

<https://gagf24.org/>



# 9<sup>th</sup> GOLDEN AGE GYM FESTIVAL 2024

Burgas, Bulgaria

22<sup>nd</sup>–27<sup>th</sup> September 2024

## Bulletin 1





**9<sup>th</sup> GOLDEN AGE GYM FESTIVAL 2024**  
Burgas, Bulgaria  
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JUNE 2023

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## Welcome Messages

### Hlíf Thorgeirsdóttir – President of the European Gymnastics TC GfA



Dear gymnastics friends,

We, the European Gymnastics Technical Committee of Gymnastics for All (TC GfA), are very pleased to welcome all of you to Burgas, Bulgaria. The city of Burgas will host the 9th Golden Age Gym Festival, taking place in September 2024.

We hope that in Burgas you will experience the best gymnastics week of your life, performing, taking part in different Workshops and socialising with friends from all over Europe. Most of the activities will take part in a beautiful park called Sea Garden located in the center of Burgas, along the seaside.

Besides Gymnastics throughout the week, Burgas can offer beautiful beaches by the Black sea, lots of cultural and historical places to visit and don't forget to take a stroll by the harbour where you can find some nice restaurants. The weather is pretty mild in September with an average daily maximum of 25 and minimum 16 degrees.

The LOC is doing everything they can to prepare a great Gymnastics week for all of you. We are certain that all our gymnastics friends taking part in Golden Age will live an unforgettable week of sports, with lots of fun and enjoy the hospitality of the Bulgarian people.

We look forward to seeing you all.



**European  
Gymnastics**





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## Farid Gayibov – President of European Gymnastics



Dear Gymnastics Friends,

The destination of the 9th edition of the Golden Age Gym Festival is Bulgaria. This Gymnastics for All event will be organized on the coast of the Black Sea – Burgas on September 22-27, 2024 for the first time.

Bulgaria proved itself to be a perfect host of events in Gymnastics Olympic disciplines. The nation known for love of Gymnastics, is the perfect place to showcase the diversity of this discipline.

Golden Age Gym Festival excites with its diversity, inclusion and enthusiasm. All the participants show not only their will and love for the sport, but also plant a seed for the upcoming generations.

This is the philosophy of Gymnastics – to bring physical and psychological tranquility to all the people, thus encouraging others to join them. In this term, the slogan of the Golden Age Festival can be “never say no to Gymnastics”.

There is already a great cooperation between the Bulgarian Gymnastics Federation and the European Gymnastics Technical Committee for Gymnastics for All. The professionalism and experience of the Technical Committee, together with the efforts of the Bulgarian Gymnastics

Federation and its Local Organizing Committee, will facilitate to a high-level delivery of this Festival.

I wish luck to the Organizers and participants in their preparations and already looking forward to being a part of the friendly atmosphere in the first month of fall in 2024.

## Krasimir Dunev – BGF President



Dear Gymnastics Friends,

On behalf of Bulgarian Gymnastics Federation and the Local Organizing Committee, the Gymnastics family of Bulgaria and our hundreds of volunteers, I am proud to greet you on the occasion of the **9<sup>th</sup> Golden Age Gym Festival 2024**, our first ever big international Gymnastics for All event!

Bulgaria has great traditions in hosting large-scale sports events and we are very excited to be able to welcome all of you in Burgas, one of the largest cities in our country, a large economic, cultural and tourist center situated on the Black Sea short.

Enjoy Gymnastics! Enjoy Age! Enjoy life!

See you in 2024!







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## Dimitar Nikolov, Mayor of Burgas Municipality



Dear ladies and gentlemen,

Dear athletes,

We are happy to announce that in 2024 the Golden Age Gym Festival will be held for the first time in Bulgaria, and the host of this event will be Burgas."

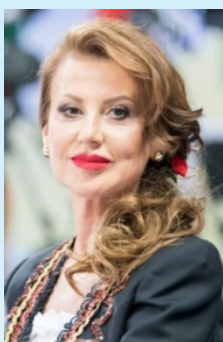
Our desire is for the festival to become a pleasant experience not only for all participants but also for all our citizens and guests.

Burgas is a city with rich traditions in sports. Therefore, one of the goals of Burgas Municipality is to support clubs and athletes in their activities and participation in various competitions. At the same time, we are actively working on the development of gymnastic for all among people, because this is a way to maintain their health and create social contacts.

The Golden Age Gym Festival is proof that when a person has strong willpower and a desire to lead an active and healthy lifestyle, age does not matter. It helps create new friendships and at the same time shows how important it is to engage in sports at every age.

We are looking forward to all athletes and fans of gymnastics, and I can assure you that in Burgas, you can expect a lot of pleasant emotions and surprises.

## Iliana Raeva – President of the Local Organizing Committee, President of BRGF



Dear guest and friends,

Dear ladies from the Technical Committee for Gymnastics for All,

Dear family of Gymnastics for All,

It is a real pleasure for the Bulgarian Rhythmic Gymnastics Federation and for me personally to welcome you to Burgas on the occasion of this exciting event, the Golden Age Gymnastics Festival!

Let us show the world today that our future is together, that the sport leads us forward united, strong, brave, and beautiful inside and out. Let us show the world that everyone should be active and that life brings us joy and emotions at every age!

I express my gratitude to European Gymnastics for the trust it has placed in us, to our main partner Burgas Municipality, and to all our other partners for their invaluable assistance and support in organizing the Festival.

Dear ladies and gentlemen, let this celebration of gymnastics and movement bring us a lot of joy and unforgettable emotions! Have fun in our hospitable city of Burgas!





# LET THE MOTION EXPRESS EMOTION!

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## Welcome to Burgas, Bulgaria

Burgas is a city that combines sun, sea, beautiful nature, and a history, dating back to ancient times. It is the fourth largest city in Bulgaria and is one of the most attractive places on the Bulgarian Black Sea coast. The city is the most important cultural, economic, transport, administrative, tourist, and educational center in Southeastern Bulgaria.

With its beautiful beaches and numerous opportunities for relaxation and entertainment, Burgas attracts thousands of tourists every summer both from our country and from different parts of the world.

The city is also known for its rich cultural life. Every year it hosts various music, culinary, and cultural festivals that make its atmosphere unique. The artistic spirit of Burgas can be found in almost every corner of the city - from

the lively urban spaces and beaches to the small streets. The opera, theaters, numerous concert halls, and open-air stages are places where countless different concerts and performances are held.

