

# EUROGYM

July 14th - 18th 2024



Bulletin no. 1



European  
Gymnastics

## Greetings from European Gymnastics

### EUROGYM

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.

EUROGYM 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 week 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 14th EUROGYM 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!

EUROGYM 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 week, weaving together great performances, workshops and laughter-filled memories that will stay etched in your hearts for years to come. Set against the backdrop of Bodø's breathtaking surroundings, 14th EUROGYM promises to be an unforgettable experience.

I cannot contain my excitement to welcome each and every one of you to EUROGYM. 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)

## What is EUROGYM?

Eurogym is an international event that brings together young gymnasts from different European countries. It is organized by European Gymnastics (EG) and is held every two years.

Eurogym is not a competition but rather a non-competitive gymnastics festival that focuses on promoting the sport of gymnastics and fostering friendship and cultural exchange between young athletes from different countries. The event typically includes gymnastics performances, workshops, cultural activities, and social events.

Eurogym is open to gymnasts between the ages of 12 and 18 who are members of EG-affiliated national gymnastics federations. The event is hosted by a different European city each time, with the host city responsible for organizing the various activities and providing accommodation and transportation for participants.

Overall, Eurogym is a great opportunity for young gymnasts to develop their skills, make new friends, and experience different cultures while promoting the sport of gymnastics at an international level.

## Who can attend EUROGYM?

- Participants
- Coaches
- Group leaders
- Head of delegation

EUROGYM is open to young people aged 12 to 18 years old.

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.

Coaches may not take part in a performance as gymnasts.  
Guests that don't have an accreditation are not allowed in the schools.

Participants per group		# participants allowed that are younger and/or older
From...	Until...	
6	9	0
10	15	1
16	25	2
26	35	3
36	45	4
46	55	5
56	> 56	6

