



European
Gymnastics

Golden Age Gym Festival

MADEIRA ISLAND
FUNCHAL

2022

2nd to 7th OCTOBER

Event Guide

SEPTEMBER 2022



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1. Welcome Messages

Farid GAYIBOV - President of European Gymnastics



Dear Gymnastics Family,
After 12 years, the Gymnastics festivity returns to Portugal!

The Golden Age Gym Festival will embrace its participants on the beautiful Madeira Island – Funchal on October 2-7, 2022.

Healthy lifestyle is a must to feel the joy of life at any age. This must be a slogan of all the people who join the Golden Age Gym Festival.
The participants of these Festival, throws down a challenge to individuals by inspiring them to join this movement...

...Yes, Gymnastics is a great movement. And one of its advantages is that it is open to all the people who are fond of Gymnastics.

I am confident that a blend of beautiful scenery and wonderful performances will inspire many people to join future editions of this unique European Festival.

Gymnastics Federation of Portugal is a constant Organizer of Gymnastics events. I would like to express my gratitude to the Local Organizing Committee for their commitment to showcase beauty of Gymnastics disciplines.

I wish all participants success in their final preparations for beautiful performances.

Life is beautiful at any age. But it is more beautiful with Gymnastics...

Hlíf THORGEIRSDOTTIR - President of the TC-GfA - European Gymnastics



Dear gymnastics friends
In few week's we will meet in wonderful Funchal Madeira.

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

We are sure that in Funchal 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 the Gymnastics try also to enjoy the nature, the wonderful city and the vine and gastronomy.

We hope that you will leave Funchal inspired, with a big smile and ready to come back to our next Golden Age Gym Festival in Bulgaria 2024.

The European Gymnastics TC-GFA are certain that all our gymnastics friends taking part in GAGF will live an unforgettable week of sports and enjoying the hospitality of the Portuguese people.

1. Welcome Messages (cont.)

Luís ARRAIS - President of the Gymnastics Federation of Portugal



Welcome to the Autonomous Region of Madeira and to the beautiful city of Funchal, capital of this unique Atlantic Pearl.

Be ready for a week in which you will get in touch with the welcoming and sympathetic people of this beautiful island, as well as with the beautiful surroundings and landscapes. You will immerse in a journey of natural beauty with an amazing weather, located mid-way between Europe and North Africa.

Madeira is one the bests places to live in Portugal. From the gastronomy to the wine and the embroidery, not forgetting the traditional Poncha, and the beaches and Levadas. By the end of the Golden Age Gym Festival, I'm sure you will become a Madeira ambassador.

Aside all of these enchanting conditions, the Festival has an universal goal: Gymnastics! For that, I am here to thank the European Gymnastics for the trust, the Regional Government of Madeira and to the Municipality of Funchal for the support, and the Regional Direction of Sports of Madeira, and to the Madeira's Gymnastics' Association for the collaboration, as well as to the most diverse partners, sponsors and volunteers and to you, the gymnasts.

I'm looking forward to be with you all in this magnificent Golden Age Gym Festival. Finally, our main wish is for you to embrace Gymnastics, practice a lot during the Festival, have fun and be happy. Your smile will charge us with positive energy.

Move through gymnastics, your body and mind will thank you.

Pedro CALADO - Mayor of Funchal



The city of Funchal hosts the Golden Age Gym Festival, from the 2nd to the 7th of October, an important international event gathering participants aged 50 and over, which has been taking place since 2008 in several European countries, namely Spain, Portugal (Continental), Italy, Slovenia, France and Greece.

This eighth edition organized in our city, deserved all the attention and support of the Municipality of Funchal. This Festival fits perfectly into the work we have been carrying with the senior population of the municipality, namely through the promotion of a set of policies with a focus on longevity, which aims to promote an active and healthy aging process, such as the multiple activities carried out by the Senior Gymnasiums of the Funchal's City Council, as well as, the Senior University and the Community Center, not to mention the multiple supports of social protection that we provide to the citizens of this noble and loyal city.

I am sure that this eighth edition will be a success, not only for the quality of the event, the program and the contagious joy of all the participants, but also for the unique beauty of Madeira Island, as well as, Funchal City, the friendliness and hospitality of our population, that will undoubtedly remain in everyone's memory.

I wish you all a memorable week.
Welcome to Madeira and Funchal!

1. Welcome Messages (cont.)

Fátima Azevedo - President of Madeira's Gymnastics Association



On behalf of the Madeira Gymnastics Association, I want to express our satisfaction as a partner with the Gymnastics Federation of Portugal, in holding the Golden Age Festival 2022 in the City of Funchal.

