

EuroGym 2020



eurogym
2020 REYKJAVÍK
12-16. JÚLÍ



Dear Gymnastics Friends



Dear Gymnastics Friends,

In 2020, the Nordic island country – Iceland will open its doors to young, the most enthusiastic and energetic gymnasts of Europe. The participants of the 12th EUROGYM will gather in Reykjavik to experience different gymnastics activities, fun and friendship on July 12-16.

The young gymnasts are in the spotlight of EUROGYM which is a part of the Gymnastics for All discipline. Different workshops, Opening and Closing Ceremonies, a magnificent Gala not only showcase the diversity and beauty of Gymnastics, but also promote healthy lifestyle which is very important in our modern life.

I am sure that participants of the EUROGYM are already looking forward to gather in the beautiful city of Reykjavik which makes its first preparations in close cooperation with the UEG Gymnastics for All Technical Committee.

What can be more thrilling than a group of young people full of energy which sets a good example to the growing generation? This is the legacy handed down by today's gymnastics for future one.

I wish good luck to the gymnasts, Local Organizing Committee and all the people involved in the Organization of EUROGYM. What you are doing is admired by crowds of people and this is really great!

Farid Gayibov
UEG President

Welcome to Iceland



Dear gymnastics friends

We, the UEG Technical Committee for Gymnastics for All (UEG TC-GfA) are so pleased to welcome all of you to Reykjavík (ISL) for the 12th EUROGYM and 2nd European Gym for Life Challenge, both taking place in July 2020.

EUROGYM is a combination of joy: the joy of doing gymnastics, of meeting new friends, learning, playing and traveling. You can live all these amazing experiences, in the most northern capital in the world which only has a population of 123 000 people.

Iceland is a beautiful and unique country. In fact, the Vikings who happened upon Iceland thought it was so special; they cleverly named it Iceland in order to detract other settlers from coming to the island. But even though you might have heard some scary stories of the Vikings, we assure you that the Icelanders are really friendly, and the LOC is doing everything to prepare a great and unforgettable gymnastics week for all of you.

The UEG TC-GfA has no doubts that all our gymnastics friends, taking part in EUROGYM and/or EGFL will live an unforgettable week of sports, with lots of fun and will enjoy the hospitality of the Icelanders.

We look forward to seeing you all.

Hlíf Thorgeirsdóttir

President of the UEG TC-GfA

Welcome to Reykjavík

Reykjavík is already looking forward to host the EUROGYM 2020 Festival, which will take place in our capital in July next year. We are excited by the thought of receiving several thousands of motivated young gymnasts, their families and entourage in our lovely city at the height of summer.

Reykjavík provides a perfect venue for this extraordinary event. Every year, Reykjavík hosts a great number of international sporting tournaments and games. Reykjavík is also one of the safest cities in the world, and is extremely well suited for a youth event such as the EUROGYM Festival.

But most of all, we are convinced that Reykjavík provides the perfect setting for once-in-a-lifetime experience! There are countless recreational activities to explore, both within the immediate surroundings of the Laugardalur Sporting Valley and within the city itself – in addition to Iceland's spectacular landscape at every step of the way.

We are proud that Reykjavík has been chosen to host such a wonderful event. It is a confirmation of the respect that the Gymnastics Association of Iceland enjoys among its European partners, and of the high international standard of gymnastics in Iceland.

I look forward to see you all next summer – in Reykjavík at EUROGYM 2020!

Dagur B. Eggertsson
Mayor of Reykjavík

We are excited to meet you all



In just over one year from now, around 4.000 young talented athletes from all over Europe will gather in Reykjavík to meet up for Eurogym 2020 where the aim is to create an opportunity for young gymnasts to work together, share experiences, to train and to perform.

Reykjavík City is vibrant and full of life and the Eurogym will without a doubt bring extra energy and color the city life during the event. The event will provide opportunities for the participants to learn and experience new adventures and learn a little bit about Icelandic culture.

From the Opening Ceremony to the Closing Ceremony, the days will be action packed, where the participation is the goal and the outcome is heightened self esteem, solidarity and lifelong friendships.

The Icelandic Gymnastics Federation, the Organizing Committee, along with dedicated staff members and volunteers, are already working endlessly to make sure that all the young athletes and the officials will experience an unforgettable Eurogym 2020.

We encourage gymnasts in Europe to participate in this great event and use the opportunity to explore Iceland.

See you in 2020!

