

<https://gagf24.org/>



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

Burgas, Bulgaria

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

## EVENT GUIDE

Updated edition 23.08.2024





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Burgas, Bulgaria  
22<sup>nd</sup>-27<sup>th</sup> September 2024

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## Welcome Messages

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



Dear gymnastics friends

In few weeks we will meet in wonderful Burgas in Bulgaria.

The LOC has been working really hard to ensure that everything will be ready when you arrive.

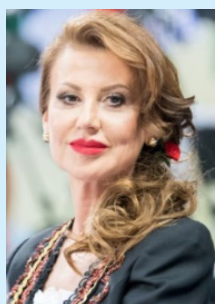
We are sure that in Burgas you will experience the best gymnastics week of your life, performing, taking part in different Workshops and socialising with friends from all over Europe. Beside Gymnastics try also to enjoy the nature, the wonderful city and the vine and gastronomy.

We hope that you will leave Burgas inspired, with a big smile and ready to come back to our next Golden Age Gym Festival in Les Sables d'Olonne in France in 2026.

The European Gymnastics TC-GfA are certain that all our gymnastics friends taking part in GAGF will live an unforgettable week of sports enjoying 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 Committee, President of BRGF



Dear gymnastics friends,

It is my great honor and a pleasure to welcome you to beautiful Burgas! Probably the best city on the Black Sea coast, Burgas will wholeheartedly accept all of you with its magnificent beaches, sunsets, notoriously warm hospitality and famously delicious Bulgarian cuisine.

And among all of this stays our main focus: Gymnastics! I am proud to say we expect 1414 people from 19 countries and I express my gratitude both to the NFs and to European Gymnastics for the trust, put in Bulgaria. I truly believe you will get to enjoy an unforgettable week of GfA activities, as I am sure Burgas and Bulgaria will leave you with a smile and a desire to come back.

Come, enjoy gymnastics and let all your motions express your emotions!







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### Welcome to Burgas

*The sea gathers together everything that is otherwise far away.*

Yoan Exarch (Bulgarian pre-Renaissance author)

To touch Burgas is to touch your dreams. To breathe in the salty sea breeze, to feel the scent of the Black sea, the calm and quiet, to also feel the ebullient life, the smiling eyes of the Burgas people, to taste the delicious food, to feel the power of the sun, rising over the Black Sea, to get lost in the diamond sunsets – this is Burgas. The city that is open to everything far away, the city with the most beautiful lakes, the city which gave artists both to Bulgaria, and to the world, the city which does Festivals like no other, the city that makes you want to stay forever on the shore – this is Burgas.

And it is with joy that it welcomes you!







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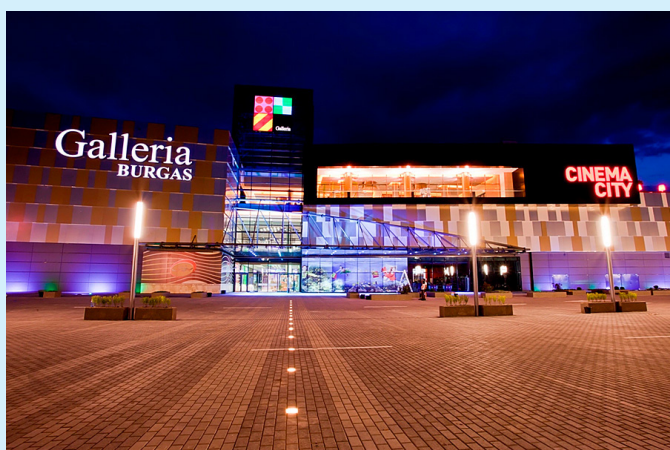
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## Participating Countries and Groups

The 9<sup>th</sup> Golden Age Gym Festival has gathered 1414 participants, who represent 19 countries. Thank you, dear gymnastics friends, for coming to Bulgaria, and welcome!

Country	Groups
 Azerbaijan	AZE 1 Flame
 Bulgaria	BUL 1 KGB BUL 2 Gracia BUL 3 Madarski Konnik BUL 4 HEALTH BUL 5 Rodina BUL 6 Sea Stars BUL 7 Teachers and Friends by Spirit BUL 8 Zora
 Czech Republic	CZE 1 Czech Sokol Organization – Water CZE 2 Czech Sokol Organization – Second breath
 Denmark	DEN 1 Esbjerg
 Estonia	EST 1 Haapsalu Ladies EST 2 GC Piruett EST 3 LP Gymnastics Club EST 4 GC Rytmiika ladies EST 5 ESS Kalev – 1 (group Gevi) EST 6 ESS Kalev – 2 Paist EST 7 ESS Kalev – 3 Ravasoo
 Finland	FIN 1 MIKKELIN VOIMISTELIJAT (CLASSY LADIES) FIN 2 TURUN NAISVOIMISTELIJAT (GYM LADIES) FIN 3 GYMNASTIKFORENINGEN I HELSINGFORS (STILL GOING STRONG) FIN 4 TAMPEREEN NAISVOIMISTELIJAT (EVERGREEN LADIES) FIN 5 BORGA GYMNASTIKFORENING (LADYJAZZ) FIN 6 HELSINGIN JYRY (LIPSTIKKA)





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France

FRA 1 KALON BREIZH  
FRA 2 L'ENVOL SAINT GAUDINOIS  
FRA 3 COURBEVOIE GYM RYTHMIQUE  
FRA 4 LES TOULOU'ZEN  
FRA 5 J.L.R MARMANDE  
FRA 6 LES ETOILES DE COLOMIERS  
FRA 7 LES GOLDEN'S DE NICE  
FRA 8 CEP GYMNASTIQUE POITIERS



Germany

GER 1 Happy Hessen – TSV Roedgen  
GER 2 Fit imPuls – Sport-Union Nieder-Florstadt  
GER 3 SV Einheit Guestrow  
GER 4 TUSG Rolfshagen



Greece

GRE 1 OLYMPIADA THRAKOMAKEDONON



Iceland

ISL 1 Kramhusid 4.15  
ISL 2 Kramhusid 5.15  
ISL 3 Armann



Italy

ITA 1 FUORI QUOTA – GRUPPO SPORTIVO SAMBUGHE'  
ITA 2 SPORTIME LADIES  
ITA 3 LAIF SARZANA



Japan

JPN 1 Hello Friends INOA



Latvia

LAT 1 Amber  
LAT 2 Sculpture  
LAT 3 Adora



Lithuania

LTU 1 Jonishkis sport club AVANTIURA plus  
LTU 2 Vilnius dance group LADY DAR  
LTU 3 Dance group Daisy  
LTU 4 Dance group With Flight





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Norway

- NOR 1 Oslo Turnforening Mix Team
- NOR 2 Skotfoss turn og idrettsforening
- NOR 3 Klepp IL
- NOR 4 IL Sverre Turn
- NOR 5 Aasane Turn
- NOR 6 IL Nornen Gymnastikk og Turn
- NOR 7 Tonsbergs Turnforening
- NOR 8 Holmestrand Idrettsforening Turngruppen
- NOR 9 Naerbo Turnforening
- NOR 10 Rognan I.L. og Rana turnforening
- NOR 11 Ringerike Turnforening
- NOR 12 Salhus Turn- og idrettslag
- NOR 13 Drammens Turnforening
- NOR 14 Stokke Idrettslag
- NOR 15 Norges Turnveteraner
- NOR 16 Ganddal Idrettslag
- NOR 17 Solberg Sportsklubb Turngruppe
- NOR 18 Gymnastikk og Turnforeningen Bjart
- NOR 19 Pors Turn
- NOR 20 Bergens Turnforening
- NOR 21 LAKSEVAAG TURN OG IDRETTSLAG
- NOR 22 FANA IDRETTSLAG - TURN
- NOR 23 Hokksund Turnforening
- NOR 24 Trondhjems Turnforening
- NOR 25 Stjordals-Blink turngruppe
- NOR 26 STORD IDRETTSLAG
- NOR 27 Uthaug Turn og Gymnastikklag
- NOR 28 Turn og idrettsforeningen Viking
- NOR 29 Arbeidernes turn- og idrettsforening
- NOR 30 Sem IF Turngruppe
- NOR 31 Aalgaard Turn
- NOR 32 Randaberg Turn Damepartiet
- NOR 33 SOLA TURN
- NOR 34 Havorn gym og turn
- NOR 35 Asker Turnforening





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Portugal

POR 1 Ginasio Clube Portugues – MIMANU  
POR 2 Sporting Clube de Portugal – REENCONTROS  
POR 3 Sporting Clube de Portugal – Danca Tradicional Portuguesa  
POR 4 RIRITMICA  
POR 5 Clube Atletismo Amigos de Belem – BelemGym  
POR 6 GINARTE – Happy Gym



Slovenia

SLO 1 SC FLIP PIRAN



Switzerland

SUI 1 AGG Trend Over 50 EVASION  
SUI 2 Gymnastic Group 45 TBOE  
SUI 3 OpenAge URG  
SUI 4 SenVital Zueri



Slovakia

SVK 1 Tanecny subor DIAMANT KOSICE  
SVK 2 Dancing Flowers  
SVK 3 Sokol BRATISLAVA Vinohrady  
SVK 4 Venus Sokol Skalica  
SVK 5 JAZERSKE MAZORETKY  
SVK 6 Olympia pri OK Prievidza





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## General Information

### \*Updated program

Please note some changes have been made in the general Program for the event. The updated table is shown on the next page.

### \*City Performances

The schedule is listed below under point "City Performances". Note that the schedule is final and done according to the information uploaded in the Gymdata online tool. Important information is also listed below.

### \*Workshops

The assigned workshops per Group are listed below under "Workshops". The venues and other important information are also listed in that point.

### \*Payment

All payments must be done in full in advance.

### \*Meetings

All meetings are mandatory.

1. Meeting between LOC and HOD – Saturday Sep 21<sup>st</sup>, 16:00-17:00 at the Sea Casino.
2. Meeting between LOC and Group Leaders and HOD – Sunday Sep 22<sup>nd</sup>, 15:00-16:00 at the Sea Casino.
3. Regular meetings between LOC and HOD – Monday Sep 23<sup>rd</sup> to Friday Sep 27<sup>th</sup> incl., 08:30 – 09:00 at the Sea Casino.
4. Meeting between LOC and Gala group leaders - Monday Sep 23<sup>rd</sup>, 10:00 – 11:00 at the Summer Theatre.

### \*Info Point

Main info point will be at the Sea Casino. Info points will also be placed in tents in front of the Sea Casino.  
Working hours: 10:00 – 16:00

### \*Accreditation cards

All accreditation cards will be given only to the respective HOD before the LOC+HOD meeting on Saturday at the Sea Casino. Additional information will follow.

### \*Communication

All communication must be conducted via the official email address of the respective NF.



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### Program

21 <sup>th</sup> September Saturday	22 <sup>th</sup> September Sunday	23 <sup>th</sup> September Monday	24 <sup>th</sup> September Tuesday	25 <sup>th</sup> September Wednesday	26 <sup>th</sup> September Thursday	27 <sup>th</sup> September Friday	28 <sup>th</sup> September Saturday
		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	
		Gala Meeting 10:00 - 11:00	Workshops 9:30 - 10:30	Workshops 9:30 - 10:30	Workshops 9:30 - 10:30	Workshops 9:30 - 10:30	
		City Orienteering 10:00 - 15:00	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		Gala Rehearsal 1 <sup>st</sup> Group 14:00 - 14:45 Gala Rehearsal 2 <sup>nd</sup> Group 14:45 - 15:30	
Meeting LOC + HoD 16:00 -17:00	Meeting Group Leaders + HoD 15:00 - 16:00					Next host Reception only for HoD 16:00 - 17:00	
Welcome drink LOC + EG + HOD 17:00	Preparation 17:00 - 17:30	City Performances 16:30 - 18:30	City Performances 16:30 - 18:30	City Performances 16:30 - 18:30	City Performances 16:30 - 18:30	Gala, Closing Ceremony 17:30 - 19:00	
	Parade 17:30 - 18:00						
	Opening Ceremony 18:00 - 19:00				Next host Presentation 18:30 - 18:45		
					Reception HOD + Group Leaders 19:00		
		Social Activities 20:30	Social Activities 20:30		Social Activities 20:30		





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## Venues

All activities of the festival are in the Sea Garden.



Below are all locations:



### SUMMER THEATER

Place for Opening Ceremony, Gala, City Performances, Workshops





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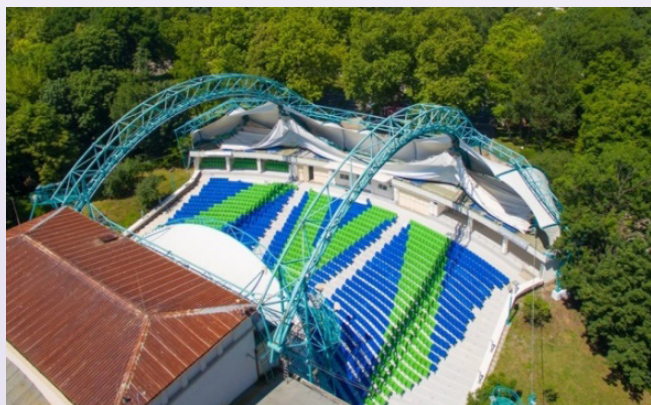
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## THE SEA CASINO

Place for meetings,  
City Performances,  
Receptions,  
Workshops, Official  
Event Info points







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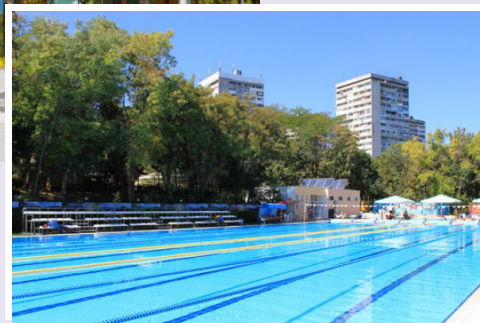
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## FLORA PARK CENTER

Place for  
Workshops



## SNAIL Stage

Place for  
Workshops



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## Parade and Opening Ceremony

The parade starts at 17:30 on Sunday, September 22<sup>nd</sup>.

Important note: Please be at the start point 30 minutes before – at 17:00.

Two starting points are chosen for the Parade. The 2 streams of people will meet in front of the Summer Theater where the Opening Ceremony will be held.

