

BULLETIN NO. 1.

March 2015



10TH EUROGYM 2016

ČESKÉ BUDĚJOVICE
CZECH REPUBLIC
18 JULY – 24 JULY



BULLETIN NO. 1



Dear friends on the move,

I am looking forward to seeing you all in České Budějovice in summer next year. It will be already the 10th edition of the Eurogym and we tend to regard it as a kind of a turning point. Therefore, we have decided to change the logo of the event and we hope to be able to carry out other changes on top of this visual one.

We are preparing a more modern and more dynamic Eurogym. We would like the hosting city to live with the event and we would like you to enjoy the event too. We are about to launch a new web site and Facebook, Instagram, and Twitter accounts where you will be able to share pictures and videos about how you are preparing to it and how you are doing. Those of you who are willing to spend some time on the internet before coming here will find out many interesting informations about the Czech Republic, about České Budějovice, you can learn flash mob and a little Czech language.

Rest assured, though, that many things will remain the same. First of all, this time Eurogym will be about movement, about being able to show your performance to others, making new friends and exploring an interesting country.

Our current motto is: Get up and move! And I am sure we are all going to have a good time.

Roman Slavík
President of the ČGF

Dear gymnastics friends,

The Technical Committee of Gymnastics for All (TC GfA) of UEG is very happy to invite the European gymnastics family to come to České Budějovice, Czech Republic, for the 10th edition of the Eurogym and for the 1st edition of the European Gym for Life Challenge.

In the heart of Europe, the historical and beautiful city of České Budějovice offers the best conditions to welcome the European youth for two unforgettable gymnastics events!

The TC GfA knows that the Local Organizing Committee, together with the Czech Gymnastics Federation, the city of České Budějovice and other Czech sport organizations, are doing all the efforts to guarantee the success of the Eurogym and of the European Gym for Life Challenge!

In July 2016, we will meet again for a fantastic gymnastics festival and to face a new challenge! In České Budějovice we will feel again the enthusiasm, the friendship and the emotion of the European Gymnastics!

Welcome to the 10th Eurogym!

Welcome to the 1st European Gym for Life Challenge!

Alberto Claudino Nunes
President of the TC GfA of UEG



Jihočeská univerzita
v Českých Budějovicích
University of South Bohemia
in České Budějovice





Dear Europeans, young sporting friends,

It is an honour for me that next summer I will be able to welcome you to South Bohemia, a beautiful region in the heart of Europe. In 2016, the region's capital city, České Budějovice, will be hosting the 10th Eurogym, a meeting of young gymnasts from all over the Europe.

I have a gentle warning, though: You might fall in love with South Bohemia at first sight. It's a region of breath-taking natural sights rich by historical, cultural and sporting traditions. Of course, the same can be said about the capital city which celebrates its 750th anniversary in 2015. South Bohemia has a diverse, well preserved countryside. Two mountain chains surrounding it in the south and it is dotted with many natural and artificial lakes, ponds, rivers, and streams. Moreover, it boasts numerous cultural and historical monuments, picturesque villages with typical local architecture, unique castles and palaces. In addition, there are many possibilities for a professional or recreational sport. The number of sports facilities and services has been increasing and new venues are opening regularly. There are so many ways to explore South Bohemia. One need only decide whether to do that by cycling, skating, skiing or on horseback and then choose the appropriate level of challenge from easy to advanced. The region's diverse terrains and available facilities explain why so many professional athletes including World Champions and Olympic medallists come from our region. You are the young, sporting future of Europe. We are looking forward to having you here.



Jiří Zimola,
Governor of the South Bohemia Region

Dear friends,

I would like to say hello to you, all the participants of 10th Eurogym 2016, and welcome to České Budějovice. Our city has a long sporting tradition and many successful sportsmen come from this place and from the surrounding of South Bohemian Region.

When I hear the word gymnastics, the name of Věra Čáslavská, the all-time best Czechoslovak gymnast, comes to my mind. She is also known as The Lady of the Beam and her prowess recognized her and her native country famous all over the world. Her fantastic gymnastic performance is inspiring, yet impossible to achieve for many of us.