Líney Rut Halldórsdóttir
Secretary General

National Olympic and Sports Association of Iceland

The Host City - Reykjavík



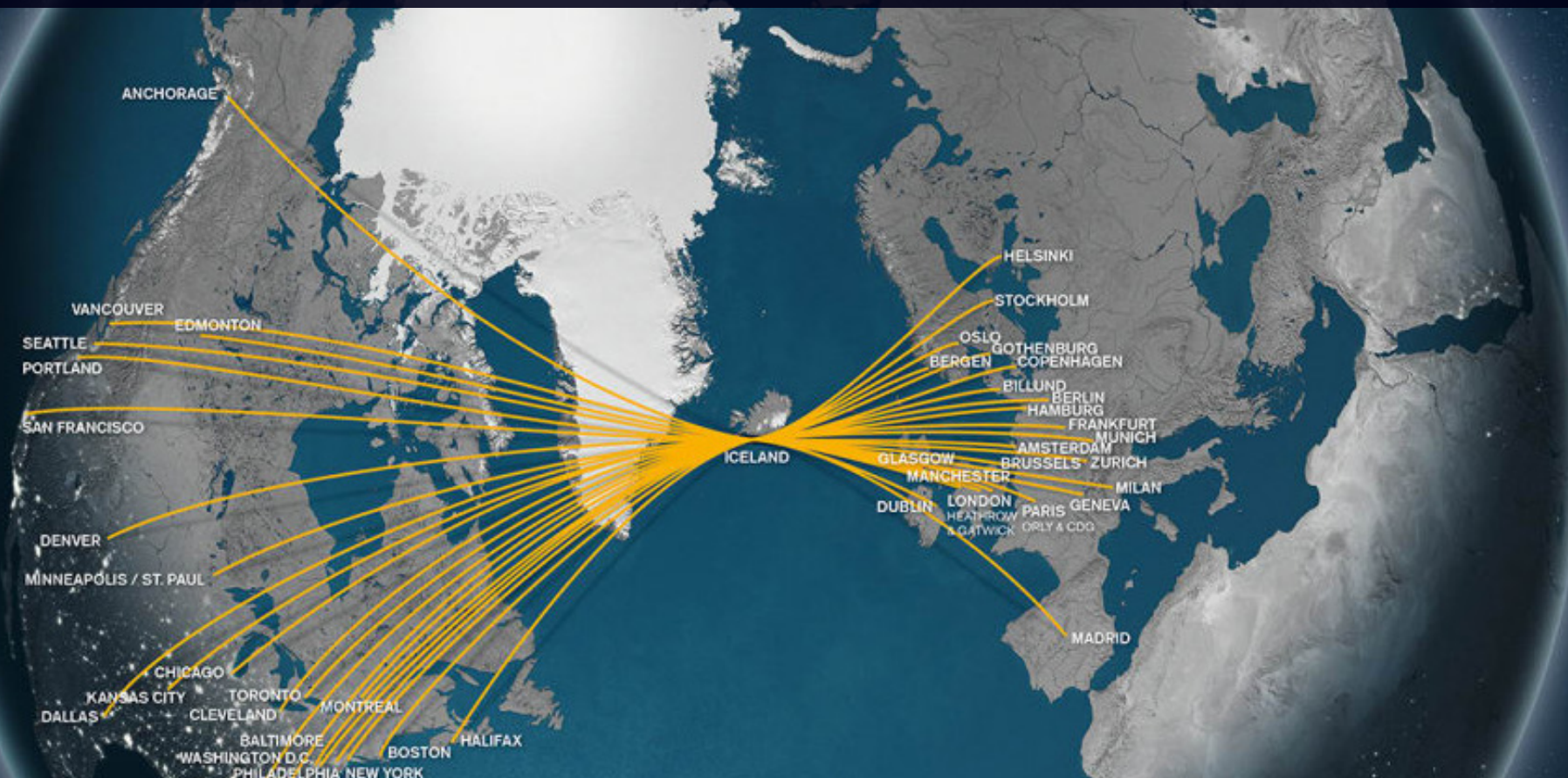
Reykjavík is the capital of Iceland with approximately 123.000 inhabitants. Unlike some major European cities whose size can be intimidating, Reykjavík has a small-scale urban center that guests find easy to navigate.

The hassle-free city center is safe and clean. Although the Viking sagas tell the tales on violence and raids the Icelanders today are very friendly and peaceful, ranking number one on the Global Peace Index 10 years in a row. The Crime rate is 0,3 per 100.000. Lowest among OECD countries.