Together with FGP, we contributed to dignify the name of the City of Funchal, internationally, the discipline of Gymnastics for All has been standing out for the high level presented, for the increasing and better presence of the whole public, which in a warm way We welcome you to the event.

For our population, it will undoubtedly be an opportunity to watch a show of a highly competitive level and of rare beauty, which will certainly mobilize the adhesion of many Madeirans to witness unique moments, making gymnastics not only a sport, but also an art.

To all the participants who will be in our Region, we wish you a good stay and that the competition meets everyone's expectations, in the certainty that your choice for R.A. of Madeira will certainly be a reason for remembrance and memory throughout your lives.

Alberto Cláudio - GAGF Executive Director



Dear Gymnastics friends,

Portugal is a Gymnaestrada Country!

We love Gymnastics and we have experience in organizing all kind of Gymnastics events.

We like very much to organize "Gymnastics for All" festivals.

We are waiting for you, with open arms, in Funchal for a fantastic Golden Age Gym Festival!

FEEL MADEIRA... BE A GYMNAST!

See you soon!

2. Welcome to FUNCHAL / MADEIRA

MADEIRA – PORTUGAL

The island of Madeira was discovered by Tristão Vaz Teixeira, Bartolomeu Perestrelo and João Gonçalves Zarco, three Portuguese explorers, in 1419, which dubbed the island 'Madeira' ("wood" in English) due to the abundance of this raw material.

Noticing the potential of the islands, as well as its strategic importance, the colonization of the islands began in 1425.

At the beginning of its settlement, some agricultural crops, such as cane sugar, were introduced, which quickly afforded the Funchal metropolis frank economic prosperity. This meant that, in the second half of the fifteenth century, the city of Funchal became a mandatory port of call for European trade routes.

The seventeenth and eighteenth centuries were marked by the emergence of a new culture that would boost the Madeira economy again: wine.

Throughout the nineteenth and twentieth centuries, Madeira flourished for the birth of the tourism sector, quickly becoming a mandatory reference for the European aristocracy that has set temporary residence here, attracted by the natural therapeutic qualities of the island.

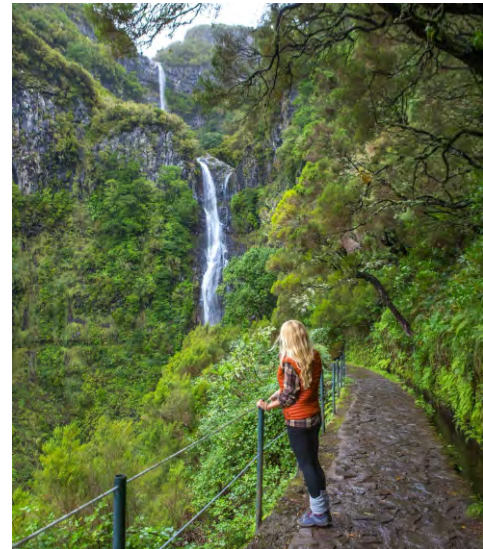


BEST ISLAND DESTINATION IN EUROPE

Madeira was elected "World's Leading Island Destination" in 2013, 2014, 2016, 2017, 2022, 2019 and 2020 by the World Travel Awards.

The World Travel Awards, also known as the "Oscars of Tourism", were created in 1993 and are held once a year. They aim to "recognise, reward and celebrate excellence in all sectors of the tourism industry" globally, as well as, to recognise this sector best practices.

In addition to electing the best European hotels, every year, the World Travel Awards (WTA) organisation also names the best hotels in each country, awarding Madeira hotels in a wide range of categories and thus recognising the quality of the hotel facilities and excellent service available in the region.



FUNCHAL

The name of the city of Funchal derives from the plant "Foeniculum Vulgare", the fennel plant. Reports of the time indicate that when we landed on the island, the first sight was of a dense valley in trees and fennel, an essential plant in gastronomy and regional sweets.

Despite the abundance of fennel, it was the sugar that provided the formation of a sustainable economy in the city of Funchal and throughout the island. Madeira wine succeeded sugar, becoming today one of the region's ex-libris. The production of sugar and vines in the city of Funchal become indispensable for the local economy, and its icons are incorporated into the city's coat of arms.

The city of Funchal has become a key point of commerce in the center of the Atlantic, allowing for commercial exchanges, culture and experiences. From this port in the Atlantic, exports of regional products are made to the world, products that are still appreciated today.

