

WGfLC'25 NEWSLETTER



5th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
22-26 JULY 2025



NEWSLETTER #02 JANUARY 2024



CONTENT

1. **WORLD GYM FOR LIFE CHALLENGE 2025 – LISBON**

- 1.1. Welcome3
- 1.2. What is the World Gym for Life Challenge?4
- 1.3. Logo and Mascot5

2. **HOST COUNTRY**

- 2.1. Portugal6
- 2.2. Lisbon7
- 2.3. Accommodation8
 - 2.3.1. Schools8
 - 2.3.2. Hotels9
- 2.4. Catering.....10
- 2.5. Tourist Programms11

3. **VENUES**

- 3.1. General Map14
- 3.2. Altice Arena15
- 3.4. Show Performances Stages.....16
- 3.5. Apparatus 17

4. **PROGRAMME**

- 4.1. Event Schedule18
- 4.2. Opening Ceremony18
- 4.3. World Gym for Life Challenge Contest19
- 4.4. Show Performances19
- 4.5. World Gym for Life Challenge Gala.....19
- 4.6. Closing Ceremony19

5. **ORGANISATION**

- 5.1. Travel to Lisbon21
- 5.2. Visa requirements21
- 5.3. Participant Insurance22
- 5.4. Participation Card22
- 5.5. Open Visit23

6. **GENERAL INFORMATION**

- 6.1. Local Organising Committee24
- 6.2. Contacts25

1. WORLD GYM FOR LIFE CHALLENGE 2025 – LISBON

1.1. Welcome

FIG GfA Committee President



The World Gym for Life Challenge is back in our calendar. The pandemic restrictions forced us to cancel the 2021 edition but we are all happy to be able to resume this fantastic event in the city of Lisbon, Portugal.

Teams from around the world have this unique opportunity to perform their best gymnastics group performance and surprise us. Every gymnast's effort is rewarded with a medal.

At this event, the groups have the opportunity to be evaluated and supported for further development with specialised feedback.

We are eager to welcome the “gold award” groups at the Gala of this event and be able to celebrate the beauty of Gymnastics for All with every participant.

Take this opportunity and inspire us all with the best show ever!

Rogério Valério

FIG Gymnastics for All Committee - President

Gymnastic Federation of Portugal President



Dear gymnastics friends.

When in 2021 the pandemic crisis caused by covid-19 did not allow us to receive you in Lisbon, we were sad but focused right away on the new goal; on the new date: July 2025 World Gym for Life Challenge.

Hence all this waiting motivated us even more to receive you even better.

From July 22 to July 26, 2025 you are invited to visit Lisbon and Portugal. A country that despite having a temperate climate has 300 days of sunshine a year. We are the fifth safest country in the EU and the sixth in the world. One of the main touristic destinations in the world where you can combine sport and leisure, while enjoying the fantastic sports facilities available.

Held every 4 years, the World Gym for Life Challenge is the second major gymnastics event for all, with thousands of participants, groups from all over the world can present performances that will be evaluated in entertainment value, innovation, originality, variety, technique, quality and safety.

We want to see all of that, we want to see all of you. Your color and your magic.

See you soon.

Luís Arrais

President of the Gymnastics Federation of Portugal

1. WORLD GYM FOR LIFE CHALLENGE 2025 – 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 kind of gymnastics. 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 of gymnasts.

Groups can choose to participate in one of the following categories, which are divided by type of performance and size.

