

Bulletin No. 3



SEE YOU SOON
IN HELSINGBORG



HELSINGBORG

event in skåne
part of business region skåne

Gymnastikförbundet 



A WARM WELCOME!

Time goes quickly and within a couple of weeks you will be in Helsingborg, Sweden and experience the best summer week in your life. Not only will you meet with other gymnasts from Europe, but also with people living in Helsingborg.

We are very grateful for hosting the 9th EUROGYM 2014. It is my strong belief that events like this is absolutely crucial for growth and development of a destination. Not only will you bring pulse and movement to us during this week but also energy. Energy much needed to "push the city forward" and allowing us to create and do things differently in Helsingborg. Thank you!

With our broad variety of activities in Helsingborg combined with a strong mix of different workshops you will certainly always have something to do during the 9th EUROGYM 2014.

It is our goal that you will leave Helsingborg exhausted, inspired and with a big smile. And of course, with a feeling of wanting to come back to Helsingborg.

We are ready to welcome you. I hope you are ready for a great week in Helsingborg.

See You in a couple of weeks!

SCHEDULE

9 TH EUROGYM 2014 PRELIMINARY SCHEDULE							
	Saturday 12 July	Sunday 13 July	Monday 14 July	Tuesday 15 July	Wednesday 16 July	Thursday 17 July Friday 18 July	
BREAKFAST 06:45-08:30							
MORNING	Group arrivals		Workshops 09:00-10:30 11:00-12:30	Head of Delegation (HoD) meeting 08:00 Workshops 09:00-10:30 11:00-12:30	Head of Delegation (HoD) meeting 08:00 Workshops 09:00-10:30 11:00-12:30	Head of Delegation (HoD) meeting 08:00 Workshops 09:00-10:30 11:00-12:30	
			Forum 09:00-12:00	Forum 09:00-12:00			
		LUNCH 11:30-13:30					
AFTERNOON	Group arrivals	Group leaders meeting 14:00 at Helsing- borg Arena	Group Performances 13:30-18:00	Group Performances 13:30-18:00	Group Performances 13:30-18:00	Closing Ceremony Rehersal	
		Meeting Point Parade 17:00 at Grytan					Gala Rehersal
		Opening ceremony					
DINNER 16:30-18:30							
EVENING	Opening Ceremony	Head of Delegation Welcome Meeting	EUROGYM 2016 Presentation	Head of Delegation reception 18:00 Gala 1st show 18:00 2nd show 21:00	Closing Ceremony		
	Welcome Party	GYMZONE 16:00-22:00	GYMZONE 16:00-22:00	GYMZONE 16:00-22:00	Farewell Party		





TRAVEL/TRANSPORTATION

Arrivals and Departures

At the Copenhagen airport please go to the 9th EUROGYM 2014 arrival table, located after the luggage area and the custom. There you will be guided to the right transportation.

At arrival, groups that made transfer reservation with the LOC will be picked up at the airport, according with the flight plan given and the type of transportation, shared or exclusive.

Groups that arrive by train will be picked up at the local train station (Helsingborg City), according with the schedules given to the LOC.

On Departure groups that made transfer reservation with the LOC will be picked up at the accommodation school, according with the flight plan given and the type of transportation, shared or exclusive.

Local buses

Local bus transportation are included in the participation card. Detailed schedule and bus routes will be provided in the final information.

"EUROGYM" bus routes

We will provide bus routes to and from some schools. The detailed will provided in the final information.



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© BraBilder, Janne Hallqvist

ACCOMMODATION

14 schools around Helsingborg are going to be used for overnight stays. Most of the schools are within walking distance and we have secured local busses for transportation and will have transportation support to some schools. Detailed information on what school to stay in will be provided from HoD closer to the event.

Every school will be manned at all times. During daytime it is possible to buy drinks and snacks in the kiosk.

In the purpose of everyone's well-being and safety there are a few ground rules to consider while staying at the schools.