# 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



**Irina**  
LOC President



**Hanne**  
Executive Director



**Filip**  
Young Leaders



**Minna**  
Event Manager



**Julie**  
Marketing



**Ida**  
Volunteers



**Stig**  
Head of Finance



**Hilde**  
Workshops



**Birgit**  
Technical Manager



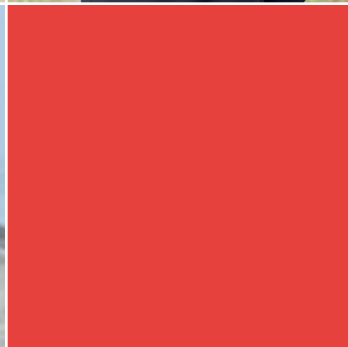
**Henriette**  
Transport



**Siri**  
Food & Beverage



**Jannik**  
Gym for Life



**Laila**  
Accommodation



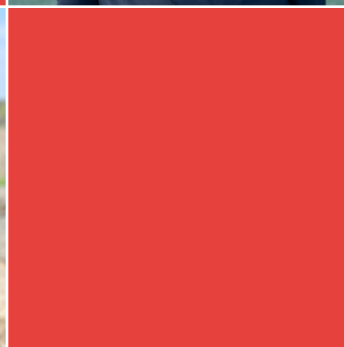
**Brit**  
Accommodation



**Vera**  
Security/Medical



**Siril**  
Sustainability



**Heidi Marie**  
LOC Advisor

# About Norway

## Some facts about Norway

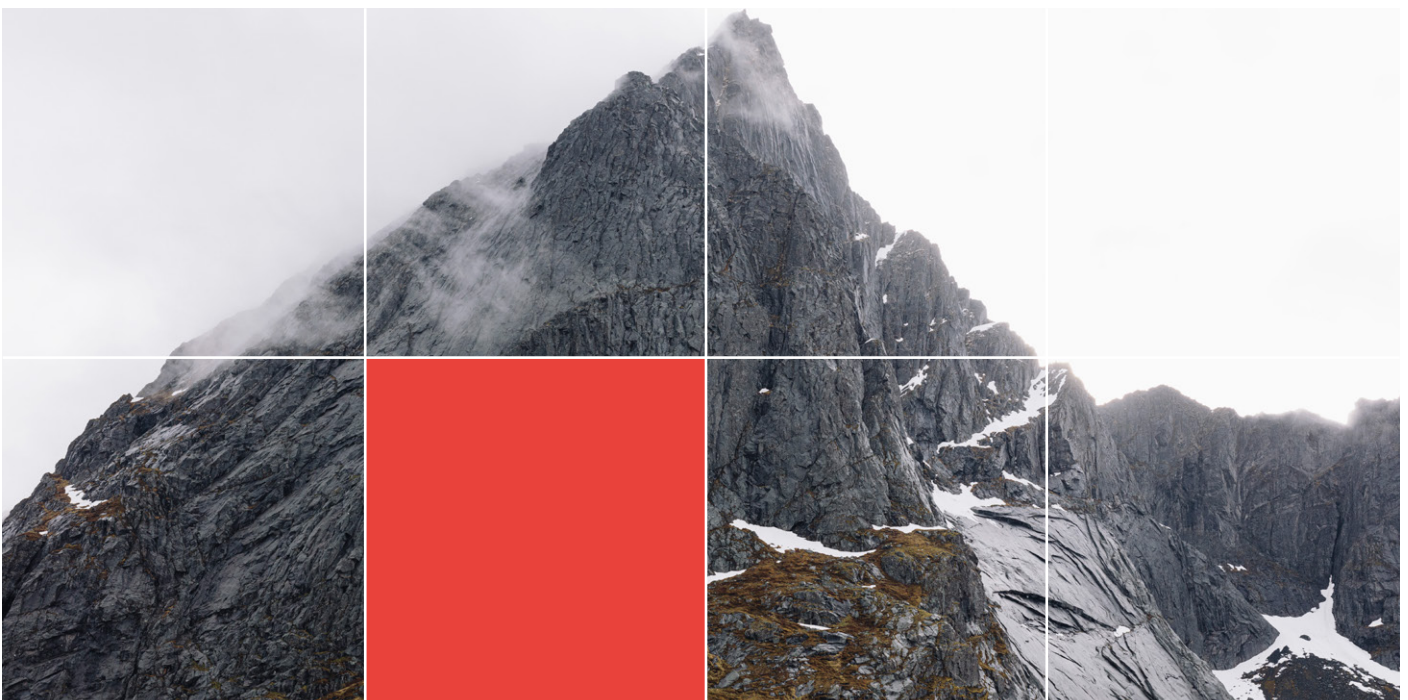
- Ca. 5 400 000 inhabitants
- Nearly half of the inhabitants live in the southeastern parts surrounding the capital Oslo
- About two thirds of Norway is mountainous
- The length of the Norwegian coastline is 25 148 km, including fjords
- The highest mountain in Norway is Galdhøpiggen (2 469 masl)
- The 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

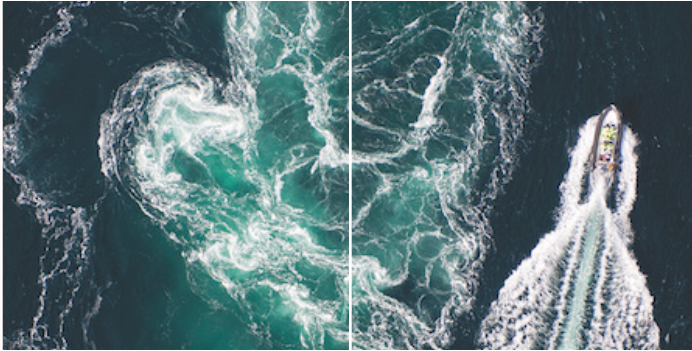
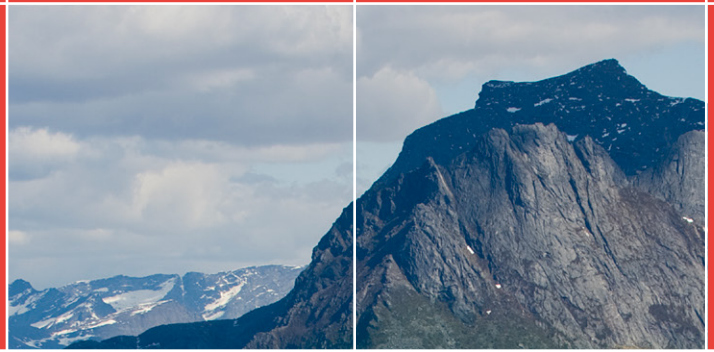
This means that Bodø will deliver a magnificent cultural program throughout the whole year, and EUROGYM will be one of the many events that will color the city with the unique shows from all of you. Youth and young people is our number one key priority in the capital of culture year. In addition to being 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!

