

<https://gagf24.org/>



9th GOLDEN AGE GYM FESTIVAL 2024

Burgas, Bulgaria

22nd–27th September 2024

Bulletin 2





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MARCH 2024

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Welcome Messages

Hlíf Thorgeirsdóttir – President of the European Gymnastics TC GfA



Dear gymnastics friends,

Only few months to go until we meet in wonderful Burgas, Bulgaria!

We, the European Technical Committee of Gymnastic for All (GfA) are so excited to welcome you to join us in this wonderful city.

The Local Organizing committee has planned a great week for you.

The Sea Garden in Burgas is where everything will happen, so it's very convenient to walk around and enjoy workshops, performances and other things that the festival offers.

In Burgas you can also enjoy the beautiful beaches by the Black sea and visit lots of beautiful cultural and historical places.

We hope you will experience the best gymnastics week of your life, performing, taking part in different workshops and socializing with friends from all over Europe.

Dont forget to register for our exiting Forum (you can read more about it in this Bulletin).

We are certain that all our gymnastics friends taking part in GAGF will live an unforgettable week of sports and enjoy the hospitality of the Bulgarian people.

The beautiful city of Burgas is waiting for you and we look forward to seeing you all.

Iliana Raeva – President of the Local Organizing Commetee, President of BRGF



Dear Gymnastics for All friends,

Only 6 months to go until the 9th Golden Age Gym Festival! The Local Organizing Committee is genuinely looking forward to welcoming all of you in the magnetic city of Burgas!

We cannot wait to introduce you to the sunny beaches, the fresh air, coming from the Black Sea, the historical and cultural treasures that Burgas has to offer and to the heartfelt and hospitable people of Bulgaria!

Our country is famous for its warmth and joy, with which we welcome our guests and this Golden Age Gym Festival will assure you of this!

We are so very excited to introduce you to our city, to the Workshops, the Forum and all the other activities we have prepared for you and we sincerely believe that this week will leave you with the happiest memories of fun, fulfillment, shared experiences and new things learned.

They say that once you come to Burgas you always carry within yourself its touch, so come and see for yourselves! Burgas is waiting for you to let the motions express your emotions!

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Burgas - Exciting & Artistic

To experience Burgas is to experience your dreams. Your emotions blossom in the beauty of the city – in the caress of the salty sea breeze, in the scent of the Black sea, in the feeling of calmness and quiet, in sense of that little bit of quiet, feeling the tiny, huddled streets, the smiling eyes of the Burgas people, welcoming you to their home.

Burgas will make you laugh, will make you walk barefoot on the sand, will make you fall in love with it, will make you be yourself ... and it will definitely make you want to come back.

Welcome! It is our pleasure to have you in our city!

Interesting facts about Burgas:

- Even though the city in its current form and name is established around 18th century, its history dates back much further – back to IV century BCE. Evidence of the ancient and middle age history of the city is kept in different museums in Burgas.
- It is one of the most romantic Bulgarian cities.
- The region of Burgas combines everything Bulgaria is so famous for – beautiful beaches, mountains full of life, traditions, extremely delicious food, lakes and fields, healthy waters, various party opportunities, and hospitable people.





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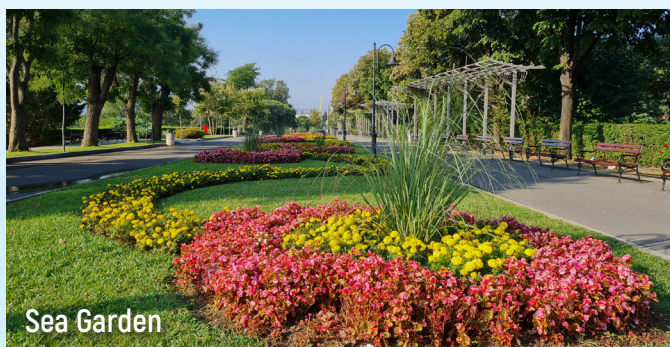
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Sea Garden



Central pedestrian street



Burgas Bridge



Boardwalk



Central beach



Saint Anastasia island



Sea casino and Snail stage

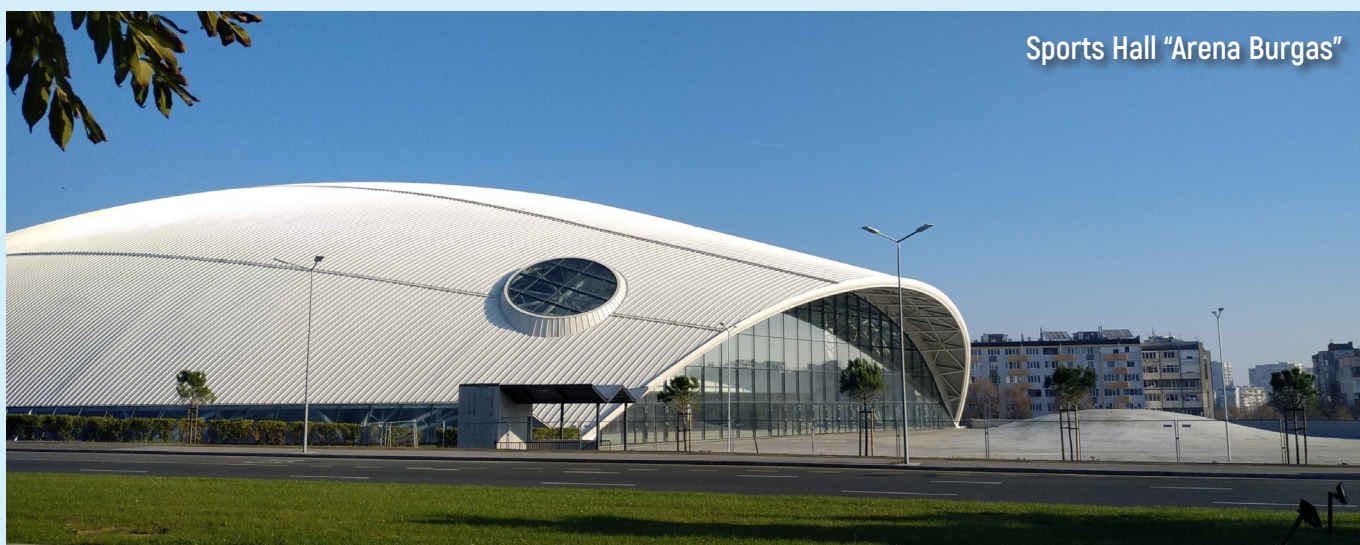




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Sports Hall "Arena Burgas"