Burgas is also known as the city of lakes and birds. Thanks to its natural resources and specific geographical location, it is a place with great biodiversity. The migration route of millions of birds Via Pontica passes through here, as they migrate from Europe to Africa. One of the reasons for this is the three lakes - Atanasovsko, Vaya, and Mandrensko, which are located in the vicinity of the seaside town.

Every year Burgas hosts national and international competitions in various sports. It is no coincidence that in 2015 it was chosen as European City of Sport.







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Sea Garden



Central pedestrian street



Burgas Bridge



Boardwalk



Central beach



Saint Anastasia island



Sea casino and Snail stage



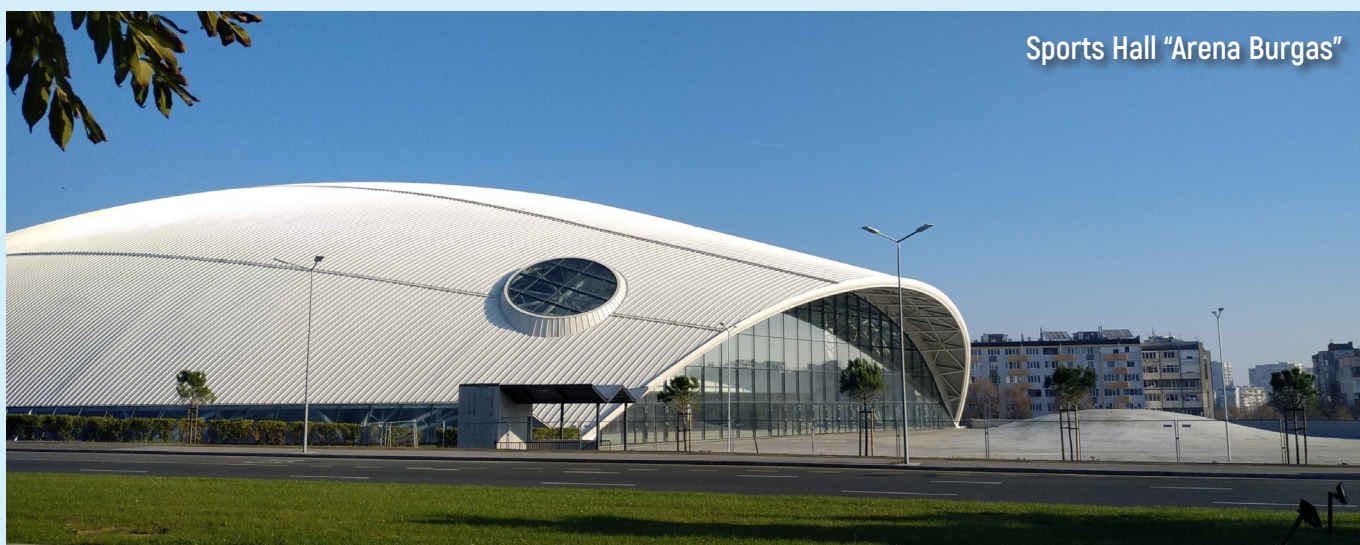




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Sports Hall "Arena Burgas"







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## 9<sup>th</sup> GOLDEN AGE GYM FESTIVAL (GAGF)

From 21<sup>st</sup> to 27<sup>th</sup> of September, the city of Burgas (Bulgaria) will host the European Gymnastics festival for people over fifty: the Golden Age Gym Festival! The Golden Age Gym Festival is not only a week of recreation, but offers also the possibility to all participants to improve their abilities, to discover new activities and cultures, sports and make new friendships. The Festival has the purpose to inform the representatives of the European National Federations about gymnastics benefits and let them experience different gym related activities. The participants shall have the pleasure to be involved in this unique Gym Festival where group presentations and leisure activities are planned together. The GAGF is open to participants from all European federations affiliated to European Gymnastics. Federations can register groups of people 50+. Although there will be no precise definition of the age of the participants, it is recommended they are 50 years or older.

### GAGF History

After the test event in 2005 and the 1<sup>st</sup> Golden Age Gym Festival 2008 in Maspalomas, Canaries (ESP), the 2<sup>nd</sup> GAGF was hosted by Portimao (POR) followed by 3<sup>rd</sup> GAGF in Montecatini (ITA), 4<sup>th</sup> GAGF in Toulouse (FRA), the 5<sup>th</sup> edition in Portoroz (SLO), the 6<sup>th</sup> GAGF in Pesaro (ITA), the 7<sup>th</sup> GAGF in Rethymno/Cretan (GRE), the 8<sup>th</sup> GAGF edition in Funchal in Madeira/Portugal, and now 9<sup>th</sup> in Burgas, Bulgaria.

### INFO MEETING

The European Gymnastics and LOC are proud to invite you to the **Online Information meeting** for the 9<sup>th</sup> GOLDEN AGE GYM FESTIVAL BURGAS 2024.

**22 September 2023 via Zoom at 2 p.m. CET**

The INFO MEETING is open to NF representatives, HoD and Group Leaders.



Link for the meeting: <https://us02web.zoom.us/meeting/register/tZcsf-ygpjMjE9EU6cq3taE0YDmlITTFZ7Gr0>

Registration for the meeting: <https://forms.gle/YNb8YVEM7DPriVUA>

This will be an excellent opportunity to get to know each location and every detail. The official invitation for this meeting has already been sent to all National Federations, and can be consulted on the European Gymnastics website at [www.europeangymnastics.com](http://www.europeangymnastics.com).



## LOGO and SLOGAN



### 9<sup>th</sup> GOLDEN AGE GYM FESTIVAL 2024 Burgas, Bulgaria 22<sup>nd</sup>-27<sup>th</sup> September 2024

# LET THE MOTION EXPRESS EMOTION!

LOC cordially invites all participants to join us in a Flash Mob, created for the event. Choreography and additional details will be sent later on.





