

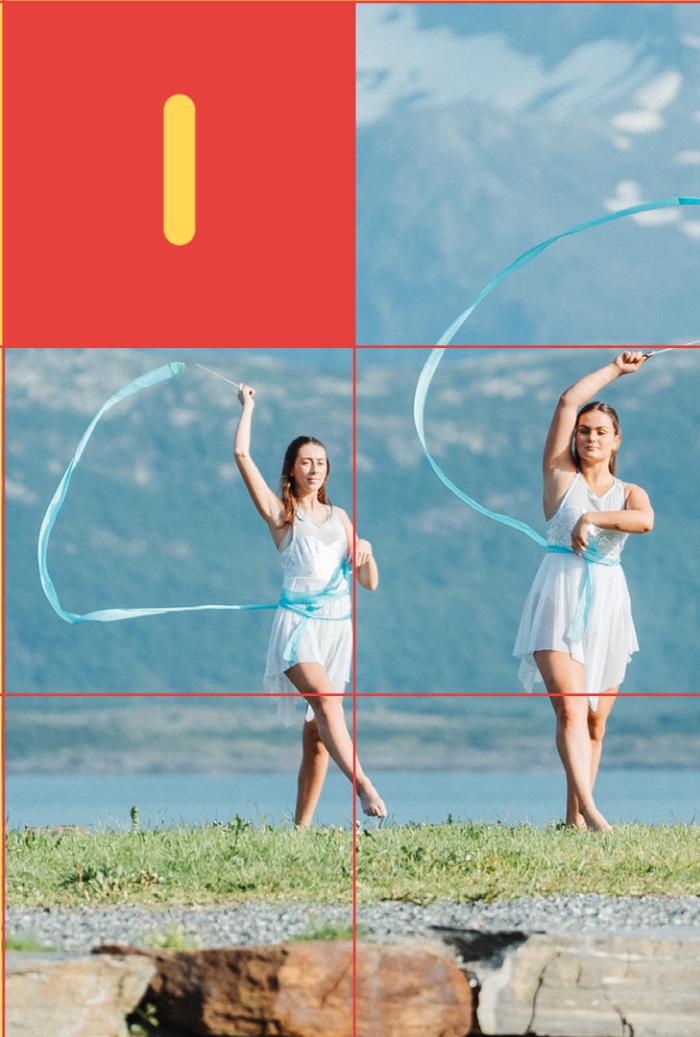
European Gym for Life Challenge

July 13th 2024

Bulletin no. 1



European
Gymnastics



Greetings from European Gymnastics

European Gym for Life Challenge

Dear gymnastics friends

We, the European Gymnastics Technical Committee of Gymnastics for All (TC-GFA), are so pleased to welcome all of you to BODØ (NOR) for the 14th EUROGYM and 4th European Gym for Life Challenge, both taking place in July 2024.

Bodø is surrounded by sea and fjord, it is the capital of Nordland county and lies just north of the Arctic Circle. In July you will get to experience the midnight sun in Bodø that gives everyone extra energy.

EGFL is a combination of joy: the joy of doing gymnastics, the joy of meeting new friends, learning, playing and travelling. The LOC is doing everything they can to prepare a great Gymnastics experience for all of you.

The European Gymnastics TC-GFA is certain 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 Norwegian people.

We look forward to seeing you all.



Hlíf Thorgeirsdóttir
President of the EG TC-GFA

Greetings from the Local Organizing Committee (LOC)

Welcome to Bodø

Dear gymnastics friends from across Europe,

The Norwegian Gymnastics Federation is proud to be the next organizer of the 4th European Gym for Life Challenge in the enchanting city of Bodø, Norway!

Picture this: a city embraced by majestic fjords, where the azure waters of the sea meet the rugged beauty of the landscape. Imagine yourself standing just north of the Arctic Circle, where the sun dances in the sky, refusing to set even during the late hours of the night. Yes, my friends, in July 2024 you will have the incredible privilege of experiencing the breathtaking phenomenon known as the midnight sun, igniting your spirits with boundless energy and adding an extra touch of magic to your gymnastic adventures!

EGFL is not just another gymnastics event—it's an exhilarating combination of joy, friendship, and personal growth. It's about defying gravity, the delight of connecting with fellow gymnasts from different corners of Europe, and the sheer thrill of exploring new horizons.

Our Local Organizing Committee (LOC) is working tirelessly to ensure that your time in Bodø is nothing short of spectacular. We are diligently crafting an unforgettable gymnastic event, weaving together great performances and laughter-filled memories that will stay etched in your hearts for years to come. Set against the backdrop of Bodø's breathtaking surroundings, 4th EGFL promises to be an unforgettable experience.

I cannot contain my excitement to welcome each and every one of you to EGFL. So mark your calendars, prepare your routines, and let's make our way to Bodø, Norway in July 2024 for a gymnastic experience like no other!

See you next year in the land of the midnight sun!