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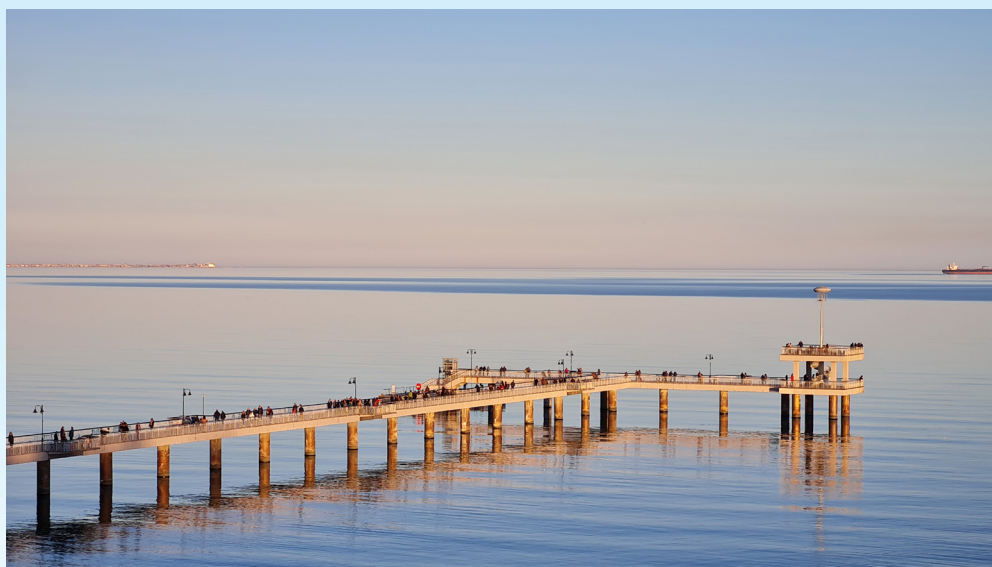
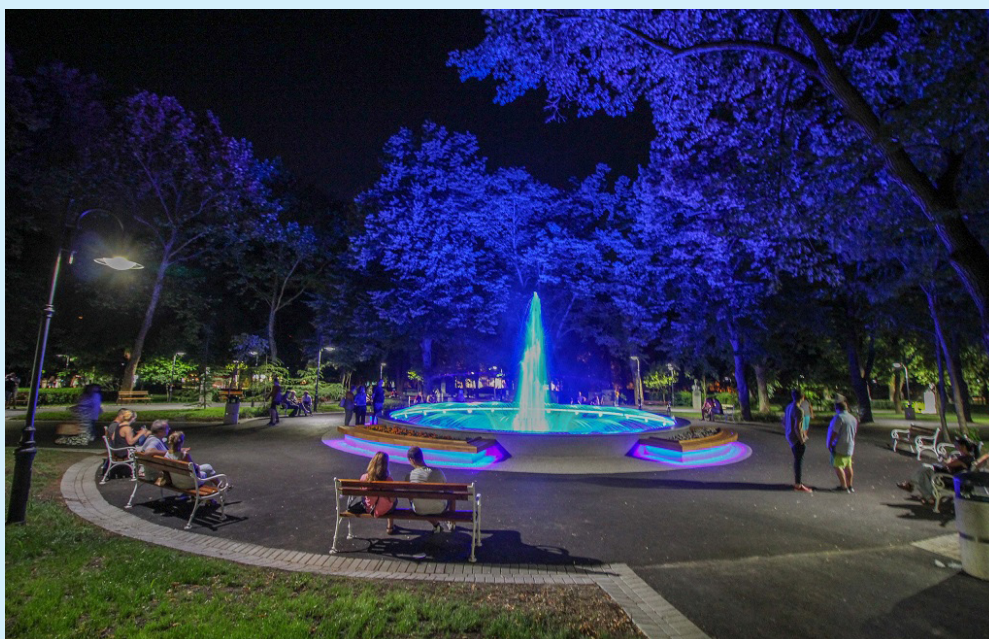
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Top Reasons To Visit Burgas

Burgas has always been one of the most beloved cities in Bulgaria. Maybe it is because of the magic and charm of the sea, maybe because of the spirit and the energy that you can feel in the streets – Burgas is a symbol of beauty, inspiration and unique atmosphere.

Sea Garden – one of the most romantic and notable places in Burgas. A muse for generations of artists, the Sea Garden will put its magic on you, by introducing you to a world of its own – gazebos and benches from where you can enjoy the views, singing fountains, restaurants, music, beautiful nature.



The Bridge – one of the favorite places for the tourists. The Bridge is at the end of the ancient part of the Sea Garden, entering about 300 meters into the Black Sea. Even the singer Madonna couldn't resist its charms.



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Island Sveta Anastasia – one of the most secret places in Bulgaria, keeping its mysteries and legends for thousands of years.

Birds and lakes in Burgas – if you enjoy nature and watching our friends with wings, this is the place for you! Here you can enjoy bird-watching from special designated places, while taking in the beautiful Bulgarian nature.



Beaches – Bulgaria is very popular for its wide, sandy beaches and smooth sea waters. And Burgas region has the best of them!



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Biggest open SPA center in the country

– yes, you read right! The open natural pools with lye and healing mud are an attractive place for all residents of Burgas, and recently more and more for guests of the city. Black mud is a proven remedy for healing, beautifying and rejuvenating. Visiting the natural pools with healing mud, salt and lye is at a symbolic price, so in the summer people covered in mud is a common sight.

The people – real, sincere and open to the World. Burgas is a home of some of the most talented Bulgarian musicians and poets. It is also rumored that the most beautiful people live there – maybe because of the climate and the waters. The typical Bulgarian hospitality also doesn't disappoint!



The food – you cannot miss eating in some of the Burgas restaurants, which offer extremely delicious local food and many types of fish and other seafood, prepared according to old fishermen's recipes. The dishes are extremely diverse and every taste – from the most sophisticated to the most unpretentious – will be satisfied. The beer, carrying the name "Burgasko", which means "from Burgas" goes really well with these dishes.





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Only 6 months to go

The 9th GAGF is almost here! Just six months to go!