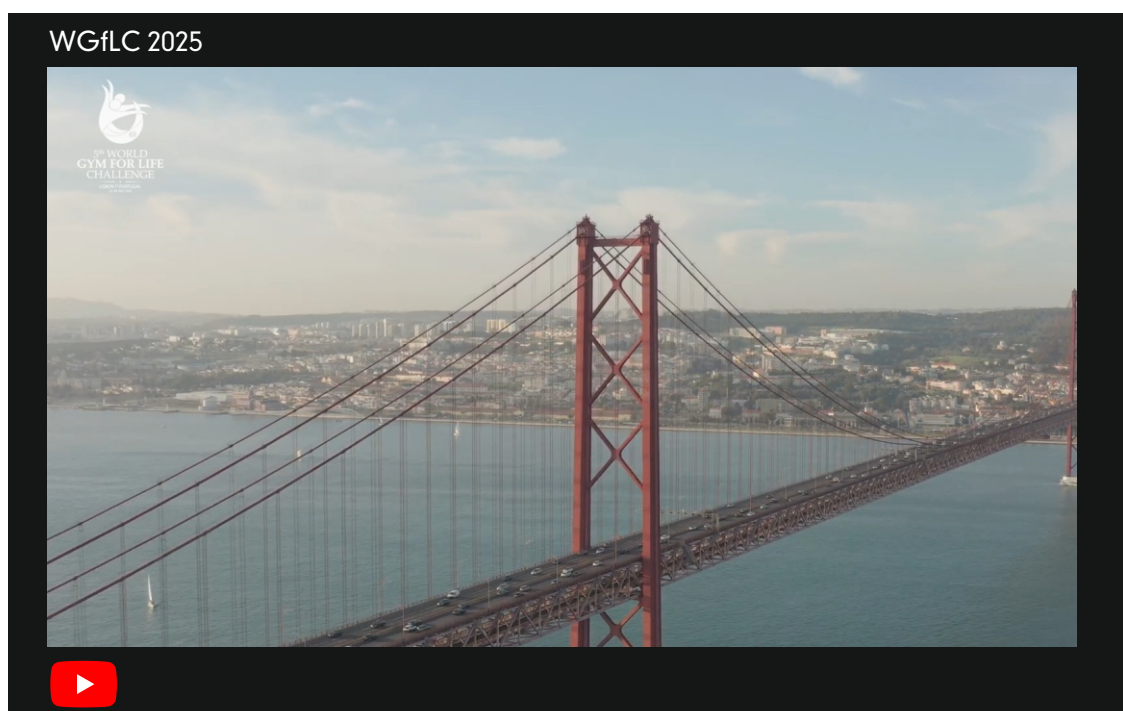
- > Gymnastics & Dance, small group (20 or less gymnasts)
- > Gymnastics & Dance, large group (21 or more gymnasts)
- > Gymnastics on or with large apparatus, small group (20 or less gymnasts)
- > Gymnastics on or with large apparatus, large group (21 or more gymnast)

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 the group with the most votes.

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 2025 – LISBON

1.3. Logo and Mascot

The World Gym for Life Challenge 2025 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

5th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
22-26 JULY 2025

Gymmy is our official mascot for the World Gym for Life Challenge 2025. 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 Gymanestrada, Gymmy made its first international appearance and was very popular and requested to take pictures with the participants. We hope that also in WGfLC 2025 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.

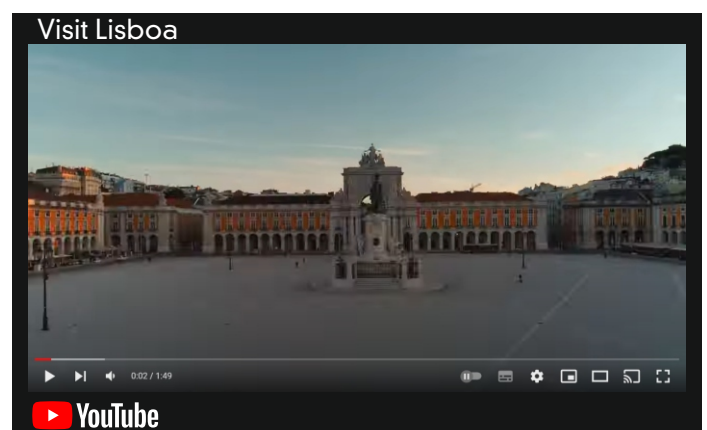
The summers are hot and dry, especially in the inland areas. Temperatures are slightly lower in the coastal areas, because of the influence of the sea.

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. 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 was 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.



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.



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.



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 2025 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)



2. HOST COUNTRY

2.5. Tourist Programms

During the World Gym for Life Challenge, it will be a great opportunity to get to know the city of Lisbon and the fantastic attractions it has to offer to those who visit Lisbon.

In addition to the many Museums and National Monuments that it will be possible to visit (hopefully for free by presenting the WGfLC Participant Card), it will also be possible to visit other interesting tourist attractions that you can choose the one that best suits your group.

The LOC WGfLC 25 will have its tourism agency developing all these tourist programms special for participants. All details and booking will be announced in the next Newsletter.