The weather in Iceland can be all kind of everything from hour to hour. But the summers are mild and fresh. July is the warmest month and during the summer we have daylight 24/7 so there will be no northern lights during the EUROGYM festival. You can although enjoy everything Reykjavík has to offer, Iceland has been dubbed the Land of the Midnight Sun and indeed around midsummer eve the sun is visible all day round.

Iceland has no military. It has coast guard and a volunteer-run search and rescue service and the police does not carry any weapons.

How to travel to Iceland



Iceland is an island, the only way to travel to our beautiful country is by flight. Reykjavík is about 3 hours flight distance from most western cities in Europe. We are in cooperation with Group flights <https://groupflights.com/eurogym2020>, they specialize in flights for large groups. They will be ready to help you get the best price for your flight to Iceland. Transport to and from the airport will be offered upon request by the LOC.

Price for airport transport will appear in bulletin no. 2.



groupflights

Check if your country needs a VISA to enter Iceland: <http://utl.is/index.php/en/who-needs-a-visa>

What is EuroGym?



EUROGYM is the biggest European gymnastics event for young teenagers. The event is organised every even years, for 2020 the UEG Executive Committee has attributed it to Iceland and will, therefore, be organized from July 12th to 16th.

The gymnasts should be from 12 years old to 18. 10% of the group can be 10-11 years old or 19-20 years old. Please see the table hereunder, these numbers will be checked by the LOC at the time of registration. A copy of the passport will be asked at the registration.

Each group must include at least 6 gymnasts. The UEG and Technical Committee for Gymnastics for All recommend having minimum 2 grown ups with each 12 gymnasts. The registration can only be done through your National Federation.

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

# participants per group		# participants allowed that are younger and/or older
From ...	Until ...	
6	9	0
10	15	1
16	25	2
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Slogan - Can't Stop the Feeling



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Everybody who has been to EUROGYM knows that special feeling related to the festival.

We hope that all of you can find that special feeling and those of you who are coming for the first time will get hooked and will attend several more EUROGYM festivals in the future.

The flash mob will be available on the web page in October.



Programme of the Week

EUROGYM is all about gymnastics, fun and making new friends. These are the main words of the week. The week will be filled up with the following events: - Opening Ceremony - Group performances - Workshops – Educational Forum - Cultural & social activities - Gala - Closing ceremony. As usual, every morning we will have a meeting with all the Heads of Delegation in order to give you some more detailed information.

You will arrive on Saturday and leave on Friday or maybe you wish to arrive earlier or stay a bit longer to explore the land of fire and water? Well, guess what? It's possible, just contact the LOC at info@eurogym2020.com for more information.

Provisional Schedule

12th EUROGYM July 12th to 16th, 2020

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			Morning			
Groups arrival	Groups arrival	HoD meeting	HoD meeting	HoD meeting	HoD meeting	Groups departure
	Group leaders and HoD meeting	Workshops	Workshops	Workshops	Workshops	
		Educational Forum	Educational Forum			
			Afternoon			
Groups arrival	Parade and opening ceremony	City performance	City performance	Reception for HoD City performance	Gala rehearsal	Groups departure
EGFL						
			Evening			
Gym zone	Gym zone	Gym zone	Gym zone	Gym zone	Gala and closing ceremony	Groups departure

This programme is subject to change.

Laugardalur - Heart of the Festival



Laugardalur Sports Park is located in the heart of Reykjavík in walking distance from the city centre. Iceland's biggest geothermal swimming pool Laugardalslaug is located in Laugardalur and has been the meeting place of the locals since it's opening in 1968.

Eurogym 2020 will be mainly located in Laugardalur. Workshops will be spread indoors/outdoors in and around the valley. All participants at the Eurogym festival 2020 will get a pass allowing them free admission to Laugardalslaug Geothermal swimming pool during the festival.

