



Under the patronage
of the European Parliament



EUROGYM20
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA
ITALY



EUROPEAN GYM FOR LIFE CHALLENGE 2026

EVENT GUIDE



♥
**FEEL
THE SOUL!**

GREETINGS



Dear Friends of Gymnastics,

I am pleased to welcome you to the European Gym for Life Challenge 2026, taking place in the beautiful city of Pistoia (Italy) on July 9-11, 2026.

Located in the heart of Tuscany, Pistoia is renowned for its rich cultural heritage, charming architecture and warm Italian hospitality. With its lively atmosphere and strong artistic spirit, the city provides an inspiring setting for one of the most creative and dynamic events in European Gymnastics.

For the first time, the European Gym for Life Challenge will be held in Pistoia, bringing together groups from across Europe to celebrate the essence of "Gymnastics for All." This event is a unique showcase of creativity, teamwork, inclusivity and passion. Through performances that combine movement, music and artistic expression, participants demonstrate how gymnastics can unite people of all ages, backgrounds and abilities.

The European Gym for Life Challenge is much more than an event — it is a celebration of friendship, cooperation and shared experiences. It highlights the important role gymnastics plays in promoting healthy lifestyles, self-confidence, social interaction and cultural understanding. Through participation, gymnasts inspire one another and prove that sport has the power to bring communities together.

I would like to express my sincere gratitude to the European Gymnastics Technical Committee, the Local Organizing Committee, the staff members of European Gymnastics and the volunteers for their dedication and hard work in preparing this wonderful event. Their commitment ensures an unforgettable experience for all participants and guests.

I wish all of you inspiring performances, unforgettable memories and a pleasant stay in Pistoia.

Farid Gayibov
President of the EUROPEAN GYMNASTICS



Dear gymnast Friends,

It is with great pride and deep emotion that, on behalf of the entire Italian Gymnastics Federation, I extend my warmest greetings to all the participants of this extraordinary edition of European Gym for Life Challenge & Eurogym.

I would like to express my sincere thanks to the splendid city of Pistoia, which has opened its doors with enthusiasm and generosity to welcome the great community of European gymnastics.

I thank the Local Organizing Committee and all the professionals and volunteers who will participate in the event: organizing an event of this magnitude requires perfect synergy, and Pistoia and this group are proving to be up to the task.

My warmest greeting, however, goes to you: the thousands of boys and girls, especially those who have come from every corner of Europe.

You are the pure energy, the present and future of our sport. EGFLC and Eurogym are not only a showcase of talent and spectacularity, but above all a magnificent celebration of friendship, sharing, and growth.

These days, linguistic and cultural barriers are disappearing, making room for the one universal language that unites us: the passion for gymnastics. Sport, above all else, should be a wonderful experience to cherish for a lifetime.

I hope you work as a team, have fun, make new friends, and fill your days with joy and enthusiasm.

Andrea Facci
President of the ITALIAN GYMNASTICS
FEDERATION



GREETINGS



Dear Gymnastics Friends,

As President of the Gymnastics for All Technical Committee of European Gymnastics, it is with immense pride and joy that I welcome you to the beautiful city of Pistoia for the European Gym for Life Challenge 2026.

This year, we are witnessing a historic milestone for our discipline. We are thrilled to announce the participation of 144 groups and 3484 participants coming from 20 different countries. These record-breaking numbers are a true testament to the incredible growth and vitality of Gymnastics for All across Europe.

Pistoia will be the stage for a showcase of exceptional gymnastic quality. We expect to see breathtaking performances that highlight the creativity, technique, and passion. Our main goal remains the same: to create an atmosphere of pure fun and celebration, sharing experiences, building friendships, and celebrating life through movement. I would like to thank the local organizing committee and the city of Pistoia for their hospitality and planning. To all the gymnasts, coaches, and supporters: get ready for an unforgettable event!

See you in Pistoia!

Ricardo Lima

President of the Gymnastics for All Technical Committee at the European Gymnastics



With great enthusiasm,

As a proud citizen of Pistoia, a teacher, a coach and a mother, seeing my city filled with the energy of thousands of young people from all over Europe is an incredible emotion. For me and for the entire Organising Committee, this fifth edition of the European Gym for Life Challenge is a dream come true.

Over the years, I have taken part in many events, but the European Gym for Life Challenge is truly special: here, it is not the result that matters, but the ability to engage the audience, originality, technical quality and expressiveness. In the coming days, our goal is to make you feel part of one big family and to offer an opportunity to celebrate gymnastics beyond all borders. And I can assure you that we have prepared many surprises for all of you!

Behind this stage lies the tremendous work of an extraordinary team. I would like to sincerely thank all the members of the Local Organising Committee, the Italian Gymnastics Federation and the volunteers who have made this event possible. My heartfelt thanks also go to the Municipality of Pistoia, the Tuscany Region, the Province and all the institutions and associations that have contributed to making this event a reality.

To all of you, girls and boys who will bring colour and enthusiasm to our days, I encourage you to give your best, have fun, make new friends and enjoy every moment of this experience. This celebration belongs to you!

I wish you all a wonderful European Gym for Life Challenge!

Alessandra Mazzatosta

President of the Local Organizing Committee (LOC)

WELCOME TO PISTOIA



Dear Friends,

On behalf of the City of Pistoia, it is my great pleasure to welcome you to European Gym for Life Challenge & Eurogym 2026.

For the first time, Italy has the honour of hosting these prestigious European Gymnastics events, and we are proud that Pistoia has been chosen to welcome thousands of participants from across Europe.

Over the coming days, our city will become a place where sport, culture, friendship, and inclusion come together. Pistoia, with its rich history and traditions, is ready to open its doors to gymnasts, coaches, volunteers, and families, creating an atmosphere of sharing and mutual respect.

Gymnastics for All embodies values that are more important than ever: participation, solidarity, cooperation, and respect for others. These events are not only an opportunity to perform and compete, but also to build friendships, discover new cultures, and strengthen the bonds that unite the European community.

I would like to thank European Gymnastics, the Italian Gymnastics Federation, the Local Organising Committee, the volunteers, and all those whose dedication and commitment have made this event possible.

I wish all participants an inspiring and memorable stay in Pistoia and Tuscany.

Welcome to Pistoia. Welcome to European Gym for Life Challenge & Eurogym 2026.

Giovanni Capecchi
Major of PISTOIA



Discover the new archaeological itinerary

Reduced admission
with Eurogym 2026 pass



Pistoia Museo dell'Antico Palazzo dei Vescovi

Piazza del Duomo
Wednesday – Sunday
10:00 a.m. – 7:00 p.m.



pistoiamusei.it
f x @ in y

initiative as part of
PROGETTO
ETRUSCHI

partner
CONAD
corporate
membership



EUROPEAN GYM FOR LIFE CHALLENGE & EUROGYM

A week full of memories together!



EUROPEAN GYMNASTICS TECHNICAL COMMITTEE



RICARDO LIMA
PRESIDENT



EMILIANA POLINI
VICE PRESIDENT



AGNES HARTMANN



LASSE HAUSER



RUSLAN EYVAZOV



MARINA MADER SALVINI



VALERIE GRANDJEAN

LOCAL ORGANIZING COMMITTEE

EUROGYM2026
EUROPEAN GYM FOR LIFE CHALLENGE
JULY 8-17
PISTOIA
ITALY



ALESSANDRA MAZZATOSTA
LOC PRESIDENT



SIMONE MONACO
EXECUTIVE DIRECTOR



SALVATORE CONTE
SCHOOLS



SONIA ANGILLETTA
WORKSHOPS



FABIO GAGGIOLI
CEREMONIES



CATIA ROSI
**EUROPEAN GYM FOR LIFE
CHALLENGE**



SILVIA TECCHI
CITY PERFORMANCES



GABRIELE MATTEI
APPARATUS



FULVIO AGRESTA
ACCREDITATION



PIETRO NATALICCHIO
VOLUNTEERS



LORENZO GUIDI
YOUNG LEADERS



FRANCESCA BRUNELLO
INCLUSION/SUSTAINABILITY



PIERO PAOLINI
MEDICAL



IVO ANTONELLI
SECURITY



SILVIA NOCI
CATERING



SANDRO TACCONI
TRANSPORTATION



CRISTINA CASENTINI
PROTOCOL



ANDREA DE GIORGIO
FORUM



SARA CONTE
MARKETING



SARA RIDOLFI
SOCIAL MEDIA MARKETING



ROBERTO BRESCI
FINANCE/ ADMINISTRATION



FEDERICO OGGIONI
FACILITIES & TICKETING



PEDRO CANILHAS
SPORT PRESENTATION

PARTICIPATING COUNTRIES: RECORD

3437
PARTICIPANTS



AZERBAIJAN



BELGIUM



BULGARIA



DENMARK

FROM **21**
COUNTRIES

are joining us for
5th EUROPEAN
GYM FOR LIFE
CHALLENGE
PISTOIA 2026.