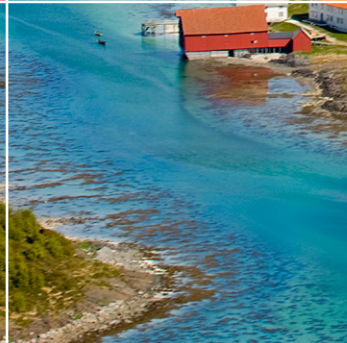
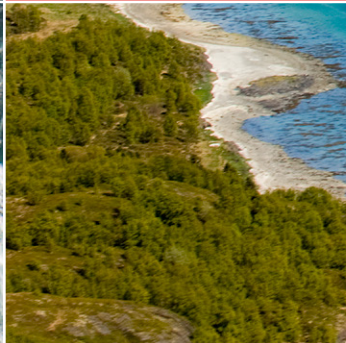
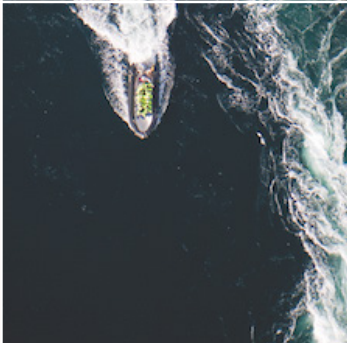




Saltstraumen //  
Photo: Tommy Andreassen



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 m<sup>3</sup> 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.



## The theme for EUROGYM 2024

# Midsummer Madness

The theme for EUROGYM 2024 is «Midsummer Madness», a celebration of the long summer days and bright nights in the land of the midnight sun. 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.

Overall, EUROGYM 2024's «Midsummer Madness» theme celebrates the unique and vibrant culture of the region and the magical atmosphere created by the midnight sun. Participants can expect to have an unforgettable experience, filled with cultural activities, outdoor adventures, and the natural wonder of the midnight sun.

Provisional

# Program EUROGYM

July 13th	July 14th	July 15th	July 16th	July 17th	July 18th	July 19th
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 7 - 12 am						
Arrival	Arrival	Breakfast at schools	Breakfast at schools	Breakfast at schools	Breakfast at schools	Breakfast at schools
		HOD-meeting	HOD-meeting	HOD-meeting	HOD-meeting	Departure
		Workshops	Workshops	Workshops	Workshops	
	Lunch	Lunch	Lunch	Lunch	Lunch	
Afternoon 12 - 6 pm						
Arrival	Orientation meeting for HOD, Group Leaders and Gala coaches	City performances	City performances	City performances	EG Gala rehearsal	
	Dinner	Dinner	Dinner	Dinner	Dinner	
Evening 6 - 10 pm						
Arrival	Parade and Opening ceremony		Educational forum		European Gymnastics Gala and Closing Ceremony	
	FunZone	FunZone	FunZone	FunZone	Farewell party	
Midnight 10 pm - 2 am						
			*Midnightsun adventure			









## 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. One of the stages for City Performances will also be here.

This will also be the arena for HOD-meetings and receptions.

### EUROGYM Gala



EUROGYM Gala will take place in Bodøhallen July 18th. The performance area will be 20x20m, and the roller mats will be 14x20m in blue colour.

As the venue seats 2.100 people at once, we will put up two Gala shows. Audience will be seated on three sides of the venue. 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 Nordlandshallen for the Closing ceremony.