Tourist programms that we intend to offer:



BOAT RIVER TOUR



HOP ON HOP OFF BUS TOUR



DISCOVERY SINTRA TOUR



RELIGIOUS FÁTIMA TOUR

2. HOST COUNTRY



LISBON AQUARIUM



FADO MUSEUM



MUSEUM OF ART, ARCHITECTURE AND TECHNOLOGY



SPORT LISBOA E BENFICA STADIUM + MUSEUM



SPORTING CLUBE DE PORTUGAL STADIUM + MUSEUM



BELÉM TOWER

2. HOST COUNTRY



ARRÁBIDA AND SESIMBRA BEACH



COSTA DA CAPARICA BEACH



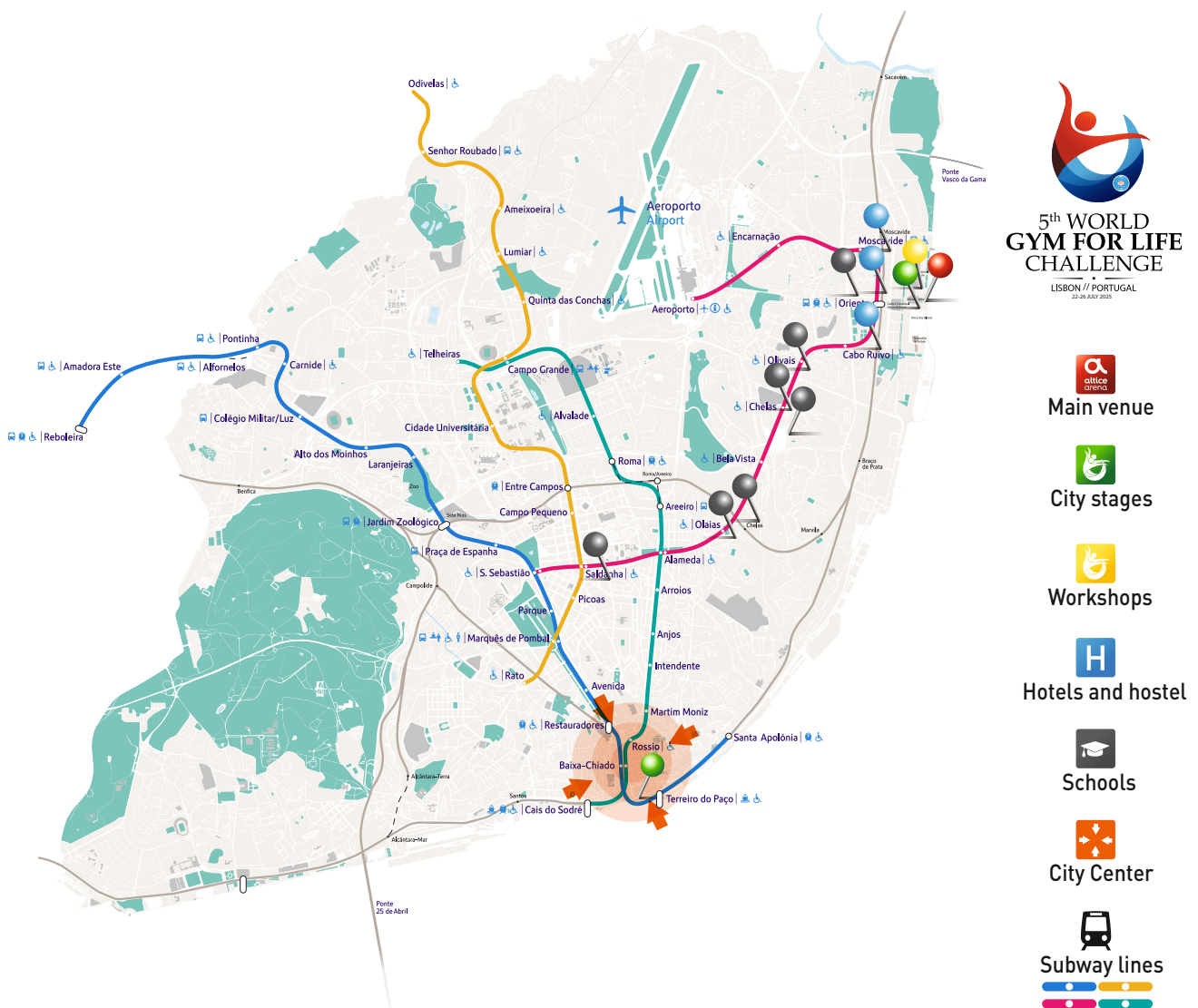
SURF GROUP LESSON

3. VENUES

3.1. General Map

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.