ESTONIA



FINLAND



FRANCE



GERMANY



GREAT BRITAIN



GREECE



HUNGARY



ITALY



LITHUANIA



MALTA



NETHERLANDS



NORWAY



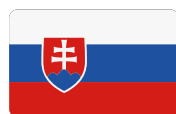
POLAND



PORTUGAL



SAN MARINO



SLOVAKIA



SWITZERLAND



ENJOY EXCLUSIVE BENEFITS IN ALL MUNICIPAL PHARMACIES OF PISTOIA!

**IF YOU ARE A EGFL&EUROGYM 2026 PARTICIPANTS
SIMPLY PRESENT YOUR ACCREDITATION PASS TO RECEIVE**

10%

INSTANT DISCOUNT

ON A WIDE SELECTION OF PRODUCTS,
INCLUDING MEDICAL DEVICES,
PARA-PHARMACEUTICAL ITEMS, AND FOOD
PRODUCTS (EXCLUDING INFANT FORMULA),
ON NON-DISCOUNTED ITEMS

15%

INSTANT DISCOUNT

ON HEALTHCARE AND MEDICAL SUPPORT
PRODUCTS AVAILABLE AT ALL
FAR.COM S.P.A. MUNICIPAL PHARMACIES,
ON NON-DISCOUNTED ITEMS.

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EVENT GUIDE • EGFLC 2026

Please note that medicinal products of any kind (including generic medicines, compounded preparations, and homeopathic remedies) **are excluded from the promotion.**

VENUES

VILLA CAPPUGI



1

Via di Collegliato, 45

HEAD OF DELEGATION
MEETING POINT

PIAZZA SAN LORENZO



2

OPEN PARKOUR
FREE WORKSHOP

PALACARRARA



5th EUROPEAN GYM
FOR LIFE CHALLENGE

PIAZZA DELLA RESISTENZA



3

EUROPEAN
GYM FOR LIFE
PARTY

BIBLIOTECA SAN GIORGIO



4

Via Sandro Pertini

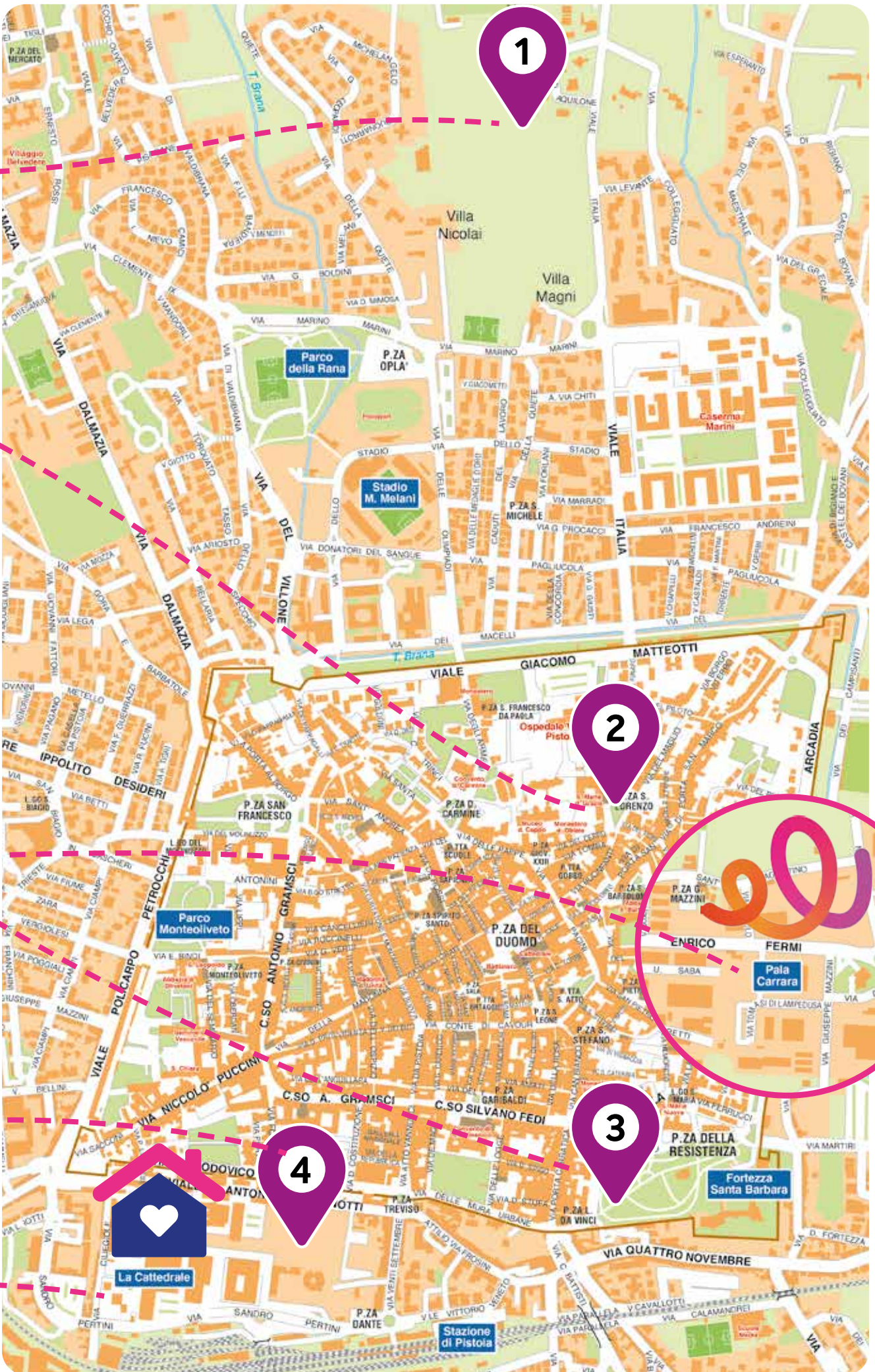
ACCREDITATION AREA
INFOPOINT
LOST & FOUND

EXHIBITION CENTRE LA CATTEDRALE



Via Sandro Pertini, 396

CATERING
INTERVIEWS AREA
EXPO AREA
MERCHANDISING





A large, stylized green leaf graphic composed of overlapping geometric shapes and lines, serving as a background for the text.

**No Matter the Question,
Plants are the answer.**

**Planet
Sport
Summer
Friends
Repeat**

VANNUCCI
 **PIANTE** VANNUCCIPIANTE.IT

ABOUT 5TH EUROPEAN GYM FOR LIFE CHALLENGE



PALACARRARA



9-10-11 JULY 26

PERFORMANCES

Each group presents a performance of up to 5 minutes, excluding entrance and exit. Groups using large apparatus may use 1 additional minute (without music) to set up and remove equipment. This minute is not considered part of the performance.

Music must be uploaded through the official registration platform for quality and duration checks by the LOC.

All groups will have rehearsal time. The schedule is available at:

[www.eurogym2026.com/
reserved-area](http://www.eurogym2026.com/reserved-area)

Use this password: pistoia2026

CATEGORIES

Groups may participate in one category only, according to their size:

SMALL GROUPS
20 OR LESS GYMNASTS

LARGE GROUPS
21 OR MORE GYMNASTS

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

Each criteria is worth up to 5 points. A panel of 4 Evaluators, appointed by the GfA Technical Committee, scores each performance independently. Each Evaluator awards a maximum of 20 points (5 per criterion), for a total maximum score of 80 points.

FEEDBACK

5 Feedbackers appointed by the GfA Technical Committee will provide constructive feedback focusing on strengths and areas for improvement.

Feedback is given immediately after the performance and only to a coach or choreographer at the location indicated during the Coaches/Heads of Delegation Meeting.

RESULTS

Scores are used to establish an internal ranking list, which will not be published.

All groups, who will appear in a group of six representing the entire group, receive a Gold, Silver or Bronze Trophy:

Approx. 20% Gold

Approx. 40% Silver

Approx. 40% Bronze

All gymnasts receive a medal and a diploma downloadable from the official website.

AWARDS CEREMONIES

SMALL GROUPS
10TH JULY, IMMEDIATELY AFTER
THE CHALLENGE

LARGE GROUPS
11TH JULY, IMMEDIATELY AFTER
THE CHALLENGE

Please refer to the Official Program for details.