The theme for the Gala show is Midsummer Madness. Find information about registration for the Gala below in the Bulletin.

### Opening and Closing Ceremony



The parade for the Opening Ceremony will be through the streets of Bodø, and will end at Nordlandshallen with an exceptional Opening Ceremony for EUROGYM 2024.

The Closing Ceremony will also take place in Nordlandshallen, and will be followed by an unforgettable farewell party.

### City Performances



The city performances will take place in Stormen Concert Hall, Bodøhallen and Nordlandshallen, and give the groups the opportunity to show what they have prepared at home. All performance levels are acceptable and everybody can participate. Each group will present their performance twice during the week. A group has to consist of minimum 6 gymnasts, and each performance can last a maximum of 6 minutes, including preparation of the venue and marching in and out.

Participants can visit the stages in the morning, but there will be no opportunity for rehearsals at the stages before the city performances.

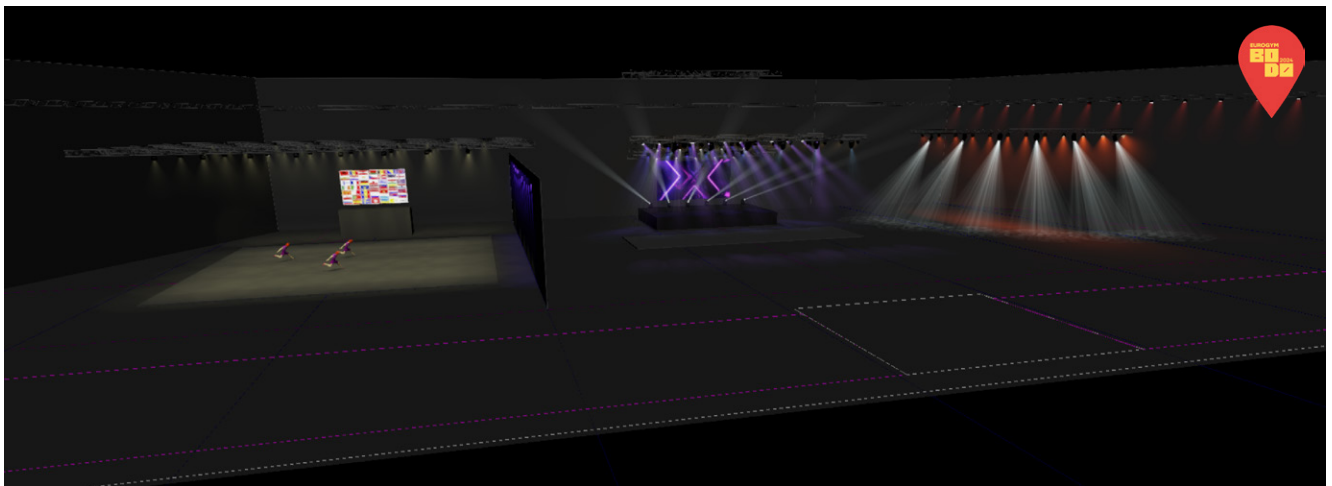
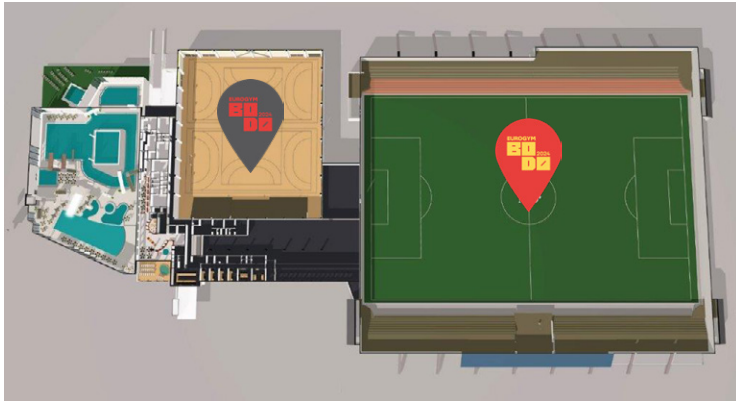
# Venues



Bodøhallen



Nordlandshallen





# Venues



## Stormen Concert Hall



## Apparatus

Following apparatus will be available at the stages.