However, doing sports should be fun and one of the ways to enjoy physical exercise is gymnastics for all. It is becoming popular in hundreds of gymnastics clubs and schools not only in the Czech Republic, but across the world, too. It gives people the opportunity to demonstrate their skills, to share their experience, and last but not least to make new friends. I am very pleased that 10th Eurogym 2016 will take place in South Bohemia and I believe that all the participants will have the best memories of this attractive gymnastics festival.

Jiří Svoboda,
Mayor of the City of České Budějovice



Dear participants, friends of sports and gymnastics,

We are preparing for you the 10th Eurogym 2016, which will be held in the beautiful České Budějovice, an extraordinary university city on the river Vltava. It combines a great number of sports facilities, large exhibition center, and modern architecture with history.

If you are travelling by plane, you can either use the airport in Prague (Czech Republic) or in Linz (Austria). We will provide bus transfer from both airports to your accommodation venues, which include schools, boarding schools, and university hall of residence. Our meals will be served in the cafeteria in the University, too.

The main performances, including the Opening and Closing ceremony, the Gala, and others, will be held at the municipal sports arena. Workshops will take place in school gyms, in pavilions at the exhibition center or in the adrenaline park near the Hluboká chateau, located about 10 kilometres outside of České Budějovice. Stage performances will be organized at a walking distance all across the city, including the attractive historical centre.

Moreover, the 1st edition of the European Gym for Life Challenge will be organised in České Budějovice on the 17th of July. This new event gives groups the possibility of improving the quality of their performance by receiving feedback from experts. You are all kindly invited to join us this day.

The whole Organizing Committee is looking forward to having you in České Budějovice and invites you to attend this extraordinary sports event. Let's have fun!
See you in České Budějovice from 17 to 24 July 2016.

Karel Coufal
The Loc President





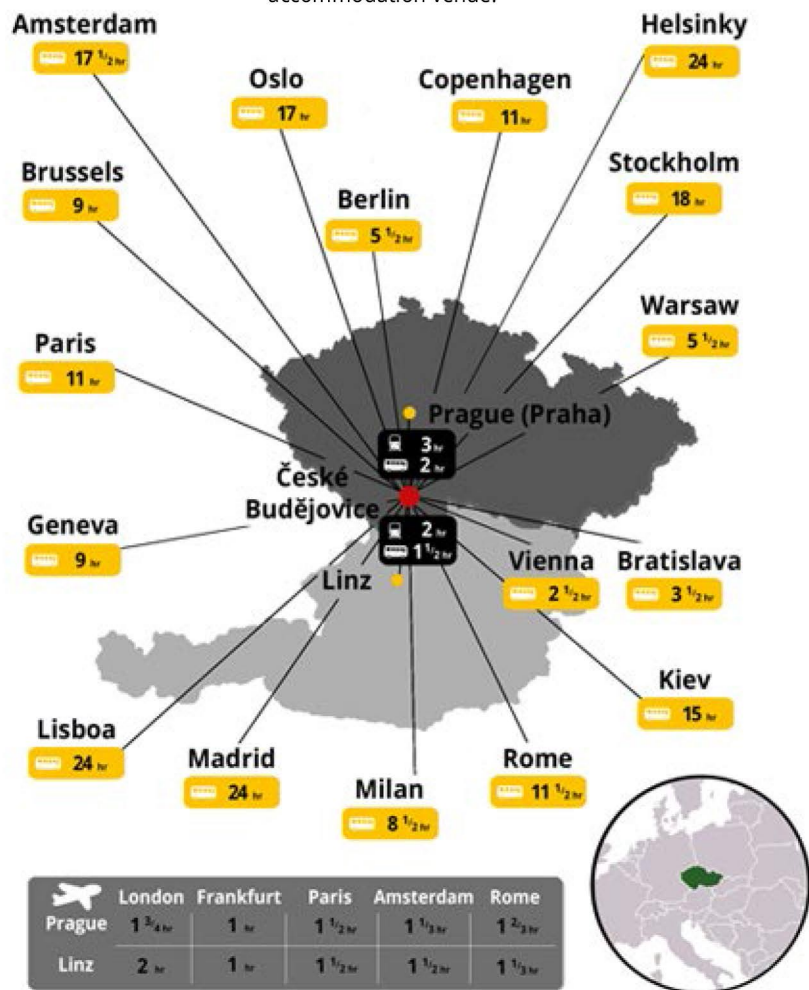
All roads lead to České Budějovice

How to get to České Budějovice?