1 volunteer per NF, along with 2 artists with traditional Bulgarian clothing, who will carry the name sign and the flag of each country, will accompany the delegations as they walk the Parade.



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### ✓ Preparation before the points and organization:

- \* For each delegation two artists will be responsible, a man and a woman dressed in Bulgarian traditional costumes.
- \* One will hold the flag, and the other the sign with the country's code is written on it.
- \* One volunteer will be assigned per NF during the whole event.



- The groups will be led by a brass band and a cheerleading squad.







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### Starting points:

SECTOR A – Flora Expo	SECTOR B – Sea Casino Cultural Center
Estonia, Finland, France, Italy, Portugal, Slovakia, Slovenia, Switzerland	Azerbaijan, Bulgaria, Czech Republic, Denmark, Germany, Greece, Iceland, Japan, Latvia, Lithuania, Norway

## 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.

- Distribution of the countries : from which entrance they enter.
- The delegations will enter from two entrances. The official guests from the service entrance.





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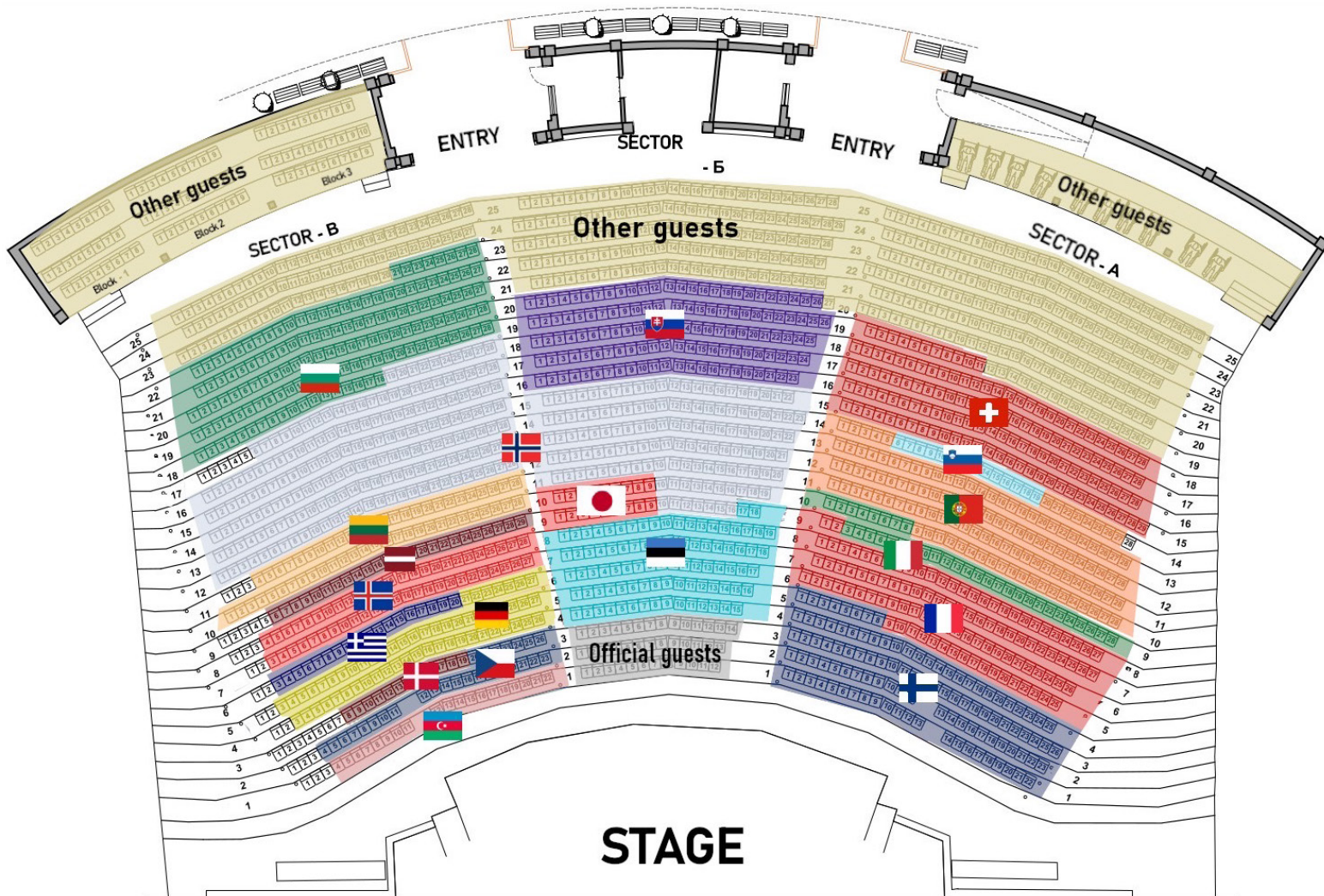
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The Opening Ceremony starts at 18:00 at the Summer Theater.







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## City Performances

2 stages are prepared for the city performances:

**1. Stage in front of the Sea Casino – 20x20 m.** The stage will be built especially for the event. The entrance is marked green below – the stairs from the Sea Casino. Exit is marked red and will be on the other side of the Stage. The floor is normal carpet.



**2. Summer Theater – 13x17 m.** The Entrance is shown below. The floor is a normal carpet.







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We would like to remind you that there are exactly 6 minutes maximum per each group, including the time needed to set up and leave the stage.

Please be at the stage 30 minutes before your scheduled performance.

Please follow the instructions given to you by the stage manager

The City Performances schedule is final

Please bring your music with you on a Flash Drive with a correct title. i.e. "BUL1\_Name of the routine"

Please make sure to fill out and send back to LOC before 10<sup>th</sup> of September the Music form, sent with this Event Guide. Without the music form for your routine we cannot provide accreditation cards.

You can check your music on Saturday before the meeting of the LOC and HOD.

LOC will do its best to provide you with additional equipment you request, as long as the request is made before 6<sup>th</sup> of September. If LOC does not have the requested equipment, we will let you know as soon as possible.

The schedule for the City Performances is as follows:

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STAGE Summer Theater - 13x17 23 <sup>th</sup> September, Monday	
16:30	NOR 5 NOR 12
16:36	NOR 2
16:43	NOR 35
16:53	ITA 2
16:59	FIN 5
17:04	EST 7
17:09	POR 6
17:18	LAT 2
17:23	BUL 2
17:30	DEN 1
17:37	EST 2
17:42	SLO1
17:47	BUL 6
17:52	FIN 1
17:57	EST 1
18:07	FRA 5
18:14	POR 1
18:20	LAT 1
18:25	FRA 4
18:35	SUI 1
18:39	SVK 6

STAGE in front of the Sea Casino - 20x20 23 <sup>th</sup> September, Monday	
16:30	GER 1
16:36	FIN 2
16:43	NOR 3 NOR 34 NOR 33
16:48	LTU 4
16:53	SVK 1
16:58	POR 2
17:05	ISL 1
17:10	CZE 1
17:17	FRA 1
17:22	BUL 7
17:28	NOR 11 NOR 15
17:34	FIN 3
17:41	ITA 1
17:48	LTU 1
17:53	JPN 1
18:00	AZE 1
18:05	BUL 8
18:10	NOR 9 + NOR 16 + NOR 32
18:17	POR 4
18:24	SUI 2
18:31	SVK 4

STAGE Summer Theater - 13x17 24 <sup>th</sup> September, Tuesday	
16:30	NOR 5 NOR 12
16:36	NOR 1
16:48	CZE 2
16:53	BUL 3
17:00	ISL 3
17:07	LAT 2
17:12	LTU 3
17:17	BUL 7
17:23	FIN 1
17:28	FRA 2
17:35	NOR 18 NOR 19
17:41	EST 3
17:51	FIN 4
17:56	GER 2
18:03	NOR 6 NOR 20 NOR 22 NOR 28
18:10	ITA 2
18:16	EST 7
18:21	FRA 8
18:28	SVK 5
18:35	NOR 13 NOR 14

STAGE in front of the Sea Casino - 20x20 24 <sup>th</sup> September, Tuesday	
16:30	SUI 1
16:37	NOR 4 NOR 24 NOR 25 NOR 27 NOR 29
16:42	SVK 3
16:47	NOR 21 NOR 26
16:54	POR 5
16:59	FRA 6
17:05	EST 4
17:10	BUL 1
17:15	NOR 7 NOR 8 NOR 17 NOR 23
17:22	POR 3
17:29	GRE 1
17:36	NOR 31
17:42	SUI 4
17:49	FRA 7
17:56	NOR 10
18:01	SVK 2
18:06	ISL 2
18:11	BUL 4
18:18	SUI 3
18:24	NOR 11 NOR 15

STAGE Summer Theater - 13x17 25 <sup>th</sup> September, Wednesday	
16:30	NOR 2
16:37	NOR 35
16:42	NOR 30
16:54	FIN 5
16:59	LAT 1
17:05	FRA 3
17:13	EST 1
17:20	ITA 1
17:27	LTU 1
17:32	JPN 1
17:39	LAT 3
17:44	BUL 2
17:51	FIN 6
17:59	FRA 6
18:06	CZE 2
18:11	DEN 1
18:18	EST 2
18:23	FRA 4
18:30	BUL 5
18:35	LTU 4

STAGE in front of the Sea Casino - 20x20 25 <sup>th</sup> September, Wednesday	
16:30	GER 1
16:36	FIN 2
16:43	NOR 3 NOR 34 NOR 33
16:48	SVK 6
16:53	SLO 1
16:58	FRA 5
17:05	LTU 2
17:10	SVK 5
17:17	POR 5
17:24	AZE 1
17:29	BUL 3
17:36	FRA 2
17:43	POR 2
17:50	NOR 21 NOR 26
17:57	BUL 6
18:02	EST 5
18:07	NOR 9 + NOR 16 + NOR 32
18:14	POR 4
18:21	SUI 2
18:28	SVK 1

STAGE Summer Theater - 13x17 26 <sup>th</sup> September, Thursday	
16:30	NOR 30
16:37	NOR 1
16:49	CZE 1
16:56	FIN 4
17:01	ISL 1
17:09	FRA 7
17:16	EST 5
17:21	BUL 5
17:26	FIN 6
17:31	FRA 1
17:37	LTU 3
17:42	EST 4
17:47	ISL 3
17:52	POR 6
17:59	BUL 8
18:04	EST 3
18:14	NOR 31
18:20	GER 2
18:27	LAT 3
18:32	ITA 3

STAGE in front of the Sea Casino - 20x20 26 <sup>th</sup> September, Thursday	
16:30	ISL 2
16:35	NOR 4 NOR 24 NOR 25 NOR 27 NOR 29
16:42	SUI 3
16:48	SVK 4
16:53	NOR 10
16:58	FRA 8
17:05	FIN 3
17:12	POR 1
17:19	BUL 4
17:26	NOR 6 NOR 20 NOR 22 NOR 28
17:33	SVK 3
17:38	FRA 3
17:43	NOR 18 NOR 19
17:49	SUI 4
17:56	LTU 2
18:01	BUL 1
18:06	NOR 7 NOR 8 NOR 17 NOR 23
18:13	GRE 1
18:20	SVK 2
18:25	NOR 13 NOR 14



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## Gala and Closing Ceremony

The Gala starts at 17:30 on Friday, September 27<sup>th</sup> at the Summer Theater. The European Gymnastics GfA Technical Committee has selected the following 11 countries to participate in the Gala:

AZE	Azerbaijan Gymnastics Federation
EST	GC Rytmika
FIN	TURUN NAISVOIMISTELIJAT
FRA	AG Plérin
GRE	OLYMPIADA THRAKOMAKEDONON
ITA	Fuori Quota – Gruppo Sportivo Sambughè
NOR	Sem Gymnastics club
POR	Ginásio Clube Português
SVK	OZ VITALITA Košice
SLO	Sport Club Flip Piran
JAP	Hello Friends INOA – Guest Group

LOC, European Gymnastics and the Group leaders will conduct a Gala Meeting on Monday Sep 23<sup>rd</sup> 10:00 – 11:00 at the Summer Theatre. The TC will communicate the 1<sup>st</sup> group and the 2<sup>nd</sup> group in Burgas during the Gala meeting on Monday.

**Attention:** You want to participate in the Gala, but you missed the deadline? There is still a chance!

The TC will allocate 2 Wild Cards during the event. So go on, do your best performance and win a chance to participate in the Gala!