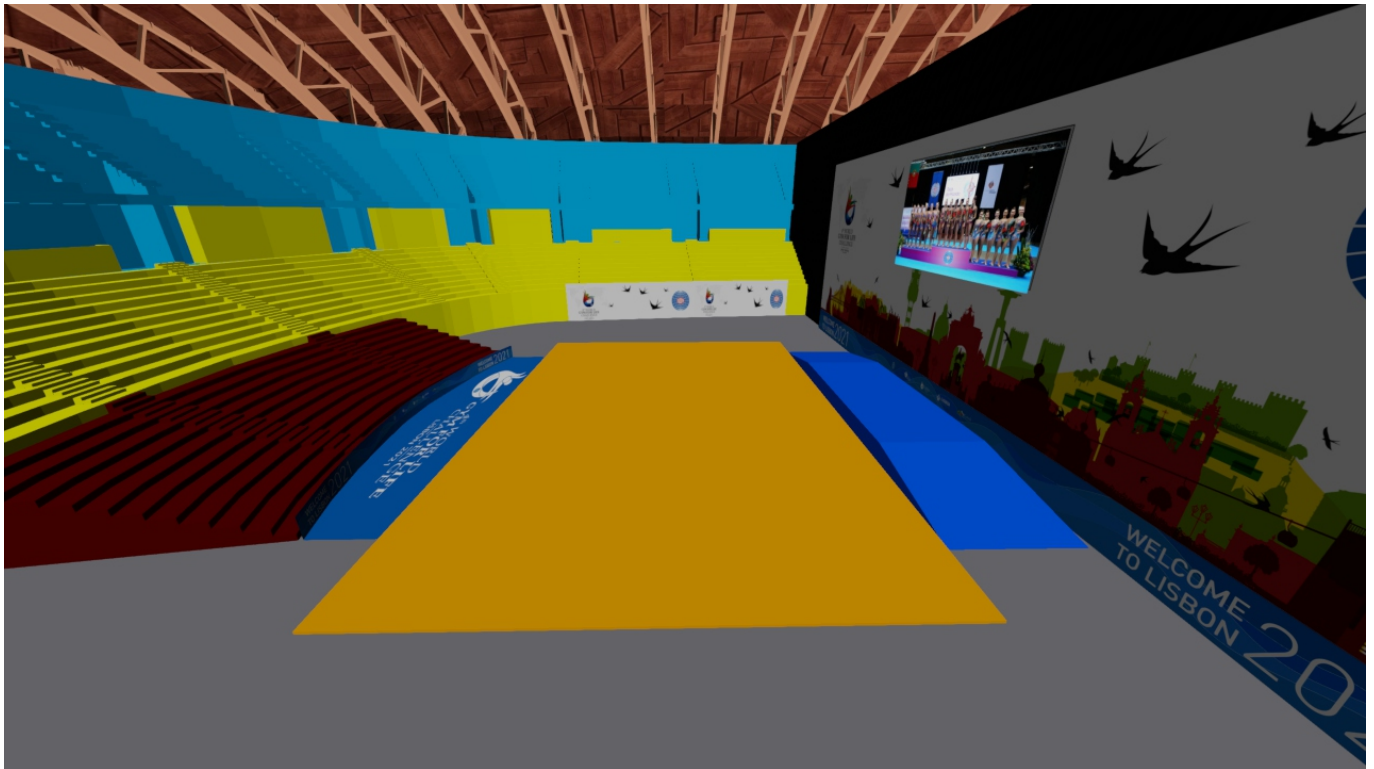
Build with the aim for being the stage for music, sports, art and culture it is the biggest concert hall in the country where the big events gain a new life. It's the Arena where all will want to be.



3. VENUES

3.2. World Gym for Life Challenge Contest

Altice Arena



3. VENUES

3.3. Show Performances Stages

During the WGfLC 2025 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.