Funchal is unique for its diversity, from the sea to the mountains, from fruits to flowers and embroidery to basket carts, all influenced by its tropical climate, which allows for unparalleled productions and activities.



8 TOP REASONS TO VISIT MADEIRA

Levadas: a walk of Sensations

Levadas are small irrigation canals that can be found on Madeira Island and on the island of La Palma, in the Canary Islands. This term is also applied to canals, usually smaller ones that direct the water to watermills.

A Unique Story

The Portuguese navigators Tristão Vaz Teixeira, Bartolomeu Perestrelo and João Gonçalves Zarco officially discovered the islands of Madeira and Porto Santo in 1419.

A pallette of flavours

The simple food enjoyed in Madeira Islands reflects the soul of a simple but generous people. Nevertheless, a great variety of local products are available, as well as multitude of local, international and gourmet dishes.

Laurissilva Forest – Heritage of Humanity

Laurissilva is the name given to a type of humid subtropical forest made up mainly of trees from the lauraceae family of trees and widespread in the Macaronesia - a region which includes the archipelagos of Madeira, the Azores, the Canaries and Cape Verde.

Praça do Mar welcomes CR7 statue

The Portuguese international footballer, Cristiano Ronaldo, returned to Madeira to unveil a statue in his honour and he received the «Cordão Autonómico de Distinção», the highest honour awarded by the Regional Government.

The Hotel Industry of Madeira – recognised quality

The range of accommodation in Madeira is vast and top quality, from the refined charm of traditional hospitality to the modern five-star hotels, the warm welcome of rural tourism establishments and traditional Madeiran manor houses (“Quintas da Madeira”).

Breathtaking Scenarios

The mild climate of Madeira and Porto Santo allows for all kinds of outdoors sports and leisure activities, at any time of the year.

Nature

One of the greatest tourist attractions of the Island of Madeira lies in its spectacular landscape. Its luxurious vegetation continues to fascinate all those closely drawn to nature.



3. Golden Age Gym Festival

8TH GOLDEN AGE GYM FESTIVAL

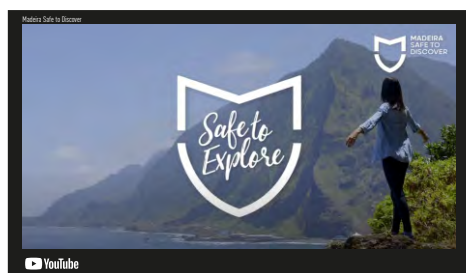
From 2nd to 7th October, the city of Funchal (Madeira/Portugal) will host the European Gymnastics over 50 Gymnastic Festival: Golden Age Gym Festival! The Golden Age Gym Festival is not only a week of recreation, but offers also the possibility to all participants to improve their abilities, to discover new activities and cultures, sports and make new friendships.

The Festival has the purpose to inform the gymnasts from 50 European National Federations about gymnastics benefits and let them experience different gym related activities. The gymnasts shall have the pleasure to be involved in this unique Gym Festival where group presentations and leisure activities are planned together.

The GAGF is open to gymnasts from all European federations affiliated to European Gymnastics.

The Golden Age Gym Festival 2022 edition will have the participation of 18 countries, in a total of 1573 participants.

We are happy to have you on Madeira Island, and we will do everything to make this a memorable event for all participants.



For more info about Madeira click [here](#)



Azerbaijan
Participants: 13



Bulgaria
Participants: 14



Czech Rep.
Participants: 99



Estonia
Participants: 104



Finland
Participants: 112



France
Participants: 122



Germany
Participants: 91



Greece
Participants: 16



Iceland
Participants: 134



Italy
Participants: 72



Latvia
Participants: 25



Lithuania
Participants: 52



Luxembourg
Participants: 22



Norway
Participants: 371



Portugal
Participants: 115



Slovakia
Participants: 61



Slovenia
Participants: 13



Switzerland
Participants: 137

GAGF History

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

4. Logo, Slogan & Mascot

LOGO



The flower petals symbolizes the gymnasts and their joy

Strelitzia reginae
Typical flower of Madeira

Bright colors that represent all the colorful scenery you'll find in Madeira

SLOGAN

Feel Madeira. Be Gymnastics.

Have you ever been to Madeira Island? Well, prepare yourself to live an outstanding experience. Palm trees, ocean, sand and lots of sun... What a perfect place to feel the breeze while doing Gymnastics!

MASCOT

Gymmy is our official mascot for the Golden Age Gym Festival 2022. Very popular in our national events, Gymmy represents a leopard that is an animal with agility and speed.