The LOC would like to say a big "Thank you for being part of this event! We cannot wait to see you in Burgas" to all the registered participants! Currently we have around 1400 registered participants, representing 19 countries!

Even though the first two of the registration steps are over, we are still open to receive new registration in order to welcome you and your gymnasts in the beautiful city of Burgas!

LOC has prepared a special flashmob for the event, which we will be happy to perform alongside all of you during the parade and opening ceremony! Here is the link: <https://youtu.be/T9qZrj-RWuQ>

The dance, the music and the lyrics were especially created for the 9th Golden Age Gym Festival! We hope you enjoy it!



Slogan of the event:

LET THE MOTION EXPRESS EMOTION!



The slogan came up as a result of us answering the question "What is the Golden Age Gym Festival for us and what would we like to be the heart of our event?" We want to show to you the famous Bulgarian hospitality and the beautiful city of Burgas. And we are hoping that this will warm your hearts and put smiles on your faces, all while practicing our lovely gymnastics. Once all this was taken note of, the slogan came up naturally. We are hoping that your emotions here in Burgas will be wonderful and motions will definitely express that!

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Transportation

The following prices indicate transportation options from/to different airports to the city:

Transfers From/To (The price is one-way)	Regular Bus	By car/small bus/ private transportation
Burgas Airport	10 EUR	15 EUR
Varna Airport	35 EUR	45 EUR
Sofia Airport	105 EUR	125 EUR

We would also like to point out that there are regular internal flights from Sofia Airport to Burgas Airport and back.

What is more, there are regular connections through Istanbul International Airport.

If your Group wants to book transfer via LOC, please have your NF contact us via email.

Local Transportation

Finally, as far as local transportation goes, we are happy to secure cards for free use of local transport for all participants, who booked accommodation through LOC.

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



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Program

21 th September Saturday	22 th September Sunday	23 th September Monday	24 th September Tuesday	25 th September Wednesday	26 th September Thursday	27 th September Friday	28 th September Saturday
		Meeting LOC + HoD 8:30 - 9:00	Meeting LOC + HoD 8:30 - 9:00	Meeting LOC + HoD 8:30 - 9:00	Meeting LOC + HoD 8:30 - 9:00	Meeting LOC + HoD 8:30 - 9:00	Departure of Delegations
		City Orienteering 10:00 - 15:00	Workshops 9:30 - 10:30	Workshops 9:30 - 10:30	Workshops 9:30 - 10:30	Workshops 9:30 - 10:30	
			Workshops 11:00 - 12:00	Workshops 11:00 - 12:00	Workshops 11:00 - 12:00	Workshops 11:00 - 12:00	
			Art Class 13:30 - 14:30	Art Class 13:30 - 14:30	Art Class 13:30 - 14:30	Art Class 13:30 - 14:30	
				Forum 14:00 - 15:30			
Meeting LOC + HoD 16:00 - 17:00	Meeting Group Leaders + HoD 15:00 - 16:00						
	Parade 17:00 - 17:30 Opening Ceremony 17:30 - 18:30	City Performances 17:00 - 18:30	City Performances 17:00 - 18:30	City Performances 17:00 - 18:30	City Performances 17:00 - 18:30	Gala, Closing Ceremony 17:30 - 19:00	
		Social Activities 20:00	Social Activities 20:00		Social Activities 20:00	Reception HdD 19:30	



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Meetings

HoD Meeting Saturday

LOC is happy to welcome all Heads of Delegations at the Sea Casino - which is somewhat of a checkpoint for the event. At this meeting we will go over major points about the event with the representatives of each delegation. The most important part being a tour of all the venues, where the festival and its activities will take place. The meeting will be at 16:00 on Saturday and it will take approximately 1 hour.

Group Leaders and HoD Meeting will be held on Sunday at 15:00 at the Sea Casino.

As usual, daily HoD meetings will also be held - each day from Monday to Friday at 8:30 at the Sea Casino.

As these meetings are important for a smooth running, please remember:

- *It is mandatory for all Heads of Delegation/Team Leaders of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of Euro 500 - payable to European Gymnastics within one month after the meeting.*
- *Daily meetings with the Heads of Delegation must be organized. The participation of the Heads of Delegation is compulsory. Unjustified failure to attend will result in a sanction against the federation of a fine of € 250.-/per meeting payable to European Gymnastics within one month after the meeting.*





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Parade & Opening Ceremony

The parade is the first official moment of the event. For this reason, it should be the first moment of sharing and celebration for the participants. In this 9th Golden Age Gym Festival, the parade will have two starting points. The two routes 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 Sea Garden of Burgas. The gymnastics festival begins! The information which National Federation has which starting point will be published in the Event Guide. The Parade will start at 17:00 on Sunday.

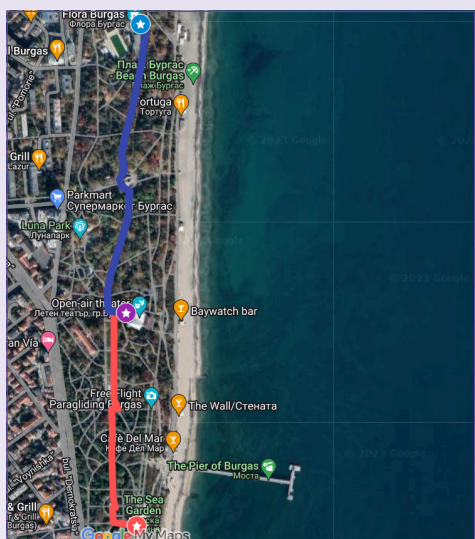
STARTING POINTS

Main stage - Burgas Summer Theater

10 minutes walk from any point to the main stage.

One of the emblematic monuments of Burgas. It was built in 1981 as a memorial to the fallen anti-fascists "FLORA expo"

Cultural Center Sea Casino
Official tourist portal of Burgas.



Route A
Flora Exposition Center - Summer Theater

Route B
Sea Casino Cultural Center - Summer Theater

The Opening Ceremony will start at 17:30 on Sunday. Representatives of Burgas Municipality and LOC will welcome all participants and will start the program. Some of the best Bulgarian groups have been creating their routines, in order to create an interesting and exciting experience for the participants. We are also preparing a special group of participants in the Opening Ceremony to welcome the delegations. We cannot wait to see you there!