Make sure to read the brochure about safety instructions and other "good to know-stuff" such as opening hours, phone numbers, maps and etcetera. You will get one when you arrive.

Remember that there will only be one entrance open to each school and you need your accreditation card to get in at all times.

Its important to keep clean passages between the sleeping areas on the floor up to the door, it's a safety precaution in case of fire

It's not allowed to move any furniture out to the hallway

At all schools there is a quiet rule after 22:00

No smoking and no alcohol is allowed at the schools

Tip for packing:

- Make sure to pack smart, there will not be a lot of room for big bags and a lot of things.
- Do not pack a double mattress to sleep on if you are not going to share it with a friend.





Accommodation - The Arena - the City center - the City performances: are all within walking distance of each other.

Display Areas

Town squares

- 1 Sundstorget/Dunkers plats
- 2 Mäster Palms plats

Parks:

- 3 Stadsparken
- 5 Gröningen Park

Parks/Activities/Sights

- 1 Gröningen Park
- 2 Tropical Beach
- 3 The main public beach
- 4 Dunkers Kulturhus/
Tourist Office

- 5 Grytan amphitheatre

- 6 Ferries to Denmark
- 7 Kärnan keep tower

Arenas

- 1 Helsingborg Arena: opening and closing ceremonies workshops, galas, forums
- 2 Idrottens Hus sports centre: workshops, forums
- 3 GymZone: meeting point and activity centre

Accommodation

- 1 Elinebergsskolan
Luggudegatan 13
- 2 Filbornaskolan
Filbornavägen 101A
- 3 Husensjöskolan
Kalmargatan 23

- 4 Internationella skolan
Östra Vallgatan 9
- 5 Fredriksdals skola
Larmvägen 31
- 6 Nicolaiskolan
Studievägen 2
- 7 Olympiaskolan
Södra Stenbocksgatan 75
- 8 Ringstorpsskolan
Ryttmästaregatan 2
- 9 Slottsvångsskolan
Bergaliden 24
- 10 Tycho Braheskolan
Studievägen 4
- 11 Tågaborgsskolan
Hjälmsluttgatan 17
- 12 Wieselgrensskolan
Furutorpsvägen 85
- 13 Västra Berga skola
Kadettgatan 38
- 14 Västra Ramlösa skola
Södra Hunnetorpsvägen 213

! Skola = school

MEALS

We have put together a menu based on taste, nutrition and sustainability. Eating healthy food and taking care of our planet is our goal for this menu. Products used in this menu will be fish from sustainable seas, vegetables by season, mainly from local farmers, less beef (a lot higher impact on our climate). The main dishes have been carefully picked to have less impact on our Climate. All suppliers of meals served are certified by HACCP (certification of food safety)

Climate smart menu

Sunday 13th July	Lunch: Penne a'la bosciola (Pasta with creamy chicken sauce) Penne Vegetarian pasta sauce as alternative Dinner: Filled wrap / Juice / Fruit
Monday 14th July	Lunch: Taco Lasagna or Vegetarian Lasagna Dinner: Lemonbaked fish with potatoes and fresh salad
Tuesday 15th July	Lunch: Potato Broccoli soup with Chorizo or vegetables. Served with fresh bun Dinner: Chili beef or vegetarian beef
Wednesday 16th July	Lunch: Sweet Chili noodles with sausage or vegetarian noodles Dinner: Chicken soup or potato-vegetable pie
Thursday 17th July	Lunch: Mediterranean fish with potatoes and fresh salad Dinner: Meat balls mashed potato cream sauce lingon berry cucumber. Vegetarian beef mashed potatoes and sauce

IMPORTANT!

Vegetarians and others with special food requests pick up their meals in a special corner. Only those registered as vegetarians or other special requests can enjoy these meals. Please remember to indicate this in your registration.



Program

Detailed information and program will be provided to the HoD week 26. Here detailed information regarding workshops, performance times, what school to stay, transportation information etc will be stated.

Sunday 13 July at 14:00 in Helsingborg Arena a group leader meeting will be held. This is the time for you to get more detailed information and also ask questions.