In the previous World Gymanestrada, Gymmy made its first international appearance and was very popular and requested to take pictures with the participants. We hope it will be the same at the GAGF 2022. We are looking forward to a higher popularity.



5. Program of the week

PROVISIONAL PROGRAM (SUBJECT TO CHANGE)

02 OCTOBER <i>Sunday</i>	03 OCTOBER <i>Monday</i>	04 OCTOBER <i>Tuesday</i>	05 OCTOBER <i>Wednesday</i>	06 OCTOBER <i>Thursday</i>	07 OCTOBER <i>Friday</i>	08 OCTOBER <i>Saturday</i>
Arrival of Delegations	Meeting LOC + HoD 8h30 - 9h00	Meeting LOC + HoD 8h30 - 9h00	Meeting LOC + HoD 8h30 - 9h00	Meeting LOC + HoD 8h30 - 9h00	Meeting LOC + HoD 8h30 - 9h00	Departure of Delegations
		Workshops 9h30 - 10h30	Workshops 9h30 - 10h30	Workshops 9h30 - 10h30	Workshops 9h30 - 10h30	
		Workshops 11h00 - 12h00	Workshops 11h00 - 12h00	Workshops 11h00 - 12h00	Workshops 11h00 - 12h00	
Meeting Group Leader + HoD 15h00 - 16h00			Educational Forum 14h00 - 16h00		Reception for HoD 12h00 - 13h30	
Parade 17h00 Opening Ceremony 18h00 - 19h30	City Performances 17h00 - 19h30	City Performances 17h00 - 19h30	City Performances 17h00 - 19h30	City Performances 17h00 - 19h30	Gala Closing 17h30 - 19h00	
	Social Activities 21h00 - 00h00	Social Activities 21h00 - 00h00	Social Activities 21h00 - 00h00	Social Activities 21h00 - 00h00	Social Activities 21h00 - 00h00	

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

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

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

5. Program of the week

OPENING CEREMONY

The opening ceremony will take place on Sunday 2nd October at Santa Catarina's Park. It will be an about one hour and half long show, starting at 18:00. Throughout the performances, we will do our best to welcome you in our country. The Flower Festival is a very traditional and important festival on the island of Madeira, and for that reason flowers will be the general theme of the Opening Ceremony.



GALA / CLOSING CEREMONY



The Gala / Closing ceremony will take place on Friday 7th October, at Santa Catarina's Park.

> Duration & Theme

The duration of the Gala/Closing is limited to 90 minutes. The duration of each performance is 3 minutes. The theme will be "Flower Festival".

According to the GAGF regulations, each country with 3 or more participating groups can nominate a representative for the GAGF Gala.

After the final registrations, these are the countries that will be represented by a group at the GAGF 2022 Gala:

GROUPS PARTICIPATING IN THE GALA

<u>COUNTRY</u>	<u>GROUP</u>
Czech Republic	Sport for All - Czechia
Estonia	GC Rytmika
Finland	Lipstikka
France	Nice Gym
Germany	The Old Bones
Iceland	Soley's Boys
Italy	Gruppo Ritmica Torino
Latvia	Joint Group
Lithuania	Avantiura +
Norway	Oslo Mix Team
Portugal	Minanu
Slovakia	Slovak G. Federation - Sokol Union of Slovakia - Sokol Vinohrany Bratislava
Switzerland	Gym Aktive Plus

5. Program of the week (cont.)

FIRST AID & MEDICAL SERVICE

LOC will establish a Medical Center to support participants at the center of the event, GAGF Garden (Santa Catarina Park).

All stages will have medical support during the City Performances.



EMERGENCY NUMBERS:

FIRST AID: 112 (23H00 – 9H00)

GAGF DOCTOR: + 351 963 160 766 (9H00 – 23H00)

POLICE: 112

OFFICIAL HOSPITAL:

Hospital Dr. Nélio Mendonça

Address: Av. Luís de Camões 6180, 9000-177 Funchal

Group leaders & Heads of Delegation Meeting

Day: Sunday, October 2nd

Place: Pestana Casino Park Hotel

Time: 15h00 – 16h00

Daily Heads of Delegation meetings

Day: Everyday

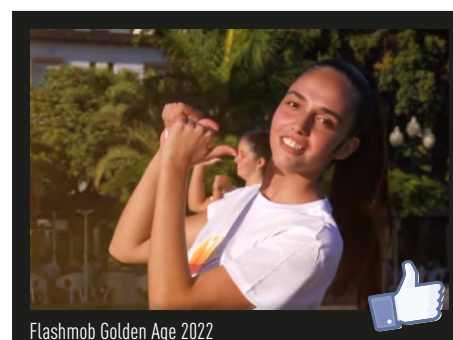
Place: Pestana Casino Park Hotel

Time: 8h30 – 9h00

IMPORTANT

It is mandatory for all Group Leaders and Heads of Delegation of the federations to attend the Sunday meeting. 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 Group Leaders and Heads of Delegation must be organised. 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 missed meeting payable to European Gymnastics within one month after the meeting.