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City Performances

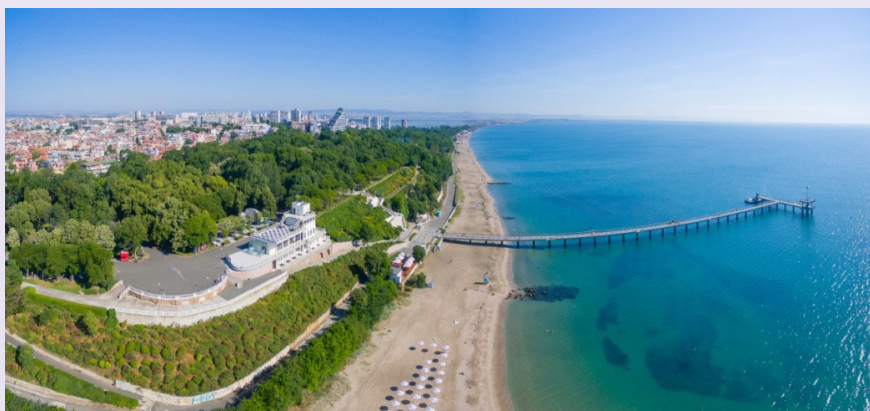
The City Performances are an extremely important part for the GAGF Participants, as this is their time to shine. We cannot wait to see you do so! LOC is happy to assist your teams with equipment, should such be needed and requested in advance – at time of the Definitive stage. In case we are not able to secure requested equipment, we will let you know well in advance.

All the City Performances will begin with the flash mob!

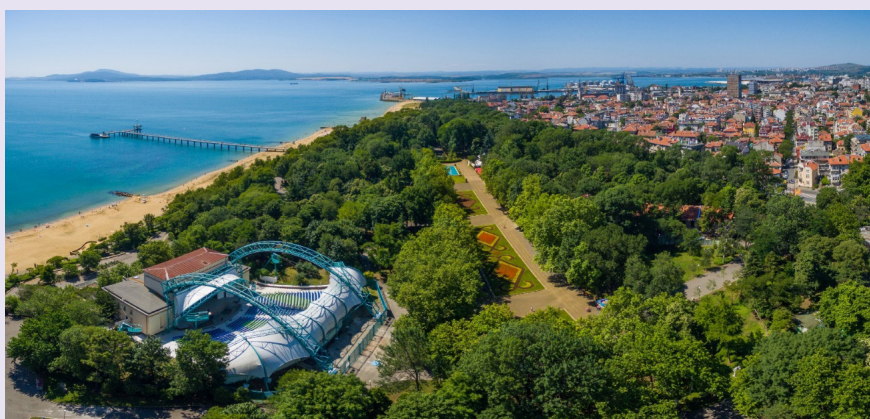
There will be 2 stages for city performances. The stages are located in the Sea Garden. They all meet the requirements, listed in GAGF Regulations, i.e: at least 2 performance areas with a floor space of 20 m x 25 m and a smaller one with a performance area of at least 14 m x 14 m will be provided. The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

We are kindly reminding you that the time for the City Performances is strictly 6 minutes! And this includes your time to march in and march out. Please, follow these guidelines.

We are also drawing your attention to the fact that each of your groups will be offered the opportunity for 2 presentations on 2 different days. The City Performances will be held as per the program above and we are kindly asking you to be at the respective stage 30 minutes in advance.



Cultural Center "Sea Casino"



Summer Theater – Burgas



Expo Center "Flora"



Workshops

You want to get more information about the Workshops? You can do so, by visiting the Workshops section in our website – [https://gagf24.org/performances-activities/!](https://gagf24.org/performances-activities/)

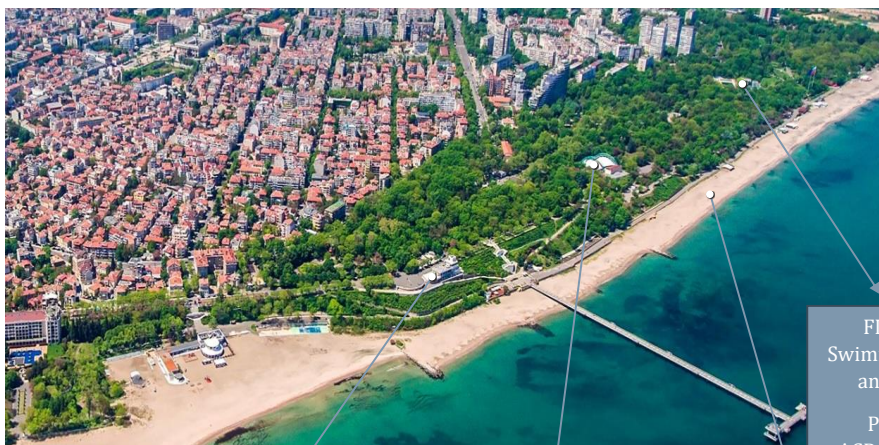
There you will find videos of the different Workshops.

CLOSED WORKSHOPS

- Registration is necessary – it happens via the Gyndata registration platform used for inscription to the event.
- Every group can choose 4 closed workshops in the system. The LOC guarantee at least 2 of them.
- Groups must indicate their choice for the closed workshops with the definitive registration.
- The whole group go to the same closed WS!

CLOSED WORKSHOPS - registration needed

Special Choreography
PBOX
Rhythmic Gymnastics
Acrobatics
Beach Tennis
Traditional Amusing Games
Yoga
Thai Chi
Aqua Gym
Paneurhythmy



TERRACE IN FRONT
SEA CASINO
SPECIAL CHOREOGRAPHY;
RHYTHMIC GYMNASTICS

Summer Theater
OUTSIDE –
TRADITIONAL
AMUZING GAMES

FLORA-
Swimming pool
and park
PboxX,
ACROBATICS
BEACH
BEACH TENNIS



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SPECIAL CHOREOGRAPHY – here, we provide you with the opportunity to consult about your compositions with a professional specialist. He could give you direction and useful advice on how to improve your performance. Our specialist will be available to modify and refine your composition if necessary and if you wish.

- Instructor: Savina Gancheva
- Zone – Terrace in front of Sea Casino
- Max 1 group of participants

PBOXX – Author's fitness activity. It combines elements of martial arts, strength and explosive exercises, stretching exercises and more, performed on a special platform – PboxX. PboxX increases balance and endurance, improves metabolism and melts excess fat.