Irina Solem
President of the Local Organizing Committee (LOC)

European Gymnastics

Gymnastics for all
Technical Committee



Hlíf Thorgeirsdóttir
President



Ricardo Lima
Vice President



Emiliana Polini



Agnes Hartmann



Regina Beeler



Ruslan Eyvazov

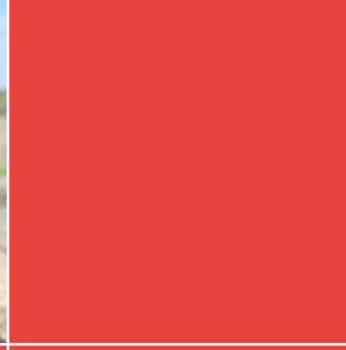
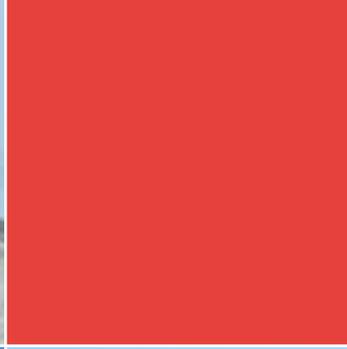
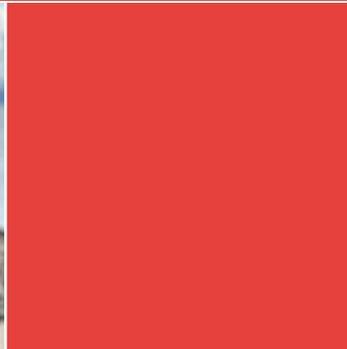
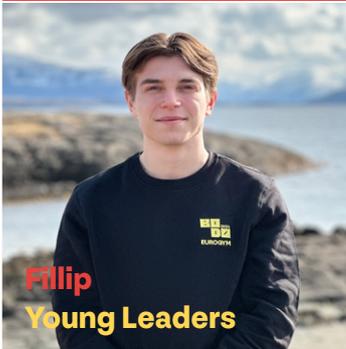


Lasse Hauser



European
Gymnastics

The LOC Local Organizing Committee



What is European Gym for Life Challenge (EGFL)?

The European Gym for Life Challenge is organized by European Gymnastics and is held every two years the day before EUROGYM. The EGFL will last for 1-3 days, depending on the number of groups. The Challenge is open for everyone from 12 years and older. The TC-GFA and the LOC can take a random test during the event, and if there are participants younger than 12 years old, the group can be disqualified.

Groups consisting of a minimum of 6 gymnasts can participate in this gymnastics for all event and have their program evaluated. The aim is to improve the quality of group performances by giving an evaluation and feedback, including advice on how to improve. The duration of the performance can be max. 3 minutes.

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

The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography. Feedback will be given directly to the coach by a skilled choreographer.

You will find more information in the European Gym for Life Challenge Regulations [here](#).

Provisional program

Program European Gym for Life Challenge

July 11th	July 12th	July 13th	July 14th
Thursday	Friday	Saturday	Sunday
Morning 7 - 12 am			
	Breakfast at schools	Breakfast at schools	Breakfast at schools
Arrival	Rehearsal	European Gym for Life Challenge	Departure
	Lunch	Lunch	
Afternoon 12 - 6 pm			
	Rehearsal	European Gym for Life Challenge	
	Dinner	Dinner	
Evening 6 - 10 pm			
Orientation meeting for European Gym for Life Challenge		FunZone	

About the European Gym for Life Challenge

Performances

The groups present a performance of a maximum of 3 minutes, including entering and exiting the performance area. If large apparatus are used, the group may use one minute for placing and removing the equipment. This minute is to be without music and is used ONLY for moving the equipment/apparatus. It is not considered part of the performance. The music must be delivered to the LOC two months in advance in order to be checked for quality and duration.

All groups will get rehearsal time. The rehearsal time for each group depends on the number of groups taking part. The Challenge will take place indoor with a floor area of 20 x 30 meters in total.

Categories

The main objective of the EGFL is to improve the quality of performances. The TC-GFA focuses on the “show effect” which means attractiveness for the spectators. The number of categories depends on the number of groups. The TC-GFA can change the format of categories depending on the number of registrations (e.g. large groups/small groups, etc. with or without apparatus).

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

All parts have equal value, up to 5 points per criteria. The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography. This panel is selected by the TC-GFA. The Evaluators will be directed by a supervisor before, during and after the event. The supervisor is appointed by the TC-GFA. Each Evaluator has a total of 20 points, 5 per criteria. After each performance the Evaluators give the 4 scores/criteria and the total score. All scores are given independently. The 4 scores are added (maximum score is therefore 80).

Feedback

The Challenge will have a minimum of 3 Feedbackers, who must be experienced in choreography and have participated in an “advisory course” of the TC-GfA. The experts giving feedback will be appointed by the TC-GfA. The feedback includes positive points from the performance and recommendations on how the performance can be improved. The feedback will only be given to a coach or a choreographer. The feedback will be given directly after the performance. Each coach/choreographer will meet the Feedbacker in a place indicated at the Coaches/Head of Delegation meeting.

Results

The scores will be used to establish an internal ranking list which will not be distributed. All groups receive a bronze, silver or gold trophy, all gymnasts receive a medal and a diploma. European Gymnastics will also hand out some special diplomas. The results will be announced and the prizes will be handed out after the Challenge.

Apparatus

It will be provided standard portable gymnastics apparatus such as:

- | | | |
|------------------------|--|----------------|
| • Roller mats (blue) | • Vault runway | • Springboard |
| • Tumbling track | • Trampette — Teamgym incl. rear guard | • Safety mats |
| • Landing area Teamgym | • Trampette — open incl. rear guard | • Landing mats |
| • Pegasus | • Trapezium — foam | • Airtrack |

The groups may ask for other standard gymnastics equipment in the registration form, and the LOC will provide the equipment if it's possible. Smaller props or special equipment must be brought by the groups.

More information and pictures of all the apparatus will be provided in Bulletin no. 2.