The Main Venue

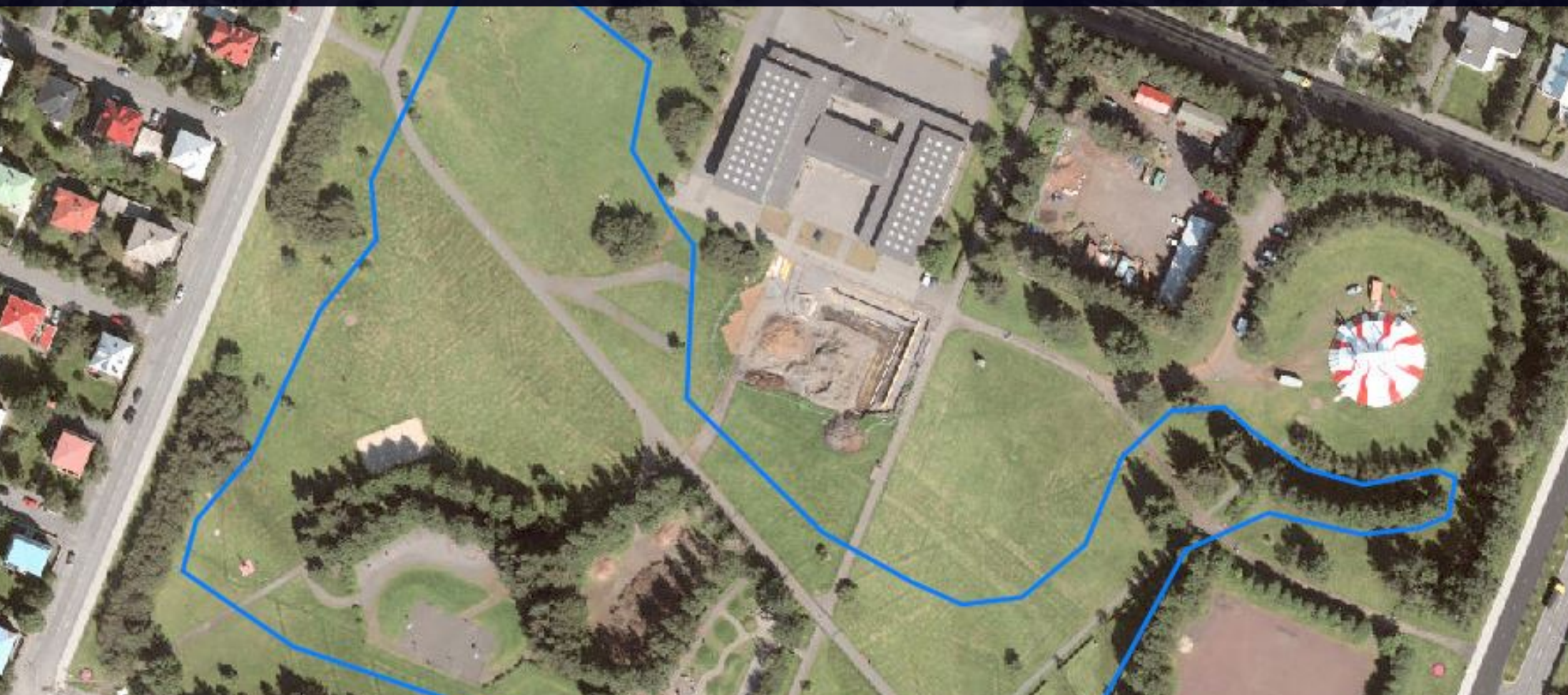
New hall

Old hall

Laugardalshöll will be our main venue and the heart of the EUROGYM festival.

There we will have the accreditation and the information desk and we will serve lunch and dinner in the big hall. The Gala and closing ceremony will be held in the old hall as we call it, and we are also going to have some workshops in the house. Laugardalshöll is the national hall for handball and basketball. With the advent of the new hall, the house is used a lot for big events such as concerts and all kind of exhibitions