- Instructor: Pulse Fitness – Petar Petrov
- Zone – Next to Summer Theater
- Max 30 participants

RHYTHMIC GYMNASTIC – Especially for women, in which, to the accompaniment of music, complex gymnastic exercises are performed. It is a combination of ballet, gymnastics, theater dances and playing with appliances. The five appliances used are rope, hoop, ball, clubs and ribbon

- Instructor: Zhaneta Ilieva
- Zone – Terrace in front of Sea Casino
- Max 20 participants
- Level: Beginners

ACROBATICS – it's a competitive discipline of gymnastics where partnerships of gymnasts work together and perform figures consisting of acrobatic moves, dance and tumbling

- Instructor: Gergana Deneva
- Zone – Flora park – lawn
- Max 20 participants

BEACH TENNIS – highly aerobic cardio workout with low impact to the knees and joints because it is played on sands. The sport preserves most of the rules and scoring of traditional tennis, though modifications have been made to adapt to movement around the sand court and to the faster pace of the game.

- Instructor: Dobrin Perev
- Zone – Beach
- Max 16 participants

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TRADITIONAL AMUSING GAMES – games of childhood, with different physical exertion of the body. They are mainly aimed at collective, team play and fair play and rarely at individualism. Predispose to mental relaxation and fun.

- Instructor: Aneliya Raykova
- Zone – Next to Summer Theater
- Max 20 participants

YOGA – System of exercises for stress relief and relaxation.

- Instructor: Pulse Fitness – Mariela Teodosieva
- Zone – “Primorets” (Active Recreation Zone)

TAI CHI – internal Chinese martial art practiced for self-defense and health, popular as a form of gentle exercise and moving meditation, with benefits to mental and physical health.

- Instructor: Chavdar Cavdarov
- Zone – Summer Theater

AQUA GYM – performance of aerobic exercises in water. It is done mostly vertical and without swimming. The classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music.

- Instructor: Nadezhda Koleva
- Zone – Swimming pool Flora

PANNEURHYTHMY – a system of gymnastic musical exercises practiced by the White Brotherhood – the followers of Peter Deunov. Paneurhythmy has a deep philosophical basis and combines music, movement, thought and speech into a harmonious whole. It is aimed at achieving internal balance and harmonization.

- Instructor: Ivelina Zlatareva
- Zone – Grass lawn (in front of WEST Beerhouse)



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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

OPEN WORKSHOPS

Stretching

Salsa

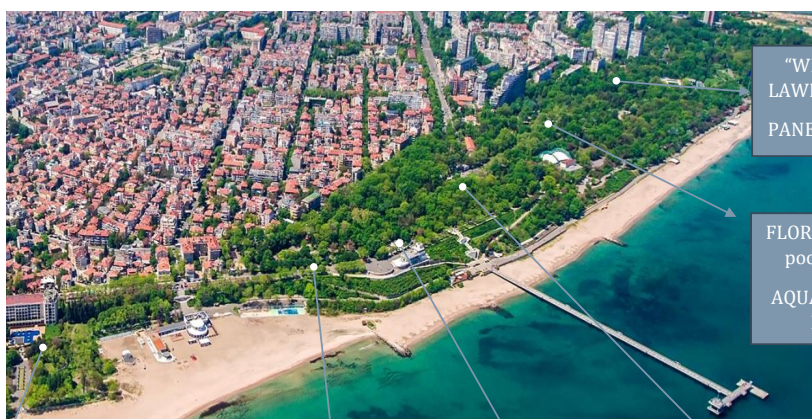
Tango

Bachata

Line Dance

Zumba

Traditional Folklore
Dances



"WEST" GRAS
LAWN ON FRONT
PANEURHYTHMY

FLORA-Swimming
pool and park
AQUA GYM, LINE
DANCE,

"PRIMORETS"
(Active Recreation zone)
YOGA & STRETCHING

STAGE "SNAIL"
TANGO & ZUMBA

IN FRONT OF
BRIDGE
SALSA
& BACHATA

Summer Theater
THAI CHI &
TRADITIONAL
FOLKLORE DANCES;

STRETCHING – form of physical exercise in which a specific muscle or tendon is deliberately expanded and flexed for feeling of increased muscle control, flexibility, and range of motion

- Instructor: Pulse Fitness – Srebrina Petrova
- Zone – "Primorets" (Active Recreation Zone)

SALSA – couples dance, which is performed to salsa music. It can also be danced solo.

- Instructor: Dance Studio 29 Vladimir Grudev
- Zone – In front of the bridge

TANGO – special way of movement and communication in the couple, such as values and respect. Activities are a special time of bodily and emotional self-care in the hectic everyday life, a dose of aesthetics and pleasure.

- Instructor: Ivan Karastoyanov
- Zone – Stage "Snail"



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BACHATA – romantic social dance, coming from the Dominican Republic. Usually slower than Salsa

- Instructor: Dance Studio, Vladimir Grudev
- Zone – In front of the bridge

LINE DANCE – choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. These lines usually face all in the same direction, or less commonly face each other.

- Instructor: Dance Studio 29 Vladimir Grudev
- Zone – Flora park – lawn

ZUMBA – group aerobic (cardio) workout based on dance. It combines elements of dance, aerobics and fitness.

- Instructor: Ivan Karastoyanov
- Zone – Stage "Snail" Casino

TRADITIONAL FOLKLORE DANCES – They are characterized by an unusually wide variety and richness of dance movements, combined with complex rhythms and intonations.

- Instructor: Dafina Tigarova
- Zone – Summer Theater



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City Orienteering

The City Orienteering for this event aims to familiarize the participants with the venues for the event. It will take place on Monday, Sep 23rd, and the starting point is the Sea Casino. The Groups will receive a map with all the places of the Festival's activities, where they can go and get a stamp from our volunteers. You can start in groups of 2, 5, 10 persons or more - however you like it best! You can start the tour at whatever time you like - between 10:00 and 15:00, the City Orienteering will take approximately 1 hour.

LOC is prepared a small surprise for everyone who succeeds in getting stamps from all places, included on the map. No registration is needed!

Educational forum

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

The Educational Forum will be held at 14:00 on Wednesday, Sep 25th at the University "Prof. Dr. Asen Zlatarov". Everyone can participate – HoDs, Group Leaders, Gymnasts!

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 practical part.