EVALUATORS



LIISA AHLQVIST-LEHKOSUO



NINA AMANN



ANGELA GRIFFIN



JÉRÔME HÜBSCHER



CHANTAL MULLER



HEILI PARRAS



HLÍF THORGEIRSDÓTTIR

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FEEDBACKERS



ELISABETTA BONI



CÉDRIC BOVEY



TAMARA GROB



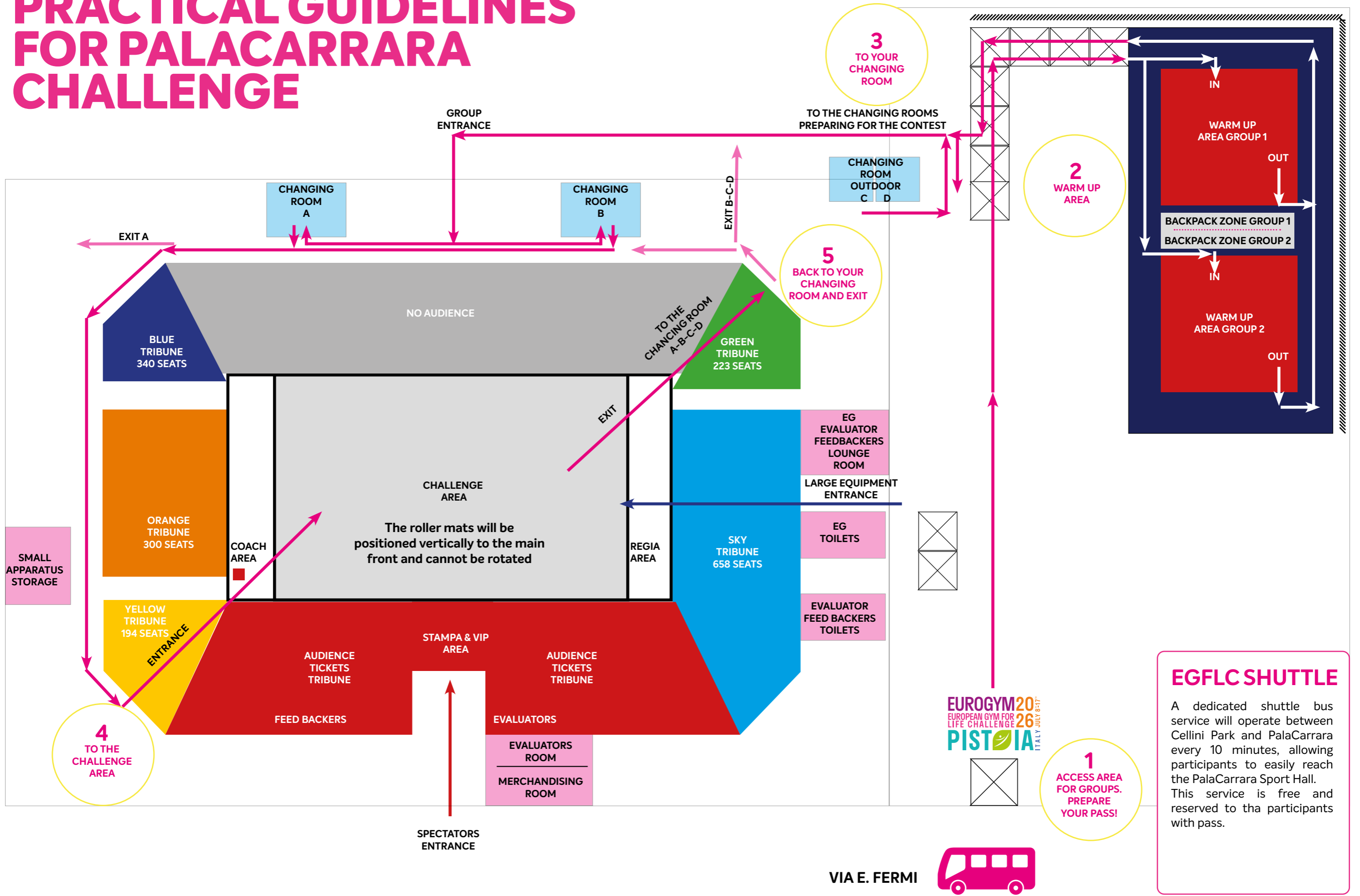
BRUNO OLIVEIRA





GABRIELE POSTUWKA



PRACTICAL GUIDELINES FOR PALACARRARA CHALLENGE



APPARATUS

APPARATUS	SIZE	QUANTITY	PICTURES
<p>Performance area with 7 rollable mats (red) placed the same way as in the photo</p> <p><i>Due to the tight schedule it will not possible to change this position</i></p>	14 x 14 m (7 mats)	2	 FRONT
<p>Performance area with 10 rollable mats (red) placed the same way as in the photo</p> <p><i>Due to the tight schedule it will not possible to change this position</i></p>	14 x 20 m (10 mats)	1	 FRONT
Trampette	114 x 114 cm Front Height 31/34 cm Rear Height 36.5/55 cm	2	
Trampette Open End	60x70 cm height adjustable	1	
Trapezium Foam	100 x 40 cm 100 x 80 cm	1	
Trapezium wood	140 x 75 cm h 111 cm	2	
Springboard	60 x 120 cm h 22 cm	4	
Parallel bars	Certified by the FGI	-	

Airtrack	15 x 2,8 m (30 cm thick)	1	
Airtrack	15 x 2 m (20 cm thick)	1	
Airtrack	12 x 2 m (20 cm thick)	1	
Airtrack	12 x 1,5 m (8 cm thick)	2	
Safety mats	3 x 2 m (20 cm thick)	4	
Safety mats	3 x 2 m (10 cm thick)	4	
Safety mats	2 x 2 m (10 cm thick)	1	
Landing mats	4 x 2 m (20 cm thick)	8	
School mats	2 x 1 m	2	

WEDNESDAY JULY 7TH

TIME	WHAT HAPPENS?	LOCATION
9.15AM-19.00PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO

WEDNESDAY JULY 8TH

TIME	WHAT HAPPENS?	LOCATION
9.15AM-7.00PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
1.00 - 7.10 PM	SMALL GROUPS PART 1 REHEARSAL	PALACARRARA

THURSDAY JULY 9TH

TIME	WHAT HAPPENS?	LOCATION
6.30 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
8.00 - 8.30 AM	HEAD OF DELEGATION MEETING	HOTEL VILLA CAPPUGI
8.00AM-3.00PM	SMALL GROUPS PART 2 AND LARGE GROUPS PART 1 REHEARSAL	PALACARRARA
9.15AM-7.00PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
12.00AM-2.30PM	LUNCH AT SCHEDULED TIME	LA CATTEDRALE
3.45 - 8.30 PM	EGFLC SMALL GROUPS PART 1	PALACARRARA
6.00-8.30 PM	DINNER AT SCHEDULED TIME	LA CATTEDRALE

FRIDAY JULY 10TH

TIME	WHAT HAPPENS?	LOCATION
6.30 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
8.00 - 8.30 AM	HEAD OF DELEGATION MEETING	HOTEL VILLA CAPPUGI
8.00AM-2.30PM	SMALL GROUPS PART 3 AND LARGE GROUPS PART 2 REHEARSAL	PALACARRARA
9.15AM-7.00PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
12.00AM-2.30PM	LUNCH AT SCHEDULED TIME	LA CATTEDRALE
3.00 - 7.30 PM	EGFLC SMALL GROUPS PART 2	PALACARRARA
6.00-8.30 PM	DINNER AT SCHEDULED TIME	LA CATTEDRALE
8.00 PM APP.	AWARD CEREMONIES EGFLC SMALL GROUPS	PALACARRARA

Daily programme

SATURDAY JULY 11TH

TIME	WHAT HAPPENS?	LOCATION
6.30 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
7.30 - 8.00 AM	HEAD OF DELEGATION MEETING	HOTEL VILLA CAPPUGI
9.00 AM - 1.30 PM	EGFLC LARGE GROUPS MORNING SESSION	PALACARRARA
9.15 AM - 7.00 PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
12 AM - 2.30 PM	LUNCH AT SCHEDULED TIME	LA CATTEDRALE
2.30 - 5.30 PM	EGFLC LARGE GROUPS AFTERNOON SESSION	PALACARRARA
6.00 - 8.30 PM	DINNER AT SCHEDULED TIME	LA CATTEDRALE
6.00 - 8.30 PM APP.	AWARD CEREMONIES EGFLC LARGE GROUPS	PALACARRARA
8.30 - 10.30 PM	PISTOIALAND PARTY	PARCO DELLA RESISTENZA

SUNDAY JULY 12TH

TIME	WHAT HAPPENS?	LOCATION
7.00 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
	ALL DAY DEPARTURES	



HOW TO ATTEND TO 5TH EUROPEAN GYM FOR LIFE CHALLENGE

TICKETS

The events are open to everyone: families, citizens and sports enthusiasts.