Please contact us if you need any storage for small apparatus, or if you have any questions.

info@eurogym2024.com

About Norway

Some facts about Norway

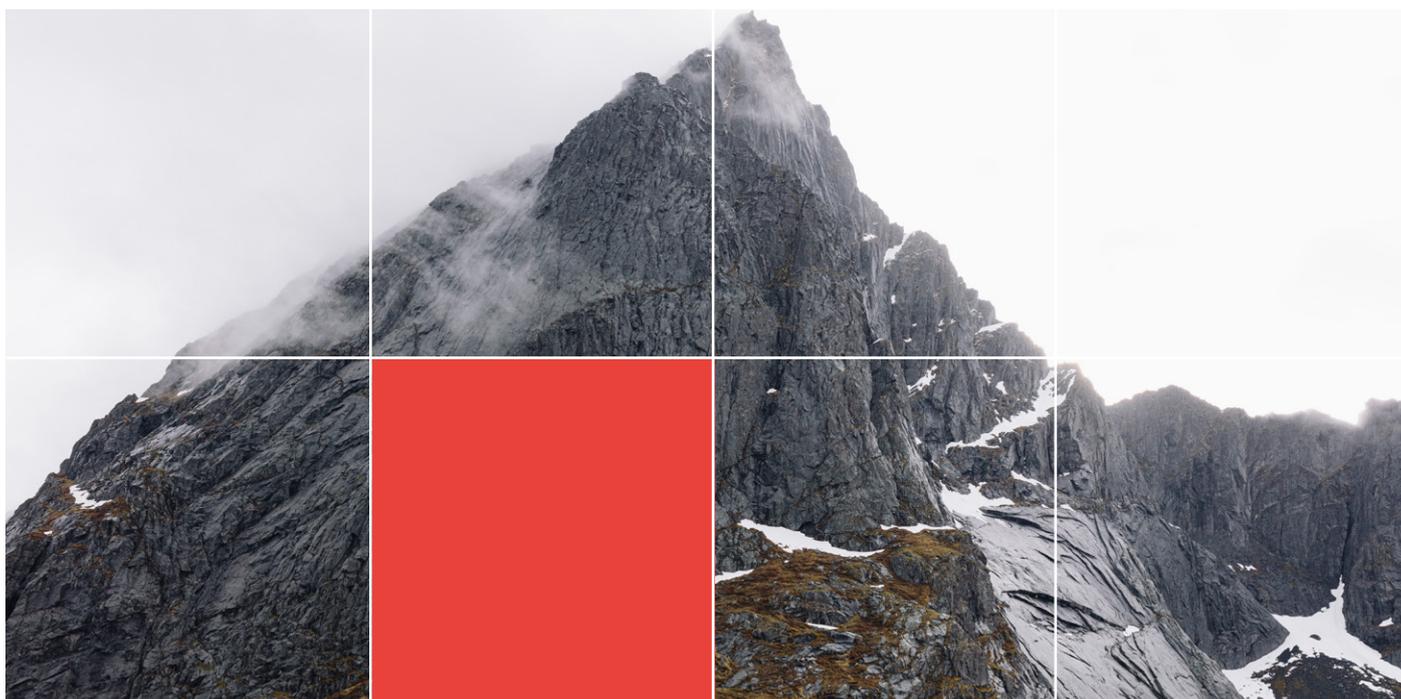
- Ca. 5 400 000 inhabitants
- Nearly half of the inhabitants live in the southeastern parts surrounding the capital Oslo.
- About two thirds of Norway is mountainous
- The length of the Norwegian coastline is 25 148 km, including fjords
- The highest mountain in Norway is Galdhøpiggen (2 469 masl)
- The world longest road tunnel, Lærdalstunnelen (24.5 km), is situated in the western part of Norway
- The Nobel Peace Prize is awarded in Oslo.
- Two official languages — Norwegian and Sami.
- The Norwegian spoken language has many different dialects varying between the regions.

Vikings

The Vikings were fearless seafarers. In the period from about the year 800-1000, they emigrated from Denmark, Norway and Sweden to countries and islands in Europe and North Atlantic. Although today they are best known for their Viking expeditions, they were also traders, explorers and settlers.

Fun facts

- Norway has won more medals in the Winter Olympics than any other country.
- Brown Cheese is a staple on Norwegian breakfast and lunch tables (that is caramel-like brown cheese)
- It was a Norwegian who invented the cheese slicer.
- The most famous artwork to come out of Norway is Edvard Munch's iconic «The Scream», and once held the Guinness World Record for «the world's most expensive painting» when a version of it (there are 4), was sold for almost \$120 mill. at Sotheby's in 2012.
- The North Cape bills itself as the northernmost point in Europe. The settlement is nearer to the North Pole than to Oslo.
- In Svalbard, an island 2030 km north of Oslo, 1050 km south of the North Pole it is required by law to be armed when you leave a settlement due to the danger of a polar bear encounter.
- The Samis. Half the world's Sami population lives in Norway.
- Norway has been named the world's happiest country!



About Bodø

An urban city on the edge of nature

You will not find a more impressive approach than the one you will see through the plane window prior to landing in Bodø. A vibrant city on the edge of the great outdoors, with fjords, mountains, glaciers, a stunning coastline, and clear coral green waters as far as the eye can see. Bodø is a compact city and a gateway to a unique assortment of wonderful arctic experiences. With the natural resources around us, we can offer world-class experiences, most of them based in the city or just a short bus or boat ride away.

With a location just north of the Arctic Circle, Bodø has a spectacular light throughout the year. During summer, the midnight sun fascinates and captivates us all. In winter and autumn, you will see the mysterious blue that lights up the dark polar night, and the magical and alluring northern lights. With the light as a backdrop for activities, we guarantee unforgettable experiences. The city is famous for its rich and cultural scene, and for being an arctic hub in the North. Bodø also has a resourceful business community, and a university that is committed to collaboration with national and international communities, businesses and industries.