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Gala and Closing Ceremony

The Gala will start at 17:30 on Friday. The location is the Summer Theater. This year the EG has implemented new rules regarding the Gala.

All groups that wish to be in the gala can apply through their national federation (European Gymnastics will provide the NF's with an application form). There is no limit to how many applications each federation can send. The maximum duration of one Gala-performance is **3 minutes**.

Interested groups must accompany their application with the following information:

- Video of the performance
- Title of the music, description of the performance and exact length (max. 3 minutes in and out)
- Number of gymnasts and gender of the group members
- Colours of the costumes (important for lighting and choice of surface for the stage)
- Apparatus used and floor plan
- Whether or not the group will need help when preparing the stage.

Once the Gala-performances are chosen by the TC-GfA and all the groups are informed, the LOC can contact each of these groups to make the necessary arrangements.

To have a well-prepared event, the LOC must also ask in advance for the music used for the performance. This will avoid uncertainties and significantly increases the quality of the entire event.

The TC-GfA will decide which groups can participate in the Gala. All the NF's that have applied will receive feedback whether their group(s) is/are withheld.

The NF must send the videos within the 1st of June 2024. Any application received past this deadline or not using the official form, will not be accepted.

The decision of the TC-GfA will be communicated within the 30th of June.

During the Golden Age Gym Festival wild cards still can be handed out by the TC-GfA.



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GAGF Village and social activities

Burgas friends

While you are enjoying your participation in Golden Age Gym Festival, a new friendship can be born! In the capital of hospitality and friendship, Burgas, don't miss the opportunity to share moments, an ice cream, a glass of wine, an open Workshop... a true Golden Experience! Every group will be paired with its "Burgas friends" group, to give you the opportunity to make new friends for life! You will be informed about your pair one month before the event.

What can you do before the event?

- Get in contact with the group leader from your Burgas friends
- Learn some words in the language from your Burgas friends
- Bring a small gift from your country for your Burgas friends

What can you do during the event?

- Visit the city performances from your Burgas friends
- Go together to an open work shop
- Drink a coffee together
- Enjoy an aperitif together
- Organize a warm up together with music from your country

LOC has organized 3 party nights, which you can share with the friends you make and those you already have.

Everyone is more than welcome to the parties. They will be held at the Flora Center and will start at 20:00. Party evenings are Monday, Tuesday and Thursday.

The three parties will be themed and additional information will follow.

GAGF Village will be located at Sea Garden around the Sea Casino. It is the ideal place to relax, to amuse, visit our sponsors stand, buy some merchandising, and gather all information about the festival. In the village you can find:

- Info Desk and Accreditation Centre
- The Golden Age merchandising stand
- Stands with food and traditional specialties
- Meeting point for various activities (games, sport, music, workshops)

And many other surprises.



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We are happy to introduce to you special Art Classes, dedicated to typical Bulgarian activities.

ART CLASSES

Subject to pre-registration and fee

- New activities based on handmade elements that are related to the story and the lifestyle of our country.
- The price of each art class is 30 €/ per person, the duration of each is between 1.30 and 2.30 hours.
- Schedule for the art classes will be prepared after definitive registration. The minimal number of participants needed for each Art Class is 3.

So, do not hesitate, come and get to know typical handcrafts you will only be able to learn here!

ART CLASSES - Subject to registration and fee

Making of Bulgarian
Symbolic elements

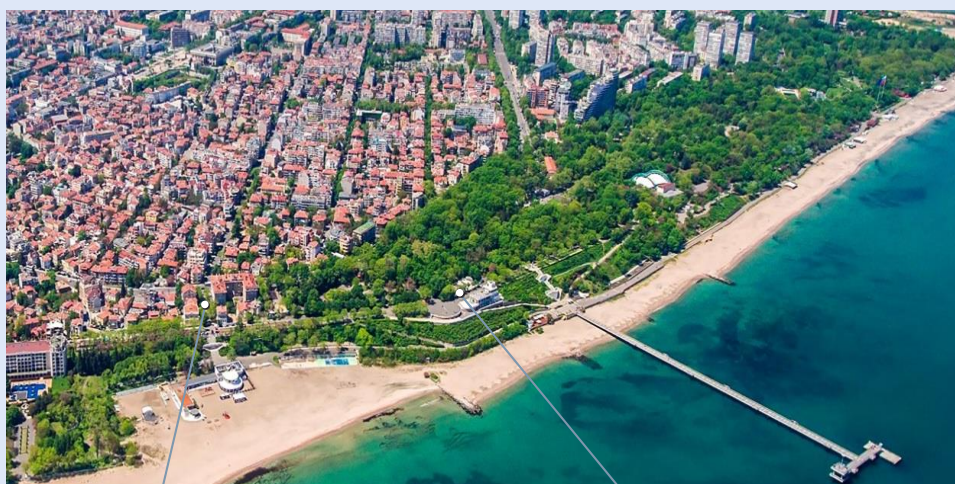
Calligraphy

Art and Wine: Learning to
paint while drinking

Single Crochet Knitting

Needle felting

Loom weaving



GALLERY "GEORGI BAEV"
ART CLASSES

SEA CASINO
ART CLASSES

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Making of Bulgarian Symbolic Elements – ritual decoration of twisted threads, which are worn on March 1 for health. Martenitsa is a small ornament, it is made mainly of woolen or cotton yarn in two primary colors – white and red, which Bulgarians decorate every year on March 1 – the holiday of Baba Marta. Colors have a strictly defined meaning: red – blood, life; white – purity, happiness.

- Instructor: Tanya Stoyanova
- Zone – Gallery "Georgi Baev" bul. "Demokraciya" 6
- Max 40 participants

Calligraphy – the art of beautiful writing. The history of beautiful handwriting is inextricably linked to the history of writing and handwriting and differs according to the writing systems. You will get acquainted with the spelling of the letters and for example your name in Old Bulgarian

- Instructor: Margarita Doncheva
- Zone – Sea Casino
- Min 10 – Max 20 participants

Art and wine: Learning to paint and drinking – It's an old technique. It comes from the Mediterranean and especially from Italy, where winemakers have noticed that the wine has a dye that is difficult to wash away. And this color is contained in the skin of the grape grains. Nowadays, the technique is relaxing and nourishing the senses – while over a glass of wine in a pleasant atmosphere you acquire knowledge and skills in painting.