There are designated seats for the teams that are selected to participate in the Gala. After their performances, the participants return to their seats to watch the whole program. There will be volunteers who will take care of them and guide them. Here is a scheme:



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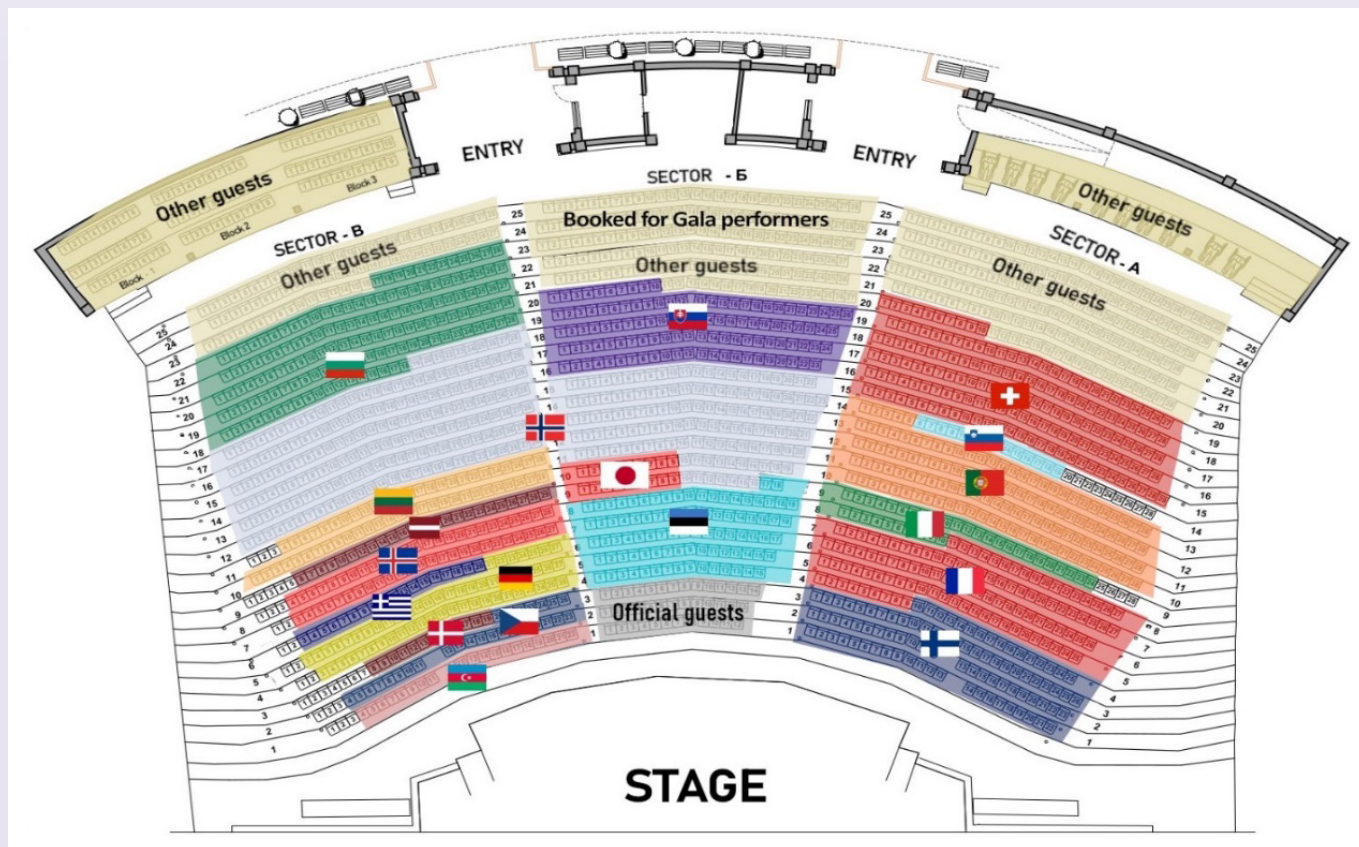
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And here is the scheme of the delegations seats:



Burgas Municipality would like to present 2 awards during the Gala:

„Biggest Group“

„Best Costume“





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## Social Activities

### Burgas Friends

The TC has already sent to all Groups Leaders and HODs the list of the paired Burgas Friends. We do hope this will help you discover each other and will develop beautiful friendships.

### Parties

The LOC is happy to organize 3 parties for the participants:

**Monday**, September 23<sup>rd</sup> in the Sea Garden (exact location will be communicated at the LOC+HOD meeting). Theme of the party: **"Wine with friends"**.

**Tuesday**, September 24<sup>th</sup> in the Sea Garden (exact location will be communicated at the LOC+HOD meeting). Theme of the party: **"Oldies but Goldies Party with retro hits"**.

**Thursday**, September 26<sup>th</sup> in the Sea Garden (exact location will be communicated at the LOC+HOD meeting). Theme of the party: **"Party of the Nations"**. Here you can wear/bring identification clothes or gadgets.

Start time of all three parties: 20:30, ending time: around 23:30

All of the parties will be at a bar, so the participants will have many options to choose what they would like to drink. All consummation should be paid upon receiving your drinks. A professional DJ will ensure your good experience at all three of the parties. And the only thing you need to bring is yourself!

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## City Orienteering

The City orienteering will take place on Monday, September 23<sup>rd</sup> between 10:00 and 15:00.

LOC has prepared 6 check-points for the City Orienteering. These are:

### Hotel Primoretz



### The Sea Casino



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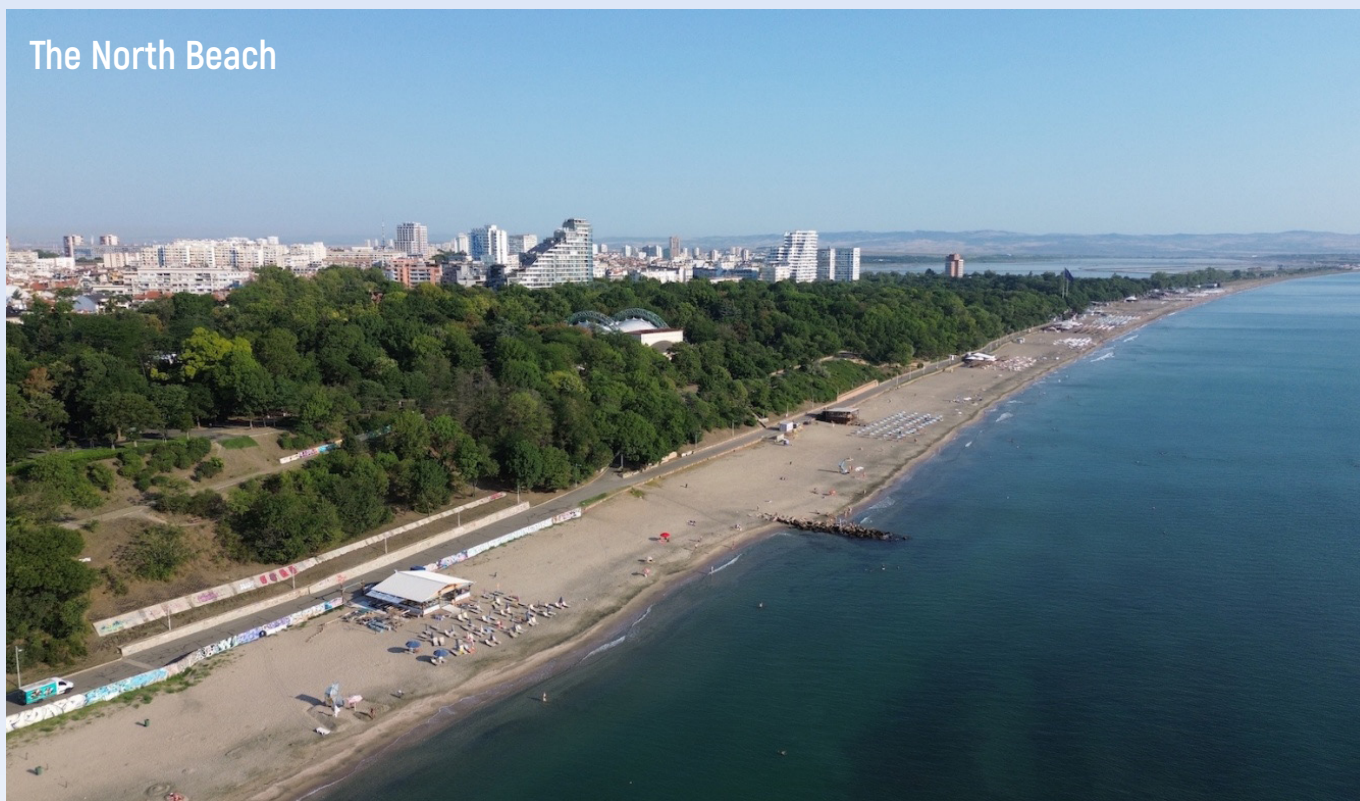
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The Summer Theater



The North Beach



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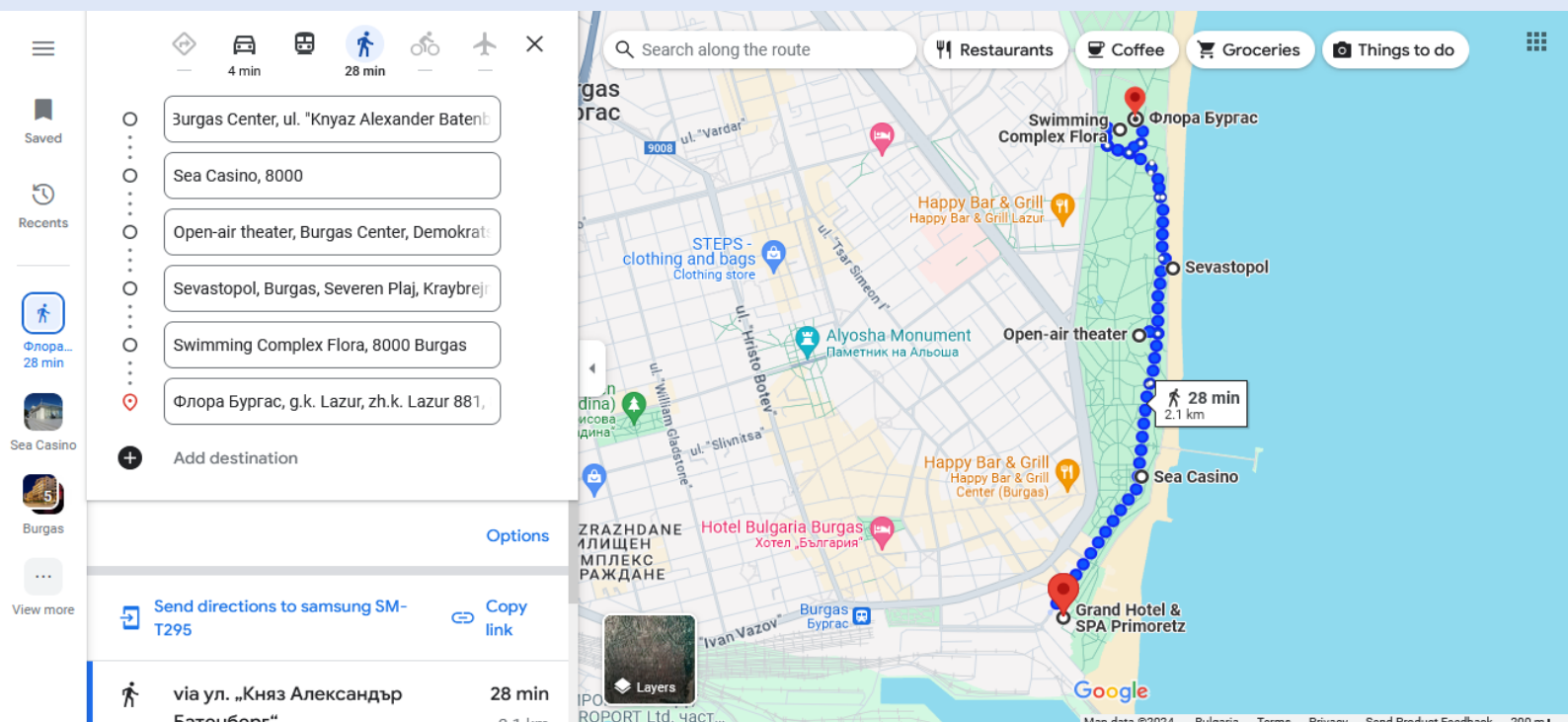
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And here is a general overview of the route:



Everyone who wants to participate will receive a card with the 6 locations listed. At each check-point a volunteer will be there to welcome you, to tell you a bit about the place and put a stamp on your card.

Of course, it is not a race, but in order to motivate the participants the LOC has decided that every 20<sup>th</sup> person who collects all stamps will receive a special gift.

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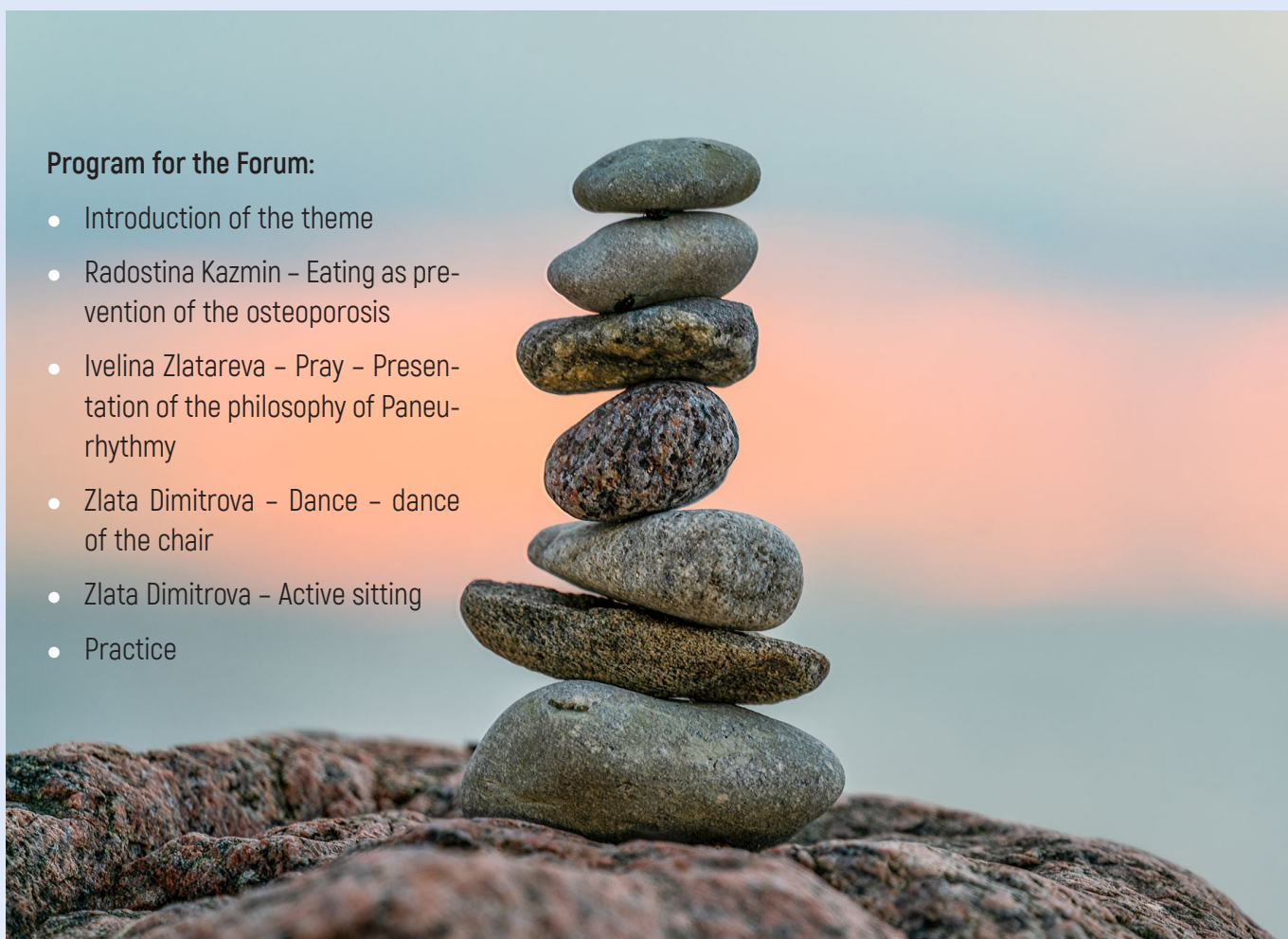
## Educational Forum

### *"Balance, Health and Independent Way of Living in the Golden Age"*

The Forum will be held on Wednesday, September 25<sup>th</sup> between 14:00 and 15:30 in the Sea Casino. It is open to everyone.