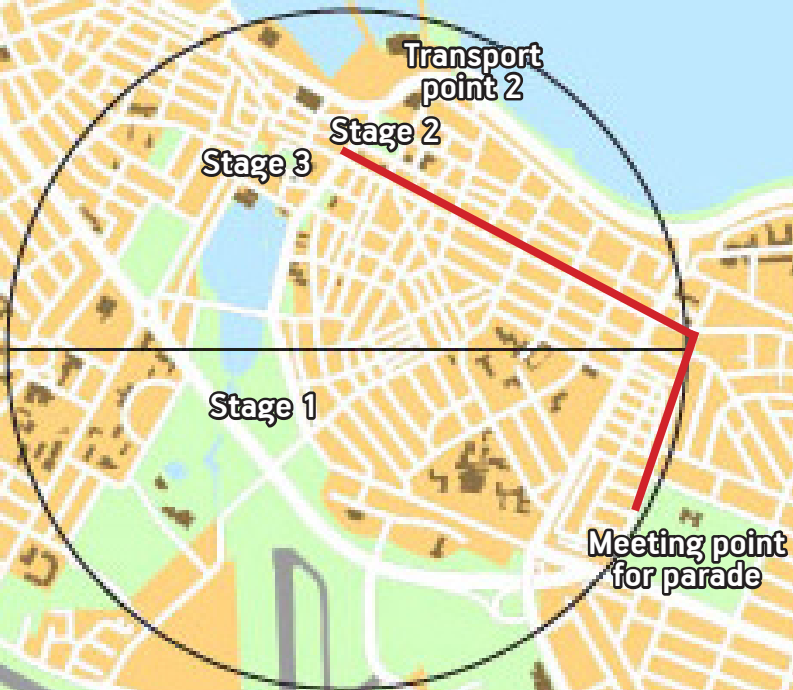
Parade



The parade will go from Klambratún at 3 pm, we ask all groups to be there 30 minutes before it starts. Klambratún is a big green area near the city center. As you can see on this picture there should be enough space for everybody to gather around before the parade.

A host will welcome every participant and present the opening ceremony produced by the Local Organising Committee.

Parade walking trail



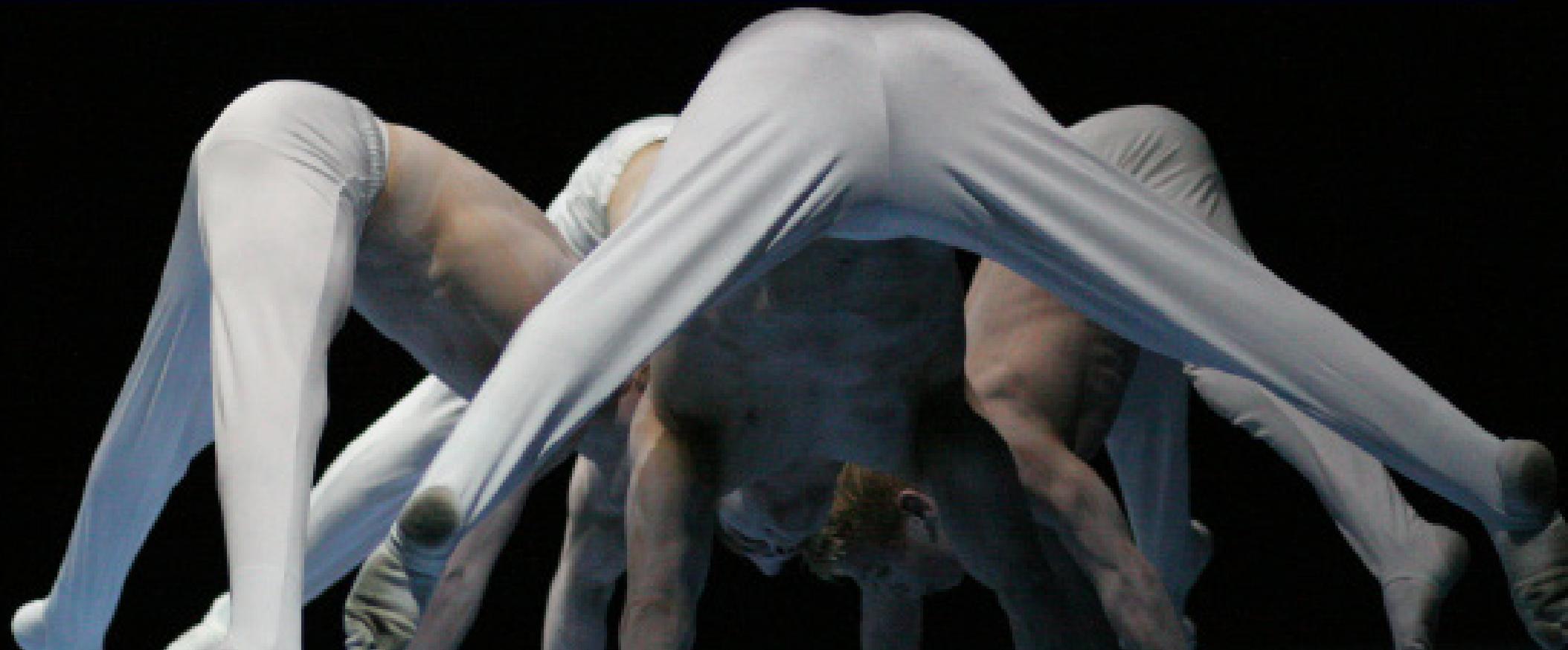
— Parade will walk this way

Opening Ceremony - Fire and Ice



The opening ceremony will take place outside at Arnarhóll. Remember the weather can be unpredictable so be prepared. The statue at the top of the hill is of Ingólfur Arnarson who is thought to be the first settler in Iceland around the year 891. The hill is used a lot for all kinds of events like our independence day, our cultural night and Gay pride to mention a few.