PARADE AND OPENING CEREMONY

The 9th EUROGYM 2014 will start on Sunday 13 July with a parade from the city centre to Helsingborg Arena where the Opening Ceremony will take place. All participants will gather in Grytan Amphitheatre in Slottshagen Park and walk together to Helsingborg Arena.

The parade will start at 17:45. A DJ will be playing at the starting point from 17:00. Come early, dance and have fun! All participants need to be in the park at 17:30, the latest. To avoid a lot of waiting, each delegation will gather behind its national flag and sign and enter a starting field one by one. Details will be communicated at a later stage. Delegations will appear in alphabetical order by country names in French, in rows of 4 people each. The Swedish delegation is the last delegation in the parade. The Head of Delegation must arrange the rows, together with the group leaders. Each group leader is responsible for keeping rows of 4 people during the parade.

The distance of the parade is 900 m. The participants will be guided to Helsingborg Arena by a parade orchestra. Before arriving at the arena, the parade will pass tables where food bags will be handed out. There will be marked lanes to pass thru to collect food bags (to the left).

All special food will be picked up at the far right. Please return to the parade after collecting your bag.

The bag holds the dinner (sandwich and drink) but also a water bottle. Please keep the water bottle, since you'll need it to get drinks for the rest of the week. **If you lose the water bottle, you need to purchase a new one.**

Blue line = the entering point
Purple line = Special Dietary
Green line = Food bags
Red spot = consolidation into the parade again

Gymnasts will enter the arena through a back door and be escorted to their seats by volunteers. Areas will be marked for each delegation. It is very important that the group leaders assist in finding the right seating area and that the gymnasts sit in the dedicated areas.

Head of delegations should sit with their delegation.

The opening ceremony will begin as soon as the last group is installed. Estimated time is 19:00.

After the Opening Ceremony, the gymnasts are asked to walk back to the parade starting point where the Welcome party will be held.



GALA

9th EUROGYM Gala – Wednesday 16th of July 2014

Two identical Gala shows will be organised, the first at 6pm and the second at 9pm. The theme is "Movement in the sky" with keywords; dreaming, magic and fantasy. Groups participating in the EUROGYM Gala should try to incorporate the theme in their performance.

Participating countries in the EUROGYM Gala are; Belgium, Czech Republic, Denmark, Finland, France, Germany, Great Britain, Greece, Iceland, Italy, Norway, Portugal, Russia, Sweden and Switzerland. Addition to that, two wildcards will be given during the 9th EUROGYM 2014 and group leaders will be informed directly.

The performance of each delegation is limited to 3 minutes. Please respect the time limit! Rehearsal schedule and other specific information regarding the EUROGYM Gala will be sent directly to the gala participating groups.

Watching the EUROGYM Gala

Gala participants will have reserved seats in the Gala, in that way there will be opportunity to watch the EUROGYM Gala when not performing.

Participants who are not participating in the EUROGYM Gala will be able to watch one of the Gala shows. Schedule presenting which country that will be watching each EUROGYM Gala, will be presented in the last information sent to the National federation two weeks before the event.

People who do not have an accreditation card will be able to buy tickets to the EUROGYM Gala. Information about how to buy a ticket will be sent out separately.

All communication concerning the EUROGYM Gala, please contact the EUROGYM Gala organizing group directly at: ueggala@eurogym2014.org.

FORUM

There is a great interest for the two forums that we offer: Innovative choreography for great entertainment and Age-appropriate training for children and adolescents.

- Age-appropriate training for children and adolescents will be held on Monday 14 July in Helsingborg Arena (B-hall) from 9:00 to 12:00.
- Innovative choreography for great entertainment will be held on Tuesday 15 July in Helsingborg Arena (B-hall) from 9:00 to 12:00.

Both forums will include both practice and theory so remember to bring sportswear, proper shoes and a pen and a paper.