#### Program for the Forum:

- Introduction of the theme
- Radostina Kazmin – Eating as prevention of the osteoporosis
- Ivelina Zlatareva – Pray – Presentation of the philosophy of Paneurhythmy
- Zlata Dimitrova – Dance – dance of the chair
- Zlata Dimitrova – Active sitting
- Practice



Please note that in order to feel comfortable at the practice, it would be better if you are wearing sports clothing.

**Important!** As one of the topics in relation with healthy nutrition and sport is osteoporosis, the LOC offers a gesture to the participants: We will draw 10 persons (from the people who collected most stamps at the City Orienteering) who will get free bone evaluations.



# Workshops

The workshops will be between 09:30 and 10:30 and between 11:00 and 12:00 from Tuesday to Friday.



The schedule for the Closed Workshops is as follows:

Place	Workshop	24 <sup>th</sup> September Tuesday 09:30 - 10:30	25 <sup>th</sup> September Wednesday 09:30 - 10:30	26 <sup>th</sup> September Thursday 09:30 - 10:30	27 <sup>th</sup> September Friday 09:30 - 10:30
Summer Theater	TAI CHI	ITA 1, FRA 3	BUL 5, FRA, 6 NOR 18+19	FRA 1, NOR 30	SUI 1, CZE 1
Next to Summer Theater	PBOXX	EST 4, LAT 2, FIN 1	ISL 2, POR 1	NOR 18+19	EST 2, LTU 3, NOR 2
Next to Summer Theater	TRADITIONAL AMUSING GAMES	GER 2, JPN 1, NOR 5+12	GER 1, NOR 2	NOR 31, POR 1	NOR 21 + NOR 26
Sea Casino Stage	SPECIAL CHOREOGRAPHY	BUL 3	EST 3 (11), ITA 1	BUL 5	LAT 1
Sea Casino Terrace	RHYTHMIC GYMNASTICS	EST 3, FRA 7	FRA 3, GER 3	CZE 1, LTU 4	BUL 6, GER 2
In front of the Bridge	BACHATA	Open Workshop	Open Workshop	Open Workshop	Open Workshop
Snail Stage	TANGO	Open Workshop	Open Workshop	Open Workshop	Open Workshop
Flora Park lawn	ACROBATICS	AZE 1, NOR 30	DEN 1, SLO 1	FRA 8 (14)	EST 5, NOR 3+33+34
Flora Swimming Pool	AQUA GYM	CZE 2, NOR 7+8+17+23	AZE 1, GRE, 1 FRA 4	BUL 3, FIN 6, LTU 3	POR 6, GER 1
North Beach	BEACH TENNIS	FIN 2	EST 4, NOR 35	DEN 1, FRA 7	NOR 9+16+32
West lawn	PANNEURHYTHMY	SUI 1, SVK 5, FIN 5, POR 2	POR 4, FIN 4, EST 7, LAT 1	LTU 2, FRA 5, NOR 4+24+25+27+29	POR 3, NOR 6+20+22+28
Primorets	YOGA	BUL 6, SLO 1, FIN 4	FIN 2	LAT 3, POR 6, NOR 35	BUL 7, CZE 2, NOR 31

Place	Workshop	24 <sup>th</sup> September Tuesday 11:00 - 12:00	25 <sup>th</sup> September Wednesday 11:00 - 12:00	26 <sup>th</sup> September Thursday 11:00 - 12:00	27 <sup>th</sup> September Friday 11:00 - 12:00
Summer Theater	TAI CHI	NOR 4+24+25+27+29	NOR 9+16+32, POR 5	SVK 5, EST 5	FIN 6, NOR 13+14
Next to Summer Theater	TRADITIONAL FOLKLORE DANCES	Open Workshop	Open Workshop	Open Workshop	Open Workshop
Next to Summer Theater	TRADITIONAL AMUSING GAMES	ISL 1, POR 4	BUL 4, POR 3	GRE 1, POR 5	SVK 2, POR 2
Sea Casino Stage	SPECIAL CHOREOGRAPHY	BUL 4, FRA 2	FRA 5, EST 1	EST 6, SVK 6	FRA 4
Sea Casino Terrace	RHYTHMIC GYMNASTICS	EST 7, SVK 2	BUL 7, SVK 6	BUL 8, ISL 1	LAT 2, LAT 3, EST 1
In front of the Bridge	SALSA	Open Workshop	Open Workshop	Open Workshop	Open Workshop
Snail Stage	ZUMBA	Open Workshop	Open Workshop	Open Workshop	Open Workshop
Flora Park lawn	LINE DANCE	Open Workshop	Open Workshop	Open Workshop	Open Workshop
Flora Swimming Pool	AQUA GYM	LTU 2, NOR 3+33+34	BUL 1, LTU 4, FIN 5	GER 3, NOR 21+26	FIN 1, FRA 8, NOR 10
North Beach	BEACH TENNIS	FRA 1, NOR 10	FRA 2, EST 2	ISL 2, LTU 1	FRA 6, EST 6
Primorets	YOGA	BUL 8, NOR 13+14	JPN 1, LTU 1, NOR 5+12 (47)	JPN 1, NOR 6+20+22+28	NOR 7+8+17+23
West lawn	STRETCHING	Open Workshop	Open Workshop	Open Workshop	Open Workshop



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The Workshops will be at the following venues:

## CLOSED WORKSHOPS







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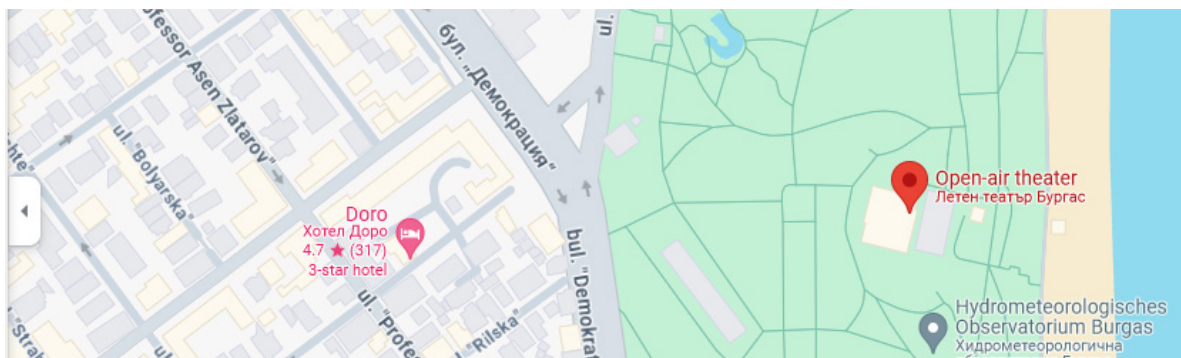
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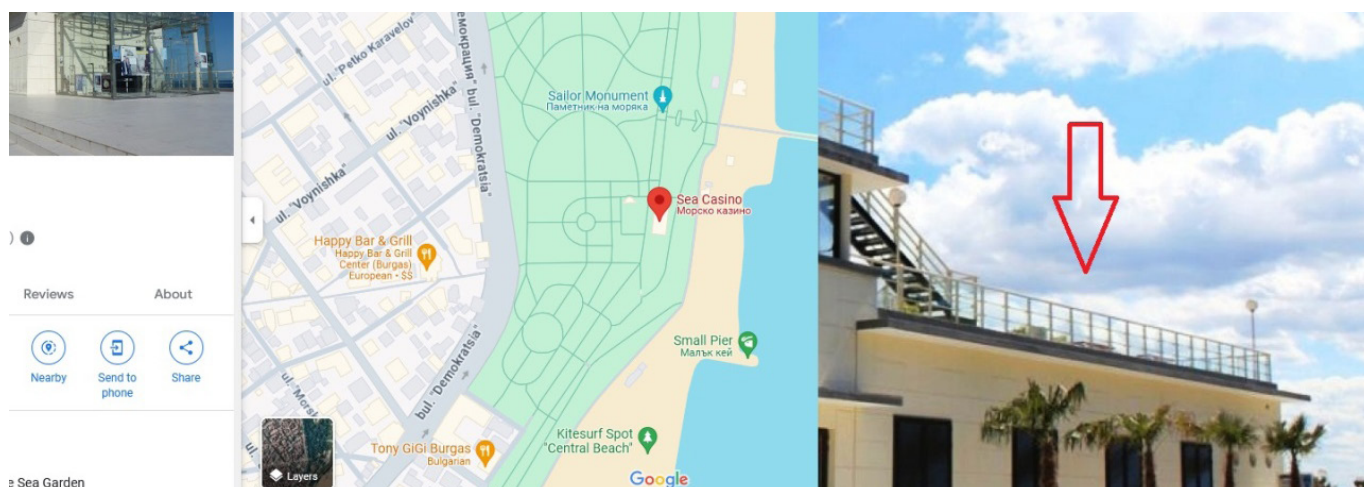
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### PBOXX – Next to Summer Theater



### RHYTHMIC GYMNASTICS – Terrace of Sea Casino







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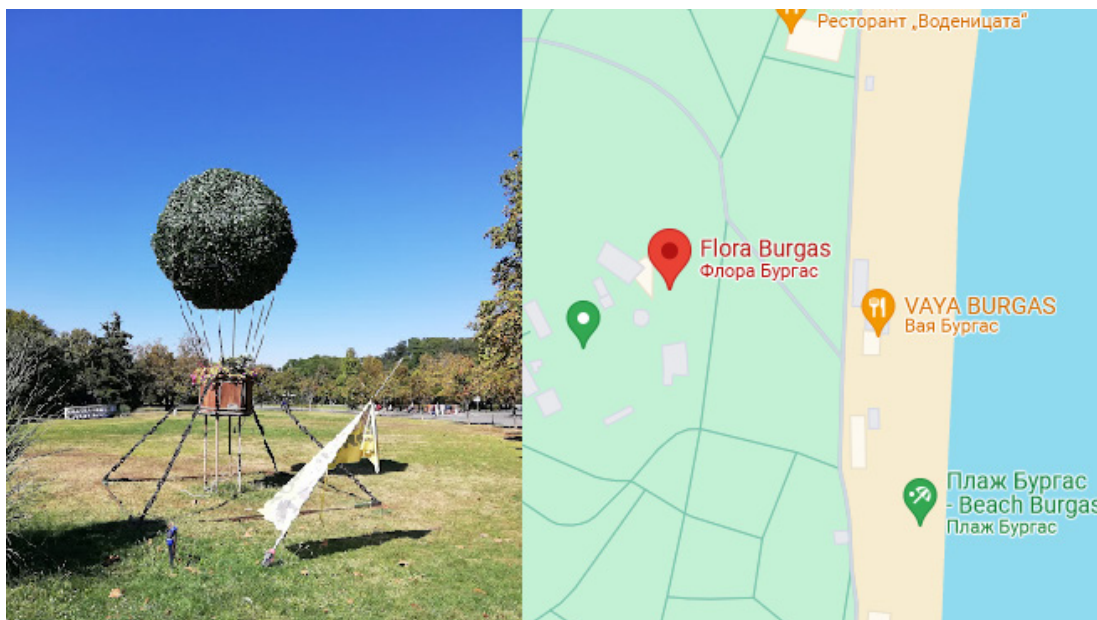
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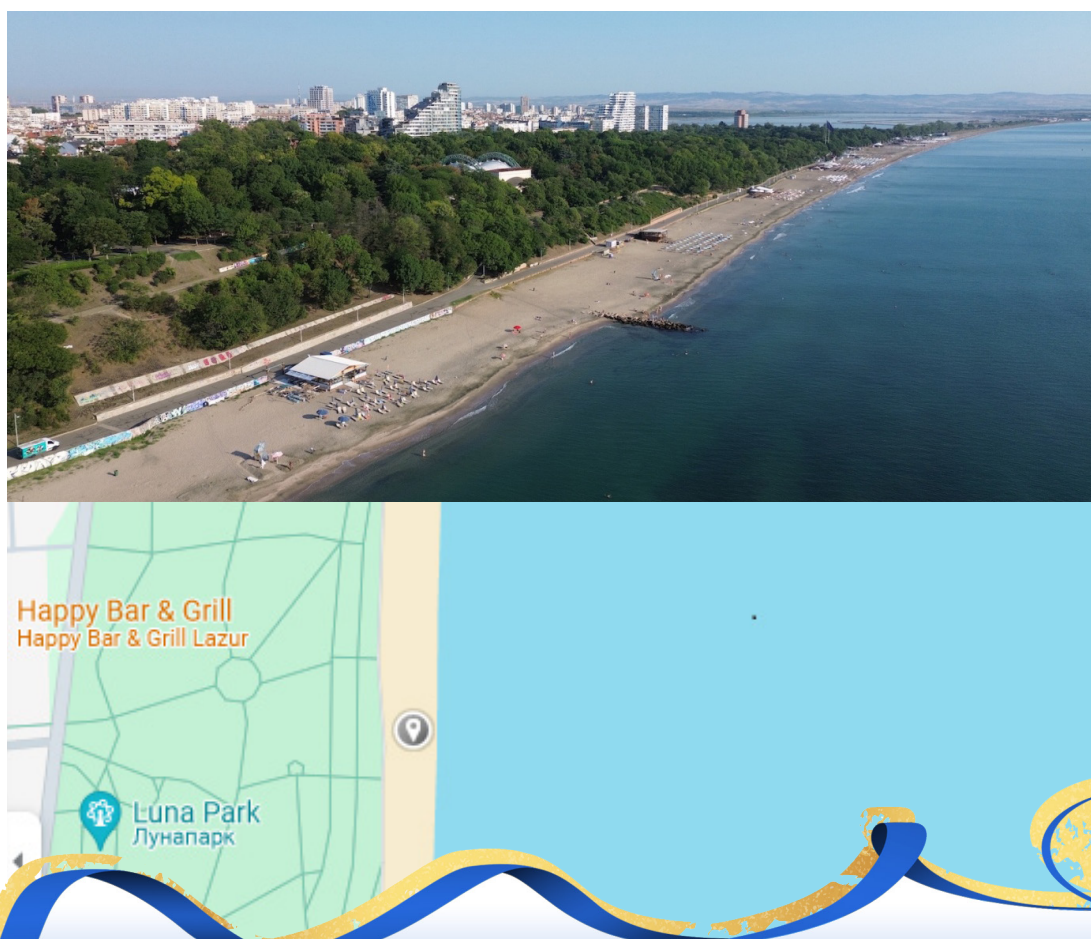
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### ACROBATICS – Flora park – lawn