Closing Ceremony and Gala show



For EUROGYM 2020 the closing ceremony and the gala show will be put together as one event with Gala show followed by the closing ceremony. This event will take place in Laugardalshöll. As the venue seats 2.500 people at once, we will put up two Gala shows which are exactly the same. Audience will be seated on one side of the venue.

The theme for the Gala show is Summernights. The floor area will be 20x20m in blue colour.

Group 1 will start with the Gala and then go for dinner. Group 2 will start with dinner and then go for the Gala. When Gala show number 2 is finished group 1 will join group 2 in the hall and we will start the Closing ceremony. The Closing Ceremony will be followed by a DJ in Laugardalshöll.

Gala Registration



The UEG TC-GfA will decide which groups can participate in the Gala
All groups can apply through their national federation – fill in an application and send a video
The maximum duration of one Gala performance is 3 minutes
Please follow up this process in order that your video is well taken into account.

1. Fill in the application form, which has already been sent out from the UEG office (one per group)
2. Upload your video on WeTransfer (one per group)
3. Send one email per group to cturner@ueg.org the application form as well as the WeTransfer link.

The bids can be sent from November 1st to December 1st, midnight (swiss time), we kindly ask you to respect this time frame.
Applications sent before or after this timeframe will not be taken into account.

City Performances

In the heart of Reykjavík city, we will provide three stages for city performances.

The biggest one will be in Hljómskálagarður at 18x22m, 8m high and partly covered. The two smaller stages are 15x15m and 5m high, covered by a roof in Ingólfstorg and Arnarhóll. Standard gymnastics equipment will be provided on the stages.

Each group will present their performance twice during the week. Stage performances cannot be longer than 6 minutes including preparation of the stage and marching in and out.

Stage 1 - Hljómskálagarðurur 18x22



Stage 2 - Arnarhóll 15x15



Stage 3 - Ingólfstorg 15x15



Educational Forum

For the Educational Forum for this edition of EUROGYM we would like to focus on teenagers mental health, drop out from sports and what can we as coaches do about that.

There will be two morning sessions on Monday and Tuesday morning:

- Children's mental health from 12 -18 years old - How can we improve mental health through our sport?
- Are sports really for everybody? - Dropout from sports, how can we as coaches prevent that?

The forum will be held in the main hall for all to attend.

Workshops

We are really lucky that in Laugardalur we have a lot of different sports clubs as well as a lot of facilities for different workshops. So there should be no problem for everybody to find something that fits their group. On the registration form we will ask you to choose maximum 6 workshops. Each group is guaranteed with one of the workshops chosen. During the week each group will get 4 workshops, 1 city orientering and 1 free morning.

Here you have an example of workshops that we plan to offer:

- Beach volleyball
- Water polo
- Swimming
- Skólahreystibraut
- Olympic weightlifting
- Strength (þrek)
- Hip hop
- Zumba
- Yoga
- Acrobatic gymnastics
- Circus
- Football
- Badminton
- Bandí

- Spinning
- Games (útileikir)
- Afro
- Popping
- Aerobic gymnastics
- Ballroom dancing
- Parkour
- Track and field
- Trampolin
- Artistic gymnastics
- Fiber
- Judo
- Ice skating/ice hockey

- Teamgym
- Street ball
- Glíma
- Karate
- Fencing
- Parkour
- Frisbigolf
- Ringo
- Skateboarding
- Bubble football
- Rythmic
- Special choreography
- Table tennis
- Cross Fit

(subject to change)

Detailed informations for each workshop will appear in bulletin 2.