FLASHMOB

Do you already know our flashmob?

Learn with your group and dance with us in the gardens of Madeira.

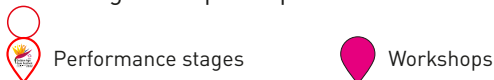
Check the video

6. Venues

MAP



According to the participants number we might have to adapt the number of stages.



MUNICIPALITY SQUARE (1)

Praça do Município

Municipality Square is the main square in the city of Funchal, where you can find true historical gems.

It is surrounded by buildings such as the City Hall, the emblematic Church of São João Evangelista and its College and the Museum of Sacred Art. In the middle of the square you will find a fountain dated 1942 whose obelisk has the design of the city's weapons and elements of a nationalist character.

> City Performances

Stage Size: 15m x 16m
Tribunes: 1 side



6. Venues (cont.)



SANTA CATARINA'S PARK (2)

Parque de Santa Catarina

Overlooking the Port of Funchal, Santa Catarina Park has an area of 36,000 m² with a large lawn surrounded by tree species from all over the World.

Santa Catarina Park, with an area of around 36,000 m², is located near the city centre. With fantastic views over Funchal, from the bay to Ponta do Garajau, this park has a huge lawn surrounded by flowerbeds full of trees, shrubs and plant species from all over the world.

Visitors can also find some bird nurseries. The Santa Catarina Chapel and the lake are also in this park, where an island was built for birds to rest and live. In this park there is a statue of Infante Dom Henrique (Henry the Navigator) and one of Christopher Columbus.

- > Opening Ceremony
- > Gala/Closing Ceremony
- > City Performances
- > GAGF village
- > Medical Center

Stage Size: 18m x 18m

Tribunes: 1 side

TECHNICAL INFORMATION

The maximum time for each performance is 6 minutes (including preparation of the venue and marching in and out).

Groups should be composed of a minimum of 6 active performers and each group has the opportunity to perform twice during the week.

There will be changing rooms available at all sites. Performers should take care about props on their own. If you should require additional help from the LOC, please provide a written request as soon as possible.

7. Parade

The parade is the first official moment of the event. And for that reason, it must also be the first moment of celebration and sharing among the participants.

In the 8th edition of the Golden Age Gym Festival, the parade will have two starting points, which end in Santa Catarina Park, where the Opening Ceremony will take place. The colours of the participants' equipment will cover the main places and avenues in the city of Funchal. The Gymnastics party is about to begin!!



All nations must nominate 1 person to carry the flag.

8. Forum

Mind, Energy and Movement

This will be the topic of the next Educational Forum.

All the participants are already invited to join this important moment and learn more about physical activity for senior people, and the way to develop even more if we do it consciously.

This will also be a fabulous opportunity to create an exchange of ideas and experience between the participants of the Golden Age Gym Festival. Be part of the lectures and present your work.

Lecturer: Dr. Paulo Barata

- > Technical Director of Training and Documentation of Gymnastics Federation of Portugal
- > Master in Youth Training Sportsmen - Gymnastics for All
- > Visiting Professor Gymnastics at the Lusophone University of Humanities and Technologies, Lisbon
- > Creator of the Program "agy∞. Agility for Adults, Seniors and Elders"

PESTANA
Casino Park Hotel
OCTOBER 5th

A certificate of attendance will be provided by the LOC.