To ensure the best possible experience for everyone, ticket availability is limited.

Take a look at the program, choose your favorite performance, and reserve your seat: small groups, large groups, talent, and excitement are waiting for you!

Most importantly, come ready to have fun and support the performers: cheer, applaud, and go wild encouraging them!

<https://www.eurogym2026.com/tickets/>

LIVE STREAMING ON SITE

24 Due to the capacity of the Pala Carrara and the record number of European Gym for Life Challenge participants, it will not be possible to guarantee everyone simultaneous access to the venue.

However, on July 11th, it will be possible to watch the live broadcast of the Large Group Challenge and the awards ceremony at Parco della Resistenza – Pistoia.

LIVE STREAMING

Follow all the excitement of European Gym for Life Challenge & EUROGYM 2026 live and experience the performances, ceremonies and celebrations from Pistoia!

9th July
European Gym for Life Challenge – Small Groups Part 1
3:45 – 8:30 PM

10th July
European Gym for Life Challenge – Small Groups Part 2
3:00 – 9:30 PM

11th July
European Gym for Life Challenge – Large Groups
9:00 AM – 8:30 PM

This is a paid service; please visit this link:

<https://www.eurogym2026.com/streaming/>



EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE
PISTOIA
ITALY



♥
**FEEL
THE SOUL!**



KEY INFORMATION FOR GROUP LEADERS AND DELEGATIONS

GROUP SCHEDULES

All groups have a personal schedule for the event. Download the European Gym for Life Challenge APP for the schedule.

www.appeurogym2026.com

The link will also be available as a QR-code on the accreditation card.

In the APP you will find:

- Rehearsal programme
- Challenge schedules
- Lunch and dinner time

PUBLIC PERFORMANCE PROGRAMME

We have also put together a programme page for the audience. Here you can check which groups and performances you can see each day at both stages. You can find the public program here:

www.eurogym2026.com

PAYMENTS

All the payments must be done before the arrival.

ORIENTATION MEETING FOR ALL HEADS OF DELEGATION

The LOC and European Gymnastics provide important information during this meeting. It is mandatory for all Heads of Delegation. Unjustified failure to attend will result in a sanction against the federation of € 500 payable to European Gymnastics.



8.00 - 8.30 AM



THURSDAY, JULY 9TH



HOTEL VILLA CAPPUGI

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 the Villa Cappugi Meeting Hall.

ACCREDITATION CENTER



BIBLIOTECA SAN GIORGIO

GENERAL INFORMATION

The accreditation center is located in the TERZANI room of the San Giorgio Library, next to the La Cattedrale Exhibition Center.

The office is open during the following hours:

July 7th to 14th, 9.15 am to 7.00 pm

The last appointment is at 6.15 pm.

Sunday, July 12th, 9.15 am to 3.00 pm, with the last appointment at 1.45 pm.

DELEGATION ACCREDITATION

Only Head of Delegation and one accompanying person are permitted in the accreditation center. They will carry out the necessary checks to confirm registrations and check the passes that will be issued. Access to the accreditation area is by appointment only.

HOW DO I BOOK AN APPOINTMENT?

Appointments can be booked via the booking platform at the link:

www.eurogym2026.com/accreditations

Each appointment lasts 45 minutes. Reservations cannot be made by email, but you can contact accreditation@eurogym2026.com for any questions.

After completing all payments and passes, all participation kits for your delegation will be delivered to the delegation leader.

Our volunteers will assist Federations with the delivery of passes.



IF THE PARTICIPATION CARD IS LOST

Anyone who loses their pass must notify their Group Leader, who will then contact their Head of Delegation, who will be responsible for recovering it and scheduling an appointment for reprinting and returning it.

Each reprint and return costs €20.

MEDIA ACCREDITATION

For photographers and journalists to be accredited, interested parties must complete and submit the form at the following link.

www.eurogym2026.com/media-accreditations

To collect your accreditation, please communicate your expected arrival the day before by sending an email to accreditation@eurogym2026.com, as well as for any questions, concerns, or problems.

IF THE MEDIA PASS IS LOST

Anyone who loses their pass must notify the accreditation office by email at accreditation@eurogym2026.com, which will inform them of the procedure for recovery and return.

Each reprint and return costs €20.

WORKSHOPS FREE AREAS



ISTITUTO FORTEGUERRI

Various language workshops organized by the students of Forte Gueri High School to promote cultural exchange!

They will offer film workshops in the language, literary cafés, and dialogue lessons.

<https://www.forteguerrri.edu.it/>



LOOK AT THE PROGRAMME



ALL PERIOD



CORSO A. GRAMSCI, 148 - PISTOIA

OPEN ORIENTEERING: MYSTERIES OF PISTOIA

At accreditation, each group will receive a map of the city. Use it to explore Pistoia and discover its hidden treasures and secrets.

Special prizes will be awarded during the European Gym for Ligfe Challenge Party on 11th July.



WHEN YOU WANT



ALL PERIOD



FIND THE MAP IN YOUR GOODIEBAG

28

OPEN PARKOUR

An urban discipline teaching how to overcome obstacles with agility, strenght and fluidity, turning space into a dynamic playground.



9.00 AM - 1.00 PM / 4.00 - 8.00 PM



9TH-16TH JULY



PIAZZA SAN LORENZO

Please book your Parkour Open time here:

www.eurogym2026/parkour



EUROPEAN GYM FOR LIFE CHALLENGE PARTY

NEW



PIAZZA DELLA RESISTENZA



11TH JULY



8.30-10.30 PM

PISTOIALAND PARTY

Pistoialand Party is the official Fun Zone of the European Gym for Life Challenge 2026 and, for the first time in the history of the event, a party entirely dedicated to EGFLC participants.

A place to meet, celebrate and share experiences, Pistoialand Party gives gymnasts, coaches and delegation members the opportunity to relax after performances, make new friends and enjoy the unique atmosphere of the event.

Music, entertainment and interactive activities will bring together participants from across Europe to celebrate their passion for gymnastics.

More than just a party, Pistoialand Party reflects the true spirit of EGFLC: friendship, inclusion, cultural exchange, fun and surprises.

MEET. CELEBRATE. ENJOY THE EGFLC SPIRIT!

FEEL THE SOUL!



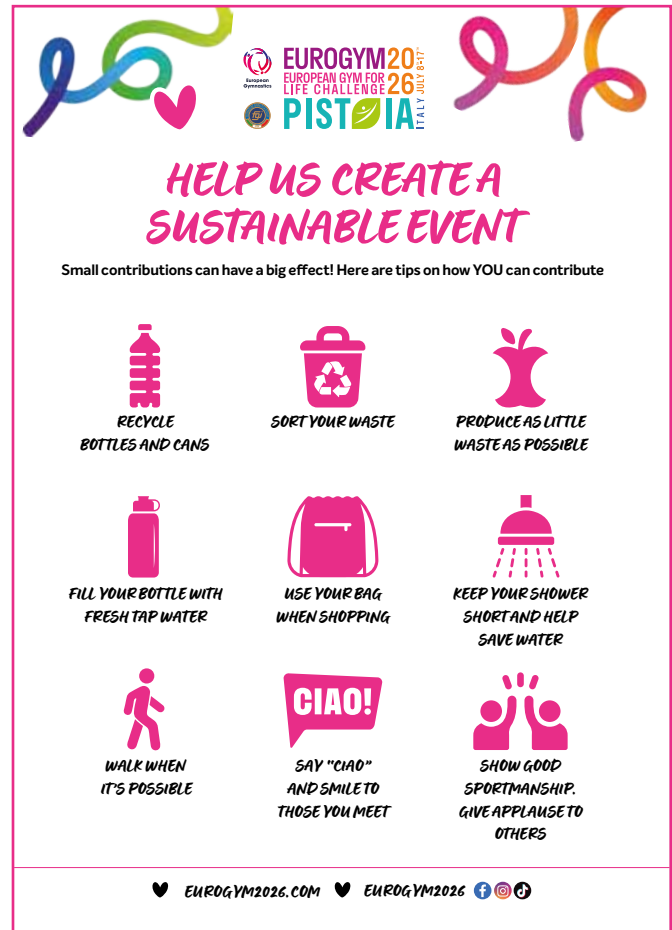
SCHOOL ACCOMMODATION

Participants will be accommodated in schools located close to the city centre. While Pistoia is a safe and welcoming city, all accommodation sites will be supervised 24 hours a day to ensure the safety and well-being of all participants. School facilities will also be cleaned daily.

Each Head of Delegation is responsible for ensuring that their group respects the accommodation facilities and complies with the school regulations. All HoDs and Group Leaders will be required to acknowledge and sign the school rules upon arrival.