CLOSING CEREMONY

The Closing Ceremony, featuring a selection of the workshops*, will take place at Helsingborg Arena on Thursday 17 July at 19:00. All participants are encouraged to show what they have learned during the week. To participate in the Closing Ceremony, gymnasts need to register at the workshop or in the info centre. Registration closes on Wednesday 16 July at 15:00. The gymnasts are only allowed to take part in one workshop during the Closing Ceremony.

Due to safety reasons, a few workshops will have a limited numbers of participants. The registration will be first come first serve.

The theme of the Closing Ceremony is "Movie night". The gymnasts participating should wear black tights/shorts/pants and a single colour top (any colour except black).

An obligatory rehearsal will take place on Thursday afternoon and the gymnasts will stay until the start of the Closing Ceremony. The gymnasts will sit together with the workshop group during the Closing Ceremony. The remaining gymnasts (spectators only and not participating) should sit in designated areas in the arena. Please follow the signs.

The Closing Ceremony will end with a formal farewell and handover to the organisers of the 10th EUROGYM. Farewell party will be held in Helsingborg Arena right in the conjunction to the closing ceremony.

* *Acrobatic gymnastics, Afrodance, Acroyoga, Aircombat, Cheerleading, Circus, Dance aerobics, Floor, Lindy hop, Parkour/free running, Reggaeton/dancehall, Rhythmic gymnastics, Ropeskipping, Show dance, Street dance, Trampet, Trampoline, Tumbling, Zumba, Women's artistic gymnastics.*

WORKSHOPS

The workshops will be from Monday 14 July to Thursday 17 July. The first workshop will be at 9:00-10:30 and the second will be at 11:00-12:30.

All groups will be offered four workshops and the group is guaranteed at least one of the desired workshops. All groups will also have a free morning and one morning with city orienteering. The city orienteering will take you through the city of Helsingborg and along the way you will get different tasks involving taking photos.

When you participate in a workshop, you must have sportswear and proper shoes. For water activities, swimsuit and towel are required. It is the responsibility of the leader to ensure that all participants can swim.

Most of the workshops will be held within walking distance – around Helsingborg Arena and the schools nearby. A few workshops require transportation and all transfers starts from Helsingborg Arena. Detailed information about the transportation will be provided two weeks before EUROGYM starts.

There are knowledgeable instructors at each workshop, but we wish that all team leaders are involved and determine that the level is right for your gymnasts.

A selection of the workshops will be included in the Closing Ceremony. The gymnasts need to register if they would like to participate in the Closing Ceremony. The gymnasts are only allowed to take part in one workshop during the Closing Ceremony. The registration closes on Wednesday 16 July at 15:00. Registration forms will be available at each workshop, but also at the information desk in Helsingborg Arena.

For the groups participating in the special choreography, it is important to remember to bring their own music.



©Photo: FGP Comunicaçao

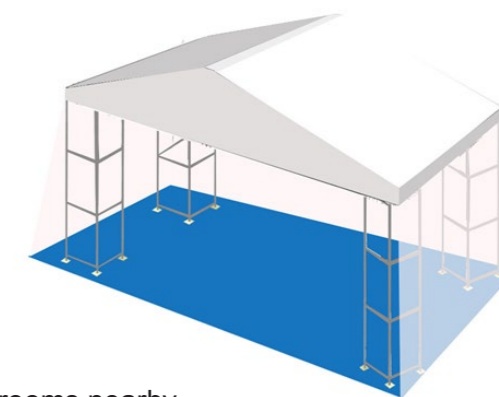
STREET PERFORMANCES

The stages will start at 02:00 pm and ends around 06:00 pm. Each group has 6 minutes to spare at the stage, setting up and removal of the equipment included. We reserve the right to turn the music off after 6 minutes. It's recommended for the groups to be on place 30 minutes before their performance.