In case you choose your own transportation (car or bus), please check the map with driving distances from some European cities. Parking for buses will be provided just in front of the exhibition center, which is the place where most workshops will take place.

For those of you coming by plane, you can either land at Prague international airport (Czech Republic) or in Linz (Austria). We will provide transfer from both airports to České Budějovice by our own shuttle buses. The prices will be given later. Buses can be booked in the registration program.

The third option is coming by train. České Budějovice train station is located in the city centre and in case you choose this mean of transport, our buses will take you from the station to the accommodation venue.



Welcome to České Budějovice

We hope that your stay in České Budějovice will be a tremendous experience. Now, let us provide you with a few pieces of information about the city and its surrounding. Since we are living in the time of GPS, let's start with the coordinates: 48°58'29"N, 14°28'29"E. The city has slightly less than 95 thousand inhabitants and lies 381 metres above the sea level. It is located in the south of the Czech Republic, which is composed of three historical lands: Bohemia, Moravia, and "Czech" Silesia. České Budějovice is in the south of Bohemia. Two rivers run through it: Malše and Vltava. The city was founded in 1265 by Czech King Přemysl Otakar II who sought to strengthen his monarchy against the local lords. Those of you who are going to follow our web site, Facebook and other social networks will be able to find out a lot of other interesting details both about the city and the Czech Republic.



This is a must-see!

České Budějovice is quite beautiful itself but its surrounding will literally take your breath away. Just a few kilometres from the centre lies the Hluboká chateau, a fairy-tale place built in the neo-Gothic style, set in the midst of vast gardens. It is so picturesque that it became a film location for many movies including one of the most popular Czech fairy-tale movie The Proud Princess.

South of České Budějovice, near the Austrian border, there is situated another beautiful place – the town of Český Krumlov. Its well-preserved medieval core is a UNESCO world heritage centre.



Český Krumlov is a unique town situated on the river Vltava. Photo: www.ckrumlov.info Libor Sváček



The Proud Princess is one of the most popular fairy-tale movies in the Czech Republic. It was shot in 1952 and it is the most-attended and most-viewed film in the Czech history. At the photo there is the main couple, actors Alena Vránová and Vladimír Ráž. Photo by Czechoslovak State Film

Let's go shopping...

České Budějovice is not only a good place for doing sightseeing but it is also perfect for going shopping. The Mercury shopping centre comprises more than seventy shops, restaurants, and cafés and boasts a true rarity – there is a bus station on the roof of the building. The IGY Centrum includes another more than ninety shops and restaurants and the list could go on and on. The historical centre and neighboring quarters offer hundreds of smaller and bigger shops with both local and international products. The central square of Přemysl Otakar II is a good option, and Lannova Avenue is another place to go.



Šumava – a moderate mountain chain along the Czech-Austrian and Czech-German border is one of the best places for bike trips.



10th EUROGYM 2016

It is an honour for us to organize the 10th Eurogym 2016 – it is the tenth year and it is one of the biggest European events for young gymnasts. We expect roughly five thousand people to gather in České Budějovice, which is quite a respectful number.

What can you look forward to in České Budějovice? Firstly, you and your friends will have the opportunity to perform on one of the five stages, at the Gala or in another part of the program. Which is great itself. Moreover, we are preparing for you several dozens of workshops. We pay extra attention to this matter, so as to make sure that we choose attractive and interesting activities. Most events will take place in České Budějovice, within walking distance from one to another. The only exception are workshops held at the Hluboká adrenalin park located seven kilometres outside of České Budějovice, where you can easily get by shuttle.

Although we would like this Eurogym to be special and different from the previous ones, it does not mean that the main parts of the event should disappear. Of course, there will be the Opening Ceremony, there will be the UEG Gala and the Closing Ceremony. They will all be held in a recently renovated sports arena, which we hope is an extraordinarily pleasant place for the program. Most workshops will be organized at the local exhibition center, where we are going to set up a wonderful place for your activities. Last but not least, our stages will be placed all across the city so that part of the program can be performed right before the eyes of the local people and all visitors.