Gym Zone

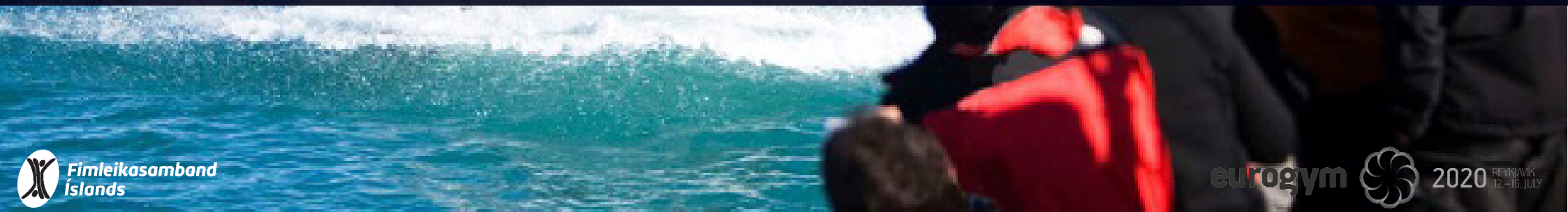
During the evening it will be possible to hang out and relax at the Gym zone or keep the party going and dance all night.

The Gym zone gives us also an opportunity to get to know each other better and make new friends from all over Europe.

Excursions



Pre and post tours will be available for those who are interested. More information about prices and trips will be presented in Bulletin 2.



Accommodation



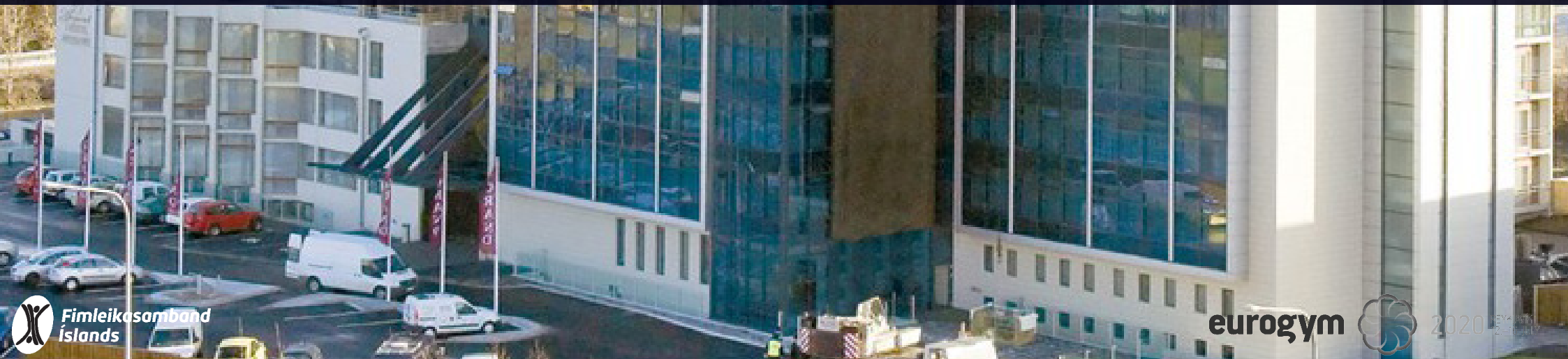
Every participant will get accommodation in a school near the heart of the festival, our goal is that most of the schools will be in walking distance from the city center or Laugardalur. Even though Iceland is a very safe country, all the schools will have 24-hour security. Schools will be cleaned every day. The breakfast will be served in the schools. It will be possible to buy mattresses and sleeping bags.

Each HoD is responsible for the conditions of the school where his/her groups stay in. It is forbidden to consume alcohol in the schools. According to the Icelandic law, the drinking age is 20 years old. Not following the law will have consequence. The accreditation card will be withdrawn and the HoD is then responsible for finding a hotel room or the first flight home for the person not following the law.

Official Hotel



Grand Hotel will be the official hotel for the Eurogym festival. It is located in 10 min walking distance from Laugardalur. Information about booking and prices will be presented in Bulletin 2.



Catering

In Iceland, we have a variety of good and fresh food. It's quite transnational with an Icelandic twist.

The breakfast will be served in the schools and lunch and dinner will be served in Laugardalshöll. We will serve nutritious and good food and of course, there will be a vegan option upon request.

Please inform us about food allergy in the registration.

Registration • Registration deadlines • Price of the EUROGYM card

We will use a registration form called Cvent.

Who can register as a participant?

Gymnasts from the year they turn 12 throughout the year they turn 18 (born 2008 to 2002).

