

European Gym For Life 2020



EGFL 2020
EUROPEAN GYM FOR LIFE CHALLENGE
11. JULY



Dear gymnastics friends



Dear gymnastics friends,

The beautiful city of Reykjavík in Iceland will host the second edition of the European Gym for Life Challenge (EGFL) in July 2020. The first official edition was held in Liège (BEL) last year, it has been a big success with more than 800 participants divided in 37 groups and representing 12 countries. The age range was from 12 – 89 and that really shows us that Gymnastics is really for All.

The Technical Committee of Gymnastics for All (TC GfA) of the UEG is sure the success will be renewed in 2020 and hopes to see even more groups taking part. The format and the concept of the “Challenge” is very appealing to many Gymnastics groups and Reykjavík is the perfect city to host this event. The TC GfA knows that the Local Organising Committee, the Icelandic Gymnastics Federation, the local authorities and the local clubs are doing their best to organise a memorable event!

Don't miss the opportunity to come to Iceland and take part in this wonderful event of the European Gymnastics community!
Welcome to the 2nd European Gym for Life Challenge !

We look forward to see you all.

Hlíf Thorgeirsdóttir
President of the UEG TC GFA

Welcome to Reykjavík

Reykjavik is already gearing up for hosting the EUROGYM 2020 Festival! We are excited by the thought receiving thousands of motivated young gymnasts, their families and entourage in our lovely city in July 2020.

We are equally excited by hosting the European Gym for Life Challenge as a run-up to the festival, as we know all this will be an amazing feast for all the gymnastic enthusiasts waiting to attend the show. This is the second time the challenge is held in connection with the EUROGYM Festival, and we are sure it will set the standard for the days to follow.

We are proud that Reykjavik has been chosen to host this 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.

We are also convinced that Reykjavik will offer once-in-a-lifetime experience for all participants, as there are countless recreational activities to explore here, both within our city itself in addition to our spectacular landscape at every step of the way.

I look forward to see you all next summer – in Reykjavík at the European Gym for Life Challenge!

Dagur B. Eggertsson
Mayor of Iceland

Welcome to 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.

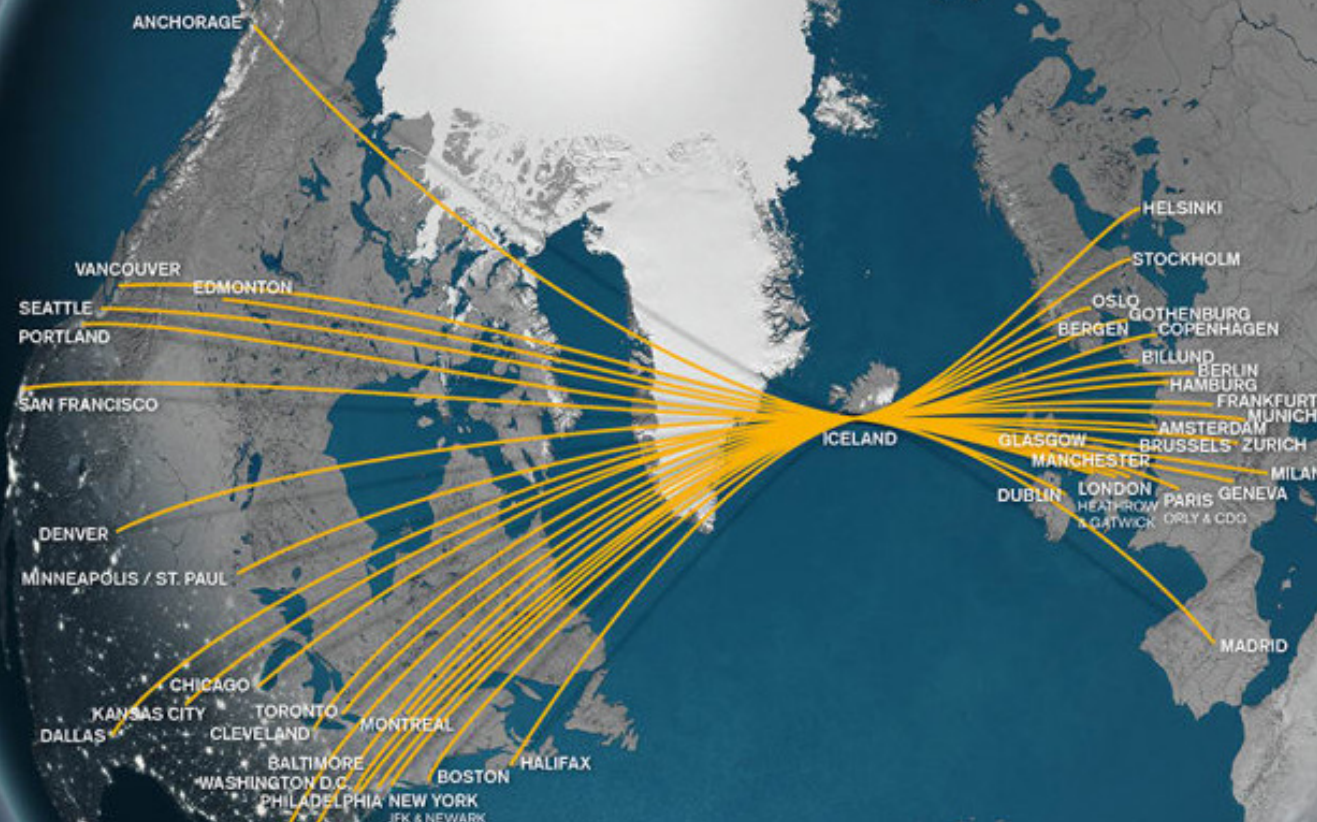
The hassle-free city center is safe and clean. Although the Viking sagas tell the tales on violence and raids the Icelanders today are very friendly and peaceful, ranking number one on the Global Peace Index 10 years in a row. The Crime rate is 0,3 per 100.000. Lowest among OECD countries.