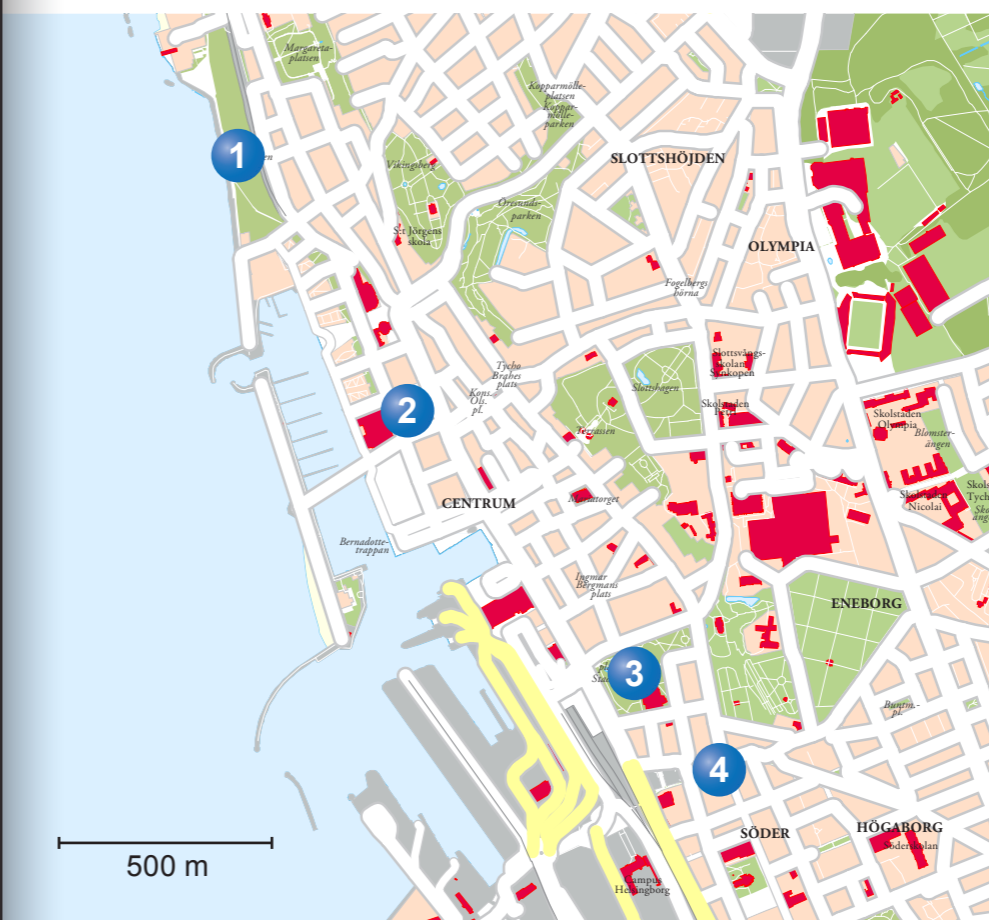
The group leader is responsible for that the groups music is handed over to the person that is responsible for each stage. The CD must be marked with name and country of the group in english.

The stages:

- 1 Gröningen 14 x 20 m.
- 2 Sundstorget 14 x 20 m.
- 3 Stadsparken 14 x 14 m.
- 4 Mäster Palms Plats 14 x 14 m.



All four stages have roller mats and three "walls" that protects the performance area. All of the stages have restrooms and dressing rooms nearby.



500 m

SALE OF GYMNASTICS EQUIPMENT

All equipment from LEG (www.lindengymnastic.se) used at the 9th EUROGYM 2014 is for sale.

Equipment are roller mats, Airtracks, Landing mats, mini trampolines and much more.

Require prices by e-mailing info@eurogym2014.org





GYMZONE

Date: 14-16 of July
Time: 16:00-22:00 (17:00-22:00 activities/challenges)
Place: Next to "Idrottens Hus" and Olympia.

GymZone will be a place to hang out and relax with your friends, try new activities, challenges and do some networking. There will be a number of activities made for youth by youth.

