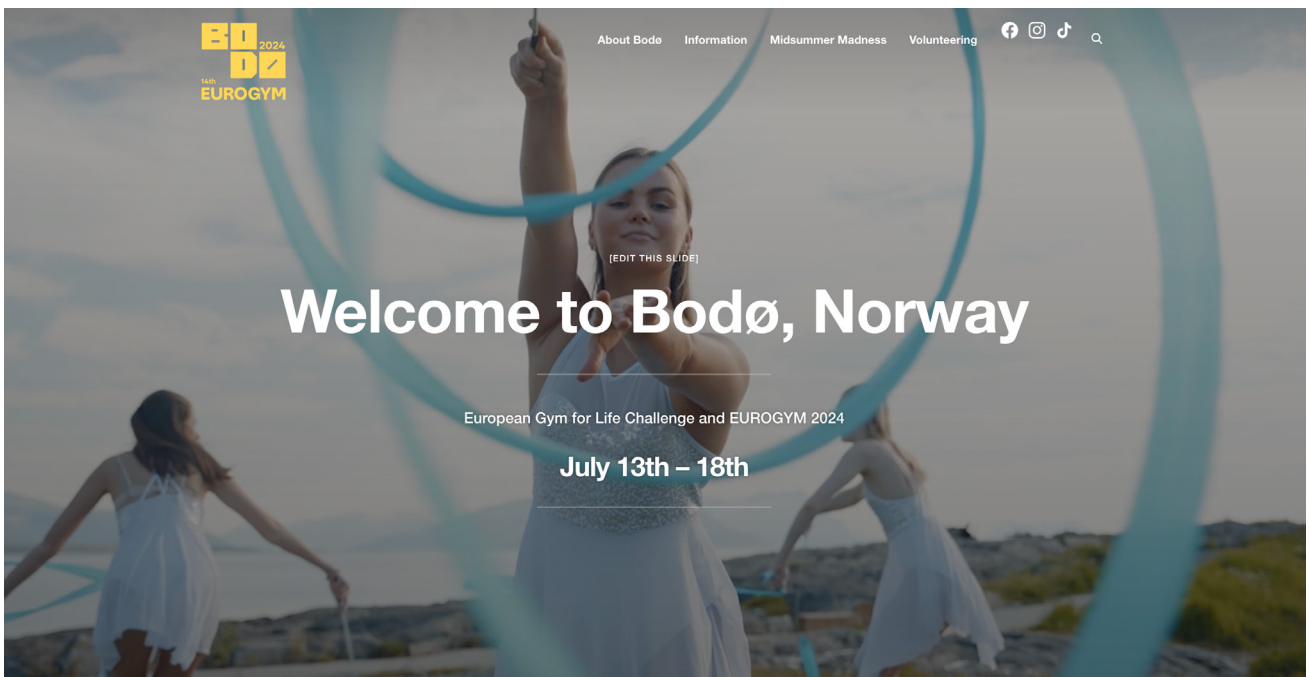
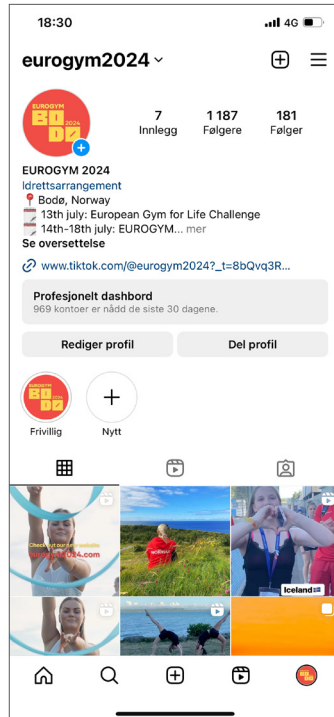
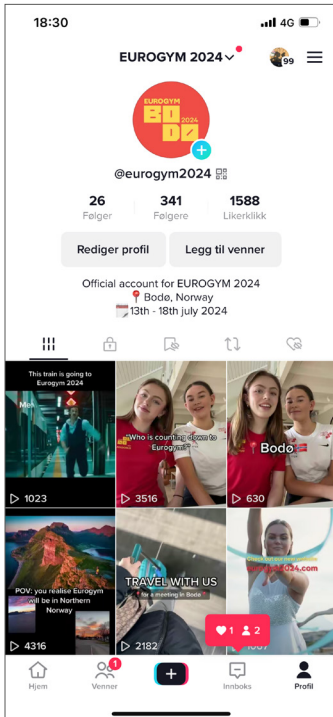
You will find the official flashmob of EUROGYM 2024 on YouTube and eurogym2024.com
Learn the moves and get ready to dance it out at the stroke of midnight sun.

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](https://www.eurogym2024.com)



13 July
4th European
Gym for Life
Challenge
2024



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Socials

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

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