WGfLC'21

NEWSLETTER

4th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL

13-17 JULY 2021

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Federação de Ginástica de Portugal

Lisboa

CONTENT

1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

1.1. Welcome 2
1.2. What is the World Gym for Life Challenge? 5
1.3. Logo and Mascot 6

2. HOST COUNTRY

2.1. Portugal 7
2.2. Why Lisbon? 8
2.3. Accommodation 9
2.3.1. Schools 9
2.3.2. Hotels 10
2.4. Catering 12

3. VENUES

3.1. Altice Arena 14
3.2. Show Performances Stages 15

4. PROGRAMME

4.1. Event Schedule 16
4.2. Opening Ceremony 17
4.3. World Gym for Life Challenge Contest 17
4.4. Show Performances 17
4.5. World Gym for Life Challenge Gala 17
4.6. Closing Ceremony 17

5. ORGANISATION

5.1. Travel to Lisbon 19
5.2. Visa requirements 19
5.3. Participant Insurance 20
5.4.Registration 20
5.5. Provisional Registration 20
5.6. Definitive Registration 21
5.7. Cancellation 21

6. GENERAL INFORMATION

6.1. Contacts 22

1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

1.1. Welcome

FIG GfA Committee President

Let us meet in sunny Lisbon.
We are happy to welcome the world of Gymnastics Performance Groups to the 4th Edition of the FIG event World Gym for Life Challenge.

This is a unique possibility for groups to perform in a Gymnastics Contest, being evaluated, receiving feedback and in the end being decorated with a medal, Gold, Silver or Bronze.

All FIG Member Federations can send participants and we hope to be able to welcome some new participating Federations this time.

The Portuguese Gymnastics Federation is offering an exceptional organisation where they have embedded sustainability in the whole planning of the event. With their own Portuguese Gym for Life Challenge they have built up an experience and know-how which we all will benefit from.

To be inspired, look at the FIG YouTube channel from our earlier World Gym for Life Challenges. You will see all kind of gymnastics performed by gymnasts of all ages and abilities. It is Gymnastics for All which means everyone is welcome!

Margaret Sikkens Ahlquist
FIG Gymnastics for All Committee - President

Gymnastic Federation of Portugal President

We are so honored to receive the World Gym for Life Challenge in 2021 in the wonderful city of Lisbon! Everything is being carefully prepared to meet your needs and expectations.

It is a great sense of responsibility that we, together with Lisbon City Hall took this organization, with the conscience and the drive to work very hard in every single detail to make sure that this will be a unique experience for each and every participant.

The outstanding Altice Arena and the city of Lisbon will be the perfect stage for you and you will be perfect for Lisbon!

The countdown is on and we cannot wait for the moment when we will receive the Gymnastics for All Worldwide community.

Bring your Gymnastics. Please come to Lisbon were you will, no doubt, feel at home.
See you here!

João Paulo Rocha
President of the Gymnastics Federation of Portugal

1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

Lisbon Municipality

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

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

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

Fernando Medina
Lisbon City Mayor

1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

1.2. What is the World Gym for Life Challenge?

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

To register, the group should have the minimum of two active gymnasts. There is no maximum number.
Groups can choose to participate in one of the following categories, which are divided by type of performance and size.
> Gymnastics & Dance, small group (20 or less gymnasts)
> Gymnastics & Dance, large group (21 or more gymnasts)
> Gymnastics on or with large apparatus, small group (20 or less gymnasts)
> Gymnastics on or with large apparatus, large group (21 or more gymnast)

For the evaluation, the FIG-GfA Committee will invited a group of experts. In each category a ranking list is created using the total score. The ranking list is only used to determine the Gold, Silver and Bronze awards and will not be published. The Gold will be awarded to the groups with the highest scores. The Silver and Bronze awards are divided equally among the remaining groups.

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

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

1. WORLD GYM FOR LIFE CHALLENGE 2021 – LISBON

1.3. Logo and Mascot

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

Logo elements:

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

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

Gymmy is our official mascot for the World Gym for Life Challenge 2021. Very popular in our national events, Gymmy represents a leopard that is an animal with agility and speed. Also, in gymnastics these physical qualities are important for gymnasts.
In the previous World 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 2021 this will happen. We are looking forward to a higher popularity.

2. HOST COUNTRY

2.1. Portugal

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

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

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

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

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

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

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

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

2.2. Why Lisbon?

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

Lisbon is a city full of authenticity where old customs and ancient history intermix with cultural entertainment and hi-tech innovation. Lisbon is ageless, but it loves company, as you will find out when you ask where the best place is to listen to Fado.
The answer to how to get there will be with a lot of gestures and repetitions. After all, Lisbon is famous for its hospitality and the family-like way of welcoming visitors.

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

In 2021, the city of Lisbon will also be the European Capital of Sport. With this appointment the city intends to assert itself as one of the main sports cities, continuing to invest in the development of various and dynamic sports culture.