- Instructor: Tanya Stoyanova
- Zone – Gallery "Georgi Baev", bul. "Demokraciya" 6
- Max 40 participants

Single Crochet Knitting – method of making textiles using yarn and needles. This process eventually creates a fabric often used for different types of clothing or decorative elements.

- Instructor: Marislava Lazarova
- Zone – Sea Casino
- Max 15 participants

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Needle felting – a form of dry felting that involves stabbing a needle with small notches into unspun fibres. It is a creative craft that involves sculpting shapes and figures using wool and special felting needles. It's a simple yet versatile technique that allows you to create amazing creation with just a few supplies. Needle felting allows creating all different kinds of sculptures and shapes – such as people, animals, and objects – which make great decorations and toys.

- Instructor: Gergana Avramova
- Zone – Sea Casino
- Max 30 participants

Loom weaving – the production of fabrics with a loom, one of the oldest crafts. There are two types of looms: vertical and horizontal. Simply put, woolen threads are stretched horizontally on the two wooden parts, then woolen threads are weaved vertically on other wooden parts. With a special device called a bird, the vertical strands become flattened to the horizontal ones and a fabric is obtained. With this fabric, fabric is obtained, and from this fabric – textiles.

- Instructor: Vesela Yordanova
- Zone – Sea Casino
- Max 20 participants

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Excursions

If you have already chosen your excursions before the event, you can request a registration form from the LOC. Should you register in advance, your place in the excursion is booked.

If you want to choose and book on site that is also an option! You can register during the event for the excursions that have free places left.

Saint Anastasia Island

St. Anastasia Island is one of the most romantic places on our Black Sea coast. The island is shrouded in mystery and hundreds of legends and stories are told about it. The island used to be a monastery, and for some time it served as a prison. It is located 6 km from the coast. Today, the island offers its guests a restaurant with sea cuisine "100 years back", a cafe, a small amphitheater, a museum telling the history of the island, and a small beach. The island can be reached by the two municipal catamarans – "Burgus" and "Anastasia", which is a great addition to the unforgettable adventure!

Departure from „Magazia 1“	Arrival on the Island	Departure from the Island	Arrival on „Magazia 1“
10:00 h	10:30 h	12:30 h	13:00 h
13:30 h	14:00 h	16:00 h	16:30 h
17:00 h	17:30 h	19:30 h	20:00 h

Price – 21 BGN – The price includes the boat trip and the museum entry.





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Chengene skele fisherman village

Experience the authentic fisherman life! Chengene skele – a romantic fisherman village which keeps the spirit of the fishermen alive. Go on an adventure through the history of the Black sea and the customs and everyday life of the local people. Taste magnificent local dishes and try out special wines and beers in our restaurant. Have a nice cup of coffee or a home-made lemonade right next to sea – the perfect setting for everything...

Cultural and tourist complex Chengene skele – immerse yourself in the romance and magic of the sea!

11:00 – Departure from Magazia 1, Port of Burgas

11:30 – Arrival at Chengene skele Complex

11:40 – Visit to the Fisherman Museum exposition

12:20 – Free time for visiting the café, port and relax zones

13:00 – Departure from the Chengene skele port

13:30 – Arrival at Port of Burgas

Price – 21 BGN – The price includes the boat trip and the museum entry.

In case of weather that prevents traveling by sea there will be a bus alternative for the same price.



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Aquae Calidae Tourist Complex

Experience the ancient city of Aquae Calidae!

How to live it:

- Take a look at the new exhibition center with unseen artefacts
- Have fun in the interactive and visual areas in the new complex
- Peek into the museum center and take a journey through the ages

Aquae calidae goes beyond the idea of a tourist complex, and with thousand-year history, it builds a bridge between the past and the present. The complex allows citizens and guests of Burgas to visit the fully renovated hamam of Suleiman the Magnificent. It is also a working museum with 3D mapping – a virtual walk through the ages under the dome of the building.

The impressive museum exhibition includes some of the most elite artefacts discovered/founded in the ancient and medieval city of Aquae calidae. The modern and the ancient weave in this space – from the working amphitheater through the archaeological structures to the fortress walls of the centuries-old bathhouse.

Price – 45 BGN – The price includes the bus trip and all museum entry fees, as well as the interactive 3D mapping shows.

Departure – **10:30** –

From the Port of Burgas entry

11:00 – Arrival in Aquae Calidae Complex. Entry in the Suleiman the Magnificent Hamam and 3D show, visit in the new museum complex and the Interactive museum center

12:30 – Departure from Aquae Calidae

13:00 – Arrival in Burgas





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A walking tour around Burgas

09.00 from Burgas Municipality – 2 hour walking tour with a licensed guide.

Come and we will walk among monuments of wonderful architecture – the works of Italian, Austrian and Bulgarian masters. We will hold our breath before the heroism of Pope Georgi Stoyanov Djelepov, before the splendor of the Church of St. St. Cyril and Methodius. We will pass through the "perfumery garden" of Georgi Duchtev by the sea to reach the most beautiful view in the city of the bay and the island of St. Anastasia.

Price – 15 BGN / 8 EUR

Price includes: licensed guide



Nessebar – city of 40 churches

A half-day trip to Old town Nessebar

15:00 Departure from Burgas.

Walking tour of the old town of Nessebar – the ancient city of Mesembria.

Free time.

19.00 Return to Burgas.

Price: 60 BGN / 30 €

Price includes: transport, tour of Nessebar and licensed guide.



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Sozopol - The town of salvation

A half-day trip to Old town Sozopol

09:00 Departure from Burgas Municipality. Walking tour in the old town of Sozopol. Free time. Return to Burgas.

Price: 60 BGN / 30 €

Price includes: transport and licensed guide.



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Registration and Refund

DEFINITIVE REGISTRATION – 1st June 2024

Information to be provided:

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

To be paid:

- * 100% deposit for Accreditation Pass GAGF 2024
- * 100% of accommodation and meals

Refund Policy:

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

Accreditation

Accreditation pass for the 9th GAGF is mandatory for attending all events during the festival. It 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 – only 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.