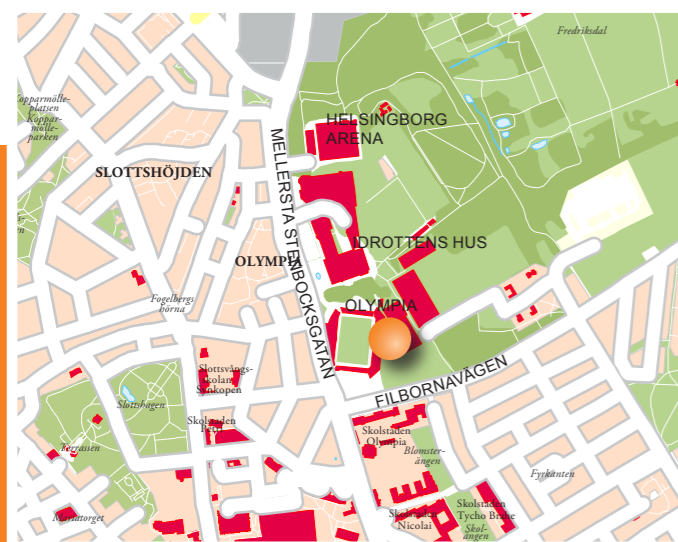
The base is an all activity area that will be extended just for 9th EUROGYM 2014.

Express yourself by drawing an emotion on the graffiti/street art wall or draw what you think is the best part about your culture! Bring out your creative side and build art together with your friends.

Challenge each other in charades, building human statues and cooperation exercises.

The participants can try activities like "Human table football" and play on the water-filled football field!

Next to GymZone the participants will have access to buy something to drink or a snack.



FLASHMOB

You can find the 9th EUROGYM flashmob on Youtube (click the button).
Learn the moves back home and dance with us during your stay in Helsingborg!



©Photo: FGP Comunicação



PARTIES

The welcome party will be a disco held in "Grytan" after the opening ceremony.
The farewell party will be a disco held in Helsingborg Arena starting directly after the closing ceremony. Other happenings will be presented during the week, keep your eyes open on the 9th EUROGYM 2014 official Facebookpage.



©Photo: FGP Comunicação

MEMORIES OF THE 9TH EUROGYM 2014 - MERCHANDISE

In the Helsingborg Arena it will be possible to buy different merchandise in our merchandise shop. It will be open all days during the event, opening hours 9:00–19:00 extra long open the Gala evening. We will accept Swedish Kronor in cash and credit cards. Please be aware that some things are in limited edition, so we reserve us for that something can be sold out during the week.

Included here is a selection, we will also offer rain ponchos, Water protective cases, thermos mug, notepad with pen, USB memory stick and Silicon band key holder.

The price is in Swedish Kronor (SEK) and the approximate EUR price within brackets ().

Foldable sunglasses with 9th EUROGYM 2014 printed on one side (green, orange, yellow and red).

40 SEK (~4,5 EURO)



Ballpen with different hand figures that can stand. Print: 9th EUROGYM 2014. Mixed colors.

25 SEK (~2,80 EURO) per piece
100 SEK (~11,10 EURO) for five



In-ear headphones in triangle shaped box with the print 9th EUROGYM 2014. Green, White, Red and Blue

30 SEK (~3,30 EURO)

T-shirts with 9th EUROGYM 2014 logo printed on the front. Colors: Green, Orange, Blue, Yellow and Red

Size: 90/100, 134/140, 140/160

90 SEK (~10 EURO)

Size: XS, S, M, L, XL, XXL
130 SEK (~14,4 EURO)



PRACTICAL INFORMATION

WIRELESS INTERNET

Helsingborg City has free wireless internet in the center of the city. Most places in the school also has free wireless internet as well as the Helsingborg Arena.

SWEDISH CURRENCY

The Swedish currency is called "kronor". One krona equals ~0,11 euros. You can exchange currency in banks and currency exchange offices. Notes are 20, 50, 100, 500 and 1000 (rare) and coins are 1, 5, 10.