Upon check-in, each Group Leader must register their group at the school reception point and provide up-to-date contact details. Group Leaders are expected to remain available throughout the event and to cooperate closely with the HoD and the accommodation staff whenever required.

We kindly ask all participants to respect the school facilities, local regulations and fellow guests, helping to create a safe, enjoyable and welcoming environment for everyone.



PUBLIC TRASPORT

Pistoia is a small city with a big personality! We have chosen to accommodate you in schools located close to the city performances and main points of interest.

Everything is within easy walking distance.

You can find the local public transport app at this link: <https://www.at-bus.it/it/app>

You can find key information regarding each school at this link.

www.eurogym2026/bus-plan



EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE 26
PISTOIA
ITALY JULY 8-17

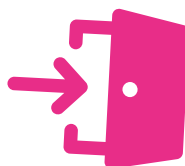


RULES AT THE SCHOOLS

To ensure a great experience for all, we've prepared some guidelines for your stay at the schools to keep everything safe, smooth, and comfortable. Thanks for your cooperation.



TEAM LEADERS PLEASE
CHECK YOUR SCHOOL'S
FIRE SAFETY INSTRUCTIONS



USE ONLY THE
MAIN DOOR



NO SHOES INSIDE!
TAKE THEM OFF AND
CARRY THEM TO CLASS



BE INSIDE BY 11.00 PM
QUIET HOURS
11.30 PM - 7.00 AM



ALCOHOL & DRUGS
NOT ALLOWED



EAT ONLY IN
THE DINING HALL
NO FOOD OUTSIDE



LIFT TABLES AND
CHAIRS, DON'T
DRAG THEM!



LEAVE CLASSROOM
TIDY FOR THE NEXT
GROUP



PUT GARBAGE AT
THE ENTRANCE FOR
VOLUNTEERS TO HANDLE

IF YOU HAVE ANY QUESTIONS, ASK THE SCHOOL'S SECURITY STAFF.
THEY'LL BE READY TO HELP YOU WITH ANYTHING YOU NEED!

EUROGYM2026.COM ♥ EUROGYM2026   

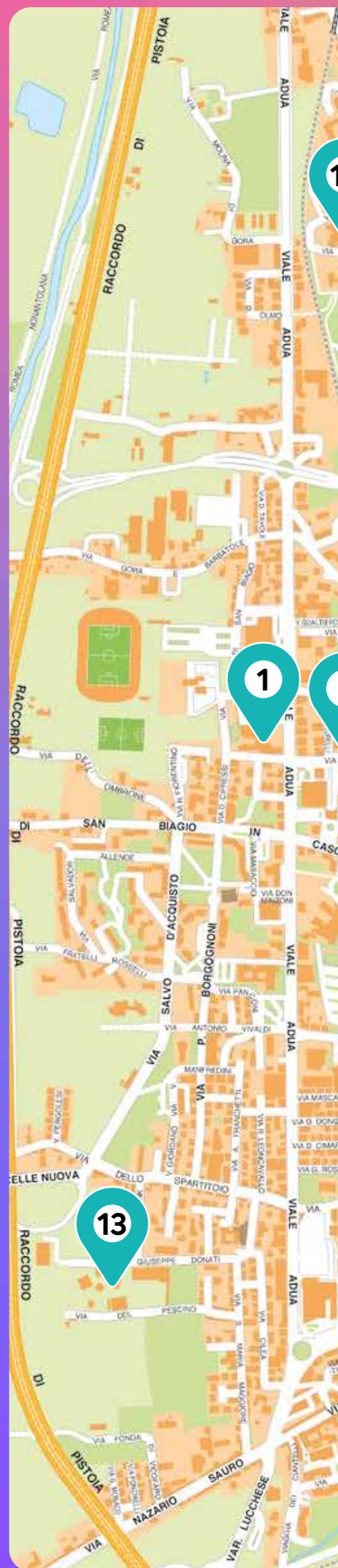


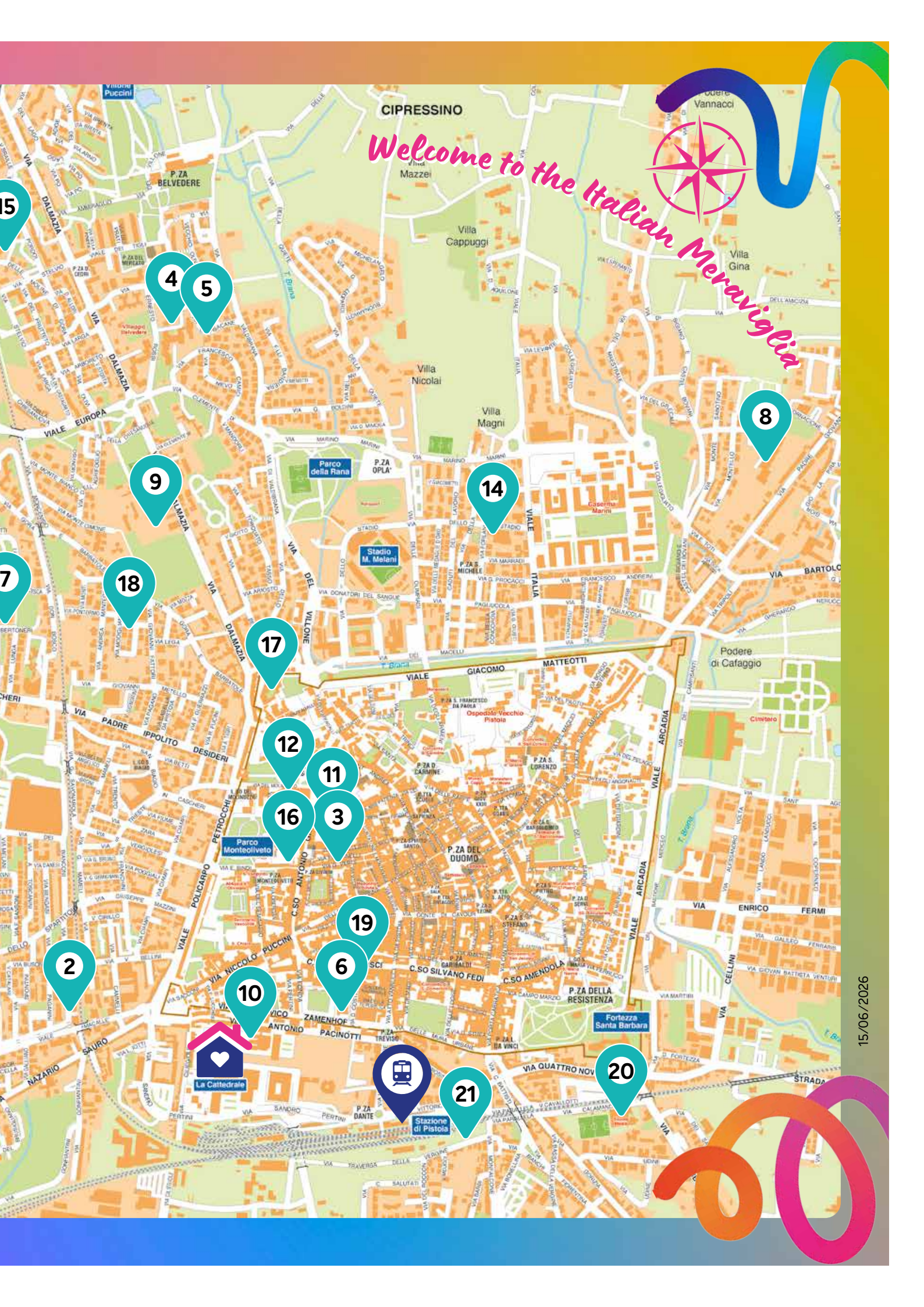
HEAD QUARTER
EXHIBITION CENTER LA CATTEDRALE