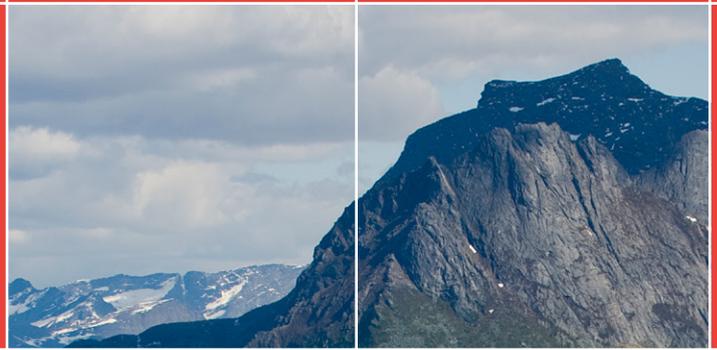
Bodø will be the European Capital of Culture in 2024

This means that Bodø will deliver a magnificent cultural program throughout the whole year, and EUROGYM will be one of the many events that will color the city with the unique shows from all of you. Youth and young people is our number one key priority in the capital of culture year. In addition to being an important part of our current audience and production base, they are the artists, the organizers the audiences and the cultural founders of the future. We want our young people to develop projects and cultural content together with European youth, with their attention on climate, democracy, urbanisation, freedom of expression, diversity, and through a common cultural identity.

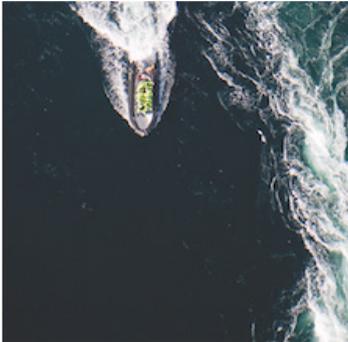
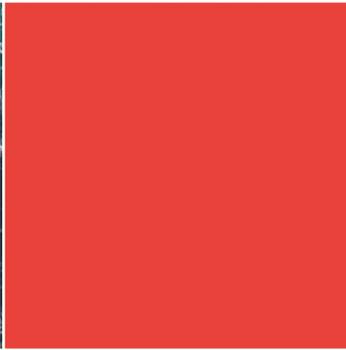
The doors of our region, and our hearts, are wide open to Europe!



Saltstraumen //
Photo: Tommy Andreassen



Kjerringøy //
Photo: Ernst Furuhatt



Attractions

You will find some of Norway's and Europe's most famous attractions in Bodø. Experience the world's strongest tidal current - Saltstraumen. During a six-hour period, 372 million m³ of seawater pass through a 150 m and 31 m deep channel, which creates whirlpools up to 10 m in diameter and 5 m in depth when the current is at its strongest. A couple of hours drive from Bodø, you can experience the Svartisen Glacier - Northern Scandinavia's biggest glacier. This mighty glacier, underground caves, marble formations, steep peaks and waterfalls, all located in the beautiful national park. The Kjerringøy Trading Post, which is beautifully located in a stunningly scenic landscape, is one of Norway's most important cultural heritage monuments from the 19th century. This living museum provides a unique insight into the coastal culture of Northern Norway. Not far from the downtown Bodø, you will find the Norwegian Aviation Museum, the largest such museum in Scandinavia and one of the most modern in Europe. Furthermore, Bodø is home to the largest colony of European sea eagles in the world.

Also, the people living north of the Arctic Circle are very friendly and open-minded. You will find it easy to communicate with the locals, since language skills in general are very good and English is spoken as a second language everywhere.

More information about excursions and booking will be provided in Bulletin no. 3.



Getting here and getting around

Getting to Bodø is easy and there are several options. You can travel here by air from the north, south, east or west. The airport is located only 2 km, or a 10-15 minute walk, from the city centre. You can also arrive on the northbound or southbound Hurtigruten (the Norwegian Coastal Voyage) and continue your journey by sea in the beautiful region of Nordland by express boat or ferry. You can drive here along the picturesque Kystriksveien (The Coastal Route) which is Norway's longest National Scenic Route or arrive by train via the Saltfjellet mountain range where you cross the Arctic Circle. If you arrive by train, our own Polar Express has its final stop in Bodø, which is the northernmost railway terminal in Northern Norway.



Air

Bodø Airport is situated only 2 km away from the city centre, which is a hub to the rest of the region and Nordland County.



Train

Bodø is the end station of the train line from Oslo/ Trondheim. There are several southward-bound local and regional trains from here every day.



Car

There are two main roads to drive to Bodø, the E6 (Fv80) and the Coastal Route (Fv17). There are three Norwegian Scenic Routes in Nordland.



Bus and boat

It's easy getting from A to B by bus, ferry or express boat. In the summer you can travel with the Travel Pass Nordland. Hurtigruten have daily arrivals.