- Exercise Floor — roll up tracks
- Tumbling track
- Landing area Teamgym
- Pegasus
- Vault runway
- Trampoline — Teamgym incl. rear guard
- Trampoline — open incl. rear guard
- Trapezium — foam
- Springboard
- Safety mats
- Landing mats
- Airtrack

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

If you have any questions or special needs regarding apparatus, please don't hesitate to contact us.  
[info@eurogym2024.com](mailto:info@eurogym2024.com)

## Workshops (provisional list)

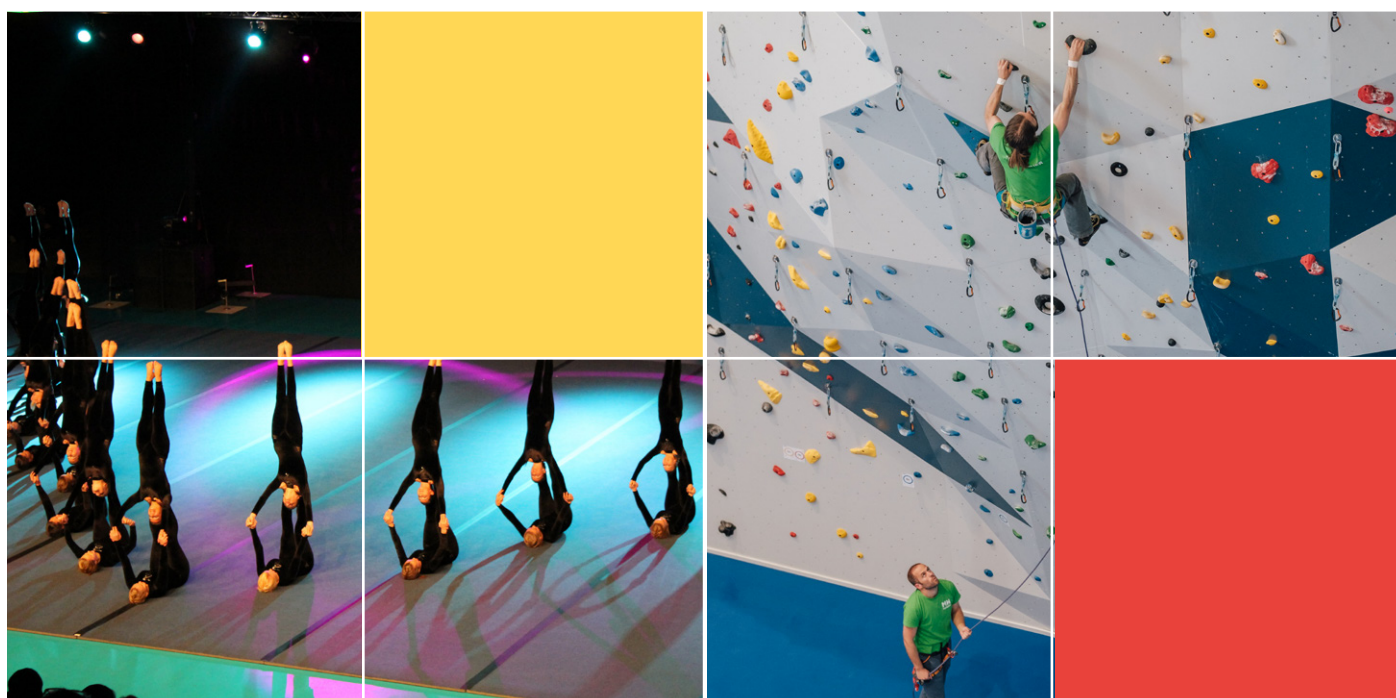
We will provide lots of different workshops during the week, and all groups will be provided with four different workshops. This is the provisional list with workshops that we want to provide. Changes might be done to the complete list before the registration for workshops begins.