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## Provisional Program of the week

21 <sup>th</sup> September Saturday	22 <sup>th</sup> September Sunday	23 <sup>th</sup> September Monday	24 <sup>th</sup> September Tuesday	25 <sup>th</sup> September Wednesday	26 <sup>th</sup> September Thursday	27 <sup>th</sup> September Friday	28 <sup>th</sup> September Saturday
	Arrival Groups	Meeting LOC + HoD	Meeting LOC + HoD	Meeting LOC + HoD	Meeting LOC + HoD	Meeting LOC + HoD	Departure of Delegations
Arrival Groups		City Orietienring					
			Workshops	Workshops	Workshops	Workshops	
Meeting HoD Tour of the venues with the HoDs	Meeting Group Leaders + HOD		Workshops	Workshops	Workshops	Workshops	
			Art Class	Art Class	Art Class	Art Class	
	Parade, Opening Ceremony			Educational Forum		Reception for HoD	
		City Performances	City Performances	City Performances	City Performances	Gala Closing	
		Social Activities	Social Activities		Social Activities		

The "Golden Age Gym Festival" is all about gymnastics, leisure, social and cultural activities as well as friendships and intercultural exchanges. Here are the main words of this week. The week will be filled up with the following events:

- > Parade & Opening Ceremony
- > City performances
- > Workshops
- > Cultural & social activities
- > Educational Forum
- > Closing Gala

As usual, every morning we will have a meeting with all Heads of Delegation in order to give you some more detailed information.

Do you wish to arrive earlier or stay a bit longer to explore Burgas and Bulgaria?  
 Well, guess what? It's possible!!!







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## Venues



Most of the GAGF events will be located at Sea Garden. It is the ideal place to relax, to amuse, visit our sponsors stands, to buy some merchandising, and gather all information about the festival. In the Sea Garden you can find:

- > Info Desk and Accreditation Centre
- > The Golden Age merchandising stand
- > Stands with food and traditional specialities
- > Meeting point for various activities (games, sport, music, workshops...)
- > Dancing party
- > And many other surprises



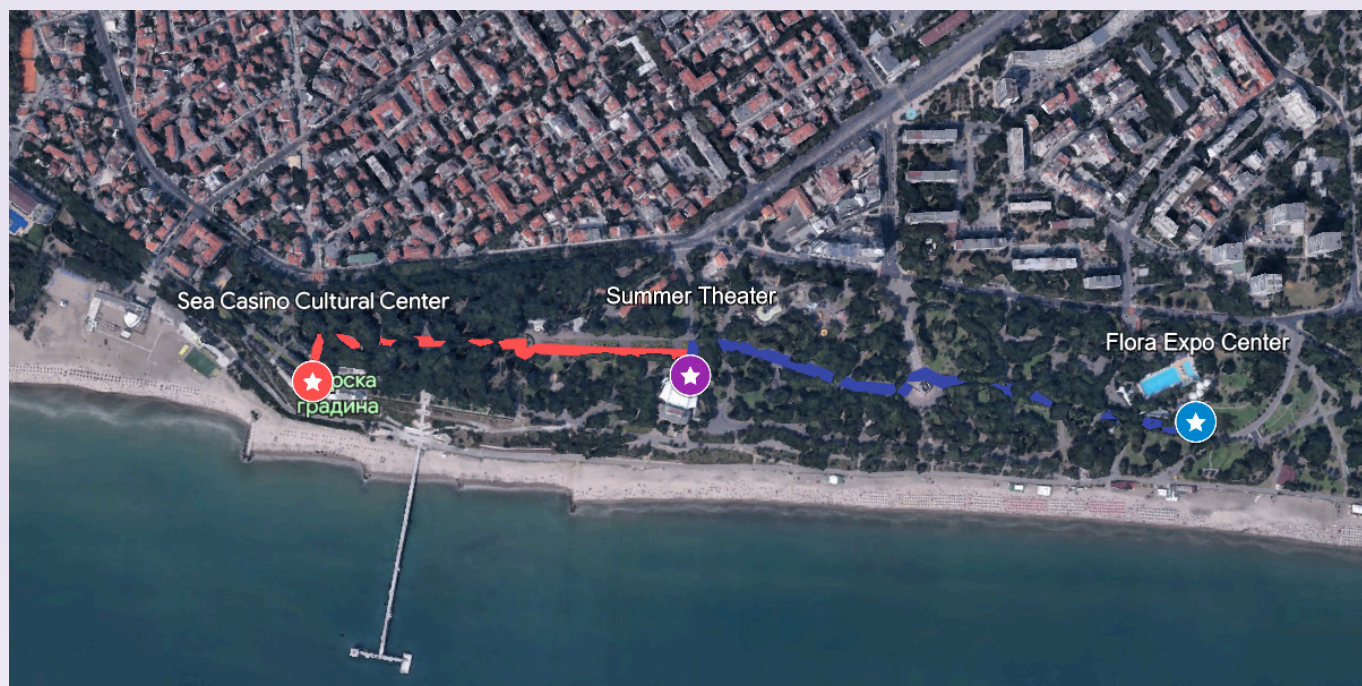
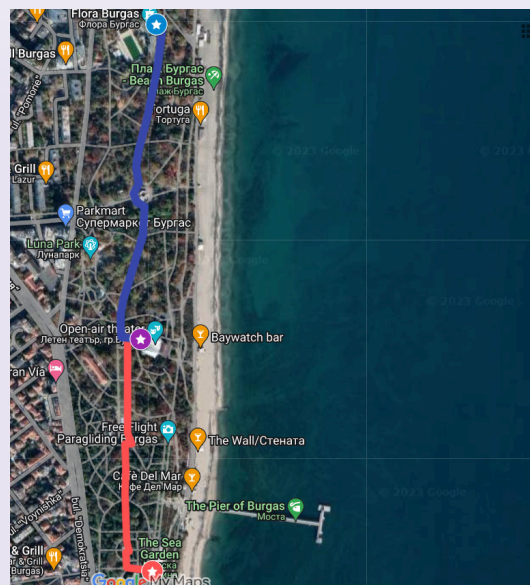


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## MAP OF THE CITY CENTER AND SEA GARDEN