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

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

2.3. Accommodation

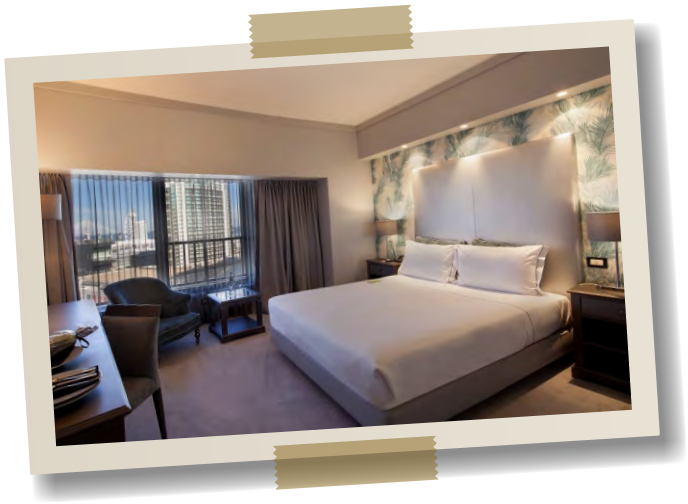
2.4.1. Schools

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.

2.4.2. Hotels

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

Category A



2. HOST COUNTRY

Category B

Youth Hostel

2.4. Catering

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

The menu contains:

- a soup
- a fish menu
- a meat menu
- a vegetarian menu
- a salad
- variable fruit and dessert
- drinks (mineral water, coffee and milk)

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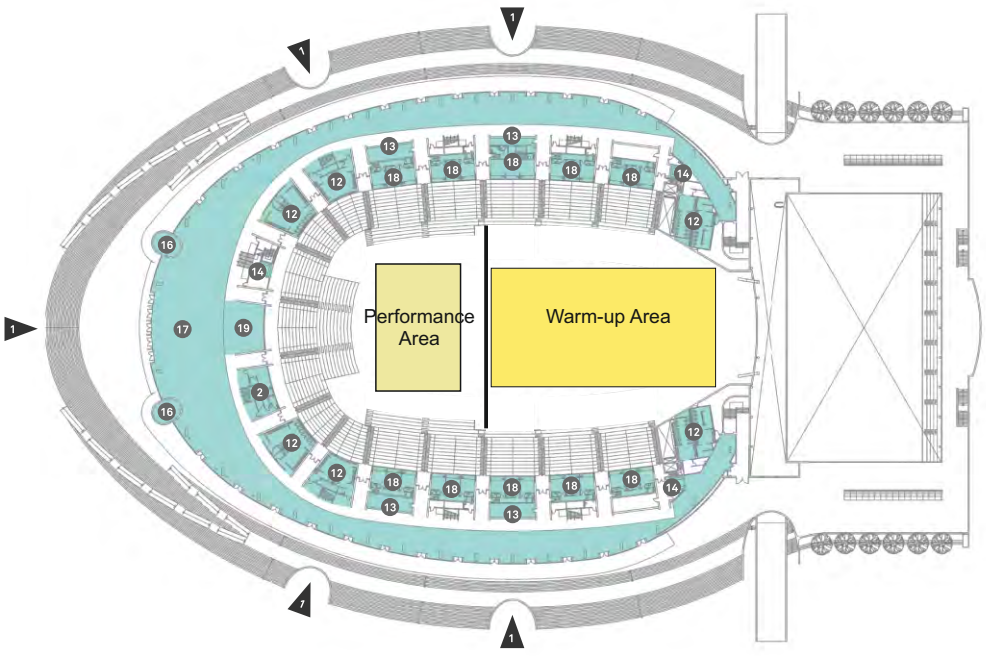
3. VENUES

3.1. Altice Arena

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

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



WGfLC 2021

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

3. VENUES

3.2. Show Performances Stages

During the WGfLC 2021 the city of Lisbon will also be the stage for Show Performances, and we invite all the groups to be part of these moments, when it is intended to bring Gymnastics to well known places of Lisbon.
Apart from the residents of Lisbon, thousands of tourists from all over the world, who visit Lisbon on these dates, will be able to watch the various shows of each group, showing the beauty and real value of Gymnastics.

Praça do Município

Terreiro do Paço

Parque das Nações

4. PROGRAMME

4.1. Event Schedule

M	T	W	T	F	S	S
12	13	14	15	16	17	18
↘ Arrival of the Delegations	↘ Practice	↘ Practice ↘ Opening Ceremony ↘ Contest	↘ Practice ↘ Contest ↘ Show performance	↘ Practice ↘ Contest ↘ Show performance	↘ Workshops ↘ Rehearsal Gala ↘ Gala ↘ Closing Ceremony	↘ Departure of the Delegations

4. PROGRAMME

4.2. Opening Ceremony

Location: Altice Arena
Date: Wednesday, 14. July
Capacity: 5.000 persons
Area: 20m x 30m

4.3. World Gym for Life Challenge Contest

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

4.4. Show Performances

Location: Two/Tree open-air stages in Lisbon city center
Date: Thursday, 15. July and Friday 16. July
Duration: 5 minutes/performance