Our goal is to organize the most dynamic, the most interesting, and especially the most entertaining Eurogym of all times. The only thing left now is to say:

GET UP AND MOVE!

Budvar Arena – the heart of Eurogym

Yes, Budvar is a famous brand of beer. Which has given the name to the local sports arena. The biggest events will take place there – it has nearly 5,900 seats and a total capacity of 6,421 people. The arena lies roughly 500 meters from the city centre. In fact, it consists of two venues – we will use the smaller one only occasionally, the bigger one with an area of 30 x 60 meters will host the most prominent parts of the program.

However, the sports arena is not the only place where we will be able to hide out from the rain if necessary. During Eurogym, sports grounds on the Sokol Island will be available together with the municipal swimming pool..



Opening Ceremony

The 10th Eurogym in České Budějovice starts on 18 July 2016 with the show in the Budvar Arena – the traditional Opening Ceremony after the parade through the city. However, from our perspective the whole event starts much sooner. In fact, it has started already. The first big test for us comes in June 2015 as a part of the show celebrating the 750th anniversary of the founding of the City of České Budějovice. On this occasion, we are inviting local students to make a formation in the style of marching bands showing the Eurogym logo on the central square of Přemysl Otakar II. If the 'band' succeeds – and we hope it does – you will be able to watch it on video.

UEG Gala

Eurogym Gala will present various gymnastic and other sports performances and we do not doubt that it will show Europe as a continent full of skilful young people living in accordance with the motto:

GET UP AND MOVE!



Workshops and the Closing Ceremony

We dedicate a lot of attention to workshops, we hope to meet your interests and want everyone to find something to catch their eye. There will be a variety of activities – dancing, gymnastics, sports and cultural in a way, a bit of acrobatics and it will be also possible to test your own skills on a ropes course. There will be traditional games too – volleyball, football, handball or floorball. Workshops will take place for four days every morning.

The Closing Ceremony will take place on 24th July and it will traditionally feature the most interesting and important performances of what you can see on Eurogym 2016. We have no doubts about dramaturges choosing the program very well.



City Performance

We plan 5 stages for participants, they will be located at frequented places at the town and one stage will be at the exhibition area. The stages will offer 14 x 14 m of space for performance and will be carpeted. There will be sports equipment prepared at some stages depending on demands of the group, it will be possible to choose equipment in Bulletin 2 or on the web pages of Eurogym 2016. Stages will be under roof to protect them from sun and rain. We expect the roofs to be 6–7m high. We are prepared for both dry and wet weather (it will be possible to hold City Performance at the pavilion at the exhibition area).



Educational Forum

We plan educational forums in the morning for support staff – coaches, delegation leaders, choreographers, etc. We have prepared some themes, they will be available on web pages with descriptions so that participants can familiarize with their contents. The forums will have both theoretical and practical part. We will also prepare interviews with coaches or a trial lesson.



For real for the first time: European Gym for Life Challenge

An experimental European Gym for Life Challenge event took place in Helsingborg, Sweden, in 2014 during the 9th Eurogym. It will become an official independent part of the whole Eurogym in České Budějovice. You will find detailed information in Bulletin no. 2. Nevertheless, the date 17th July 2016 is certain, which puts it one day before the opening of the 10th Eurogym. In this way, it continues in the tradition from Helsingborg where it also preceded the main programme by one day. The minimum number of gymnasts in one group is still six people in the age of 12 or more. There can be exceptions of ten or eleven year old participants, but no more than ten percent of them. Each performance should take 3 minutes in total.

Gym Zone

A special zone for various uses is a part of our plans too – after it turned out to be a great asset last time. It will be probably situated within exhibition center of České Budějovice where most workshops will take place. Another option is represented by the premises of the Sokol organisation, a Czech Association Sport for All and one of the organizers of Eurogym in České Budějovice. The exact form of the Gym Zone is being actively discussed and more detailed information will be available in Bulletin 2.