Welcome to the land of the midnight sun

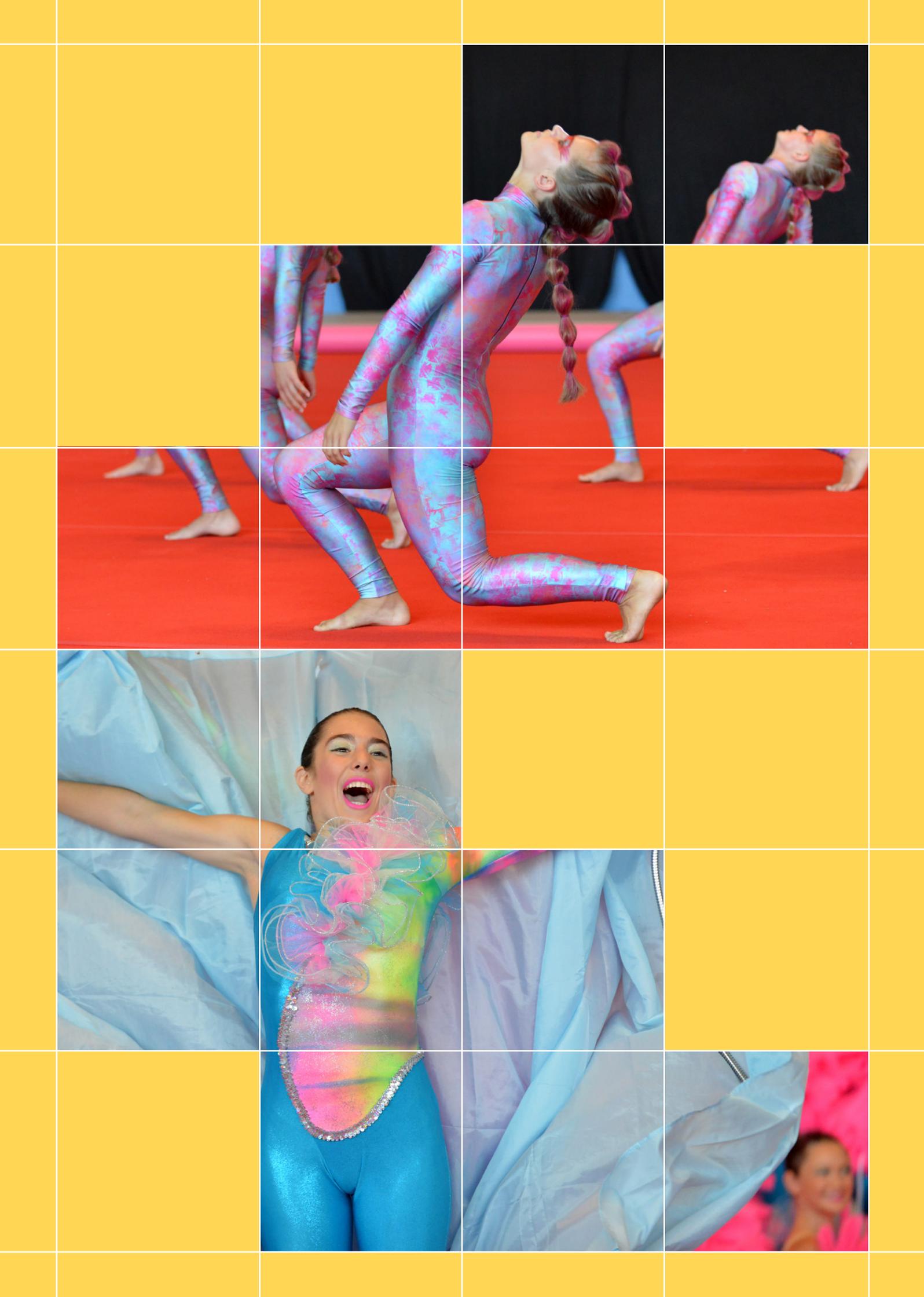
Midsummer Madness

Located above the Arctic Circle, Bodø is a unique and vibrant city that comes alive in the summer months, when the sun never sets.

During the event, participants will experience the magical atmosphere of the midnight sun, with endless daylight and northern Norwegian nature. It is a very special experience to be outside in daylight when sounds and wildlife indicate that it is night. The midnight sun will provide a unique backdrop for a variety of sports and cultural activities, including music, dance, and gymnastic performances.

The midnight sun is a natural phenomenon that occurs when the sun remains visible at midnight. This phenomenon is particularly pronounced in the Arctic regions, including Bodø, where the sun remains above the horizon for over 70 days during the summer months. This creates a unique and magical atmosphere, where the sun never sets, and the days seem to stretch on forever.

The European Gym for Life Challenge with all its spectacular performances and Gymnastics for All spirit, together with the midnight sun, will be a Midsummer Madness celebration like no other. Participants can expect to have an unforgettable experience, filled with cultural activities, outdoor adventures, and the natural wonder of the midnight sun.