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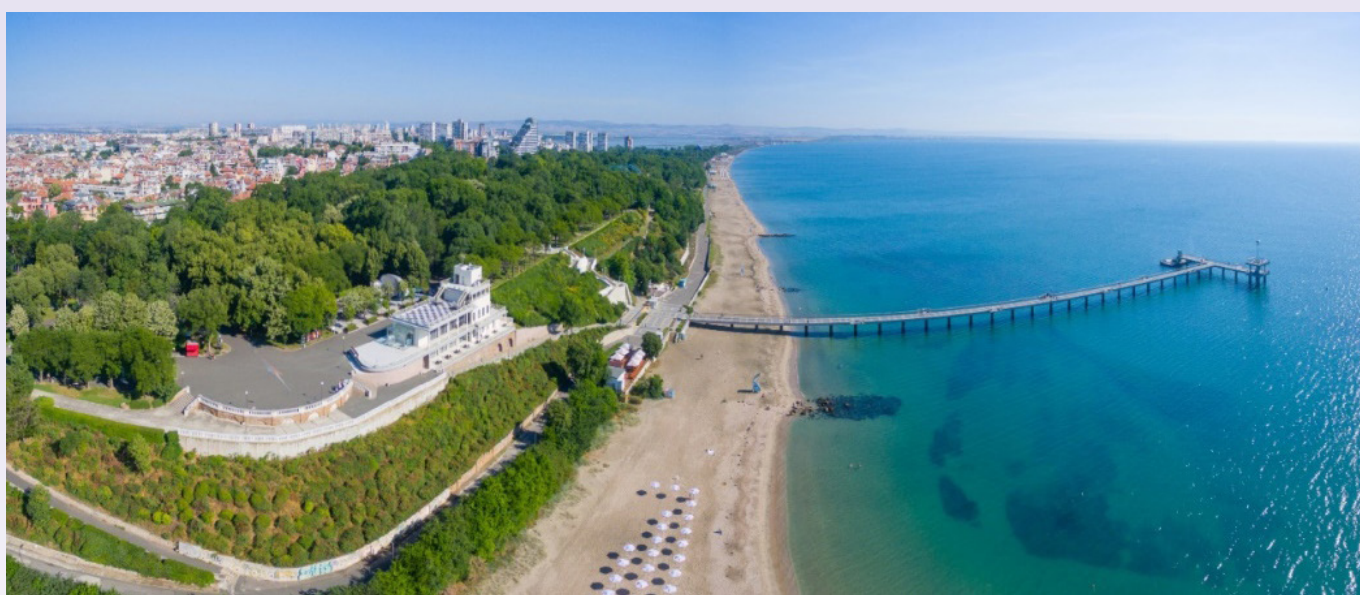
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## Cultural Center "Sea Casino"

One of the most iconic and memorable buildings in the city of Burgas is that of the Sea Casino, located on the central alley in the Sea Garden. The idea for its construction dates back to 1936 when a competition was announced for the design of a casino in the Sea Garden. The location was not chosen by chance – it overlooks the entire bay, and the building itself can be seen from ships at sea and from the nearby bridge.. The modernly equipped halls and adjacent open spaces host concerts, theatrical performances, film screenings, exhibitions, book presentations, creative workshops, trainings, festivals, and more. With its romantic view of the sea, the Casino is also a preferred place for civil weddings.

## VENUES FOR WORKSHOPS AND CITY PERFORMANCES







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## Summer Theater - Burgas

While walking along the main alley in the Sea Garden, it is impossible not to notice the modern and beautiful building of the Burgas Summer Theater. Concerts, festivals, performances – all summer the stage is full of life and gathers thousands of guests and residents of the city.

The Summer Theater has:

- A covered stage that meets all technical requirements for events of different types – stage machinery with 10 automatic hoists, lighting bridge, lighting towers, galleries for additional lighting, large apron.
- An auditorium with 1,970 seats and the possibility for standing room, with a good amphitheater and acoustics.
- Equipped with a base of dressing rooms, foyers, a room for preparation and realization of events.

The technical conditions ensure the implementation of film screenings, television recordings, and live broadcasts without restrictions.

**Size of the stage: 17 meters width; 13 meters depth; 12 meters height**

**THE OPENING AND CLOSING CEREMONIES WILL BE HELD HERE.**



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## Expo Center "Flora"

"Flora" Burgas is a place that, with its multifunctionality, unique location in close proximity to the sea coast, and state-of-the-art technical equipment, is suitable for hosting all kinds of events.

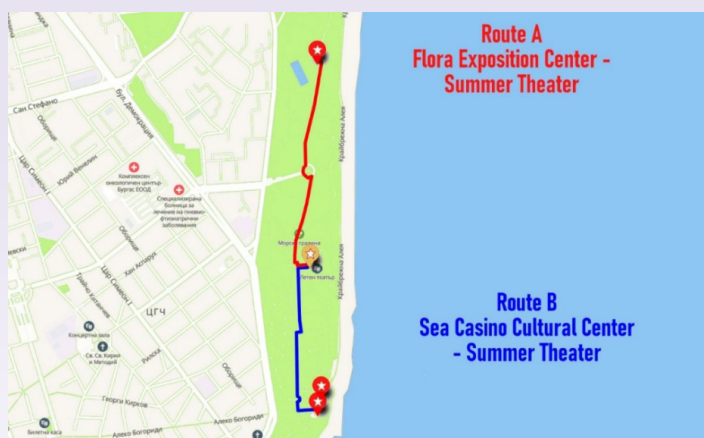
The uniqueness of the newest exhibition center in Bulgaria is revealed in its innovative "green" and functional design of the building, which achieves optimal exhibition space and exceptional mobility when combining the individual halls.

## THEMED PARTIES AND OTHER ACTIVITIES WILL TAKE PLACE HERE



## Parade

The parade is the first official moment of the event. For this reason, it should be the first moment of sharing and celebration by the participants. In the 9<sup>th</sup> Golden Age Gym Festival, the parade will have two starting points. The two beams will unite and conclude their march towards the Summer Theater – Burgas, where the opening ceremony of the event will take place. The colors of the participants' teams will fill the central streets and alleys of the city of Burgas. The gymnastics festival begins!







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## CITY PERFORMANCES

There will be 3 stages for city performances. The stages are located in the Sea Garden. They all meet the requirements, listed in GAGF Regulations, i.e: at least 2 performance areas with a floor space of 20 m x 25 m and a smaller one with a performance area of at least 14 m x 14 m will be provided.

The maximum time for each performance is 6 minutes (including preparation of the venue and marching in and out). Groups should be composed of a minimum of 6 active performers and each group has the opportunity to perform twice during the week. There will be changing rooms available at all sites. Performers should take care about props on their own. If you should require additional help from the LOC, please provide a written request as soon as possible.

## Workshops

The workshops are an important part of the Golden Age Gym Festival's program of activities. From cultural to sports activities, the workshops are moments of experimentation and socialization among participants.

### OPEN WORKSHOPS

- > **Registration is not necessary**
- > **Every participant can go to 2 open workshops**
- > **Every participant can choose the time and the day that suits them for the workshop**

### CLOSED WORKSHOPS

- > **Registration is necessary**
- > **Every group can choose 4 closed workshops. The LOC guarantee at least 2 of them.**
- > **Groups must indicate their choice for the closed workshops with the definitive registration.**

At the workshops, english speaking volunteers will be present to help participants find their way to the workshop. At least one volunteer will be present at each workshop to support the instructor, to guide the participants and to help in case of emergencies.