### BEACH TENNIS – Beach





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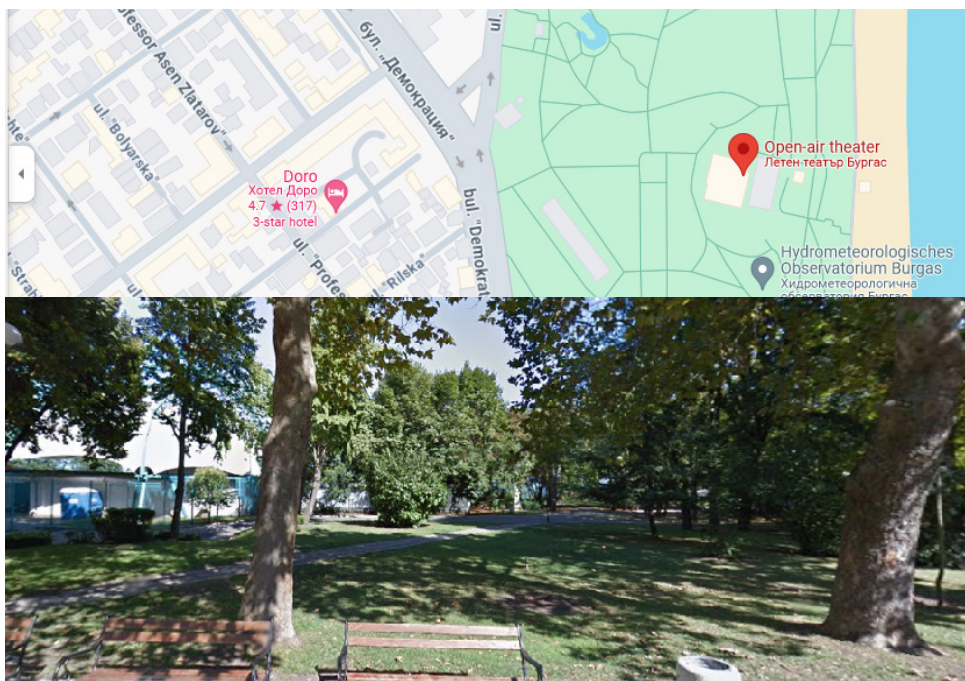
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### TRADITIONAL AMUSING GAMES – Next to Summer Theater



### YOGA – Hotel “Primorets” (Active Recreation Zone)







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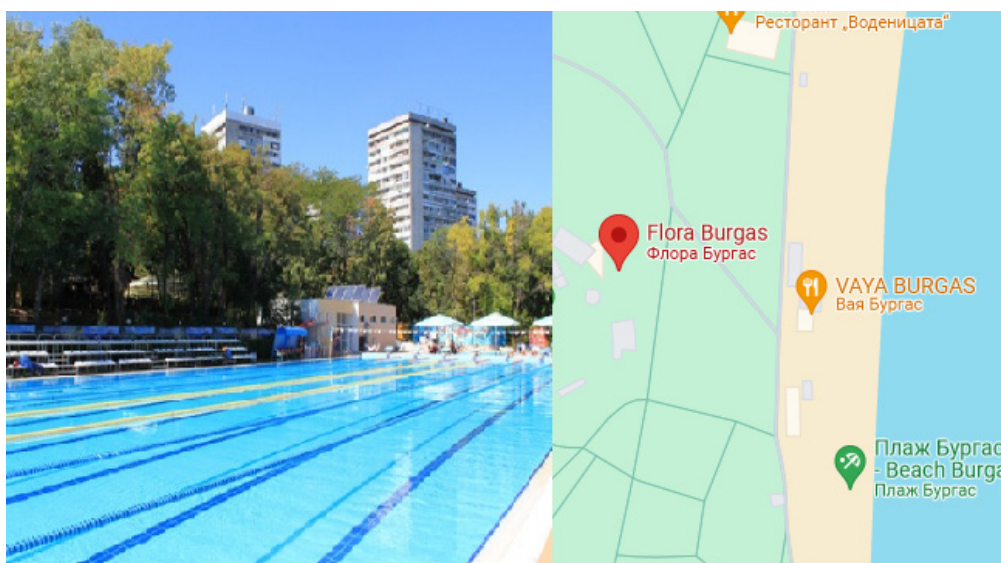
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### TAI CHI – Summer Theater



### AQUA GYM – Swimming pool Flora



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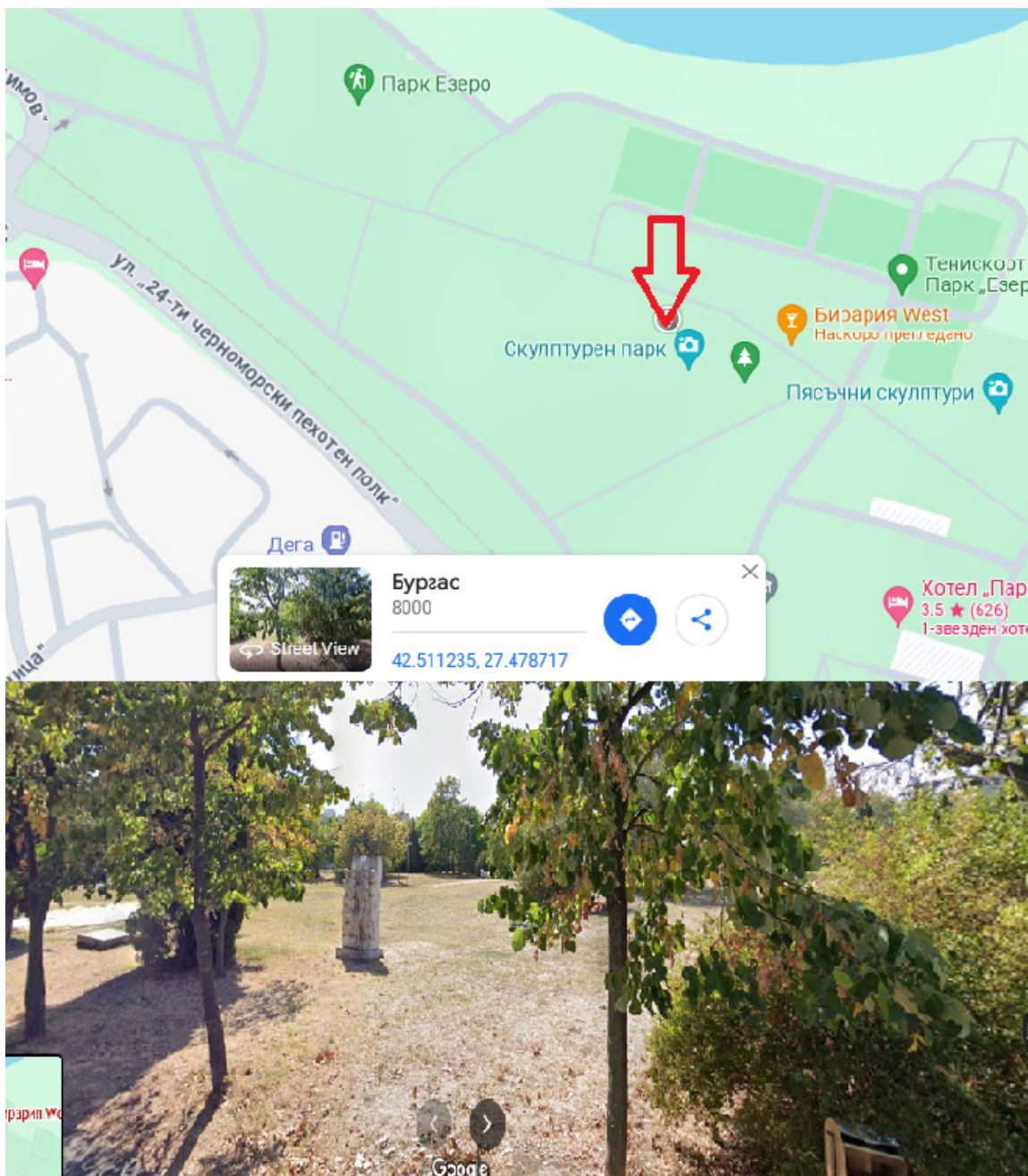
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## PANNEURHYTHMY – Grass Lawn West



We are kindly reminding you that the whole Group must be present at the assigned Closed workshops and we thank you in advance for respecting this European Gymnastics regulation.





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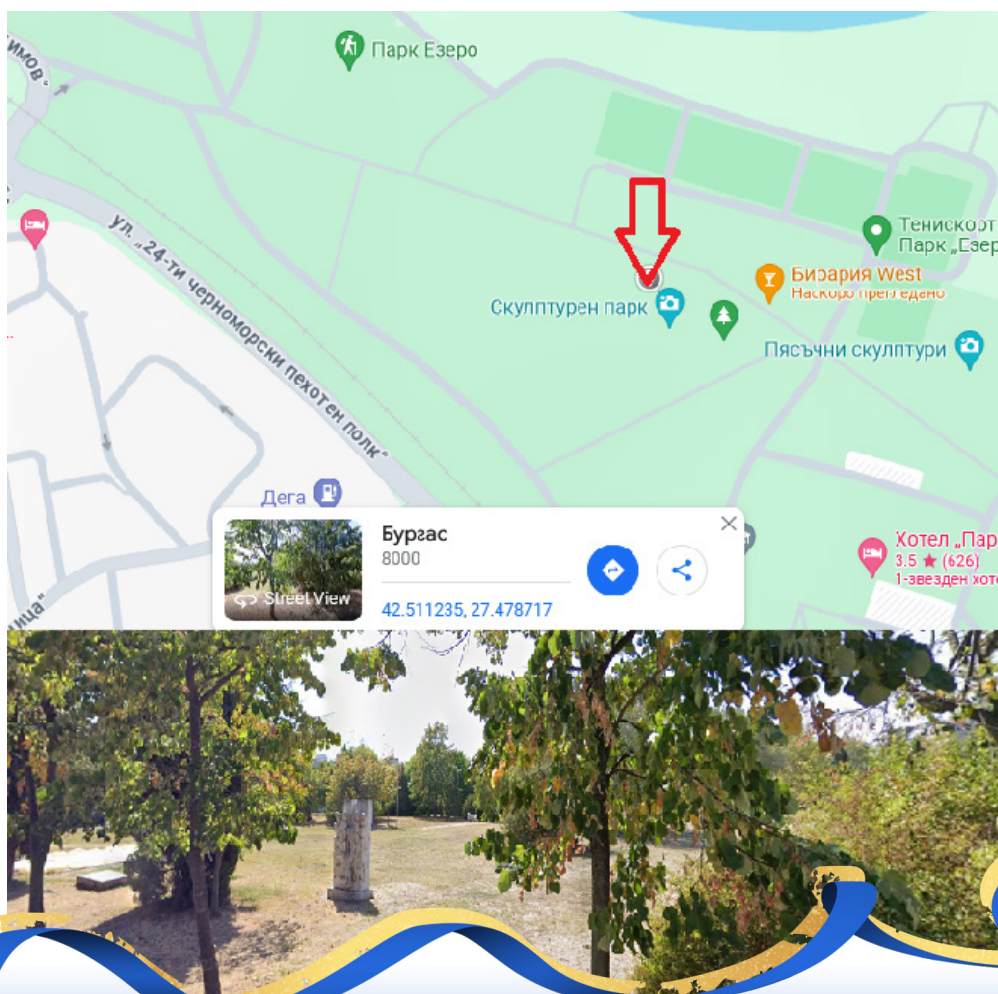
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## OPEN WORKSHOP



## STRETCHING – Grass Lawn West





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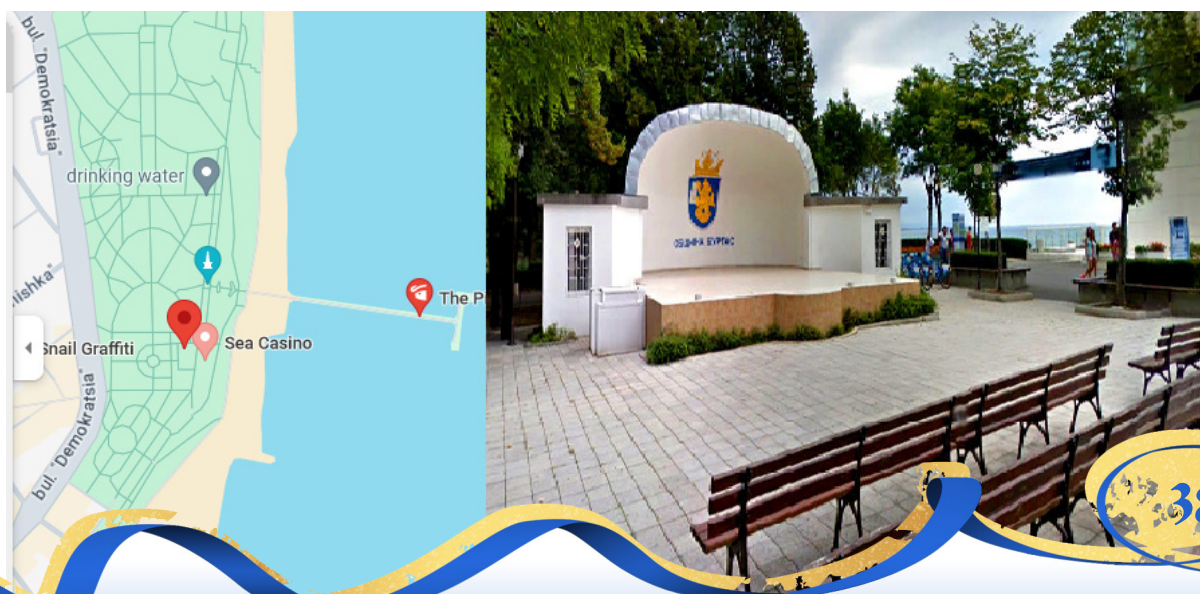
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### SALSA – In front of the Bridge