Venues



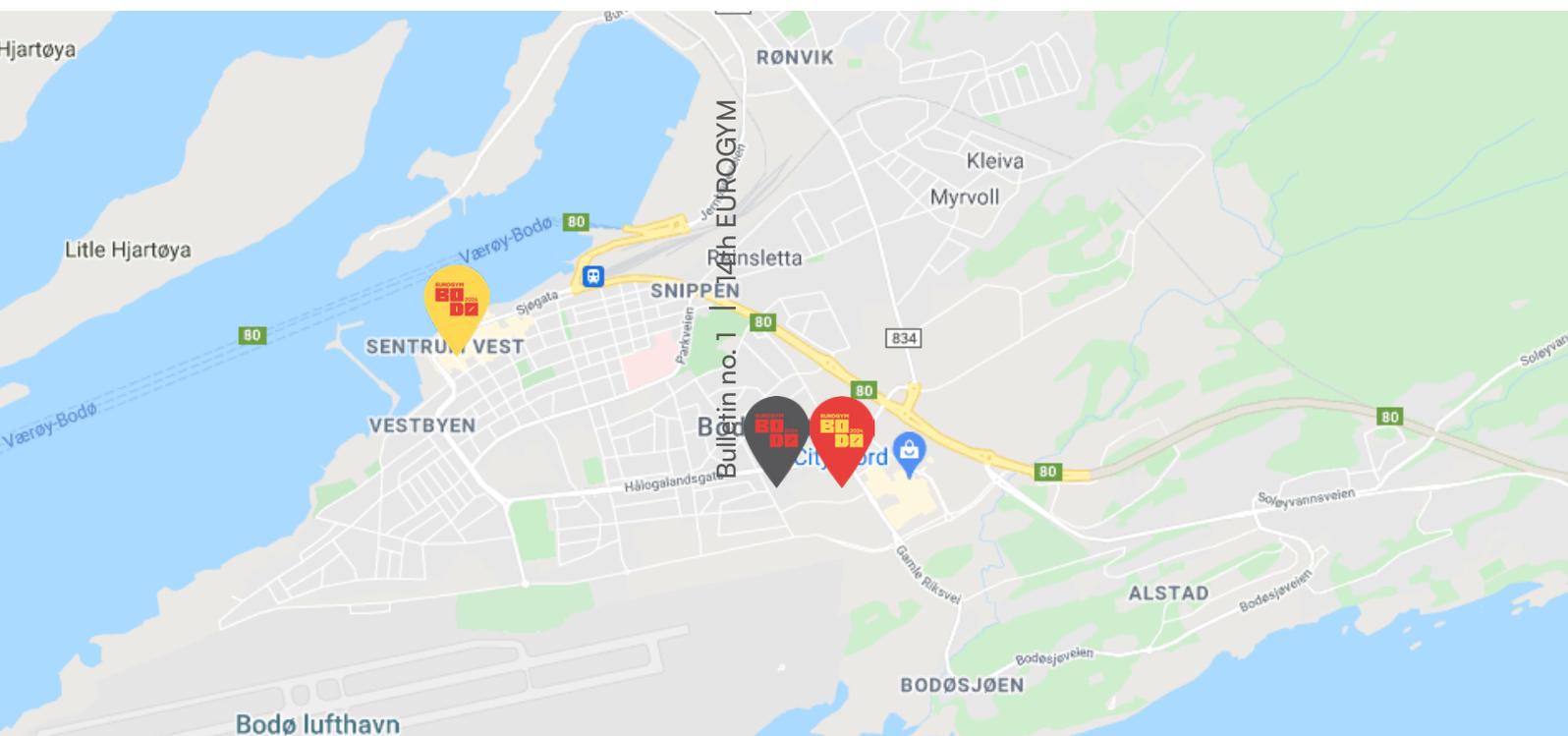
Stormen Concert Hall



Bodøhallen



Nordlandshallen



Main Venue



The Main Venue will be in Stormen Concert Hall. This will be the arena for accreditation and info desk.

Rehearsal



The rehearsal for all groups will be in Bodøhallen on Friday July 12th.

Warm-up



The warm-up for the EGFL will be in Nordlandshallen. You can walk inside between Nordlandshallen and Bodøhallen.

European Gym for Life Challenge

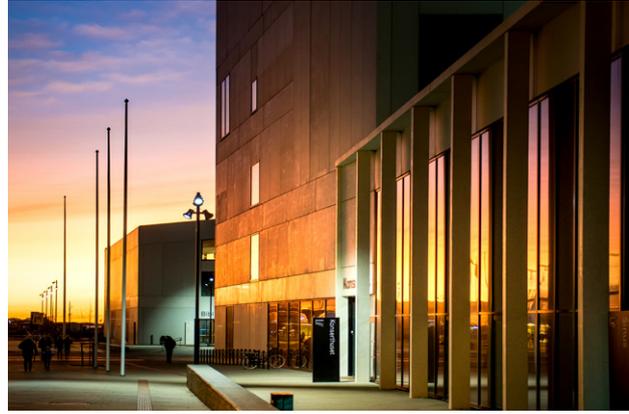


The European Gym for Life Challenge will take place in Bodøhallen on Saturday July 13th.