SCHOOLS ACCOMMODATIONS

- 01** Istituto **Amedeo Di Savoia Duca D'Aosta**
Viale Adua, 187 - 51100 Pistoia
- 02** Primaria **Carradori**
Via T. Mabellini, 11 - 51100 Pistoia
- 03** Infanzia **Civinini/Arrighi**
Via dei Cancellieri, 24 - 51100 Pistoia
- 04** Secondaria **Cino Da Pistoia Nuova**
Via E. Rossi, 13 - 51100 Pistoia
- 05** Secondaria **Cino Da Pistoia** e Primaria **Galilei**
Via E. Rossi, 13 - 51100 Pistoia
- 06** Primaria **Collodi**
Via L. L. Zamenhof/ Via della Costituzione, 18 - 51100 Pistoia
- 07** Primaria **Croce Di Gora**
Via O. Bertoneri, 9 - 51100 Pistoia
- 08** Secondaria e Primaria **Da Vinci**
Via del Fornacione, 1 - 51100 Pistoia
- 09** Istituto **De Franceschi**
Via Dalmazia, 221 - 51100 Pistoia
- 10** Istituto **Einaudi**
Viale A. Pacinotti, 11 - 51100 Pistoia
- 11** Istituto **Forteguerra**
Corso A. Gramsci, 148 - 51100 Pistoia
- 12** Istituto **Forteguerra (succursale)**
Pzza S. Francesco d'Assisi (lato Chiesa di S. Francesco) - 51100 Pistoia
- 13** Secondaria **Frank/Carradori**
Via G. Donati, 19 - 51100 Pistoia
- 14** Primaria e Infanzia **Fucini**
Via C. Forlanini, 8 - 51100 Pistoia
- 15** Primaria **Galilei Scornio**
Via Monte Rosa, 1 (Loc. Scornio) - 51100 Pistoia
- 16** Infanzia **La Girandola**
Via E. Bindi (fronte Chiesa di San Benedetto) - 51100 Pistoia
- 17** Secondaria e Primaria **Marconi/Frosini (ex Roncalli)**
Via delle Pentole, 13 - 51100 Pistoia
- 18** Primaria **Michelucci**
Via A. Modigliani, 1 - 51100 Pistoia
- 19** Istituto **Pacini**
Corso A. Gramsci, 43 - 51100 Pistoia
- 20** Secondaria **Raffaello**
Via P. Calamandrei, 3 - 51100 Pistoia
- 21** Primaria **Roccon Rosso**
Via del Roccon Rosso, 40 - 51100 Pistoia





CIPRESSINO

Welcome to the Italian Meraviglia



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15/06/2026



CATERING: A TASTE OF ITALY

FRESH INGREDIENTS, AUTHENTIC ITALIAN RECIPES AND BALANCED MEALS PREPARED EVERY DAY TO KEEP YOU ENERGISED THROUGHOUT YOUR EUROGYM EXPERIENCE

Enjoy the authentic flavours of Italy throughout EUROGYM 2026. Participants will savour a varied menu inspired by Italian cuisine, with pasta, fresh vegetables, local specialties, fruit and tasty desserts. Every meal is designed to provide the energy needed for a week full of workshops, performances and unforgettable experiences.

BREAKFAST AT SCHOOL

Breakfast will be served at the accommodation schools (6.30-9.00 am), while lunch and dinner will be provided at the Exhibition Centre La Cattedrale.

To ensure a smooth catering service, each group will be assigned specific meal times for lunch and dinner each day. These times will be available in your personal group schedule on www.appeurogym2026.com

Participants who have requested special dietary options, including vegetarian, vegan or allergy-friendly meals, will have access to a dedicated serving line.

We kindly ask all groups to respect their assigned meal times in order to ensure an efficient and enjoyable dining experience for everyone.

LUNCH & DINNER



The meal will consist of:

- One main dish
- Self-service salad
- Bread
- Oil, salt and balsamic vinegar
- Seasonal fruit



FROM 12:00 AM, in 5 multiple shifts of 30 minutes

FROM 6.00 PM, in 5 multiple shifts of 30 minutes



**EXHIBITION CENTRE
LA CATTEDRALE**

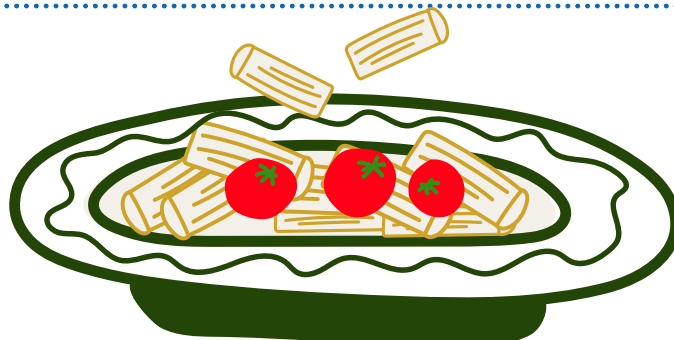
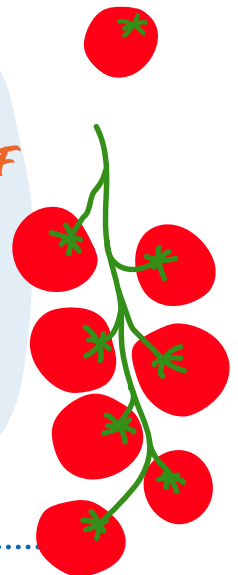
THURSDAY JULY 9TH

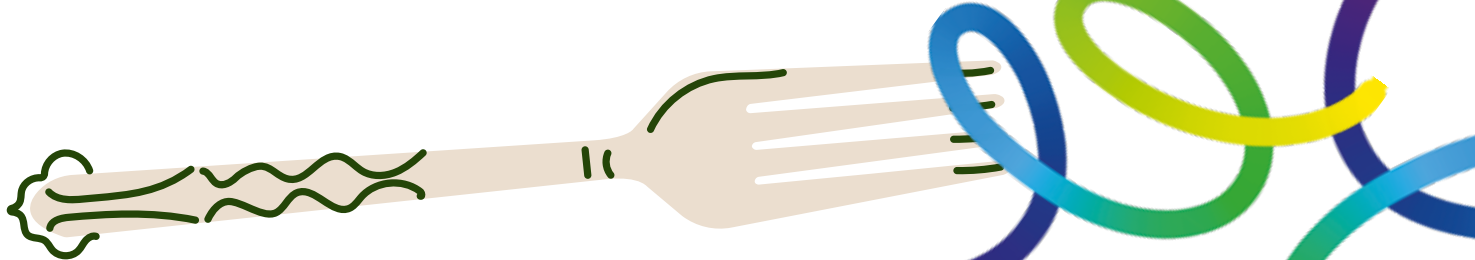
LUNCH

TROFIE WITH GENOESE
PESTO & FRESH
TOMATOES
CHEF SALAD
FRESH SEASONAL
FRUIT

DINNER

HERB-SEASONED BEEF
BURGER
CHEF SALAD
FRESH SEASONAL
FRUIT





FRIDAY JULY 10TH

LUNCH

TRADITIONAL BOLOGNESE LASAGNA

CHEF SALAD

FRESH SEASONAL FRUIT

DINNER

HAM & CHEESE FRITTATA

CHEF SALAD

HOMEMADE DESSERT



SATURDAY JULY 11TH

LUNCH

ITALIAN RICE SALAD

CHEF SALAD

FRESH SEASONAL FRUIT

DINNER

ROASTED CHICKEN WITH GREEN BEANS

CHEF SALAD

FRESH SEASONAL FRUIT



NOTE:

“WHITE MEALS” (PLAIN/SIMPLE MEALS) WILL BE GUARANTEED, AS WELL AS ANY PERSONALIZED SPECIAL DIETS ACCORDING TO YOUR REGISTRATION DATA





Welcome to Pistoia. Welcome to Conad. *Benvenuti a Pistoia. Benvenuti da Conad.*

Conad, one of the major players in Italy's large-scale retail sector in Italy, is chosen every day by millions of families for its quality, value, and a unique way of doing business that has always put people and local communities at its heart. In Pistoia, home to the headquarters of Conad Nord Ovest, this bond is deep and alive. We are proud to be woven into the life of this city, and proud to stand behind EUROGYM, an event that leads to Pistoia with energy, color and the best of European sport. **Step into our stores and discover the authentic flavors of Tuscany, along with many solutions designed for a healthy lifestyle, like our Piacersi product line.**

Conad, uno dei maggiori protagonisti della grande distribuzione in Italia, è scelto, ogni giorno da milioni di famiglie per la qualità, la convenienza e per un modo di fare impresa che ha sempre messo le persone e le comunità locali al centro. A Pistoia, dove ha sede Conad Nord Ovest, questo legame è profondo e vivo. Siamo orgogliosi di far parte dell'anima di questa città e di sostenere EUROGYM, un evento che porta a Pistoia energia, colori ed il meglio dello sport europeo. Entrate nei nostri punti vendita e scoprite i sapori autentici della Toscana, insieme a tante soluzioni pensate per uno stile di vita sano, come la nostra linea Piacersi.

 **CONAD**
Persone oltre le cose

Gold Partner

EUROGYM20 **PISTOIA** ITALY
EUROPEAN GYM FOR LIFE CHALLENGE 26 JULY 8-17



Come visit us and feel at home.
Venite a trovarci e sentitevi a casa.