3. VENUES

3.4. Apparatus

Gymnastics apparatus will be provided free of charge up to a certain limit. Only apparatus approved by the FIG will be provided. If a group plans to bring their own apparatus, the LOC must be informed in advance, and the group must register the equipment with the LOC by the provisional registration date.

All apparatus must be ordered separately from the list below. A more detailed description of the apparatus with pictures will be provided in the next Newsletter

DRAFT APPARATUS LIST – WGFLC Contest

- 14 Rollable floor mats 14x2m, 35mm thick
- 4 Men's parallel bars + Landing mats
- 20 School mats 2x1m
- 1 Teamgym Vault
- 2 Vaulting boxes wooden
- 2 Vaulting boxes soft/foam (130x80x70cm)
- 2 Run up mat trampet 25 m, 25 mm thick
- 6 Mini trampoline/trampet open ended
- 2 Mini trampoline/teamgym
- 1 Large trampoline with safety ends
- 2 Air track 15x3m
- 2 Springboards
- 4 Landing mats foam core 300x200x20cm
- 10 Landing mats foam core 300x200x30cm
- 2 Happy Landing

DRAFT APPARATUS LIST – WGFLC Show Performances

- 10 Rollable floor mats 14x2m, 35mm thick
- 20 20 School mats 2x1m
- 1 Air track 15x3m
- 4 Landing mats foam core 300x200x30cm
- 2 Mini trampoline/trampet open ended
- 2 Happy Landing



4. PROGRAMME

4.1. Event Schedule

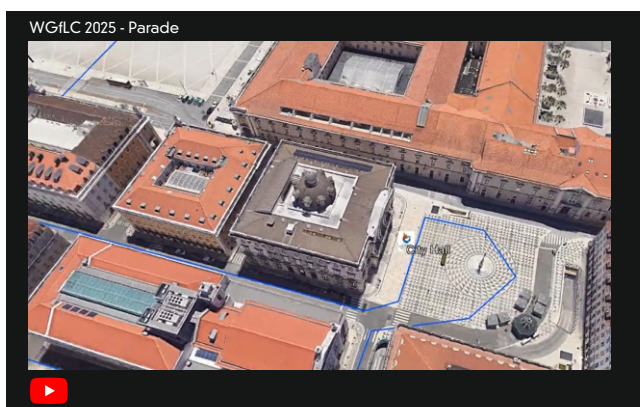
M	T	W	T	F	S	S
21	22	23	24	25	26	27
<ul style="list-style-type: none"> ↘ Arrival of the Delegations 	<ul style="list-style-type: none"> ↘ Practice ↘ Opening Ceremony 	<ul style="list-style-type: none"> ↘ Practice ↘ Contest ↘ Show performance 	<ul style="list-style-type: none"> ↘ Practice ↘ Contest ↘ Show 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

4.2. Opening Ceremony

The Opening Ceremony is always an important moment at an event. At a Gymnastics for All event it means that the show and the party will begin.

Lisbon is an innovative city, and as such, the World Gym for Life Challenge 2025 will start differently, creating an atmosphere of celebration and promotion of the event, in the largest and most important Square in Lisbon – Praça do Comércio.

The first day of the event will begin with a Parade in the center of Lisbon and end at Praça do Comércio, where the opening ceremony will be organized, which will have several attractions and moments of great show for everyone.



See what the parade will be like in this video.



4. PROGRAMME

4.3. World Gym for Life Challenge Contest

Location: Altice Arena
Date: Wednesday, 23. July to Friday 25. 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, 23. July to Friday 25. July
Duration: 5 minutes/performance

4.5. World Gym for Life Challenge Gala

Location: Altice Arena
Date: Saturday, 26. July
Duration: 5 minutes/performance
Capacity: 5.000 persons
Area: 20m x 30m

4.6. Closing Ceremony

Location: Altice Arena
Date: Saturday, 26. July
Capacity: 5.000 persons
Area: 20m x 30m





5. ORGANISATION

5.3. 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 upon arrival through the LOC.



5.4. Participant Card

The Participant card includes:

- > Entry to all Contests;
- > Local Transportation between official accommodation and event venues;
- > 50% Reduced price for WGfLC Gala ticket;
- > Opening and Closing Ceremonies;
- > City Performances;
- > Workshops.