Venues



Stormen Concert Hall



Bodøhallen



Nordlandshallen



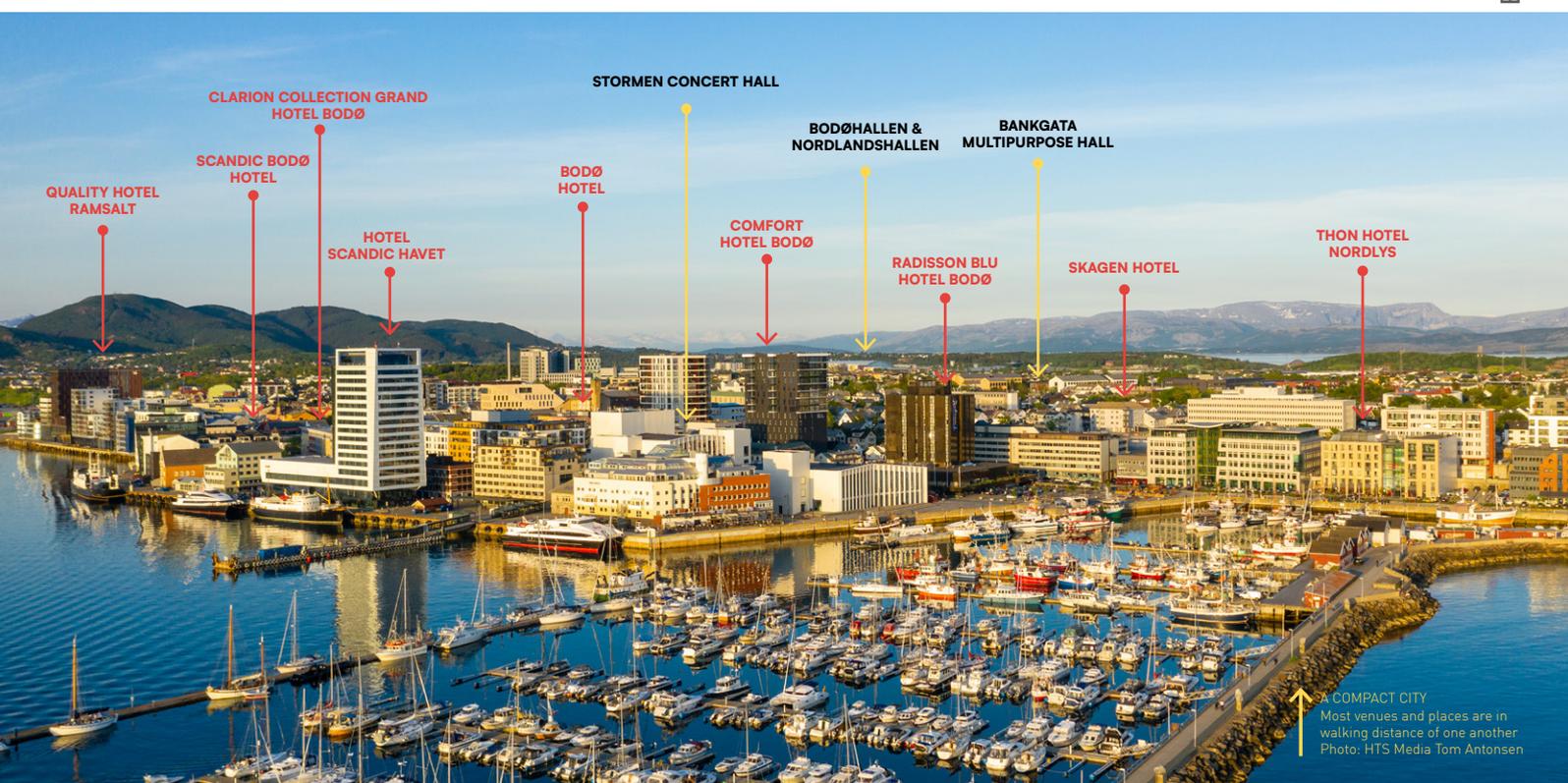
Accommodation

Hotels and schools

The participants will be accommodated in schools near the city center. Even though Bodø is a very safe city, all the schools will have 24-hour security. The schools will be cleaned every day. It will be possible to buy mattresses - more information and prices will be provided in Bulletin no. 2

Each HoD is responsible for the conditions of the school where their groups stay. It is forbidden to consume alcohol and drugs in schools grounds. Not following the rules will have consequences. The accreditation card will be withdrawn and the Head of Delegation is then responsible for finding a hotel room or the first flight home for the person not following the rules.

Official Hotel for European Gym for Life Challenge 2024: Thon Hotel Nordlys



[> More information on hotels in Bodø](#)

[> Thon Hotel Nordlys](#)

[> Bodø city map](#)

Transport

Bodø is a compact city and most of the venues are in walking distance from the city center. Transportation to the venues and schools during the event is included in the participant card. Shuttle from/to the airport will be possible to order in Gymnaplana for an additional charge.

Catering

The breakfast will be served in the schools, and lunch and dinner will be served in Bankgata Flerbrukshall and Bodø VGS (High-School). We will serve nutritious and tasty food and of course, there will be a vegetarian option upon request.

Please remember to check the boxes for allergies in the registration form.

Flashmob

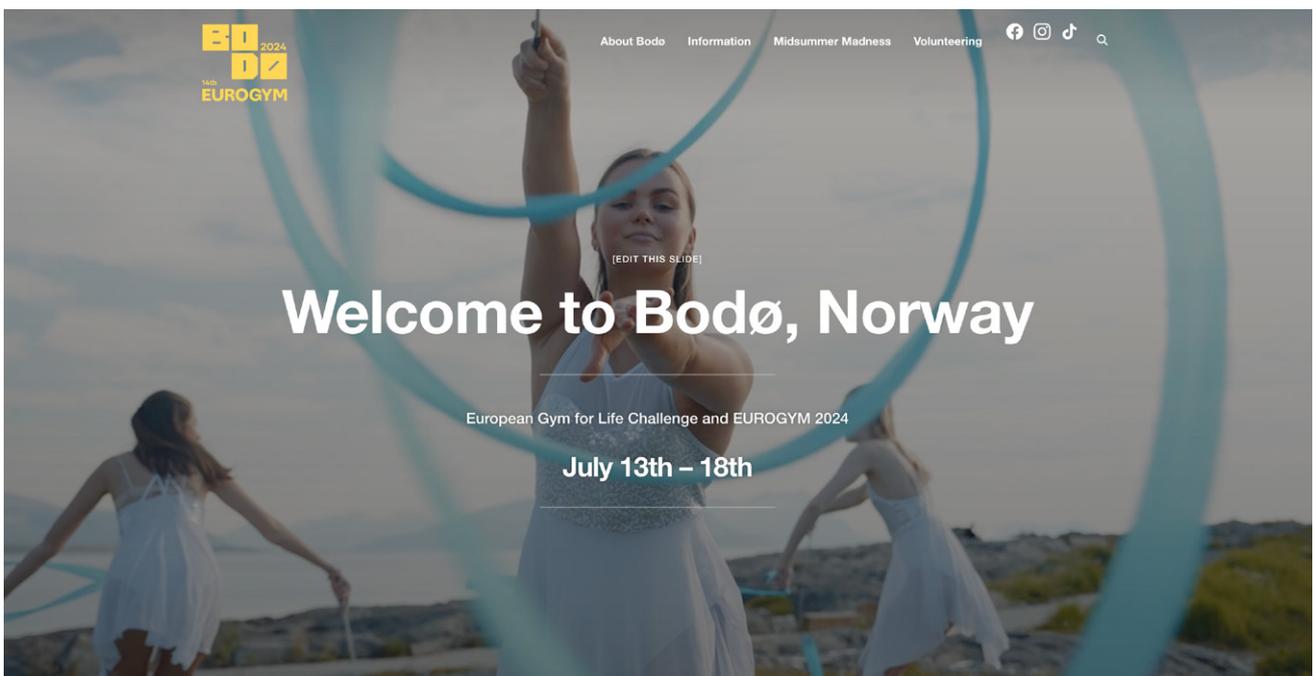
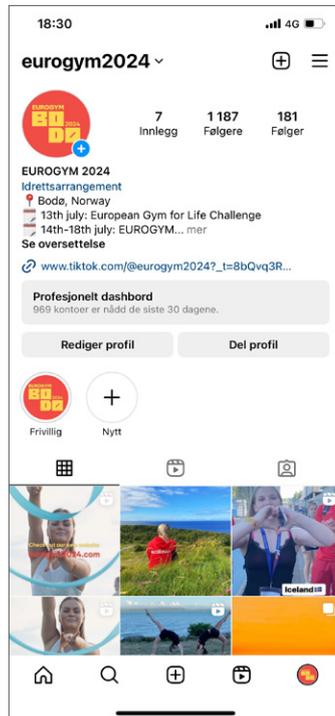
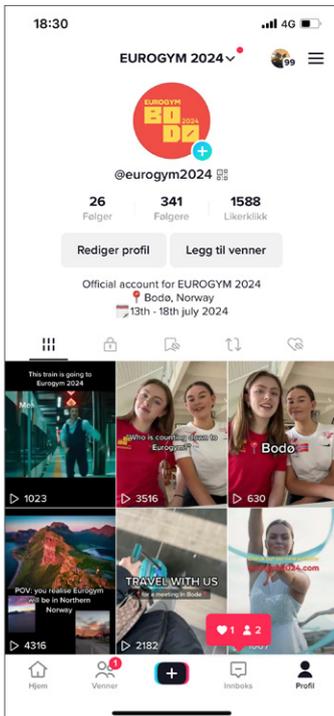
As always, the EUROGYM & EGFL events will have it's own flashmob dance. The flashmob will be released on July 14th 2023 - one year before the event. So stay tuned in all of our channels!