9. Workshops



You can find a list of the workshops available in each category:

NUMBER	WKS	WORKSHOP	VENUE
W_01	Closed	Traditional Games	St. Catarina Park (next to the church)
W_02	Closed	Special Choreography	Municipality Square
W_03	Closed	Step	Ocean Avenue (steps)
W_04	Closed	Aerobic Gymnastics	Ocean Avenue (steps)
W_05	Closed	Gymnastics (Seniorgym)	Cable Car Garden
W_06	Closed	Stand up padel	Ocean Avenue - Marina
W_07	Closed	Kayak	Ocean Avenue -Marina
W_08	Closed	Acrobatics for All	People Square
W_09	Closed	Water Fun	Casino Park Hotel
W_10	Closed	Snag Golf	Cable Car Garden
W_11	Closed	Enjoy Rhythmic Gymnastics	People Square
W_12	Closed	Gymnastics with Special Apparatus	Ocean Avenue - CR7 Square
W_13	Closed	Aerodance	Ocean Avenue - Regatta Pier
W_14	Open	First Impression visit	St. Catarina Park
W_15	Open	Trekking	St. Catarina Park
W_16	Open	Tai-Chi	St. Catarina Park (top of the park)
W_17	Open	Salsa	People Square
W_18	Open	Traditional Dance	Municipality Square
W_19	Open	Pilates	People Square
W_20	Open	Zumba Gold	St. Catarina Park
W_21	Open	Yoga	St. Catarina Park (top of the park)

9.1. Workshops Schedules

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

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

SCHEDULE - WORKSHOPS 1 and 2

COUNTRY	WORKSHOP 1	DAY	TIME	COUNTRY	WORKSHOP 2	DAY	TIME
AZE 0	Acrobatics for All (W_08)	04.out	11:00	AZE 0	Water Fun (W_09)	06.out	11:00
BUL 0	Gymnastics (Seniorgym) (W_05)	05.out	09:30	BUL 0	Gymnastics with Special Apparatus (W_12)	07.out	11:00
CZE 0	Snag Golf (W_10)	04.out	09:30	CZE 0	Enjoy Rhythmics Gymnastics (W_11)	06.out	09:30
CZE 1	Kayak (W_07)	05.out	11:00	CZE 1	Snag Golf (W_10)	07.out	09:30
CZE 2	Traditional Games (W_01)	04.out	09:30	CZE 2	Snag Golf (W_10)	06.out	09:30
CZE 4	Traditional Games (W_01)	04.out	11:00	CZE 4	Aerobic Gymnastics (W_04)	06.out	09:30
CZE3	Gymnastics (Seniorgym) (W_05)	04.out	09:30	CZE3	Gymnastics with Special Apparatus (W_12)	05.out	11:00
EST 0	Traditional Games (W_01)	07.out	11:00	EST 0	Special Choreography (W_02)	05.out	09:30
EST 1	Traditional Games (W_01)	06.out	11:00	EST 1	Aerobic Gymnastics (W_04)	07.out	11:00
EST 2	Traditional Games (W_01)	05.out	11:00	EST 2	Aerobic Gymnastics (W_04)	07.out	09:30
EST 3	Gymnastics (Seniorgym) (W_05)	07.out	09:30	EST 3	Snag Golf (W_10)	06.out	09:30
EST 4	Aerobic Gymnastics (W_04)	05.out	09:30	EST 4	Snag Golf (W_10)	07.out	09:30
EST 6	Step (W_03)	06.out	11:00	EST 6	Gymnastics with Special Apparatus (W_12)	04.out	09:30
EST 7	Aerobic Gymnastics (W_04)	06.out	09:30	EST 7	Special Choreography (W_02)	04.out	09:30
EST 8	Traditional Games (W_01)	05.out	11:00	EST 8	Aerobic Gymnastics (W_04)	04.out	09:30
FIN 0	Traditional Games (W_01)	07.out	09:30	FIN 0	Water Fun (W_09)	04.out	11:00
FIN 1	Enjoy Rhythmics Gymnastics (W_11)	05.out	09:30	FIN 1	Gymnastics with Special Apparatus (W_12)	07.out	09:30
FIN 2	Enjoy Rhythmics Gymnastics (W_11)	07.out	09:30	FIN 2	Gymnastics with Special Apparatus (W_12)	05.out	09:30
FIN 3	Water Fun (W_09)	04.out	11:00	FIN 3	Enjoy Rhythmics Gymnastics (W_11)	07.out	09:30
FIN 4	Traditional Games (W_01)	04.out	09:30	FIN 4	Gymnastics (Seniorgym) (W_05)	06.out	09:30
FIN 5	Water Fun (W_09)	05.out	11:00	FIN 5	Enjoy Rhythmics Gymnastics (W_11)	07.out	11:00
FRA 1	Gymnastics (Seniorgym) (W_05)	07.out	11:00	FRA 1	Water Fun (W_09)	05.out	09:30
FRA 2	Kayak (W_07)	04.out	09:30	FRA 2	Water Fun (W_09)	06.out	09:30
FRA 4	Traditional Games (W_01)	07.out	11:00	FRA 4	Stand up padel (W_06)	05.out	09:30
FRA 5	Gymnastics (Seniorgym) (W_05)	06.out	09:30	FRA 5	Water Fun (W_09)	04.out	09:30
FRA 6	Aerobic Gymnastics (W_04)	07.out	11:00	FRA 6	Snag Golf (W_10)	05.out	09:30
FRA 7	Stand up padel (W_06)	06.out	09:30	FRA 7	Acrobatics for All (W_08)	04.out	11:00
FRA 8	Gymnastics (Seniorgym) (W_05)	07.out	11:00	FRA 8	Kayak (W_07)	05.out	09:30
GER 0	Gymnastics (Seniorgym) (W_05)	07.out	09:30	GER 0	Stand up padel (W_06)	05.out	09:30
GER 1	Gymnastics (Seniorgym) (W_05)	04.out	11:00	GER 1	Water Fun (W_09)	06.out	09:30