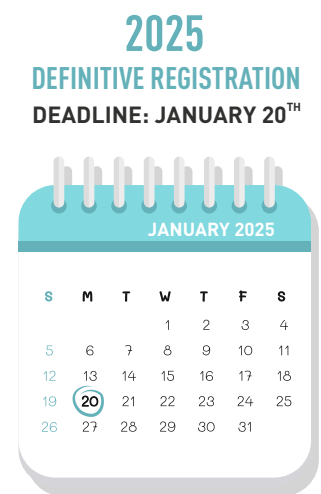
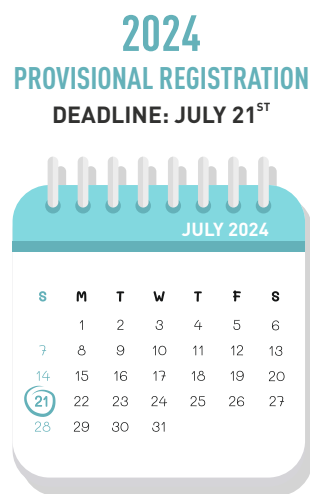
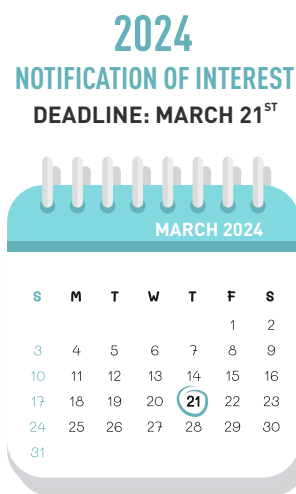
TIME SCHEDULE

Newsletter #1 – March 2023
Newsletter #2 – January 2024
Newsletter #3 – April 2024
Newsletter #4 – December 2024
Newsletter #5 – April 2025

5. ORGANISATION

NOTIFICATION OF INTEREST

Until 21st of March 2024 we ask you to inform us via the online Registration Form your interest in participating in the World Gym for Life Challenge. For the notification of interest we ask for estimated amount of participants and number of groups from each Federation.



Notification of Interest:
21st March, 2024

Provisional Registration:
21st July, 2024

Definitive Registration:
20th January, 2025

5.5. Open Visit

In accordance with World Gym for Life Challenge organisational rules, this event does not officially feature an information meeting/site visit.

However, for all interested Federations, the LOC will organise a specific moment, in 2024, of 2 days so that they can better understand the places where the contest and show performances will take place, as well as all the details regarding accommodation, food, transport and registration.

The LOC will help organise accommodation and food during the days of the visit, but all costs will be the responsibility of the Federations themselves.

Please contact the LOC (info.gymforlife2025@ginastica.org) until 12th February 2024, if your federation are interested to participate in the Open Visit.

GENERAL PROGRAM:

April 12th (full day)

- Visit Altice Arena,
- Visit school accommodation,
- Visit Praça do Comércio Square (opening ceremony and show performance stage)

April 13th (half day)

- Registration process;
- Technical information (apparatus, layout, ...);
- Safety and security;
- Additional services;
- Other.

Full Package: 480,00€

- 2 nights (11th – 13th)/ incl. breakfast;
- 3 meals (12th lunch and dinner /13th lunch);
- Airport transfer;
- Local transport.

6. GENERAL INFORMATION

6.1. Local Organising Committee



President
Luís Arrais



Vice-President
Alexandra Pereira



Executive Director
Álvaro Sousa



First Deputy
Ricardo Lima



Second Deputy
José Carlos Manaças



Financial Director
Raquel Nabais



Quality / Risk Control
Isabel Xara-Brasil



Administrative
Paula Araújo



Human Resources
Carla Silva



**Marketing and
Communication**
João Chú



**Technical &
Equipment**
André Nogueira



Security
Miguel Balsas



**Protocol & Social
Programme**
Josefina Cruz

6. GENERAL INFORMATION

6.2. 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.gymforlife2025@ginastica.org

Mr. Ricardo Lima
ricardo.lima@ginastica.org

Tel. +351 21 814 11 45
www.ginastica.org/wgflc2025



**5th WORLD
GYM FOR LIFE
CHALLENGE**

LISBON // PORTUGAL
22-26 JULY 2025



VISIT OUR WEBSITE
www.ginastica.org/wgflc2025



2025

SEE YOU IN LISBON

🌐 www.ginastica.org/wgflc2025

✉ info.gymforlife2025@ginastica.org