The duration of the workshops will be 45/60 minutes depending on the characteristics and needs of the workshop.



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1. Yoga	Primorets (Active Recreation Zone)	Open
2. Streching	(Active Recreation Zone)	Open
3. Thai Chi	Summer Theater	Open
4. Aqua Gym	Swimming Pool (Flora)	Open
5. Salsa	In front of the brige	Open
6. Tango	Terrace of Sea Casino	Open
7. Bachata	In front of the brige	Open
8. Line Dance	In front of the Flora	Open
9. Zumba	Stage "Snail" Casino	Open
10. Traditional folklore dances	Summer Theatre	Open
11. Panneurthymia	Grass lawn on front of West Beerhouse	Open

1. Special Choreography		Closed, registration needed
2. Fitball	Flora park (lawn)	Closed, registration needed
3. Rhythmic Gymnastics		Closed, registration needed
4. Acrobatics	Flora (outside)	Closed, registration needed
5. Beach Tennis	Beach	Closed, registration needed
6. Traditional amuzing games	Next to Summer Theatre	Closed, registration needed

## Forum

The theme of the Forum is **"Balance, health and independent way of living in the Golden Age"**.

Participants in the forum will become acquainted with the role of meaningful activities for strengthening and preserving the health of older adults. A conceptual framework for an occupational therapy program specially designed for seniors in the Burgas region will be presented.

The participants of the forum will have the opportunity to get acquainted with the practice of Panneurthymia (a system of gymnastic-musical exercises). The aim of

Panneurthymia is to improve and maintain health, and to stimulate the harmonious development of the individual's personality, human abilities, emotions, and attitudes towards life, by achieving harmony with nature (the universe, the cosmos).

**Moderators:** Assoc. Prof. Dr. Zlatka Dimitrova – University "Prof. Dr. Asen Zlatarov", Assoc. Prof. Dr. Petya Stefanova – University "Prof. Dr. Asen Zlatarov" and students.

**A representative from the White Brotherhood in Burgas will lead the practice.**



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## Social activities

### ART CLASSES (SUBJECT TO REGISTRATION AND FEE)

1. Making of Bulgarian Symbolic Elements	Sea Casino	Closed	Paid
2. Batic	Sea Casino	Closed	Paid
3. Art and Wine: Learning to paint while drinking	Sea Casino	Closed	Paid
4. Single Crochet Kniting	The Fairy Square	Closed	Paid
5. Pottery	Art club "Keramika" 12 Vazrazhdane blvd.	Closed	Paid
6. Loom weaving	Studio	Closed	Paid

The LOC cordially invites the participants to 3 nights of partying. The parties will be themes and additional information on the themes will be provided in the final Bulletin.

#### Drinks and Coffee Area - next to the performance places

LOC offers 3 different zones for drink areas/café in the sea garden.



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## Registration

By submitting registration, the participants agree to the processing of personal data contained for logistical purposes related to this European Gymnastics event and the publication of photos and/or videos for educational or communication purposes.

Registration process will be done online only, through a special GAGF registration platform that will be available in due time. Each National Federation will receive their own login credentials to access online application. Online application will open afterwards with the following deadlines:

### **REGISTRATION OF INTEREST – 1<sup>st</sup> December 2023**

#### **Information to be provided:**

- > Information concerning the federation
- > Contact person for GAGF
- > Expected number of participants

### **PROVISIONAL REGISTRATION – 1<sup>st</sup> March 2024**

#### **Information to be provided:**

- > The number of participants
- > The number of groups
- > Accommodation interest
- > Email addresses of group leaders

#### **To be paid:**

**\* 20 EUR non refundable registration tax per participant**

### **DEFINITIVE REGISTRATION – 1<sup>st</sup> June 2024**

#### **Information to be provided:**

- > Registration with participants names
- > Workshop, City Performance and Forum registration
- > Accommodation subscription
- > Meals subscription
- > Touristic Program subscription
- > Arrival and Departure information with transfer options

#### **To be paid:**

**\* 100% deposit for Accreditation Pass GAGF 2024**

**\* 100% of accommodation**

**\* 100% of meals**

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ACCREDITATION PASS GAGF 2024 is mandatory for attending all events during the event.

Accreditation pass GAGF 2024 includes:

- > Access to the official Golden Age Gym Festival program
- > Workshops
- > City performances
- > Forum
- > Opening and Gala/Closing Ceremony
- > Access to Art classes (subject to additional registration and fee)
- > Social activities
- > Local transportation – for all participants accommodated via LOC
- > Free access to some of the museums in Burgas – additional information will be proved by the LOC

## ACCREDITATION CARD PRICE:

**225 € per person.**

**75 € discount for those who reserve the accommodation through the LOC.**

**\* Note: the 20 EUR deposit will be deducted from the Accreditation card's price.**

## CANCELLATION POLICY

In case of cancellation the Preliminary Registration tax is not refundable. All cancelation until 2<sup>nd</sup> of June 2024 will receive 50% of the payment (except the Preliminary Registration tax) returned to their account. No refunds will be available after 2<sup>nd</sup> of June 2024.



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## Accommodation Packages

The city of Burgas offers a wide range of quality accommodation to suit all tastes and budgets, where hospitality, personalized service, good taste and quality are the dominant features.

### ACCOMMODATION IN HOTELS /4 CATEGORIES/

The package rates are in Euros, per person per 7 nights, from September 21<sup>st</sup> to September 27<sup>th</sup> and include: accommodation, breakfast and local city tax.

Hotel Category C	Prices per person, per 7-night package
Single room B&B	550.00 €
Double room B&B	350.00 €
Triple room B&B	300.00 €
<b>Hotel Category B</b>	
Single room B&B	700.00 €
Double room B&B	400.00 €
Triple room B&B/Apartment for 3 people B&B	350.00 €
Apartment for 4 people B&B	300.00 €
<b>Hotel Category A</b>	
Single room B&B	900.00 €
Double room B&B	550.00 €
<b>Hotel VIP/A+</b>	
Single room B&B	1 100.00 €
Double room B&B	700.00 €
Single deluxe room B&B	1 250.00 €
Double deluxe room B&B	800.00 €
Additional payment in order to have a sea view	30.00 €

### Prices for the meals

Meal prices are for lunch and dinner in the hotels, excluding drinks.