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 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 in about 3 hours flight distance from most western cities in Europe. We are in cooperation with Group flights <https://groupflights.com/eurogym2020>. Group flights 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. Price for airport transport will appear in Bulletin 2.

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

What is European Gym For Life Challenge



The European Gym for Life Challenge is an opportunity for European groups to participate in a challenge in order to get their programme evaluated by an expert panel – and of course to enjoy themselves and have fun together with gymnasts from all over Europe.

The event is organised every even year, and in 2020 Iceland will host it on July 11th, prior to EUROGYM. Each group must include a minimum of 6 gymnasts. A gymnast can participate from the year they turn 12 years old. There is no upper age limit. The registration can only be done through your National Federation.

The Evaluation will be based on:

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

The evaluators are selected by the TC-GfA.

Logo



Everybody who has been to Gym for life challenge 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 Gym for life challenges in the future.



Programme of the Challenge

The European Gym for Life Challenge is all about gymnastics, fun and making new friends.

These couple of days will be filled with the following events: - Meeting with the Coaches, Choreographers & HoD on Friday July 10th (this meeting is compulsory for these parties), - Warm up - Opening Ceremony - Challenge – Award ceremony - Closing ceremony.

You will arrive on Friday, July 10th and leave on Sunday, July 12th 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.

Friday	Saturday	Sunday
Arrival Meeting for Coaches and HoD	European Gym For Life Challenge	Departure or Beginning of EUROGYM 2020

The Main Venue



Laugardalshöll will be our main venue for the European Gym For Life Challenge. There we will have the accreditation and the information desk located and we will serve the lunch and dinner in the big hall. The Challenge will be held in the old hall as we call it. Laugardalshöll is the national hall for track and field, 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.

The floor area for the challenge will be in size 20x30m, for groups who will perform on roller mats the size of the floor area is 14x20m, the colour of the carpet will be blue. Please inform us at the registration if your group is using mats or not. Audience are seated on one side in the hall.



Accommodation

Every participant will be accommodated in a school near the heart of the festival. Even though Iceland is a very safe country, all the schools will have 24-hour security.

The breakfast will be served in the schools. It will be possible to buy mattresses and sleeping bags.

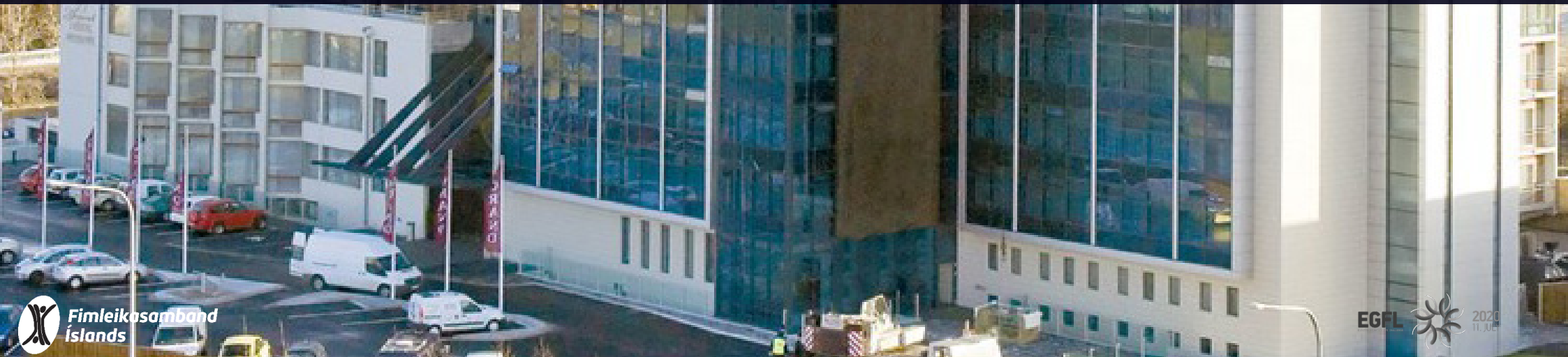


Official Hotel



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

<https://www.islandshotel.is/is/hotelin/grand-hotel-reykjavik>



Catering

In Iceland, we have a range of 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.



Conditions of participation

Participants must be at least 12 years old (born 2008), otherwise there are no age limits.

The groups participating has to be composed of at least six gymnasts. The groups participate in the challenge with a performance of maximum 3 minutes including entering and exiting the stage.

In the case of use of big apparatus, the group may use 1 minute for placing and removal of the equipment. This minute is to be without music and is used ONLY for moving the equipment/apparatus. It is not considered a part of the performance.

Price and Deadlines



The price of the European Gym For Life accreditation is 105€.

Included:

School accommodation from Friday to Sunday (2 nights)
Breakfast Saturday and Sunday
Lunch and dinner Saturday
Participation in the challenge
Gym zone

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 EUROGYM is 290€

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.



See you in Iceland