4.5. World Gym for Life Challenge Gala

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

4.6. Closing Ceremony

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

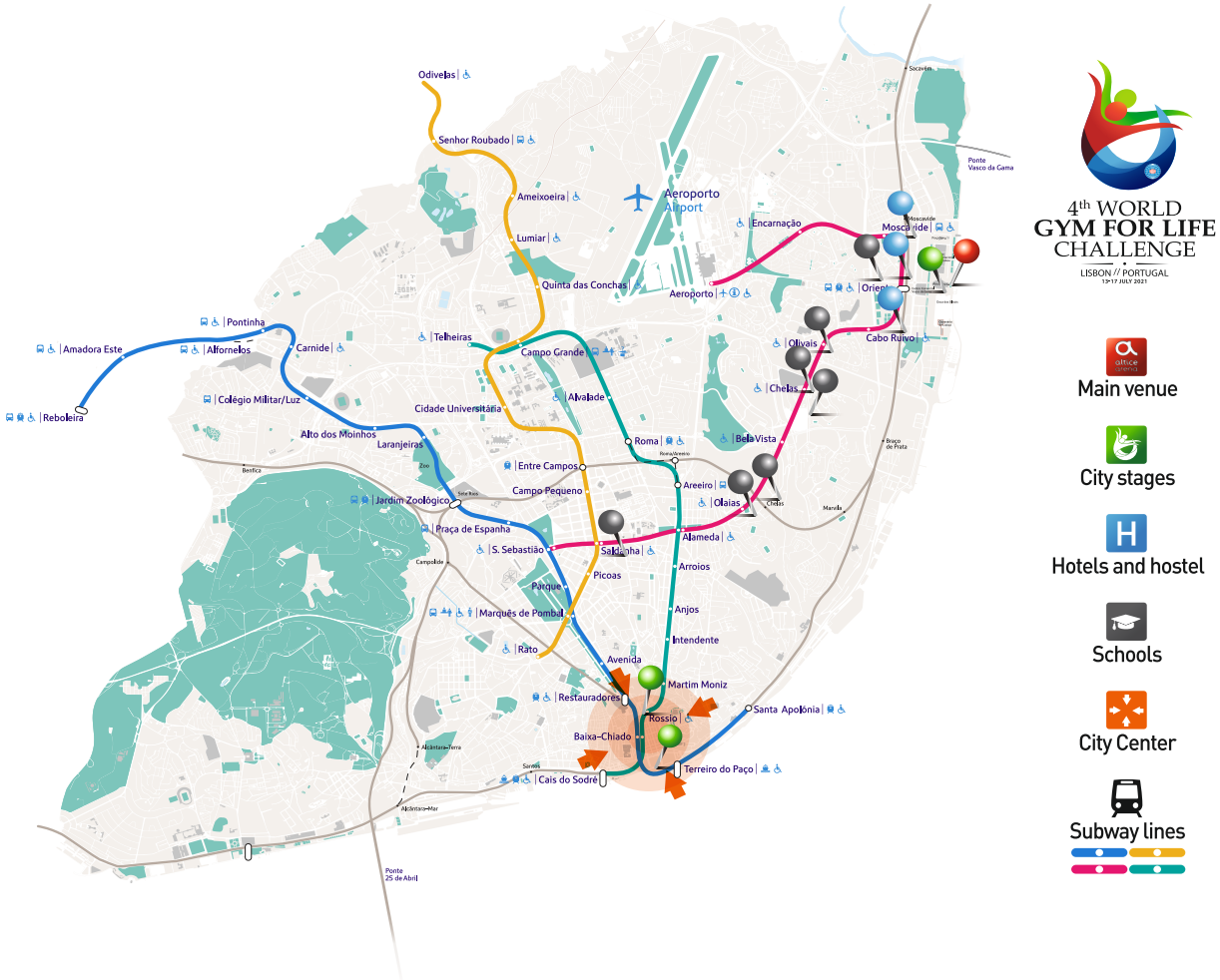
5. ORGANISATION

5.1. Travel to Lisbon

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

We are pleased to be at your service for the booking of your transfer from and to the Lisbon International Airport (LIS).

For transfer prices, please contact your National Federation.



5.2. Visa Requirements

All nationals from EU countries, the EEA countries (European Economic Area) and Switzerland do not need visa for Portugal.
All other nationals need a visa when travelling to Portugal, a member country in the Schengen zone.
Please verify if your country required visa to travel to Portugal.
All federations/groups that require a letter of invitation for visa purposes, please send request letter to info@gymforlife2021.com

Federação de Ginástica de Portugal

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 on arrival through the LOC.

5.4. Registration

The Participant card includes:

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

For prices information, please contact your National Federation.

5.5. Provisional Registration

Deadline: July 13th, 2020

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

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

5.6. Definitive Registration

Deadline: January 13th, 2021

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

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

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

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

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

5.7. Cancellation

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

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

6. GENERAL INFORMATION

6.1. 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, Nº 30 A
1600-159 Lisboa, Portugal

Contact Person:
Mrs. Paula Araújo
secgeral@gympor.com

Mr. Ricardo Lima
info@gymforlife2021.pt

Tel. +351 21 814 11 45
www.gymforlife2021.pt

4th WORLD GYM FOR LIFE CHALLENGE
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13-17 JULY 2021

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2021

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