**Find your
 Conad in Pistoia**
*Trova il tuo
 Conad a Pistoia*

- 1. CONAD CITY**
Via del Lago, 41
- 2. CONAD SUPERSTORE**
Viale Adua, 223
- 3. CONAD CITY**
Via dello Stadio, 4
- 4. CONAD CITY**
Via Capitini, 5
- 5. CONAD CITY**
Via Largo San Biagio, 125
- 6. TUDAY CONAD**
Corso Gramsci, 17
- 7. CONAD**
Via Fiorentina, 85
- 8. CONAD CITY**
Via Oleandri, 6 - Loc. Nespolo


 Persone oltre le cose

EXCURSIONS

EUROPEAN GYM FOR LIFE CHALLENGE & EUROGYM 2026 OFFICIAL EXCURSIONS ARE NOW ONLINE! WE ARE PLEASED TO ANNOUNCE THAT THE EXCURSIONS ARE NOW AVAILABLE FOR BOOKING.



IN THE HEART OF FLORENCE: ART, HISTORY AND WONDER GUIDED WALKING TOUR

This walking tour explores Florence's historic center, guiding visitors through iconic Renaissance sites, lively squares, and cultural landmarks, offering an immersive experience into the city's rich history and traditions.



CINQUE TERRE: A JOURNEY THROUGH ITALY'S MOST ENCHANTING COASTAL VILLAGES

Cinque Terre offers an immersive exploration of Italy's picturesque coastal villages, renowned for their scenic beauty and authentic charm.



POSTCARD FROM TUSCANY: SIENA AND SAN GIMIGNANO

Experience the charm of Tuscany with a postcard featuring the historic cities of Siena and San Gimignano, renowned for their medieval architecture and picturesque landscapes.



DISCOVERING THE ORIGINS AND LEGACY OF LEONARDO DA VINCI

Explore the fascinating life and lasting impact of Leonardo da Vinci, a brilliant artist and inventor whose creativity continues to inspire families today.





PISA – THE MAGIC OF THE LEANING TOWER AND PIAZZA DEI MIRACOLI

Discover Pisa’s iconic Leaning Tower and the historic Piazza dei Miracoli, renowned for their architectural beauty and cultural significance.



PISA AND LUCCA: TWO TUSCAN GEMS TO DISCOVER

Pisa and Lucca are two remarkable Tuscan cities, each offering unique historical and cultural attractions for travelers to explore.



ACQUA VILLAGE WATER PARK CECINA: THE ISLAND OF FUN IN THE HEART OF THE ETRUSCAN COAST

Acqua Village in Cecina is a Hawaiian-themed water park on the Etruscan Coast, offering a range of adrenaline-filled slides, relaxing lagoons, and family-friendly attractions in a unique tropical setting for all ages.



VIAREGGIO CARNIVAL CITADEL: IN THE HEART OF CARNIVAL MAGIC

This excursion offers an immersive tour of the Viareggio Carnival Citadel, including the Carnival Museum, and a seafront promenade, showcasing the artistry and tradition behind one of Europe’s most iconic cultural events.



PINOCCHIO MONUMENTAL PARK, VILLA GARZONI HISTORIC GARDEN & BUTTERFLY HOUSE

Experience a day in Collodi, Tuscany, featuring Pinocchio Park, the historic Villa Garzoni gardens, and the Butterfly House - a unique journey through fairy tales, art, and nature suitable for visitors of all ages.



A DAY AT THE BEACH IN VIAREGGIO

Enjoy a relaxing day on the Versilia coast in Viareggio, featuring golden beaches, crystal-clear waters, elegant boutiques, and Liberty-style architecture - ideal for families, couples, and friends seeking comfort and leisure by the sea.



AN AFTERNOON AT THE PISTOIA ZOOLOGICAL GARDEN

Pistoia Zoological Garden offers a half-day excursion in Tuscany, featuring over 400 animals in natural habitats, educational activities, and informative panels to promote biodiversity conservation.



PISTOIA: DISCOVERING THE FANTASTIC CREATURES HIDDEN IN THE CITY'S ARCHITECTURE

This guided tour offers a unique exploration of Pistoia, inviting participants to discover hidden creatures and artistic details in the city's architecture, turning a walk through historic sites.



MAGICAL AND CURIOUS PISTOIA

This engaging itinerary in Pistoia's historic center invites young visitors to explore the city's hidden legends, symbols, and stories, offering an original and interactive introduction to its rich historical and artistic heritage.



THE HISTORIC HEART OF PISTOIA: PIAZZA DEL DUOMO & TRADITIONAL PIPPI TASTING

Experience Piazza del Duomo in Pistoia, a well-preserved medieval square featuring historic monuments, architectural landmarks, and a tasting of traditional Pippi pastry that highlights the city's rich cultural.



PISTOIA: ST. ANDREW'S CHURCH, THE CEPPO HOSPITAL & TRADITIONAL CONFETTI TASTING

This guided tour of Pistoia highlights key landmarks such as St. Andrew's Church and the Ancient Ceppo Hospital, blending art, history, and local legends, and concludes with a tasting of traditional Confetti sweets.



PISTOIA: THE BASILICA OF THE MADONNA DELL'UMILTÀ, SAN GIOVANNI FUORCIVITAS & GELATO

This guided tour explores two of Pistoia's renowned churches, showcasing Renaissance and Romanesque art and architecture, and concludes with a tasting of authentic artisan gelato.

EXCURSIONS

EGFLC & EUROGYM 2026 DEDICATED EXCURSIONS

Exclusive programs specially designed for EGFLC & EUROGYM participants.

Guaranteed departures once the minimum number of participants required for each excursion is reached (starting from 10 participants, depending on the tour).

Shared experiences with fellow EGFLC & EUROGYM participants.

Booking deadline: 7 days before the excursion date.

Relax and book with confidence! If the minimum number of participants is not reached, an alternative date or excursion or a full refund will be offered

SHARED SCHEDULED EXCURSIONS

A wide range of excursions available throughout the event period.

Guaranteed departures with a minimum of 2 participants – Limited seats available.

Booking deadline: 24/48 hours before departure (depending on the excursion).

10% discount using the promo code: EUROGYM26.

Explore all available excursions and book your experience today!

Make the most of EUROGYM 2026 and discover the beauty of Tuscany!

BUY HERE YOUR EXCURSIONS
WWW.EUROGYM2026/EXCURSIONS

SOCIAL COMMUNITY



FOLLOW US

Follow us to our official social account!

EUROGYM2026   

Many of you already follow us, but we want to grow our community even further.

Every day, we will share the best moments of the day with you!

42

DID YOU STUDY FLASHMOB PISTOIA 2026?

“Alla Salute” is an energetic and uplifting song by Italian artist Jovanotti and its title translates to “To Your Health”, a common toast in Italian culture. But the song goes beyond a simple cheer.

If you haven't learned the flash mob for this edition yet... FOLLOW THE TUTORIAL AND LEARN THE STEPS!

www.eurogym2026.com/flash-mob

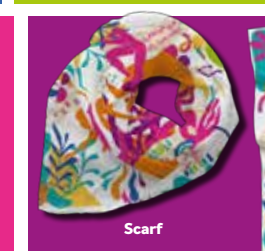
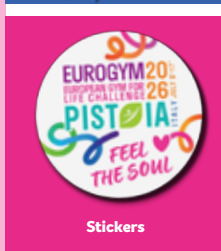


OFFICIAL MERCHANDISE

Wear the spirit. Live the memories. Official EGFLC&EUROGYM 2026 Merchandise!



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Discover Tuscany with us!

EUROGYM Dedicated Excursions

- ★ Exclusive EUROGYM experiences
- 👥 Guaranteed departures from 10 participants (depending on the tour)
- 📅 Booking deadline: 7 days before departure

BOOK ONLINE NOW!



Shared Excursions

- 👥 Guaranteed departures from 2 participants
Limited Seats Available
- 🕒 Booking deadline: 24/48 hours before departure
- 🎁 10% discount with promo code: EUROGYM26

BOOK ONLINE NOW!



*YOUR EUROGYM ADVENTURE
start here!*



EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
JULY 9-17
PISTOIA ITALY



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LIFE CHALLENGE **26**
PISTOIA ITALY 8th-17th JULY

How does it work?

1

Scan the QR
with your group

2

Show the promo
at the counter

3

Order together
and save



Viale Antonio Pacinotti, 83 - Pistoia



La Giostra dell'Orso



The Giostra dell'Orso is a modern re-enactment of the ancient Palio dei Berberi, which has been held in the city of Pistoia since the 13th century every July 25th, the day dedicated to the city's patron saint, Saint James (San Jacopo).

The Giostra dell'Orso is an equestrian competition contested by twelve knights, three for each of the city's four districts, who challenge each other in pairs for the conquest of the palio or banner.

The competition consists of eighteen rounds, drawn and established on the morning of July 25th, during which the riders must strike down a bear-shaped target using a spear.