	Prices per person per meal
Hotel Category C	20.00 €
Hotel Category B	25.00 €
Hotel Category A	35.00 €
Hotel Category A+ / VIP	35.00 €



## Transportations

### Bulgaria's Advantageous Geographic Location for Incoming Tourism

Bulgaria enjoys a prime geographic location, easily accessible from all corners of Europe, the Middle East, parts of Asia and North Africa – all within a 3-hour flight range, that can also be accommodated by a narrow-body aircraft.

### Total Catchment Area of Burgas and Varna

Both Varna and Burgas airports are conveniently located in terms of outgoing traffic, able to cover half of Bulgaria and provide access to:

- 900 000 people within a 40-minute drive
- 1 400 000 people within a 80-minute drive
- 3 000 000 people within a 120-minute drive



*In a normal year, e.g. 2019 Burgas Airport and Varna Airport handle and service:*

- More than 5,56 mln passengers per year
- More than 41 000 flights per year
- More than 100 Bulgarian and international airlines operating charter and regular flights
- Over 170 destinations in Europe, Asia and Africa

*In 2022 Burgas Airport and Varna Airport handled and serviced:*

 3,1 mln  
 23 700



# LET THE MOTION EXPRESS EMOTION!

9<sup>th</sup> GOLDEN AGE GYM FESTIVAL 2024

Burgas, Bulgaria

22<sup>nd</sup>-27<sup>th</sup> September 2024

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## HOW TO GET TO BURGAS?

### International Airport Burgas (BOJ)

Burgas International Airport (BOJ) is located in a picturesque bay on the southern Black Sea coast, about 10 km from the center of Burgas in the Sarafovo district. The airport serves both international and domestic flights. Burgas Airport (BOJ) offers convenient connections to many major airports, such as Vienna, London, Bratislava, Warsaw, and Dublin. In addition to regular year-round flights, many charter flights are operated from here during the summer season. The airlines operating from Burgas Airport are Bulgaria Air, Wizz Air, Ryanair, Aegen, Air Baltic, and Transavia. Burgas Airport (BOJ) serves all departing and arriving passengers from Terminal 2.

We are happy to offer transportation from Burgas Airport to the city and back.

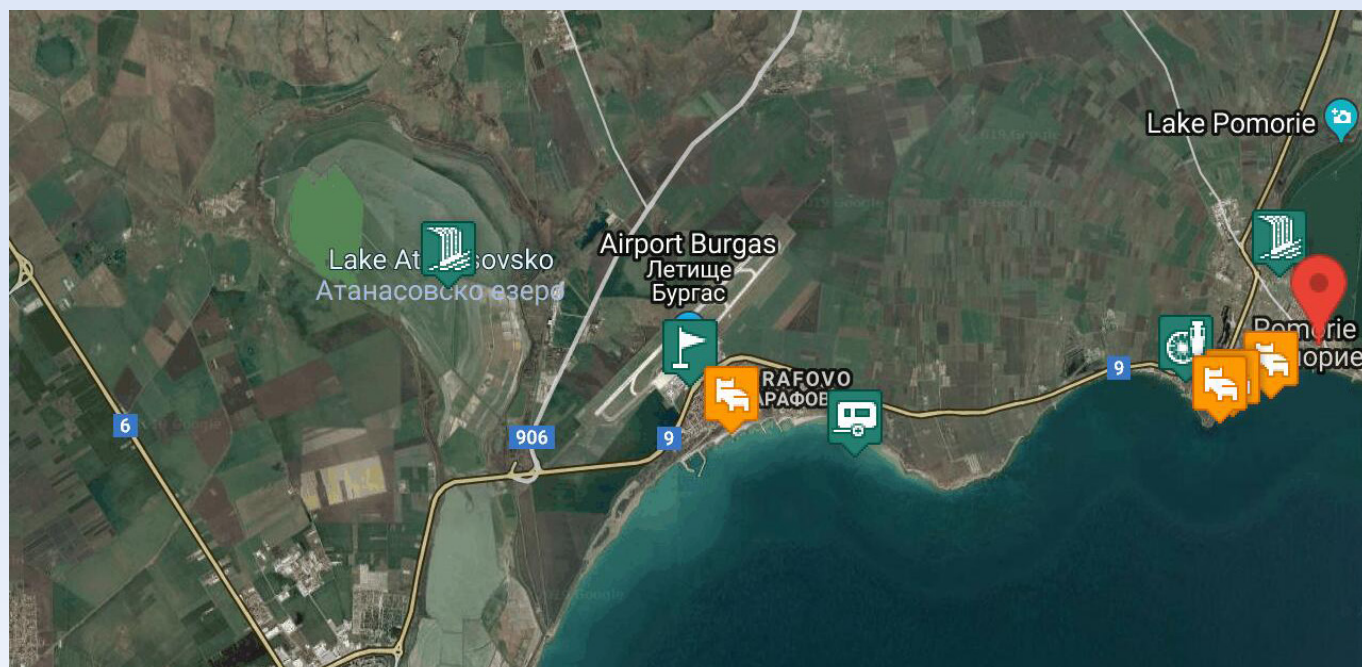
### Prices per person per transfer:

10 EUR from/to Burgas Airport

35 EUR from/to Varna Airport

15 EUR from/to Burgas Airport – by car/small autobus. This type of transfer should be requested in advance by the time of the Final Registration.

45 EUR from/to Burgas Airport – by car/small autobus. This type of transfer should be requested in advance by the time of the Final Registration.