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

# participants per group		# participants allowed that are younger and/or older
From ...	Until ...	
6	9	0
10	15	1
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56	>56	6

Only participants are allowed in workshops, gala performances and at the stages for city performance. Coaches may enter the stage for safety support when using equipment that requires this.



Accreditation

Who can have an accreditation:

Participants according to the definition on the page before.

Coaches.

Group leaders.

Head of delegation.

Coaches may not take part in a performance as gymnasts.

Accompanying persons are not allowed in the schools and will not get an accreditation.

Price and Deadlines

The price of the EUROGYM card is 290€ per participant.

Included:

- School accommodation from Saturday to Friday (6 nights)
 - Breakfast from Sunday to Friday
 - Lunch and dinner Sunday to Thursday
 - Entry to all ceremonies
 - Participation in 4 workshops
 - Two performances per team
 - Gym zone
 - Transportation in relation with the festival
- Price for airport transport will appear in bulletin no.2

Deadlines:

Registration of interest July 12th 2019.

Definitive registration November 12th 2019. 10% of the participation card should be paid by December 12th, this is not refundable.

Nominative registration March 12th 2020. The remaining 90% for the participation should be fully paid by April 12th. Refundable by 50% until May 12th 2020.

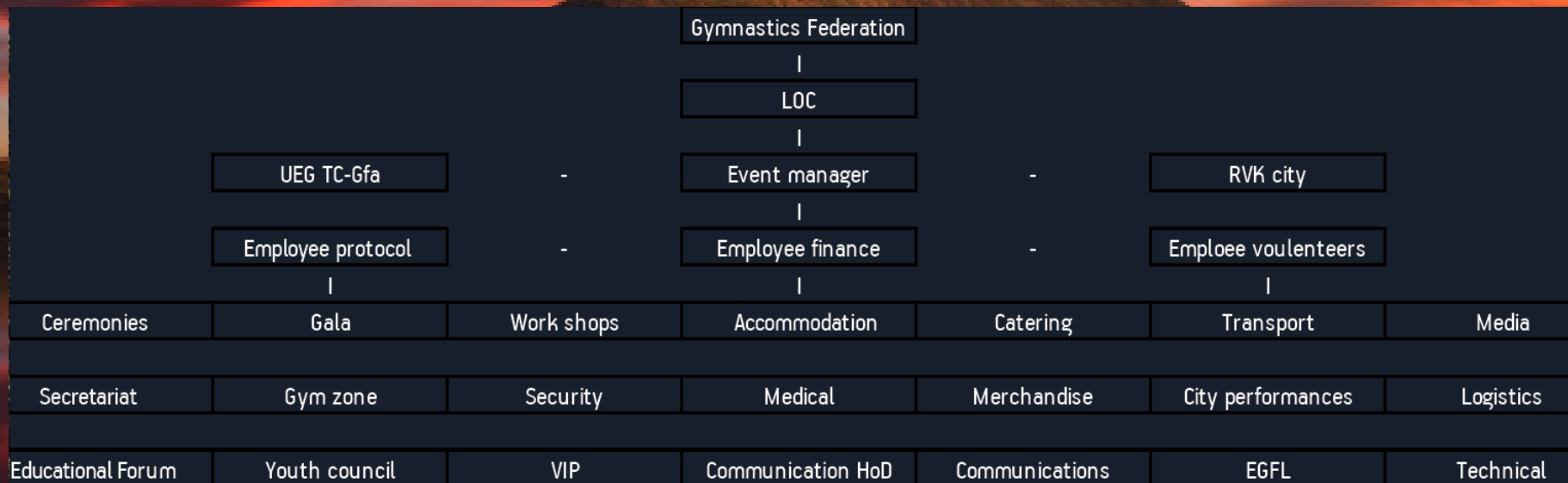
The price for European Gym For Life Challenge is 105€

The price for EG and EGFL is 366€

Insurance

It is each participant's responsibility to have health and medical care insurance.
For those who do not have insurance, it will be available through the LOC for a fee.

Organizational Chart



The image features two women in the foreground, both smiling and wearing face paint that mimics the Icelandic flag (blue, white, and red). They are wearing dark, sequined tops. In the background, a large banner with the word 'ISLAND' is visible, with the letters in a stylized, pixelated font. The overall atmosphere is festive and celebratory.

See you in Iceland

Website: www.eurogym.com
Facebook: EuroGym 2020
Instagram: [icelandic_gymnastics](https://www.instagram.com/icelandic_gymnastics)