The Accreditation Card

Each registered participant of the 10th Eurogym will receive an Accreditation Card. Price of the card is 250 EUR (entry fee). This card will be valid from 18th to 24th July 2016 and it will enable its owner to receive following services:

- accommodation and breakfast at the place of lodging (6 times including 24th July)
- lunch and dinner (5 times)
- free ticket for local transport in České Budějovice (any number of rides during the event)
- free ticket to all major events including UEG Gala
- participation at 4–6 workshops (depending on choice and assignment) – more at page 14
- personal participation on two performances (of one team)
- ticket to all parties within Eurogym 2016 in České Budějovice and a free entrance to use the GymZone



10 TH EUROGYM 2016, 18 - 24 JULY							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Groups arrivals	Groups arrivals	Workshop	Workshop	Workshop	Workshop	Groups departure
Afternoon	Groups arrivals	Parade	Stage performance	Stage performance	Stage performance Gala rehearsal	Closing Ceremony rehearsal	Groups departure
Evening	Groups arrivals	Opening ceremony			Gala	Closing ceremony Closing party	Groups departure

What can we expect from the weather?

The weather is usually nice between 18th and 24th July in České Budějovice. Of course – usually. The average rainfall in the Southern Bohemia in July is about 70 mm but it was 219 mm in 1976. July is also the warmest month of the year – the average temperature reaches 17.8 °C (in less than 24 hours). For example, the highest recorded temperature for 18th July is from 1983: 34.2 °C. In 1980, it was only 5 degrees above zero at night, which is the opposite record. After all, the highest temperature ever recorded in České Budějovice is also from July – it was 11th July, 1984 and the thermometer indicated 37.7 °C. You are lucky you aren't coming during winter, the weather can be freezing here too. In 1956 (10th February), meteorologists recorded -32.2 degrees (of course, we don't want to compare ourselves to our friends from the North). If we could make a reservation for some weather on the behalf of the organizers, we would prefer something around 25 degrees, light wind and it could rain now and then. Preferably at night.

Maybe it will work out.



Overall Records	Date	Value
Highest recorded temperature	11.07.1984	37.7 °C
Lowest recorded temperature	10.02.1956	-32.2 °C
Highest average temperature during day	29.07.2005	28.4 °C
Lowest average temperature during day	10.02.1956	-25.3 °C
Strongest wind gusts	23.04.2004	129.5 km/h
Highest rainfalls	07.08.2002	107.9 mm

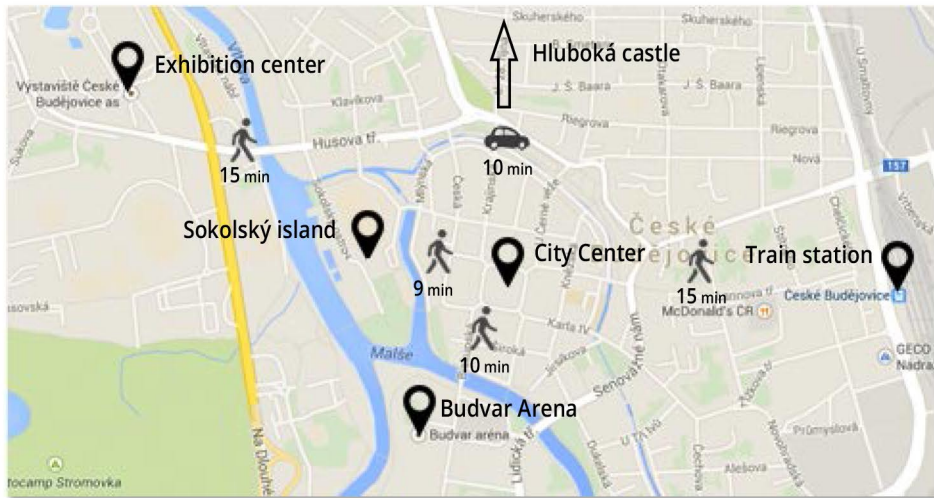
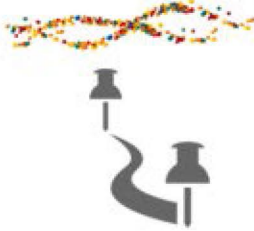




Getting around České Budějovice

The first option is using the municipal buses and trolleybuses. The participants of Eurogym will be able to use them for free – your accreditation card will also serve as a bus ticket. Some workshops will take place at the Hluboká adrenalin park, less than 10 kilometres outside of České Budějovice. Our own shuttle buses will be taking you there and back. Similarly, our shuttle buses will connect the accommodation venues lying further from the city centre with the main stages. However, most Eurogym 2016 events will be held within a pleasant walking distance from each other.