## Excursions

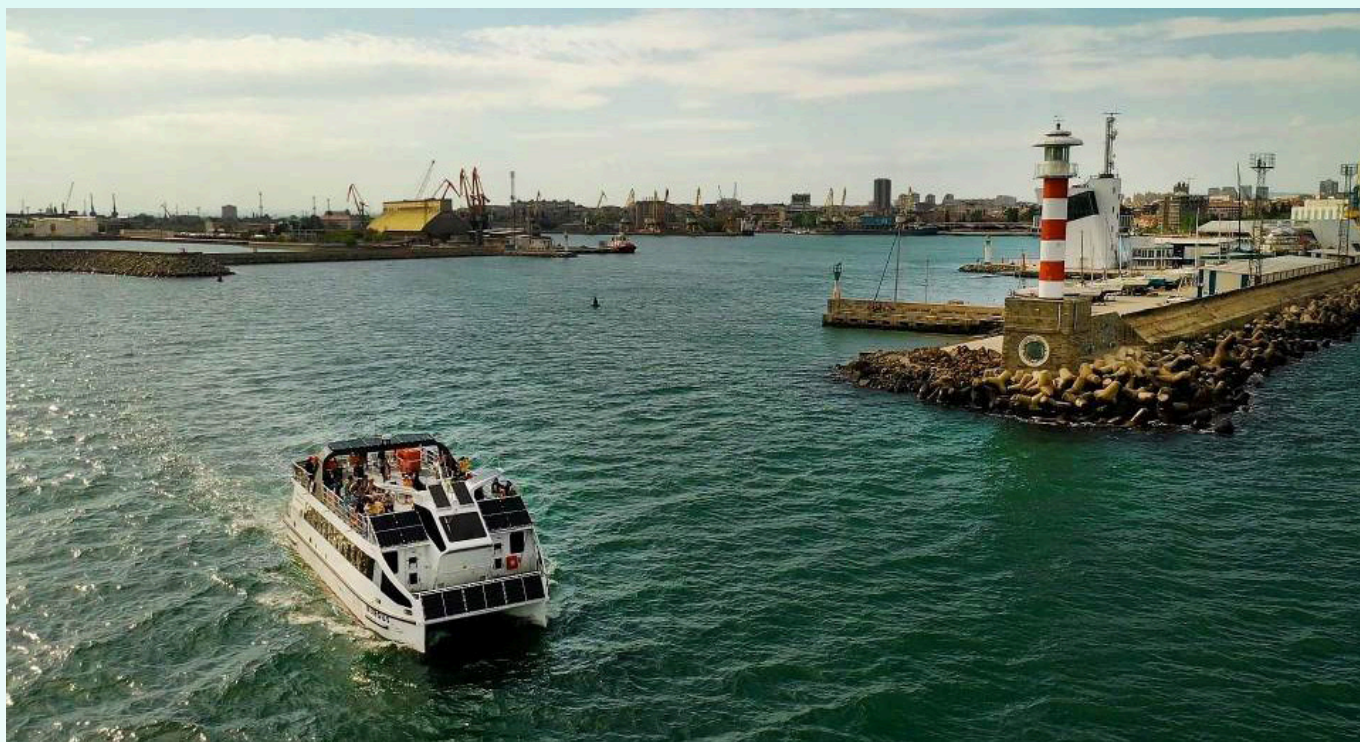
### *Burgas - eternal like the sea, exciting and artistic.*

#### Island St. Anastasia

The only inhabited island in Bulgaria – St. Anastasia is located in the Burgas Bay on the Black Sea. The earliest human presence in its territory dates back to the Late Antiquity era (4<sup>th</sup>-6<sup>th</sup> century).

The "St. Anastasia Pharmacolytria (Healer)" Monastery is the only island Orthodox monastery in Bulgaria, part of which is preserved to this day. Part of it is the monastery church "Assumption of the Virgin Mary", which still functions today. It has a unique wooden iconostasis from the 19<sup>th</sup> century, with rich decoration and ornaments.

The island of St. Anastasia boasts unique natural phenomena formed by volcanic rocks, in which the sea waves have carved out whimsical shapes. Today, the island has been turned into a tourist complex and is one of the most visited attractions in Burgas. Here, you can try seafood prepared according to old local recipes. The old monastery cells have now been converted into guest rooms. An open-air stage has been built on St. Anastasia, where rock concerts, theater performances, operas, movie screenings, and recitals take place during the active summer season. You can reach the island in 30 minutes from Burgas with the two municipal boats that transport tourists.







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## Chengene Skele

Chengene Skele is a small fishing village located 15 kilometers away from Burgas. For many years, it has preserved the traditions and way of life of the local fishermen. In recent years, the fishing village has been transformed and is now one of the local attractions for tourists. The way of life of the old Burgas fishermen is preserved in several exhibition halls in the Chengene Skele cultural and tourist complex. They showcase moments from the lives and activities of the fishermen as well as the history of the Black Sea.

Today, fishermen often take on the role of tour guides and present visitors with the intricacies of their livelihood, such as weaving nets, repairing boats, and preparing delicious fish dishes.

In Chengene Skele you can spend your free time in a pleasant way by trying the delicious dishes in the small fish restaurant or by visiting one of the events held at the small amphitheater by the sea. From here you can take a short boat trip to one of the nearby points in the Burgas Bay.







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## Aquae Calidae

Aquae Calidae is one of the magnetic places in Burgas where you can touch upon the ancient times of the Thracians and the Roman Empire while enjoying a very pleasant vacation surrounded by beautiful nature. The history of this place dates back to ancient times when the Thracians created their sanctuary, known as the Three Nymphs, here in the 1<sup>st</sup> century BC. During the era of the Roman Empire, mineral baths were built on the site, which have been rebuilt over time.

Today, the newly built tourist complex returns you to this atmosphere, offering its visitors year-round opportunities for a pleasant vacation and entertainment.

Aquae Calidae today is also a modern aqua center, which is a replica of the old Roman bath with its functional elements. Here you can feel the healing power of the mineral water from local sources and explore the exhibition of archaeological finds discovered during the research of the site.



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## Medical

Burgas is one of the health centres of Bulgaria, having some of the best hospitals in the country, as well as some of the most renowned health professionals.

All of the hospitals recognize international insurance.

Here are some of the most popular hospitals in the city:

<https://cardiacinstitute.bg/en/hospitals-and-centers/heart-and-brain-center-of-excellence-burgas/>

<https://www.mbalburgas.com/uploads/files/english.pdf>

<http://www.devamaria.com/>

EMERGENCY NUMBER: 112

## MAP OF THE MEDICAL POINTS





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## ANTHEM OF THE EVENT

We have prepared a special anthem of the event. The music is created by Adrian Rachev and lyrics are written by Aleksi Belyov.

We are one with the ocean  
One with the motion  
One big emotion  
Love and Devotion! Yes!

With fire in our hearts  
We fly towards the stars  
Across the sea  
Running free  
Dancing x2

We are one with the ocean  
One with the motion  
One big emotion  
Love and Devotion! Yes!

Dancing diamonds in the sky,  
Make me wanna fly  
High above  
Where my dreams come alive  
Dancing x2  
Across the sea wuo oo  
Towards the stars ee ee

We are one with the ocean  
One with the motion  
One big emotion  
Love and Devotion! Yes!