### Indoor workshops

- Artistic gymnastics
- Trampoline
- TeamGym
- Acrobatics
- Cheerleading
- Rhythmic gymnastics
- Swimming
- HipHop
- Zumba
- Modern dance
- Swing dance
- Olympic Weight Lifting
- Badminton
- Climbing
- Bumberball
- Table Tennis
- Taekwon-do
- Judo
- Wrestling
- Tennis
- Boxing
- Floorball
- Yoga
- Aerobics
- Bowling
- Squash
- Cageball
- CrossFIT indoor
- Pilot training and other workshops at the Norwegian aviation museum
- Special choreography

### Outdoor workshops

- Volleyball
- Skateboard
- Golf
- Fishing
- Snorkling
- Kayaking
- Hiking
- Frisbee golf
- Parkour
- Stand Up Paddleboard
- Downhill biking
- Bow and arrow
- Basketball
- Climbing
- Buldering
- Clay Pigeon Shooting
- Athletics
- Bike orienteering
- Outdoor strength training
- Kanoo
- Obstacle Trail
- Caving
- CrossFIT
- City Orienteering







## Evening events

### FunZone

Every night there will be a FunZone at Nordlandshallen, organized by EUROGYM 2024s young leaders. Different theme parties will happen each evening, and we want to provide activities for every taste and activity level. Provisional ideas are mega games such as bubble football, sumo action and wipeout. There will be a Norwegian corner with snacks, where you will get to know the Norwegian culture more. There will also be a ChillZone to recharge both yourself and your phone.

### Midnightsun adventure

Experiencing the midnight sun is a MUST when visiting Northern Norway during summer. Therefore, we will do our best to create a unique midnight experience for the EUROGYM participants.

More information about this event, registration and additional costs will be provided in the next Bulletin.

\*Change of date may be done due to weather reports.



## Educational forum

### CoachZone

As well as a zone for the youth, we will have a zone where coaches and leaders can meet and get to know each other.

The educational forum will take place in Bodøhallen Tuesday evening at the same time as FunZone. While the participants are attending the FunZone, the coaches and leaders are welcome to attend the Educational forum next door.

The theme for educational forum is choreography.

### Speaker

### Gry Nygård Fredriksen

Gry is a passionate choreographer in show gymnastics with a heart for gymnastics for all. She is a part of the Norwegian national coaching pool in choreography, and has experience as evaluator at different FIG, EG and national events.

Her background comes from teamgym as a gymnast and coach with experience from National, Nordic and European Championships. Also, Gry was the artistic director and choreographer for Nordic Evening 2019 (World Gymnaestrada) and World Gym for Life Challenge 2017.



# 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 EUROGYM 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, workshops 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