9.1. Workshops Schedules (cont.)

SCHEDULE - WORKSHOPS 1 and 2 (cont.)

COUNTRY	WORKSHOP 1	DAY	TIME
GER 2	Gymnastics (Seniorgym) (W_05)	07.out	11:00
GER 3	Traditional Games (W_01)	04.out	11:00
GER 4	Gymnastics (Seniorgym) (W_05)	04.out	11:00
GER 5	Traditional Games (W_01)	04.out	11:00
GER 6	Stand up padel (W_06)	05.out	09:30
GER 7	Enjoy Rhythmics Gymnastics (W_11)	06.out	11:00
GRE 0	Traditional Games (W_01)	05.out	09:30
ISL 0	Traditional Games (W_01)	05.out	11:00
ISL 1	Water Fun (W_09)	07.out	11:00
ISL 2	Kayak (W_07)	04.out	11:00
ISL 3	Gymnastics (Seniorgym) (W_05)	04.out	09:30
ISL 4	Traditional Games (W_01)	06.out	09:30
ITA 0	Aerobic Gymnastics (W_04)	07.out	11:00
ITA 1	Kayak (W_07)	06.out	09:30
ITA 6	Aerobic Gymnastics (W_04)	07.out	09:30
ITA 7	Aerobic Gymnastics (W_04)	05.out	09:30
ITA 8	Traditional Games (W_01)	05.out	09:30
LAT 0	Gymnastics (Seniorgym) (W_05)	05.out	09:30
LAT 1	Water Fun (W_09)	06.out	09:30
LAT 2	Aerobic Gymnastics (W_04)	07.out	09:30
LTU 0	Aerobic Gymnastics (W_04)	04.out	09:30
LTU 1	Snag Golf (W_10)	05.out	11:00
LTU 2	Aerobic Gymnastics (W_04)	06.out	09:30
LTU 3	Enjoy Rhythmics Gymnastics (W_11)	07.out	11:00
LUX 0	Step (W_03)	06.out	11:00
NOR 10	Traditional Games (W_01)	07.out	11:00
NOR 12	Gymnastics (Seniorgym) (W_05)	06.out	09:30
NOR 14	Aerobic Gymnastics (W_04)	04.out	11:00
NOR 28	Gymnastics (Seniorgym) (W_05)	04.out	11:00
NOR 30	Aerobic Gymnastics (W_04)	05.out	09:30
NOR 35	Aerobic Gymnastics (W_04)	07.out	09:30
NOR 7	Enjoy Rhythmics Gymnastics (W_11)	06.out	09:30
NOR1	Gymnastics (Seniorgym) (W_05)	05.out	11:00
NOR11	Aerobic Gymnastics (W_04)	07.out	11:00
NOR15	Traditional Games (W_01)	05.out	09:30
NOR16	Gymnastics (Seniorgym) (W_05)	04.out	11:00
NOR17	Step (W_03)	05.out	11:00