### TANGO – Stage “Snail”



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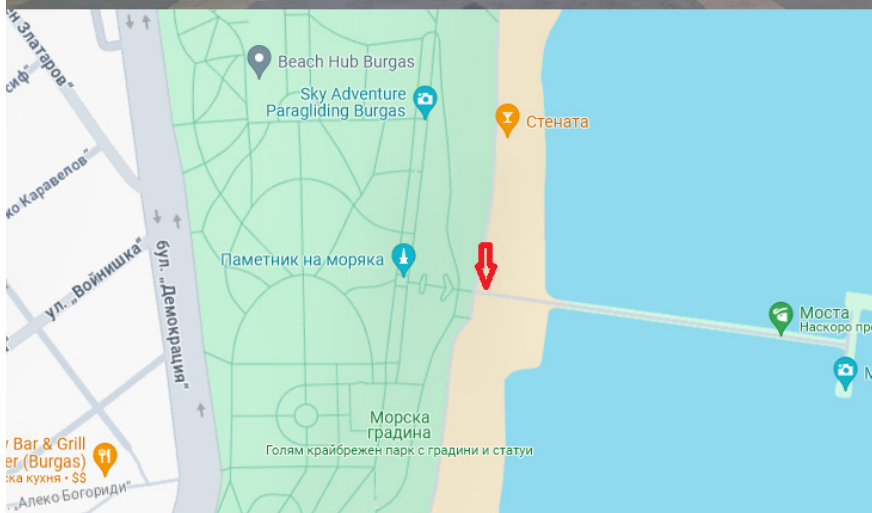
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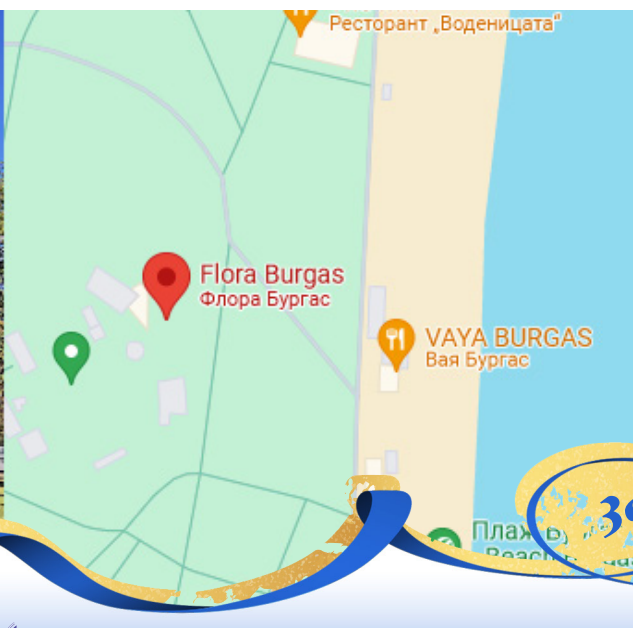
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### BACHATA – In front of the Bridge



### LINE DANCE – Flora park – lawn





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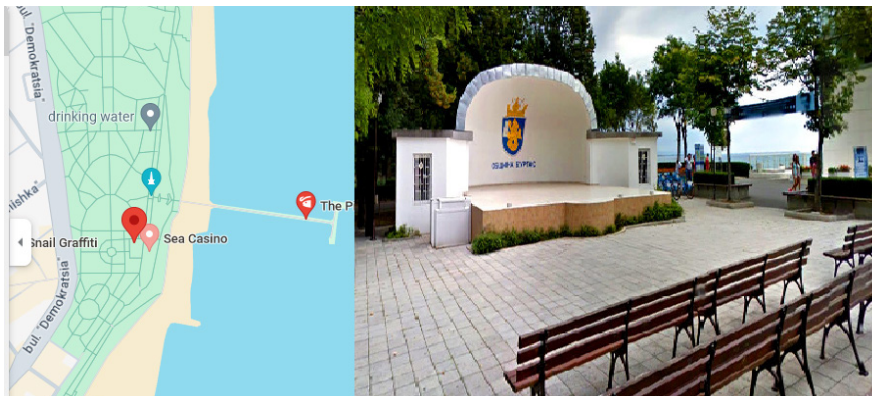
Burgas, Bulgaria

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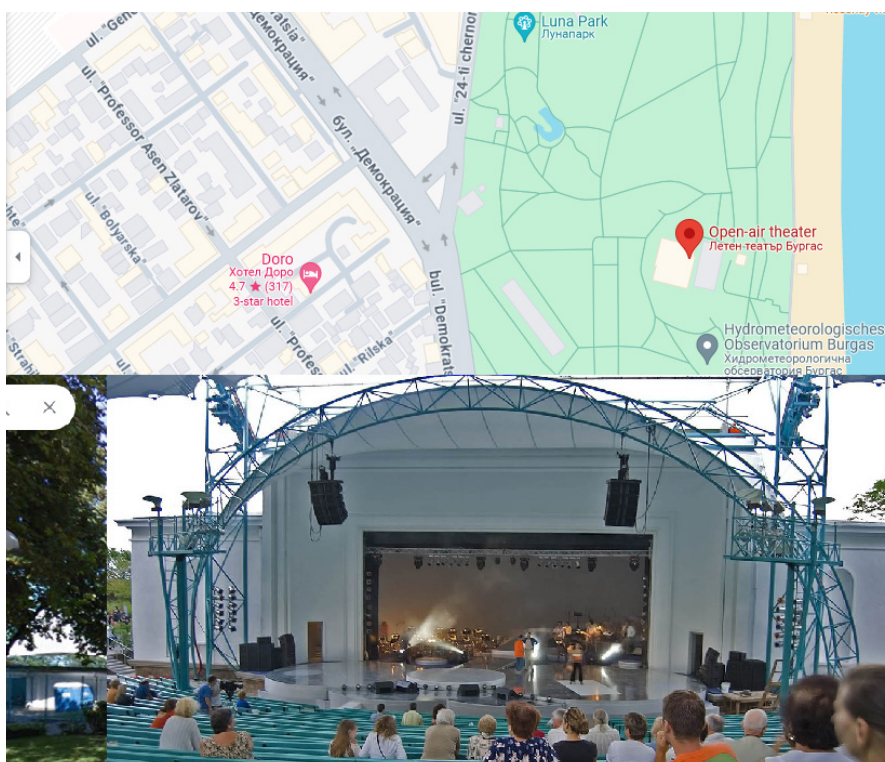
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### ZUMBA – Stage “Snail”



### TRADITIONAL FOLKLORE DANCES – Summer Theater



Please be on time for the Workshops.

#### FLASH MOB

All Workshops, City Performances and the Opening Ceremony will start with the Flash Mob. Here is the link:

<https://youtu.be/T9qZrj-RWuQ>

The dance, the music and the lyrics were especially created for the 9<sup>th</sup> Golden Age Gym Festival!

We hope you enjoy it!

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## Detailed Program Overview per Group

NF + Group name	CP 1 stage	CP 1 time	CP 2 stage	CP 2 time	Workshop 1	WS 1 day	Workshop 2	WS 2 day	Gala	Forum	Days for Open WS and Excursions
AZE 1 Flame	Sea Casino	MON 23	Summer Theater	WED 25	Acrobatics	TUE	Aqua Gym	WED	FRI		THU
BUL 1 KGB	Sea Casino	TUE 24	Sea Casino	THU 26	Aqua Gym	WED	–	–			MON, FRI
BUL 2 Gracia	Summer Theater	MON 23	Summer Theater	WED 25	–	–	–	–			TUE, THU, FRI
BUL 3 Madarski Konnik	Summer Theater	TUE 24	Sea Casino	WED 25	Aqua Gym	THU	Special Choreography	TUE			MON, FRI
BUL 4 HEALTH	Sea Casino	TUE 24	Sea Casino	THU 26	Special Choreography	TUE	Traditional Amusing Games	WED			MON, FRI
BUL 5 Rodina	Summer Theater	WED 25	Summer Theater	THU 26	Tai Chi	WED	Special Choreography	THU			MON, TUE, FRI
BUL 6 Sea Stars	Summer Theater	MON 23	Sea Casino	WED 25	Yoga	TUE	Rhythmic Gymnastics	FRI		WED	THU
BUL 7 Teachers and Friends by Spirit	Sea Casino	MON 23	Summer Theater	TUE 24	Yoga	FRI	Rhythmic Gymnastics	WED		WED	THU
BUL 8 Zora	Sea Casino	MON 23	Summer Theater	THU 26	Yoga	TUE	Rhythmic Gymnastics	THU		WED	FRI
CZE 1 Czech Sokol Organization – Water	Sea Casino	MON 23	Summer Theater	THU 26	Rhythmic Gymnastics	THU	Tai Chi	FRI			WED
CZE 2 Czech Sokol Organization – Second breath	Summer Theater	TUE 24	Summer Theater	WED 25	Aqua Gym	TUE	Yoga	FRI			MON, THU
DEN 1 Esbjerg	Summer Theater	MON 23	Summer Theater	WED 25	Acrobatics	WED	Beach Tennis	THU			TUE, FRI
EST 1 Haapsalu Ladies	Summer Theater	MON 23	Summer Theater	WED 25	Special Choreography	WED	Rhythmic Gymnastics	FRI		WED	TUE, THU
EST 2 GC Piruett	Summer Theater	MON 23	Summer Theater	WED 25	PBOXX	FRI	Beach Tennis	WED			TUE, THU
EST 3 LP Gymnastics Club	Summer Theater	TUE 24	Summer Theater	THU 26	Special Choreography	WED	Rhythmic Gymnastics	TUE			MON, FRI
EST 4 GC Rytmika ladies	Sea Casino	TUE 24	Summer Theater	THU 26	PBOXX	TUE	Beach Tennis	WED	FRI	WED	MON
EST 5 ESS Kalev – 1 (group Gevi)	Sea Casino	WED 25	Summer Theater	THU 26	Tai Chi	THU	Acrobatics	FRI		WED	MON, TUE
EST 6 ESS Kalev – 2 Paist	–	–	–	–	Beach Tennis	FRI	Special Choreography	THU		WED	TUE
EST 7 ESS Kalev – 3 Ravasoo	Summer Theater	MON 23	Summer Theater	TUE 24	Rhythmic Gymnastics	TUE	Panneurhythmy	WED		WED	THU, FRI
FIN 1 MIKKELIN VOIMISTELIJAT (CLASSY LADIES)	Summer Theater	MON 23	Summer Theater	TUE 24	Aqua Gym	FRI	PBOXX	TUE			WED, THU
FIN 2 TURUN NAISVOIMISTELIJAT (GYM LADIES)	Sea Casino	MON 23	Sea Casino	WED 25	Beach Tennis	TUE	YOGA	WED	FRI		THU
FIN 3 GYMNASTIKFORENINGEN I HELSINGFORS (STILL GOING STRONG)	Sea Casino	MON 23	Sea Casino	THU 26	–	–	–	–			TUE, WED, FRI
FIN 4 TAMPEREEN NAISVOIMISTELIJAT (EVERGREEN LADIES)	Summer Theater	TUE 24	Summer Theater	THU 26	Yoga	TUE	Panneurhythmy	WED		WED	MON, FRI
FIN 5 BORGA GYMNASTIKFORENING (LADYJAZZ)	Summer Theater	MON 23	Summer Theater	WED 25	Panneurhythmy	TUE	Aqua Gym	WED			THU, FRI
FIN 6 HELSINGIN JYRY (LIPSTIKKA)	Summer Theater	WED 25	Summer Theater	THU 26	Aqua Gym	THU	Tai Chi	FRI			MON, TUE
FRA 1 KALON BREIZH	Sea Casino	MON 23	Summer Theater	THU 26	Tai Chi	THU	Beach Tennis	TUE	FRI		WED
FRA 2 L'ENVOL SAINT GAUDINOIS	Summer Theater	TUE 24	Sea Casino	WED 25	Special Choreography	TUE	Beach Tennis	WED			THU, FRI
FRA 3 COURBEVOIE GYM RYTHMIQUE	Summer Theater	WED 25	Sea Casino	THU 26	Tai Chi	TUE	Rhythmic Gymnastics	WED			MON, FRI
FRA 4 LES TOULOUZEN	Summer Theater	MON 23	Summer Theater	WED 25	Aqua Gym	WED	Special Choreography	FRI			TUE, THU