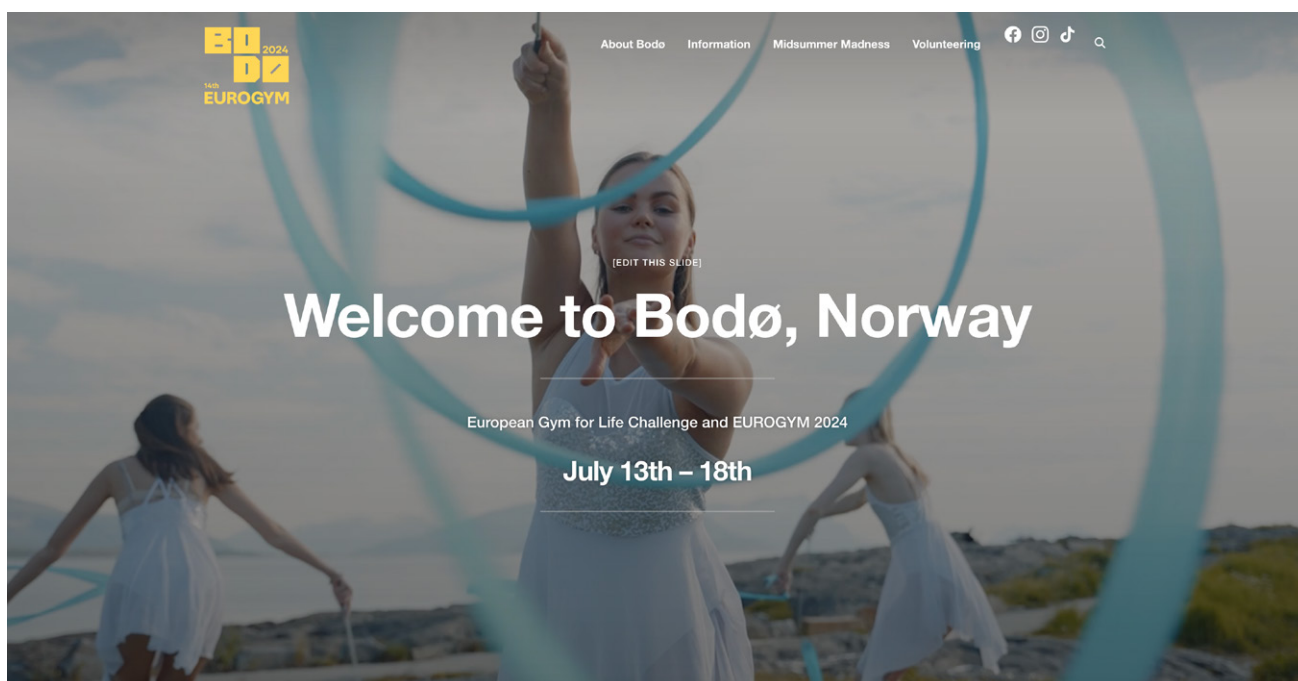
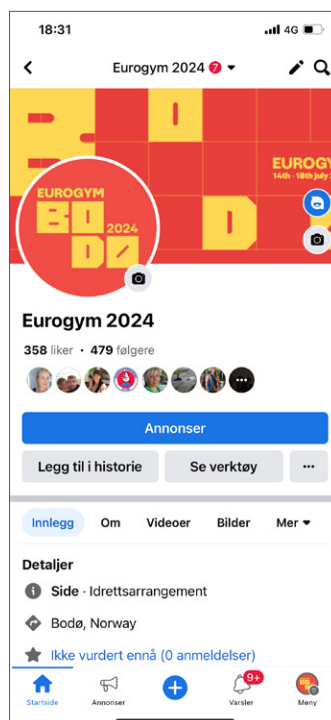
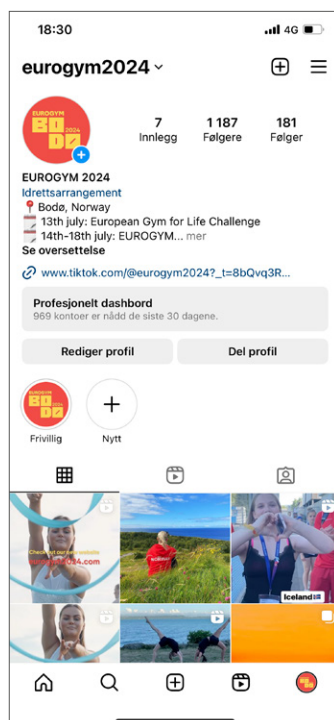
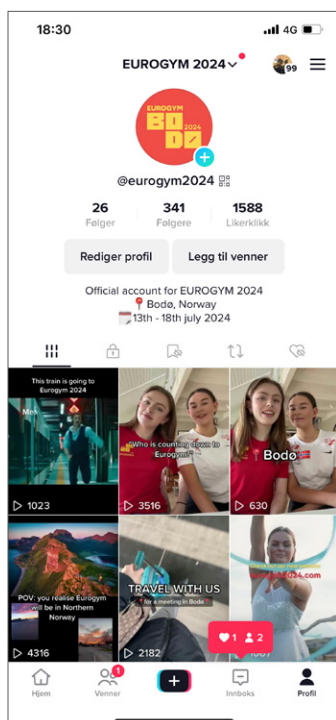
As always, the EUROGYM event will have it's own flashmob dance. The flashmob will be released on July 14th 2023 - one year before the event. So stay tuned in all of our channels!