The scoring system works as follows: three points are awarded to the rider who finishes first and strikes the bear, one point to the rider who finishes second and strikes the bear, and zero points to riders who fail to hit the target. The scores obtained by the knights in the various rounds are added together according to their district, and the district with the highest total score wins the joust and receives the palio. In the event of a tie, additional playoff rounds are held.

In addition to contributing to their district's victory, the targets struck by individual knights count toward winning the coveted Golden Spur prize, awarded to the knight who scores the most points at the end of the tournament.

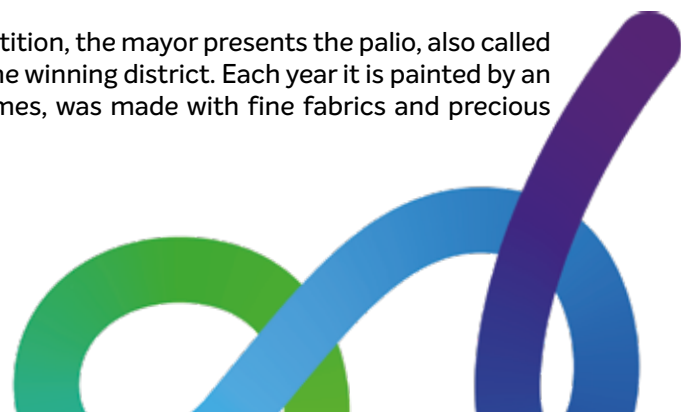
The Giostra dell'Orso takes place in Piazza del Duomo on July 25th in honor of San Jacopo, patron saint of Pistoia. The event takes its name from the bear, also called "micco," which represents the heraldic animal of the Municipality of Pistoia.

Historically, Pistoia is divided into four districts, identified by the city's four gates.

The competing districts, distinguished by their characteristic colors, are:

- Porta al Borgo – Grifone, with white and red colors
- Porta Carratica – Drago, with green and red colors
- Porta San Marco – Leon d'Oro, with yellow and red colors
- Porta Lucchese – Cervo Bianco, with white and green colors

At the end of the competition, the mayor presents the palio, also called the "rag" or banner, to the winning district. Each year it is painted by an artist and, in ancient times, was made with fine fabrics and precious stones.



REGIONE
TOSCANA



The Dressing of Saint Jacopo

San Jacopo, the patron saint of Pistoia, became such only after Bishop Atto, who in the 12th century decided to replace him with the previous patron, San Zeno. This choice was not a coincidence, but rather an opportunity to make the city of Pistoia a destination for pilgrimages, thus increasing the bishop's income and power, which was being supplanted by municipal power.

The bishop had a relic of Saint James the Greater brought from Santiago de Compostela, making him the patron saint of the city under the Tuscanized name of San Jacopo.

Popular worship depicts the saint accompanied by the typical pilgrim's attributes: a staff, a pumpkin, a large hat, a saddlebag, and a shell, but he is particularly remembered for his distinctive red cloak.

Pistoian tradition has handed down for generations the story of Jacopo, before entering the religious life, as a shrewd horse broker.

As a young man, Jacopo was very cunning and astute. He promised his creditors he would pay off their debts when the warm weather arrived and he took off his coat—in Pistoia dialect, "a tanto haldò." This is how the seasons passed, and when the summer heat arrived, Jacopo, still wrapped in his red wool overcoat, refused to pay his creditors, saying that the heat was slow in coming.

The cult of covering the statue of the saint with the red cloak has endured since the 14th century, and for many years, a wooden sculpture was placed in front of the church on July



24th for the dressing. Each year, the dressing of San Jacopo, one of the most anticipated events of July in Pistoia, consists of a procession in period costume that parades through the streets of the city center, the blessing of the cloak by the bishop, and finally the handing over of the cloak to the firefighters for the dressing.

Since 2004, a synchronicity has been established between:

- **COMUNE DI PISTOIA**
- **VESCOVADO**
- **VIGILI DEL FUOCO**
- **COMITATO CITTADINO E.T.S.**

For this reason, the Dressing Ceremony, in addition to having its own well-defined protocol, is always held on July 16th and this year too it will be at night.

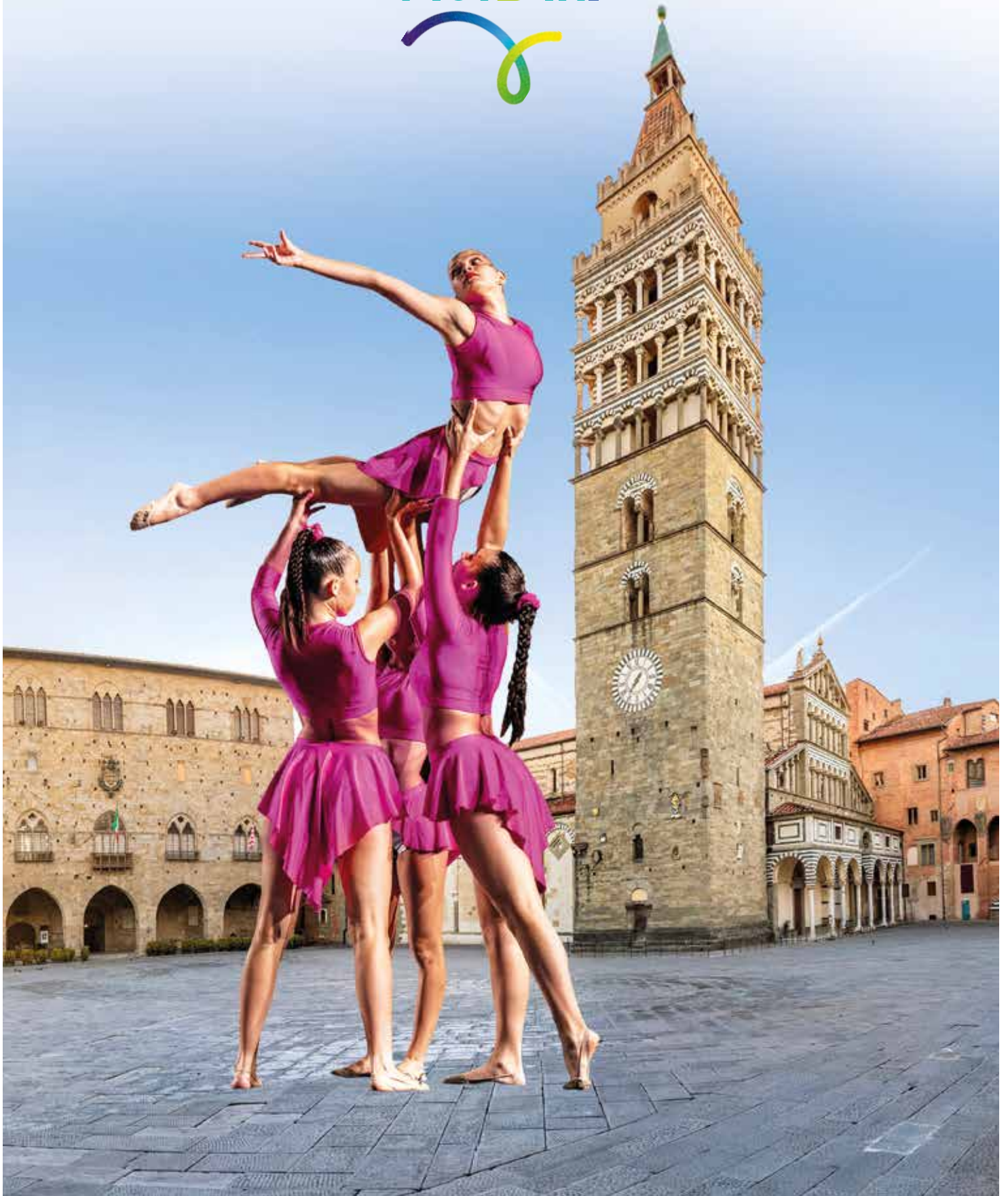
ILPROGRAMMA

The procession will depart from Piazza San Francesco at 9:30 PM and continue through the streets of the historic center, arriving at the Cathedral in Piazza Duomo.

At approximately 10:15 PM, the Saint's Dressing Ceremony will begin, led by the Pistoia Fire Brigade.



EUROGYM 20
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LIFE CHALLENGE **26**
PISTOIA ITALY JULY 8-17



IO SONO UN ARCHITETTO ETTORE SOTTASS



Ettore Sottsass, Esame di architettura degli interni, 1939-1940, CSAC Parma © Errede Ettore Sottsass

Pistoia, Palazzo Buontalenti

March 7 — July 26, 2026
Wednesday – Sunday, 10:00 a.m. to 7:00 p.m.
Reduced admission with Eurogym 2026 pass



Main partner



Media partner



Mobility partner



Educational partner



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Ci potete trovare anche: Larciano - Fucecchio

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