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Accommodation Packages

1. Hotel VIP/Category A+:
 - GRAND HOTEL PRIMORETZ 5****; Location: 2 Knyaz Aleksandar Batenberg str., Burgas, Bulgaria
2. Hotel Category A:
 - HOTEL BULGARIA BURGAS 4****; Location: 21 Aleksandrovska str., 8000 Burgas
3. Hotel Category B:
 - HOTEL BURGAS 4****; Location: 5 Khan Krum str., 8000 Burgas
 - AQUA HOTEL 4****; Location: Demokratsia blvd., Lazur district, 8000 Burgas
 - HOTEL AVENUE DELUXE 4****; Location: 53 Transportna blvd., 8000 Burgas
4. Hotel Category C:
 - MIRAGE HOTEL 4****; Location: 93 Slaveykov blvd., 8005 Burgas
 - AVENUE HOTEL 3***; 6 Transportna blvd., 8000 Burgas
 - HOTEL LUXOR 3***; Location: 27 Bulair str., 8000 Burgas

More information about all the hotels is available on the event website.

ACCOMMODATION IN HOTELS /4 CATEGORIES/

The package rates are in Euros, per person per 7 nights, from September 21st to September 28th 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 €
Hotel Category 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 €



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Hotel Category A	
Single room B&B	900.00 €
Double room B&B	550.00 €
Hotel VIP/A+	
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 €

If you are interested in accommodation via LOC, please have your NF contact us and our Hotel Manager to request the necessary forms. Only registrations via the National Federation are accepted.

Insurance

We are kindly reminding you that accident/illness insurance is obligatory for all participants and in order for us to issue accreditations your NF needs to send the proof of insurance to the official LOC email address.

If a Group does not have insurance for its members, we can issue one for the price of 75 EUR per person for the whole period. If you need insurance via LOC, it is better to inform us in advance. It is also possible to get one on site, but it will delay receiving your accreditations.



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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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LOCAL ORGANISING COMMITTEE (LOC)

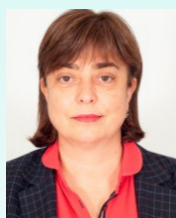
Patron of the event is the Mayor of Burgas Municipality Mr. Dimitar Nikolov.

LOC President
Iliana Raeva



BRGF
President

LOC Vice-President
Rossina Atanassova



BRGF Secretary
General

LOC Vice-President
Manol Todorov



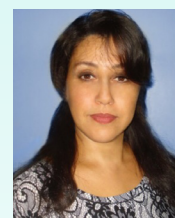
Deputy Mayor of
Burgas Municipality

LOC Vice-President
Diana Savateva



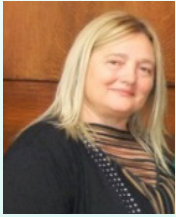
Deputy Mayor of
Burgas Municipality

Executive Director
Marieta Dukova



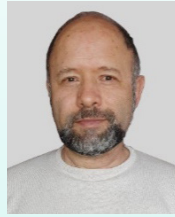
BRGF TC Gymnastics
for all President

Deputy Executive Director – technical
Anna Bosheva



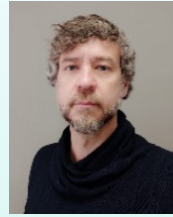
RG sports Club
Chernomoretz,
Burgas – President

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

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

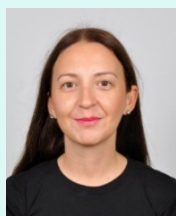
Maria Kalangerova



RG sports Club
Chernomoretz,
Burgas – coach

Marketing
Manager

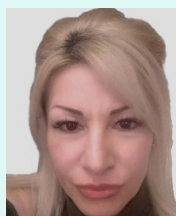
Hristiyana Dimitrova



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

Veronika Veleva



Burgas Municipality,
"Youth policies"
Department Chief

Burgas Municipality,
"Youth policies"
Department Chief

Katya Delchilova



Burgas Municipality,
Burgas Youth Culture
Center Director

Responsible
entertainment

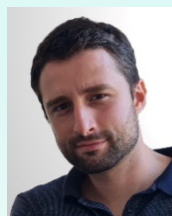
Rosalina Dimitrova



Burgas Municipality,
"Tourism" Municipal
enterprise Deputy
Director

Responsible
Touristic Tours

Simeon Kanev



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



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Some Bulgarian words that can come in handy:

Здравей. [zdrah-VEY-teh] -	means "Hello."
Как сте? [KAHK steh] -	means "How are you doing?"
Добре. Благодаря! [doh-BREN, blah-goh-dah-RYUH] -	means "Fine. Thank you!"
Казвам се.... [kahz-VUHM she...] -	means "My name is"
Извинете! [eez-vee-NEH-teh] -	means "Excuse me", also means "I am sorry"
Моля [moh-LYAH] -	means "You're welcome"
Довиждане. [doh-VEEZH-dah-neh] -	means "Goodbye."
Говорите ли английски? [Goh-VOH-ree-teh lii an-glyih-skiy?] -	means "Do you speak English"
Как да стигна до морската градина? [Kakh dah s'teegh-nah doh Morh-skah-tah grah-dee-nah] -	means "How do I get to the Sea Garden?"
Посока [poh-ssokah] -	means "Direction"
Наляво [na-lyah-voh] -	means "To the left"
Надясно [na-dyass-noh] -	means "To the right"
Направо [na-prah-voh] -	means "Straight" in terms of directions
Помощ! [po-mosht!] -	means "Help!"
Отворено [oht-VOH-reh-noh] -	means "Open"
Затворено [zaht-VOH-reh-noh] -	means "Closed"
Вход [vkhohd] -	means "Entrance"
Изход [EEZ-khohd] -	means "Exit"
Тоалетна [toh-ah-LEHT-nuh] -	means "Toilet"
Мъже [muh-ZHEN] -	means "Men"
Жени [zheh-NEE] -	means "Women"
Забранено! [zah-brah-NEH-noh] -	means "Forbidden!"
Да. [Dah] -	means "Yes."
Не. [Neh] -	means "No."



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OUR PARTNERS



USEFUL LINKS

You can find all the information regarding the organization of the event in the event website:

<https://gagf24.org/>

In addition, you can also check the European Gymnastics website for important documents:

<https://www.europeangymnastics.com/event/2024-golden-age-gym-festival-burgas-bul/overview>

The Event Guide for the 9th Golden Age Gym Festival will follow one month before the Event. It will also be handed out with accreditation and will include information about schedules of workshops, group performances, meals, and any other interesting infos such as any official receptions, etc.

Goodbye and see you in Burgas!

LET THE MOTION EXPRESS EMOTION!



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