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## EG GfA TECHNICAL COMMITTEE MEMBERS



Hlif  
THORGEIRSDOTTIR  
President



Regina BEELER  
TF Golden Age



Emiliana POLINI  
TF Golden Age



Ricardo LIMA  
Vice-president



Agnes HARTMANN



Ruslan EYVAZOV



Lasse HAUSER

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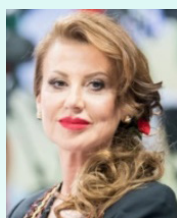
**9<sup>th</sup> GOLDEN AGE GYM FESTIVAL 2024**  
**Burgas, Bulgaria**  
**22<sup>nd</sup>–27<sup>th</sup> September 2024**



**LOCAL ORGANISING COMMITTEE (LOC)**

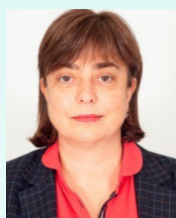
Patron of the event is the Mayor of Burgas Municipality Mr. Dimitar Nikolov.

LOC President  
**Iliana Raeva**



BRGF  
President

LOC Vice-President  
**Rossina Atanassova**



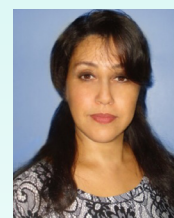
BRGF Secretary  
General

LOC Vice-President  
**Diana Savateva**



Deputy Mayor of  
Burgas Municipality

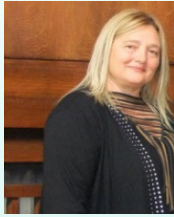
Executive Director  
**Marieta Dukova**



BRGF TC Gymnastics  
for all President

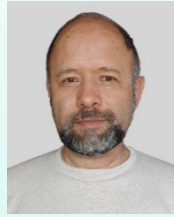


Deputy Executive Director – technical  
**Anna Bosheva**



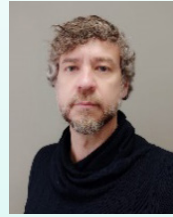
RG sports Club Chernomoretz, Burgas – President

Deputy Executive Director – entertainment  
**Petar Parushev**



Burgas Municipality, “Culture” Department Chief

Deputy Executive Director – entertainment Responsible for Technical Equipment  
**Dimitar Madzharov**



Burgas Municipality, “Summer theatre, festivals and concerts” Municipal enterprise Director

Event Manager – City performances and Forum  
**Zlata Dimitrova**



“Prof. Dr. Asen Zlatarov” University of Burgas

LOC contact person Head of Accreditation  
**Yoanna Angelova**



BRGF International relations Manager

Event Manager – Administrative  
**Gergana Yordanova**



BRGF Administrative coordinator

Event Manager – Organizational  
**Monika Panayotova**



BRGF Sports Manager

Event’ Secretary  
**Monika Avdjijyska**



BRGF

Head of Finance BRGF  
**Nikolay Kolarov**



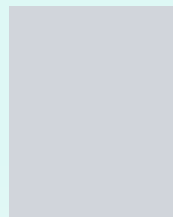
BRGF

Financial Matters for the event  
**Nadya Velichkova**



BRGF

Head of Finance Burgas



Burgas Municipality, Deputy Mayor of Finance

Accommodation and Meals Manager  
**Irena Atanassova**



Happy Tour Agency

Press  
and Media  
Manager

**Vesela Yordanova**



Burgas Municipality,  
"Culture and public  
relations" Director

Head of  
Security

**Veselin Vasilev**



Burgas Municipality,  
"Social order and security  
department" Director

Choreographer/responsible  
person for Gala, for  
Opening and Closing  
Ceremonies

**Rada Vrazheva**



RG sports Club  
Chernomoretz,  
Burgas – coach

Responsible  
for workshops

**Neviana Vladinova**



BRGF  
Vice – President

Responsible  
for workshops

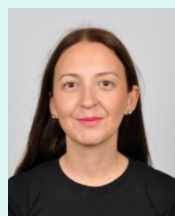
**Maria Kalangerova**



RG sports Club  
Chernomoretz,  
Burgas – coach

Marketing  
Manager

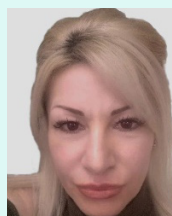
**Hristiyana Dimitrova**



Burgas Municipality,  
"Tourism" Municipal  
enterprise, "Tourism"  
Department Chief

Medical  
Officer

**Veselina Devedzhieva**



Burgas Municipality,  
"Sport" Department  
Chief

Responsible  
for Transport

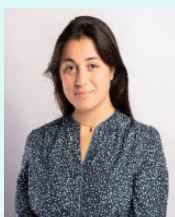
**Ivelina Strateva**



Burgas Municipality,  
Director of "Economics  
and business activities"  
Directorate

Volunteer  
Manager

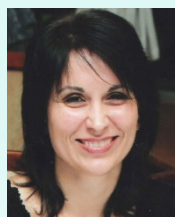
**Gabriella Slavova**



Burgas Municipality,  
"Youth policies"  
Department Chief

Volunteer  
Manager

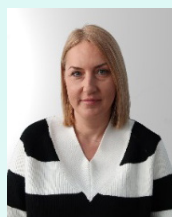
**Katya Delchilova**



Burgas Municipality,  
Burgas Youth Culture  
Center Director

Responsible  
entertainment

**Rosalina Dimitrova**



Burgas Municipality,  
"Tourism" Municipal  
enterprise Deputy Director

Responsible  
Touristic Tours

**Simeon Kanev**



Burgas Municipality,  
"Tourism" Municipal  
enterprise, "PR"  
Department

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## OUR PARTNERS



## OFFICIAL CONTACTS

**Website of the event:**  
[gagf2024.org](http://gagf2024.org)

**LOC/BRGF:**  
[loc@gagf24.org](mailto:loc@gagf24.org)  
[bulrg\\_office@fbgr.org](mailto:bulrg_office@fbgr.org)

**Accommodation and Meals:**  
[hotelmanagement@gagf24.org](mailto:hotelmanagement@gagf24.org)  
[irena.atanasova@happytour.bg](mailto:irena.atanasova@happytour.bg)

**Financial:**  
[financial@gagf.org](mailto:financial@gagf.org);  
[kolarov@vast.bg](mailto:kolarov@vast.bg)

**Transport:**  
[transport@gagf.org](mailto:transport@gagf.org)

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We are looking forward  
to meeting you in beautiful Burgas,  
and dear friends,

**LET THE MOTION EXPRESS EMOTION!**



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