If you are interested in taking a day trip to places such as the Hluboká chateau or Český Krumlov (see page 7), we can provide buses, too. This service will be paid separately.



Where will you be staying and where will your meals be served?

Eurogym 2016 participants will be staying at the boarding schools and the university hall of residence located right in the city. Of course, all the venues are equipped with shower/bathrooms and toilets, in some cases there are even rooms with a bathroom. Similar venues are available at the Hluboká (with free bus transfer).

Breakfast will be served directly at the respective accommodation venues, lunch and dinner will be served at the university cafeteria which is located at a walking distance from the workshops venues and stages. During your registration, you can order both meals according to your diet requirements: standard, vegetarian, gluten-free, or for diabetics. For more information about registration please see page 14.



Registration of participants and fees

The preliminary registration will take place on the basis of a form that individual national federations will receive. Only federations that will send their filled form by the end of October 2015 at the latest will be filed in the system. Consequently, an invoice for an advance of 10 % of the participation fee will be issued. This final cost will be determined in later date and depends on various factors – for example on the total number of participants, on the chosen manner of transport and other circumstances.

The term of payment and the account number will be specified in Bulletin 2 and on the Eurogym web page. This advance is non-refundable even if you decide not to participate in Eurogym (you are familiar with this provision as it is based on UEG regulations).

You will find the dates of the official opening of the definitive registration in Bulletin 2. The presentation of the system will take place during the Infomeeting in České Budějovice on 17th and 18th April, 2015.



Insurance and the state of health of participants

Each participant has to have an appropriate health insurance and liability insurance valid in the Czech Republic for the duration of Eurogym. In case a participant will not have such an insurance, they will be obliged to buy it during the accreditation (for a higher price than in their native country).

Workshops Registration

The date of the opening of the registration for individual workshops will be published in time. We prepare a highly sophisticated system which will assure that every group will be able to participate in chosen workshops – the participation of the group will be confirmed right after the registration (of course, all registrations will be definitively confirmed only after the rest of the participation fee is paid). Participation in other workshops will be assigned to individual groups depending on capacity and time limitations. The system will put certain demands on delegation leaders and responsible organizers to plan the participation of individual delegations. We can assure you that you will be given detailed and exact instructions how to fill all required documents and the system itself will be as flexible as possible.

Do not forget about Educational Forums that will be organized for support personnel – trainers and delegation and group leaders. More detailed information can be found in Bulletin 2 and on web pages. We are going to prepare interesting interviews with instructors on our web pages and Facebook page and we will also try to present some less traditional workshops there.



The Chair of the Lower House of the Parliament of the Czech Republic took patronage of Eurogym 2016

The Chair of the Chamber of Deputies of the Parliament of the Czech Republic Jan Hamáček took patronage of the gathering of European sport youth Eurogym 2016 in České Budějovice. The Organisation Committee is very grateful for the trust that one of the government representatives put not only in our town, region and organizers but more importantly in the ideas upon which Eurogym is based and which it represents.

Thank you.



Jan Hamáček
The Chair of the Chamber of
Deputies of the Parliament of the
Czech Republic



Organisation Committee of Eurogym 2016:

Karel Coufal, the president of the Organisation Committee (Czech Association Sport for All)
Roman Slavík, the 1st vice-president (the President of the Czech Gymnastic Federation)
Petr Svoboda, the 2nd vice-president (the President of the General Gymnastics section – Sokol)
Miroslav Zítko, programme director (Czech Association Sport for All)
Zuzana Vojáčková, manager - Economy and Administration (Czech Gymnastics Federation)
Věra Hrušová, Sokol
Magdaléna Mrnková, PR, marketing

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10TH EUROGYM 2016

ČESKÉ BUDĚJOVICE
CZECH REPUBLIC
18 JULY – 24 JULY

**WE ARE LOOKING FORWARD
TO SEEING YOU!**

and

GET UP AND MOVE!