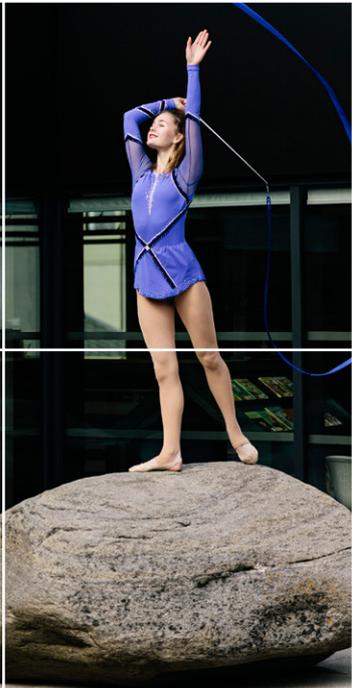
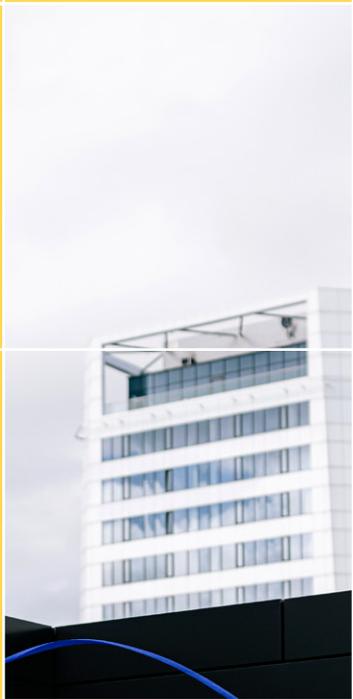
Follow us on TikTok, Instagram and Facebook

We are present on TikTok, Instagram and Facebook. Please follow us for regular updates and inspiration from Bodø, Norway.

[@eurogym2024](https://www.instagram.com/eurogym2024)

[eurogym2024.com](https://www.eurogym2024.com)





Registration

Notification of interest May 1st — July 13th 2023

For the notification of interest we will ask for estimated amount of participants and groups from each Federation.

Provisional registration July 13th — November 13th 2023

For the provisional registration we will ask for how many groups that will attend from each Federation, and how many participants there will be in each group.

Definitive registration November 13th 2023 — March 13th 2024

For the definitive registration will LOC ask for a lot of details about the participants (personal but not sensitive information), travel plans, special food diet etc.

Prices

The fee for EUROGYM is 310 EURO.

The fee for European Gym For Life Challenge is 160 EURO.

The fee for both EG and EGFL is 410 EURO.

Included in the EGFL accreditation card:

- School accommodation from Thursday - Sunday
- Breakfast from Friday - Sunday
- Lunch and dinner Friday - Saturday
- Entry to all ceremonies
- FunZone

Shuttle to/from airport is not included and will be an additional cost.

Price for airport shuttle will be announced in Bulletin no. 2.

Deadlines and payment

- 10% of the participation card should be paid by December 13th, this is non-refundable.
- The remaining 90% for the participation should be fully paid by April 13th. Refundable by 50% until May 13th 2024.

Insurance

It is each participant's responsibility to have travel insurance and health and medical care insurance.

For those who do not have insurance, it will be available through the LOC for a fee. More information about insurance will be announced in Bulletin 2.

Orientation meeting for European Gym for Life Challenge

The LOC and European Gymnastics provide important information during this meeting.

It is mandatory for all Heads of Delegation and Team Leaders of the federations to attend.

Unjustified failure to attend will result in a sanction against the federation of € 500.- payable to European Gymnastics.

The meeting will take place on Thursday July 11th.

13 July
4th European
Gym for Life
Challenge
2024



Contact

info@eurogym2024.com

registration@eurogym2024.com

finance@eurogym2024.com

Socials

eurogym2024.com

[@eurogym2024](https://www.instagram.com/eurogym2024)

[#midsummermadness2024](https://www.instagram.com/midsummermadness2024)