## Follow us on TikTok, Instagram and Facebook

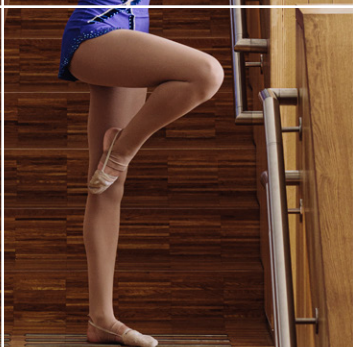
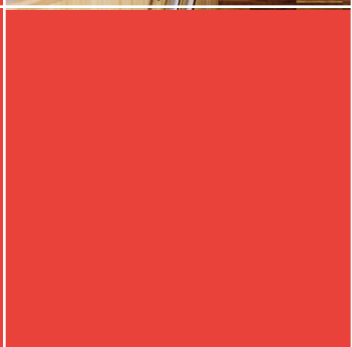
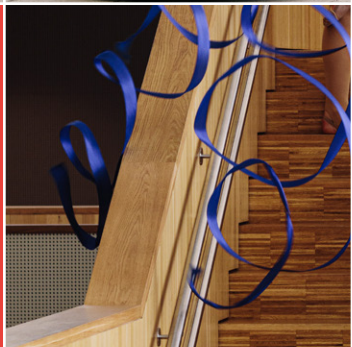
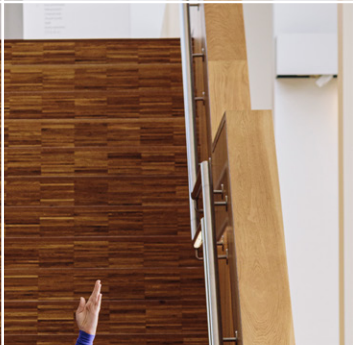
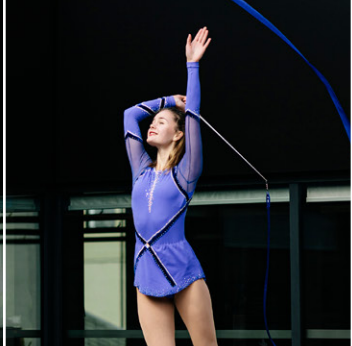
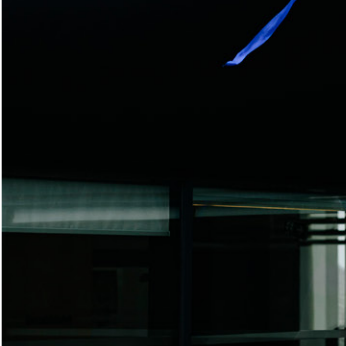
We are present on TikTok, Instagram and Facebook. Please follow us for regular updates and inspiration from Bodø, Norway.

[@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 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. 10% of the participation card should be paid by December 13th, this is non-refundable.

### 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.

## Registration to perform at the EG Gala

Groups who would like to be in the Gala can apply through their National Federation (European Gymnastics will provide the NF's with an application form). There is no limit to how many applications each federation can send. The maximum duration of one Gala-performance is 3 minutes. Members of the European Gymnastics TC-GFA will choose the groups. LOC choreographer will script the show.

Each performance will be evaluated by the TC-GFA according to the following criteria:

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

More specific information about this application will be sent to the National Federations in a due time.

## 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 EUROGYM accreditation card:

- 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
- FunZone
- Transportation from/to workshops/arenas if needed

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. This needs to be confirmed in the registration. 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 all Heads of Delegation, Group Leaders and Gala coaches

**Sunday July 14th**

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

It is mandatory for all Heads of Delegation/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 orientation meeting will take place at Stormen Concert Hall.

## 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 Stormen Concert Hall.



Bodø City //  
Photo: Ernst Furuhatt

BODØ2024 14th

July 14 - 19



## Contact

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## Socials

[eurogym2024.com](http://eurogym2024.com)

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

[#midsummermadness2024](https://www.tiktok.com/@eurogym2024)