FRA 5 J.L.R MARMANDE	Summer Theater	MON 23	Sea Casino	WED 25	Panneurhythmy	THU	Special Choreography	WED			TUE, FRI
FRA 6 LES ETOILES DE COLOMIERS	Sea Casino	TUE 24	Summer Theater	WED 25	Beach Tennis	FRI	Tai Chi	WED			MON, THU
FRA 7 LES GOLDEN'S DE NICE	Sea Casino	TUE 24	Summer Theater	THU 26	Beach Tennis	THU	Rhythmic Gymnastics	TUE			WED, FRI
FRA 8 CEP GYMNASIQUE POITIERS	Summer Theater	TUE 24	Sea Casino	THU 26	Acrobatics	THU	Aqua Gym	FRI			MON, WED
GER 1 Happy Hessen – TSV Roedgen	Sea Casino	MON 23	Sea Casino	WED 25	Traditional Amusing Games	WED	Aqua Gym	FRI		WED	TUE, THU
GER 2 Fit imPuls – Sport-Union Nieder-Florstadt	Summer Theater	TUE 24	Summer Theater	THU 26	Traditional Amusing Games	TUE	Rhythmic Gymnastics	FRI			MON, WED
GER 3 SV Einheit Guestrow	–	–	–	–	Aqua Gym	THU	Rhythmic Gymnastics	WED			MON, TUE, FRI
GRE 1 OLYMPIADA THRAKOMAKEDONON	Sea Casino	TUE 24	Sea Casino	THU 26	Aqua Gym	WED	Traditional Amusing Games	THU	FRI		MON
ISL 1 Kramhusid 4.15	Sea Casino	MON 23	Summer Theater	THU 26	Traditional Amusing Games	TUE	Rhythmic Gymnastics	THU			WED, FRI
ISL 2 Kramhusid 5.15	Sea Casino	TUE 24	Sea Casino	THU 26	PBOXX	WED	BEACH TENNIS	THU			MON, FRI
ISL 3 Armann	Summer Theater	TUE 24	Summer Theater	THU 26	–	–	–	–			MON, WED, FRI
ITA 1 FUORI QUOTA – GRUPPO SPORTIVO SAMBUGHE'	Sea Casino	MON 23	Summer Theater	WED 25	Special Choreography	WED	Tai Chi	TUE	FRI		THU
ITA 2 SPORTIME LADIES	Summer Theater	MON 23	Summer Theater	TUE 24	–	–	–	–			WED, FRI
ITA 3 LAIF SARZANA	–	–	Summer Theater	THU 26	–	–	–	–			MON. TUE. WED, FRI
JPN 1 Hello Friends INOA	Sea Casino	MON 23	Summer Theater	WED 25	Traditional Amusing Games	TUE	Yoga		FRI		THU
LAT 1 Amber	Summer Theater	MON 23	Summer Theater	WED 25	Panneurhythmy	WED	Special Choreography	FRI			TUE, THU
LAT 2 Sculpture	Summer Theater	MON 23	Summer Theater	TUE 24	PBOXX	TUE	Rhythmic Gymnastics	FRI			WED, THU
LAT 3 Adora	Summer Theater	WED 25	Summer Theater	THU 26	Yoga	THU	Rhythmic Gymnastics	FRI			MON, WED
LTU 1 Jonishkis sport club AVANTIURA plus	Sea Casino	MON 23	Summer Theater	WED 25	Yoga	WED	Beach Tennis	THU			TUE, FRI
LTU 2 Vilnius dance group LADY DAR	Sea Casino	WED 25	Sea Casino	THU 26	Panneurhythmy	THU	Aqua Gym	TUE			MON, FRI
LTU 3 Dance group Daisy	Summer Theater	TUE 24	Summer Theater	THU 26	PBOXX	FRI	Aqua Gym	THU			MON, WED
LTU 4 Dance group With Flight	Sea Casino	MON 23	Summer Theater	WED 25	Aqua Gym	WED	RG	THU			TUE, FRI
NOR 1 Oslo Turnforening Mix Team	Summer Theater	TUE 24	Summer Theater	THU 26	–	–	–	–			WED, FRI
NOR 2 Skotfoss turn og idrettsforening	Summer Theater	MON 23	Summer Theater	WED 25	Traditional Amusing Games	WED	PBOXX	FRI		WED	TUE, THU
NOR 3 + NOR 34 + NOR 33	Sea Casino	MON 23	Sea Casino	WED 25	Acrobatics	FRI	Aqua Gym	TUE		WED	THU
NOR 4 + NOR 24 + NOR 25 + NOR 27 + NOR 29	Sea Casino	TUE 24	Sea Casino	THU 26	Tai Chi	TUE	Panneurhythmy	THU			MON, WED, FRI
NOR 5 + NOR 12	Summer Theater	MON 23	Summer Theater	TUE 24	Traditional Amusing Games	TUE	Yoga	WED			THU, FRI
NOR 6, NOR 20, NOR 22, NOR 28	Summer Theater	TUE 24	Sea Casino	THU 26	Yoga	THU	Panneurhythmy	FRI			MON, WED
NOR 7 + NOR 8 + NOR 17 + NOR 23	Sea Casino	TUE 24	Sea Casino	THU 26	Aqua Gym	TUE	Yoga	FRI			MON, WED
NOR 9 + NOR 16 + NOR 32	Sea Casino	MON 23	Sea Casino	WED 25	Tai Chi	WED	Beach Tennis	FRI		WED	TUE, THU
NOR 10 Rognan I.L. og Rana turnforening	Sea Casino	TUE 24	Sea Casino	THU 26	Beach Tennis	TUE	Aqua Gym				WED, FRI
NOR 11 + NOR 15	Sea Casino	WED 25	Sea Casino	TUE 24	–	–	–	–			WED, THU, FRI
NOR 13 + NOR 14	Summer Theater	TUE 24	Sea Casino	THU 26	Tai Chi	FRI	Yoga	TUE			MON, WED
NOR 18 + NOR 19	Summer Theater	TUE 24	Sea Casino	THU 26	PBOXX	THU	Tai Chi	WED			MON, FRI



NOR 21 + NOR 26	Sea Casino	TUE 24	Sea Casino	WED 25	Traditional Amusing Games	WED	Yoga, Aqua, RG	THU			MON, FRI
NOR 30 Sem IF Turngruppe	Summer Theater	WED 25	Summer Theater	THU 26	Acrobatics	TUE	Tai Chi	THU	FRI		MON
NOR 31 Aalgaard Turn	Sea Casino	TUE 24	Summer Theater	THU 26	Traditional Amusing Games	THU	Yoga	FRI			TUE, WED
NOR 35 Asker Turnforening	Summer Theater	MON 23	Summer Theater	WED 25	Beach Tennis	WED	Yoga	THU			THU, FRI
POR 1 Ginasio Clube Portugues – MIMANU	Summer Theater	MON 23	Sea Casino	THU 26	PBOXX	WED	Traditional Amusing Games	THU	FRI		TUE
POR 2 Sporting Clube de Portugal – REENCONTROS	Sea Casino	MON 23	Sea Casino	WED 25	Panneurhythmy	TUE	Traditional Amusing Games	FRI			THU
POR 3 Sporting Clube de Portugal – Danca Tradicional Portuguesa	Sea Casino	TUE 24	-	-	Panneurhythmy	FRI	Traditional Amusing Games	WED			MON, THU
POR 4 RIRITMICA	Sea Casino	MON 23	Sea Casino	WED 25	Panneurhythmy	WED	Traditional Amusing Games	TUE			THU, FRI
POR 5 Clube Atletismo Amigos de Belem – BelemGym	Sea Casino	TUE 24	Sea Casino	WED 25	Tai Chi	WED	Traditional Amusing Games	THU			MON, FRI
POR 6 GINARTE – Happy Gym	Summer Theater	MON 23	Summer Theater	THU 26	Yoga	THU	Aqua Gym	FRI			TUE, WED
SLO 1 SC FLIP PIRAN	Summer Theater	MON 23	Sea Casino	WED 25	Acrobatics	WED	Yoga	TUE	FRI		THU
SUI 1 AGG Trend Over 50 EVASION	Summer Theater	MON 23	Sea Casino	TUE 24	Panneurhythmy	TUE	Tai Chi	FRI			WED, THU
SUI 2 Gymnastic Group 45 TBOE	Sea Casino	MON 23	Sea Casino	WED 25	-	-	-	-			TUE, THU, FRI
SUI 3 OpenAge URG	Sea Casino	TUE 24	Sea Casino	THU 26	-	-	-	-			MON, WED, FRI
SUI 4 SenVital Zueri	Sea Casino	TUE 24	Sea Casino	THU 26	-	-	-	-			MON, WED, FRI
SVK 1 Tanecny subor DIAMANT KOSICE	Sea Casino	MON 23	Sea Casino	WED 25	-	-	-	-	FRI	WED	TUE, THU
SVK 2 Dancing Flowers	Sea Casino	TUE 24	Sea Casino	THU 26	Rhythmic Gymnastics	TUE	Traditional Amusing Games	FRI			MON, WED
SVK 3 Sokol BRATISLAVA Vinohrady	Sea Casino	TUE 24	Sea Casino	THU 26	-	-	-	-			MON, WED, FRI
SVK 4 Venus Sokol Skalica	Sea Casino	MON 23	Sea Casino	THU 26	-	-	-	-			TUE, WED, FRI
SVK 5 JAZERSKE MAZORETKY	Summer Theater	TUE 24	Sea Casino	WED 25	Panneurhythmy	TUE	Tai Chi	THU		WED	MON, FRI
SVK 6 Olympia pri OK Prievdzia	Summer Theater	MON 23	Sea Casino	WED 25	Special Choreography	THU	Rhythmic Gymnastics	WED			TUE, FRI



# LET THE MOTION EXPRESS EMOTION!

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

Burgas, Bulgaria  
22<sup>nd</sup>-27<sup>th</sup> September 2024

## Event Guide

AUGUST 2024

### Transport

#### Airport transfers

If you wish to book your airport transfer with the LOC, please do so by September 1<sup>st</sup>, by sending an email and by using the Travel Form which is sent with this Event Guide.

The prices are in Bulletin 1&2, and on the website.

#### Local transport

The city bus services will be used for this event. LOC has secured a card with 20 trips for each participant, which you can use to travel for free.

Below are maps of the city and of the city's transport network.

NOTE: the travel form must be sent by the respective NF and not directly by the groups.





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

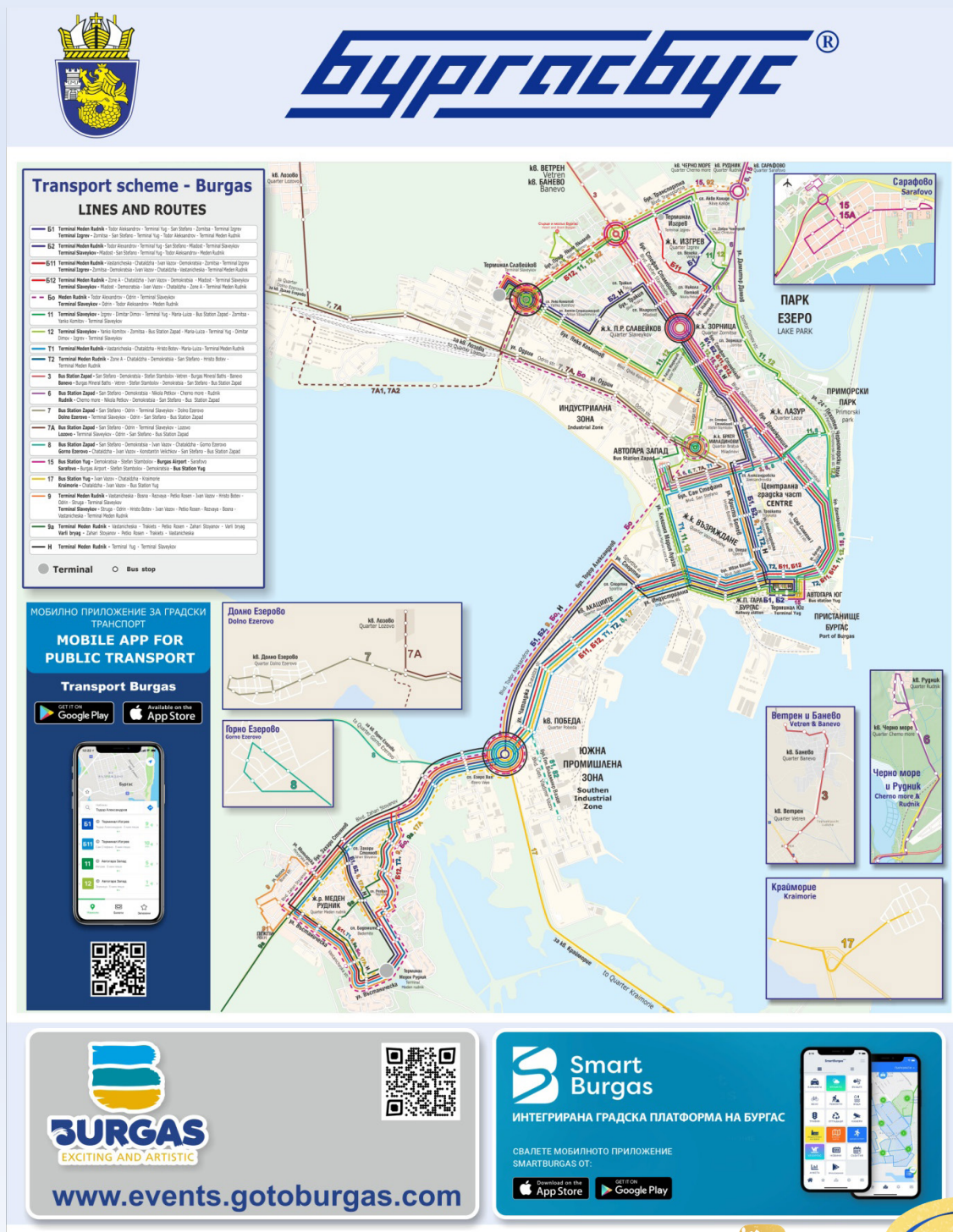
## Burgas, Bulgaria

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

## Event Guide

AUGUST 2024

There is a very helpful mobile application for the Burgas public transport system and for everything you may need in Burgas - from pharmacies, to sights. It is available in English and allows you to plan very helpful door to door trips. Scan the QR code to install it.





# LET THE MOTION EXPRESS EMOTION!

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

**Burgas, Bulgaria**

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

**Event Guide**

**AUGUST 2024**

## Excursions

All the excursions are listed in Bulletin 2, as well as on the website.

If you wish to book your excursion in advance, please do so by September 7<sup>th</sup>, by contacting LOC via email and by filling out the Excursion Form, which is sent with this Event Guide. Excursions can also be booked onsite at the Sea Casino, according to remaining availability.

NOTE: the excursion form must be sent by the respective NF and not directly by the groups.

## Medical

Two medical teams (a doctor and an ambulance) are arranged in critical places at the Sea Garden.

Below is a list of 24/7 pharmacies in the city:

**1. KEDAR 1**

5 Ferdinandova str.

[42.49369](tel:42.49369), [27.47151](tel:27.47151)

**3. PULSE**

Izgreve Residential quarter, b.168

[42.52609](tel:42.52609), [27.46160](tel:27.46160)

**2. HAIFARM BURGAS**

131 Tsar Simeon str.

[42.50244](tel:42.50244), [27.47080](tel:27.47080)

**4. PULSE 2**

Slaveykov Residential quarter, b.77

[42.52001](tel:42.52001), [27.45133](tel:27.45133)

## Consent for use of Personal Data

Please note that By submitting registration and by receiving the accreditation card, the participants agree to the processing of personal data contained for logistical purposes, related to this Event and the publication of photos and/or videos for educational or communication purposes.





LET THE MOTION EXPRESS EMOTION!

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

Burgas, Bulgaria

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

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## Useful to know when coming to Bulgaria

### Language

The official language is Bulgarian, but English is spoken widely in Burgas. And if you check Bulletin 2 you will find some useful Bulgarian words and phrases.

### Currency

The official currency is Bulgarian Lev (BGN), but EUR is also accepted. Most entities are using contactless POS terminals, but just in case, have some cash with you.