INSURANCE

All participants have to provide proof of adequate health and accident insurance coverage. Each team is responsible for making its own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their delegation. The organizing Committee will provide sports insurance for anyone who desires this service at a cost of 10€ per person. All teams that have their own insurance must provide proof (named declaration with policy number) at the accreditation. If you lack sufficient insurance the sports insurance can be purchased on site.

CONDITIONS OF PARTICIPATION

EUROGYM is an event organised by the European Union of Gymnastics (UEG) and entrusted to a national federation. To secure an successful event it is important to remember the rules provided by the UEG.

EUROGYM is a festival for young European athletes. It is open to people aged from 12 years and older. The UEG reserves the right to check ages of participants during the event.

Since EUROGYM is a youth event, we have a non alcohol and drug policy during the event. This applies to all participants. Abuse of this rules may result in accreditation will be withdrawn. Swedish law doesn't allow anyone to drink alcohol under the age of 18.

PICTURES, PHOTOS

Photos taken of participants in 9th EUROGYM 2014 may be used in promoting and advertising this and coming events. By attending the event all participants and companions agree to being photographed by photographers commissioned by EUROGYM.

The EUROGYM organisation ensures that the pictures will not be used in any other context.

SAFETY

A first aid service will be available during workshops and presentations. Participants will have an easy access to the local health system during EUROGYM. A team of specialized health staff will be available for participants to obtain treatment for minor injuries/diseases.

The Helsingborg City Hospital is located in the middle of the event area and emergency transport service will be available.

The tap water in Helsingborg is of excellent quality and absolutely safe for drinking.

EVENTMAKERS

9th EUROGYM 2014 Eventmakers will be around 400 and they are really looking forward to making the 9th EUROGYM 2014 special for all of you by supporting in different areas. They are easily identified by their BLUE clothing



INFORMATION DESK

The Information Desk will be placed in Helsingborg Arena. Here you can get information about things to do, excursions, general and detailed event schedule and much more.



ACCREDITATION

The 9th EUROGYM secretariat will be located at the Arena on the bottom floor in conjunction to the information desk. Throughout the event our team will be in conditions to provide full assistance/help to all delegation members that do require it.

At these facilities the LOC secures the following services:

- Accreditation;
- Updated event information;
- Transportation Schedules (plus updates – when available);
- Information on Medical Assistance;
- Information about excursions
- Management of accommodations;
- Lost and found
- Extra arrangements

At this occasion we would like to remind all the registered delegations/groups of the following:

1. The LOC must get written information July 6th of the responsible person for the “picking-up” the accreditations. At this time we need to be informed of the estimated arrival date and time.
2. Furthermore all the National Federations must confirm which delegation members are allowed to pick up the accreditations (especially when the team/group arrives before the Head of Delegation/ Federation responsible)
3. The insurance declaration must be presented of HoD during the accreditation.
4. If the HoD/GL fail to proof this insurance or doesn't have a valid insurance, the LOC will offer an insurance by the value of 10 EURO per person

TICKETS FOR THE GALA

The tickets for the gala is available through ticnet.se for pre-sale to the 6th of July and will cost 230 SEK (including service fee).

After 6th of July the tickets will be sold at Helsingborg Arena.



ECO-LABELED EVENT

9th EUROGYM 2014 has been approved Eco-Labeled event.

Environmental Policy for 9th EUROGYM 2014

9th EUROGYM 2014 takes a stand for the environment and strives towards a sustainable society. From an environmental perspective, we want to create a good future for the young people who come to Helsingborg and 9th EUROGYM 2014.

9th EUROGYM 2014 is an environmentally conscious event and the following actions have been taken:

- A climate smart menu has been prepared
- Proper plates and cutlery (and not disposable products) will be used
- A water bottle will be provided
- Transportation is reduced due to walking distance to most of the activities
- Environmental friendly partners have been chosen when possible (e.g. use of green electricity)
- The event complies with the Environmental Policy for the City of Helsingborg
- Travelling in connection with meetings has been reduced.





Movement is life



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event in skåne
part of business region skåne

Gymnastikförbundet 