### Weather

We expect the weather to be between 20 and 25 degrees during the day. It doesn't hurt to check the forecast, before arriving though. At night, it could get a little lower, so it is better to bring a jacket

### Local Time

Bulgaria is in the Eastern European Time (EET) zone (UTC+2). Daylight Saving Time (DST) is observed from late March to late October (UTC+3).

### Electricity and plugs

Standard for Europe.

### Useful phone numbers:

Emergency Number: 112

Taxi: +359 89 557 0007, +359 88 832 1123

Contact details for LOC:

[Bulrg\\_office@fbgr.org](mailto:Bulrg_office@fbgr.org)

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## Plan B for bad weather conditions

**"Plan B"** – plan B is designed in case of bad weather. If that happens, all Closed Workshops and City Performances will be organized inside the Sea Casino, the Summer Theater and the Flora Expo Center. In case of very bad weather, the Open Workshops will be cancelled. In case, we need to move to plan B, you will be informed in due time and again, at the LOC+HOD daily meetings. Here is the [City Performances Plan B schedule](#):

STAGE Summer Theater - 13x17 23 <sup>th</sup> September, Monday	
13:30	GER 1
13:36	FIN 2
13:43	NOR 3 NOR 34 NOR 33
13:48	LTU 4
13:53	SVK 1
13:58	POR 2
14:05	ISL 1
14:10	CZE 1
14:17	FRA 1
14:22	BUL 7
14:28	NOR 11 NOR 15
14:34	FIN 3
14:41	ITA 1
14:48	LTU 1
14:53	JPN 1
15:00	AZE 1
15:05	BUL 8
15:10	NOR 9 + NOR 16 + NOR 32
15:17	POR 4
15:24	SUI 2
15:31	SVK 4
16:30	NOR 5 NOR 12
16:36	NOR 2
16:43	NOR 35
16:53	ITA 2
16:59	FIN 5
17:04	EST 7
17:09	POR 6
17:18	LAT 2
17:23	BUL 2
17:30	DEN 1
17:37	EST 2
17:42	SLO1
17:47	BUL 6
17:52	FIN 1
17:57	EST 1
18:07	FRA 5
18:14	POR 1
18:20	LAT 1
18:25	FRA 4
18:35	SUI 1
18:39	SVK 6

STAGE Summer Theater - 13x17 24 <sup>th</sup> September, Tuesday	
13:30	SUI 1
13:37	NOR 4 NOR 24 NOR 25 NOR 27 NOR 29
13:42	SVK 3
13:47	NOR 21 NOR 26
13:54	POR 5
13:59	FRA 6
14:05	EST 4
14:10	BUL 1
14:15	NOR 7 NOR 8 NOR 17 NOR 23
14:22	POR 3
14:29	GRE 1
14:36	NOR 31
14:42	SUI 4
14:49	FRA 7
14:56	NOR 10
15:01	SVK 2
15:06	ISL 2
15:11	BUL 4
15:18	SUI 3
15:24	NOR 11 NOR 15
16:30	NOR 5 NOR 12
16:36	NOR 1
16:48	CZE 2
16:53	BUL 3
17:00	ISL 3
17:07	LAT 2
17:12	LTU 3
17:17	BUL 7
17:23	FIN 1
17:28	FRA 2
17:35	NOR 18 NOR 19
17:41	EST 3
17:51	FIN 4
17:56	GER 2
18:03	NOR 6 NOR 20 NOR 22 NOR 28
18:10	ITA 2
18:16	EST 7
18:21	FRA 8
18:28	SVK 5
18:35	NOR 13 NOR 14



STAGE Summer Theater - 13x17 25 <sup>th</sup> September Wednesday	
13:30	GER 1
13:36	FIN 2
13:43	NOR 3 NOR 34 NOR 33
13:48	SVK 6
13:53	SLO 1
13:58	FRA 5
14:05	LTU 2
14:10	SVK 5
14:17	POR 5
14:24	AZE 1
14:29	BUL 3
14:36	FRA 2
14:43	POR 2
14:50	NOR 21 NOR 26
14:57	BUL 6
15:02	EST 5
15:07	NOR 9 + NOR 16 + NOR 32
15:14	POR 4
15:21	SUI 2
15:28	SVK 1
16:30	NOR 2
16:37	NOR 35
16:42	NOR 30
16:54	FIN 5
16:59	LAT 1
17:05	FRA 3
17:13	EST 1
17:20	ITA 1
17:27	LTU 1
17:32	JPN 1
17:39	LAT 3
17:44	BUL 2
17:51	FIN 6
17:59	FRA 6
18:06	CZE 2
18:11	DEN 1
18:18	EST 2
18:23	FRA 4
18:30	BUL 5
18:35	LTU 4


STAGE Summer Theater - 13x17 26 <sup>th</sup> September Thursday	
13:30	ISL 2
13:35	NOR 4 NOR 24 NOR 25 NOR 27 NOR 29
13:42	SUI 3
13:48	SVK 4
13:53	NOR 10
13:58	FRA 8
14:05	FIN 3
14:12	POR 1
14:19	BUL 4
14:26	NOR 6 NOR 20 NOR 22 NOR 28
14:33	SVK 3
14:38	FRA 3
14:43	NOR 18 NOR 19
14:49	SUI 4
14:56	LTU 2
15:01	BUL 1
15:06	NOR 7 NOR 8 NOR 17 NOR 23
15:13	GRE 1
15:20	SVK 2
15:25	NOR 13 NOR 14
16:30	NOR 30
16:37	NOR 1
16:49	CZE 1
16:56	FIN 4
17:01	ISL 1
17:09	FRA 7
17:16	EST 5
17:21	BUL 5
17:26	FIN 6
17:31	FRA 1
17:37	LTU 3
17:42	EST 4
17:47	ISL 3
17:52	POR 6
17:59	BUL 8
18:04	EST 3
18:14	NOR 31
18:20	GER 2
18:27	LAT 3
18:32	ITA 3

## Closed Workshops Schedule Plan B

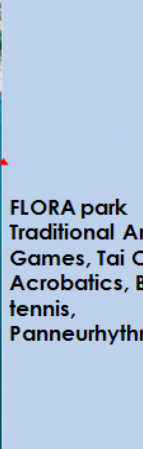
Place	Workshop	24 <sup>th</sup> September Tuesday	25 <sup>th</sup> September Wednesday	26 <sup>th</sup> September Thursday	27 <sup>th</sup> September Friday
		09:30 - 10:30	09:30 - 10:30	09:30 - 10:30	09:30 - 10:30
Flora Hall 4	TAI CHI	ITA 1, FRA 3	BUL 5, FRA 6, NOR 18+19	FRA 1, NOR 30	SUI 1, CZE 1
Sea Casino - hall 3	PBOXX	EST 4, LAT 2, FIN 1	POR 1, ISL 2	NOR 18+19	EST 2, LTU 3, NOR 2
Flora Hall 1	TRADITIONAL AMUSING GAMES	GER 2, JPN 1, NOR 5+12	GER 1, NOR 2	NOR 31, POR 1	NOR 21 + NOR 26
Summer Theater	SPECIAL CHOREOGRAPHY	BUL 3	EST 3 (11), ITA 1	BUL 5	LAT 1
Sea Casino - Hall Baev	RHYTHMIC GYMNASTICS	EST 3, FRA 7	FRA 3, GER 3	CZE 1, LTU 4	BUL 6, GER 2
Flora hall 3	ACROBATICS	AZE 1, NOR 30	DEN 1, SLO 1	FRA 8 (14)	EST 5, NOR 3+33+34
Arena OZK	AQUA GYM	CZE 2, NOR 7+8+17+23	AZE 1, GRE, 1 FRA 4	BUL 3, FIN 6, LTU 3	POR 6, GER 1
Flora hall 6	BEACH TENNIS	FIN 2	EST 4, NOR 35	DEN 1, FRA 7	NOR 9+16+32
Flora Hall 2	PANNEURHYTHMY	SUI 1, SVK 5, FIN 5, POR 2	POR 4, FIN 4, EST 7, LAT 1	LTU 2, FRA 5, NOR 4+24+25+27+29	POR 3, NOR 6+20+22+28
Sea Casino - Hall Dubarova	YOGA	BUL 6, SLO 1, FIN 4	FIN 2	LAT 3, POR 6, NOR 35	BUL 7, CZE 2, NOR 31

Place	Workshop	24 <sup>th</sup> September Tuesday	25 <sup>th</sup> September Wednesday	26 <sup>th</sup> September Thursday	27 <sup>th</sup> September Friday
		11:00 - 12:00	11:00 - 12:00	11:00 - 12:00	11:00 - 12:00
Flora Hall 4	TAI CHI	NOR 4+24+25+27+29	NOR 9+16+32, POR 5	SVK 5, EST 5	FIN 6, NOR 13+14
Flora Hall 1	TRADITIONAL AMUSING GAMES	ISL 1, POR 4	BUL 4, POR 3	GRE 1, POR 5	SVK 2, POR 2 (46)
Summer Theater	SPECIAL CHOREOGRAPHY	BUL 4, FRA 2	FRA 5, EST 1	EST 6, SVK 6	FRA 4
Sea Casino - Hall Baev	RHYTHMIC GYMNASTICS	EST 7, SVK 2	BUL 7, SVK 6	BUL 8, ISL 1	LAT 2, LAT 3, EST 1
Arena OZK	AQUA GYM	LTU 2, NOR 3+33+34	BUL 1, LTU 4, FIN 5	GER 3, NOR 21+26	FIN 1, FRA 8, NOR 10
Flora Hall 6	BEACH TENNIS	FRA 1, NOR 10	FRA 2, EST 2	LTU 1, ISL 2	FRA 6, EST 6
Sea Casino - Hall Dubarova	YOGA	BUL 8, NOR 13+14	JPN 1, LTU 1, NOR 5+12 (47)	JPN 1, NOR 6+20+22+28	NOR 7+8+17+23

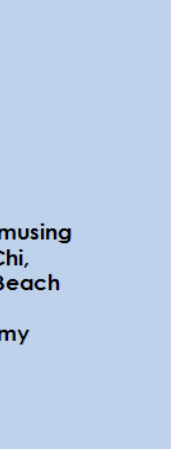
CLOSED WORKSHOPS plan B



**SEA CASINO**  
PBOXX, Rhythmic Gymnastics, Yoga



**Summer Theater**  
Special Choreography



**FLORA park**  
Traditional Amusing Games, Tai Chi, Acrobatics, Beach tennis, Panneurhythmy





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

**Event Guide**  
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## Gymnastics for All Technical Committee - European Gymnastics



**Hlif  
THORGEIRSDOTTIR**  
President



**Regina BEELER**  
TF Golden Age



**Emiliana POLINI**  
TF Golden Age



**Ricardo LIMA**  
Vice-president



**Agnes HARTMANN**  
Member



**Ruslan EYVAZOV**  
Member



**Lasse HAUSER**  
Member



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

## Burgas, Bulgaria

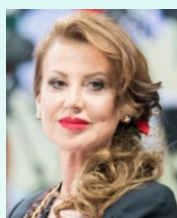
### 22<sup>nd</sup>–27<sup>th</sup> September 2024



#### Local Organising Committee (LOC)

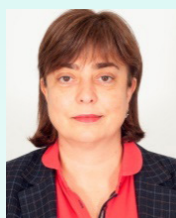
Patron of the event is the Mayor of Burgas Municipality Mr. Dimitar Nikolov.

LOC President  
**Iliana Raeva**



BRGF  
President

LOC Vice-President  
**Rossina Atanassova**



BRGF Secretary  
General

LOC Vice-President  
**Manol Todorov**



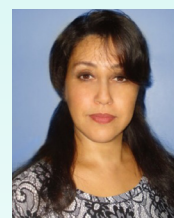
Deputy Mayor of  
Burgas Municipality

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**



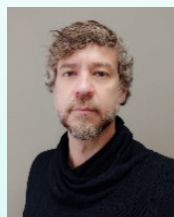
RG sports Club  
Chernomoretz,  
Burgas – President

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**

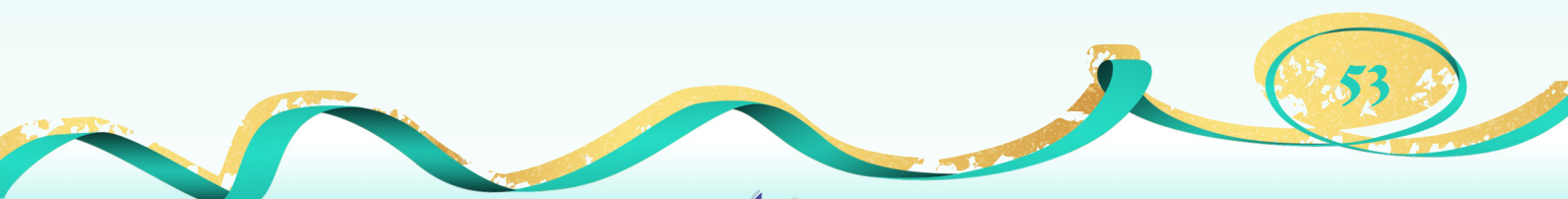


Happy Tour Agency

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

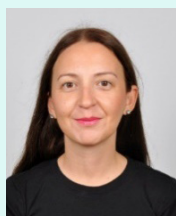
**Maria Kalangerova**



RG sports Club  
Chernomoretz,  
Burgas – coach

Marketing  
Manager

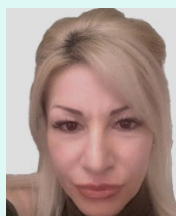
**Hristiyana Dimitrova**



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

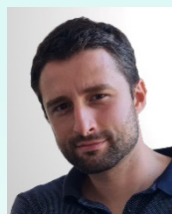
**Rosalina Dimitrova**



Burgas Municipality,  
"Tourism" Municipal  
enterprise Deputy  
Director

Responsible  
Touristic Tours

**Simeon Kanev**



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





LET THE MOTION EXPRESS EMOTION!

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

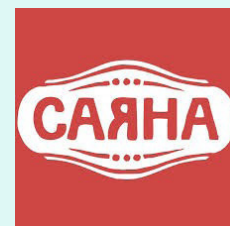
Burgas, Bulgaria

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

Event Guide

AUGUST 2024

## OUR PARTNERS



## USEFUL LINKS

You can find all the information regarding the organization of the event on 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>

Welcome to Burgas, enjoy  
and let your motions  
express your emotions!



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