COUNTRY	WORKSHOP 2	DAY	TIME
GER 2	Water Fun (W_09)	05.out	11:00
GER 3	Gymnastics (Seniorgym) (W_05)	06.out	11:00
GER 4	Gymnastics with Special Apparatus (W_12)	05.out	09:30
GER 5	Gymnastics with Special Apparatus (W_12)	05.out	11:00
GER 6	Water Fun (W_09)	04.out	09:30
GER 7	Gymnastics with Special Apparatus (W_12)	07.out	11:00
GRE 0	Water Fun (W_09)	07.out	11:00
ISL 0	Stand up padel (W_06)	04.out	11:00
ISL 1	Enjoy Rhythmics Gymnastics (W_11)	06.out	11:00
ISL 2	Water Fun (W_09)	06.out	11:00
ISL 3	Snag Golf (W_10)	06.out	11:00
ISL 4	Snag Golf (W_10)	04.out	11:00
ITA 0	Special Choreography (W_02)	05.out	11:00
ITA 1	Water Fun (W_09)	07.out	09:30
ITA 6	Snag Golf (W_10)	05.out	11:00
ITA 7	Gymnastics with Special Apparatus (W_12)	06.out	09:30
ITA 8	Enjoy Rhythmics Gymnastics (W_11)	06.out	11:00
LAT 0	Gymnastics with Special Apparatus (W_12)	07.out	11:00
LAT 1	Special Choreography (W_02)	04.out	11:00
LAT 2	Gymnastics with Special Apparatus (W_12)	05.out	11:00
LTU 0	Gymnastics (Seniorgym) (W_05)	06.out	09:30
LTU 1	Enjoy Rhythmics Gymnastics (W_11)	07.out	09:30
LTU 2	Gymnastics with Special Apparatus (W_12)	04.out	09:30
LTU 3	Gymnastics with Special Apparatus (W_12)	05.out	11:00
LUX 0	Gymnastics (Seniorgym) (W_05)	04.out	09:30
NOR 10	Water Fun (W_09)	05.out	11:00
NOR 12	Water Fun (W_09)	04.out	09:30
NOR 14	Gymnastics (Seniorgym) (W_05)	06.out	11:00
NOR 28	Water Fun (W_09)	05.out	09:30
NOR 30	Gymnastics with Special Apparatus (W_12)	04.out	09:30
NOR 35	Gymnastics (Seniorgym) (W_05)	05.out	09:30
NOR 7	Gymnastics with Special Apparatus (W_12)	04.out	09:30
NOR1	Snag Golf (W_10)	07.out	11:00
NOR11	Water Fun (W_09)	05.out	11:00
NOR15	Gymnastics (Seniorgym) (W_05)	07.out	09:30
NOR16	Enjoy Rhythmics Gymnastics (W_11)	06.out	09:30
NOR17	Gymnastics (Seniorgym) (W_05)	07.out	11:00

9.1. Workshops Schedules (cont.)

SCHEDULE - WORKSHOPS 1 and 2 (cont.)

COUNTRY	WORKSHOP 1	DAY	TIME
NOR18	Water Fun (W_09)	05.out	09:30
NOR19	Traditional Games (W_01)	06.out	11:00
NOR2	Gymnastics (Seniorgym) (W_05)	04.out	11:00
NOR20	Aerobic Gymnastics (W_04)	04.out	09:30
NOR21	Gymnastics with Special Apparatus (W_12)	06.out	11:00
NOR22	Gymnastics with Special Apparatus (W_12)	05.out	09:30
NOR23	Aerobic Gymnastics (W_04)	05.out	09:30
NOR24	Aerobic Gymnastics (W_04)	04.out	11:00
NOR25	Gymnastics with Special Apparatus (W_12)	05.out	11:00
NOR26	Gymnastics (Seniorgym) (W_05)	05.out	09:30
NOR27	Enjoy Rhythmics Gymnastics (W_11)	05.out	09:30
NOR29	Water Fun (W_09)	04.out	09:30
NOR3	Step (W_03)	05.out	11:00
NOR31	Acrobatics for All (W_08)	05.out	09:30
NOR32	Acrobatics for All (W_08)	05.out	09:30
NOR33	Aerobic Gymnastics (W_04)	04.out	11:00
NOR34	Gymnastics (Seniorgym) (W_05)	04.out	11:00
NOR36	Aerobic Gymnastics (W_04)	04.out	09:30
NOR37	Kayak (W_07)	05.out	09:30
NOR38	Water Fun (W_09)	04.out	09:30
NOR4	Gymnastics with Special Apparatus (W_12)	04.out	09:30
NOR5	Aerobic Gymnastics (W_04)	05.out	09:30
NOR6	Water Fun (W_09)	05.out	11:00
NOR8	Stand up padel (W_06)	04.out	11:00
NOR9	Aerobic Gymnastics (W_04)	05.out	09:30
POR 10	Stand up padel (W_06)	05.out	11:00
POR 2	Traditional Games (W_01)	05.out	11:00
POR 3	Water Fun (W_09)	04.out	11:00
POR 4	Traditional Games (W_01)	05.out	09:30
POR 5	Gymnastics with Special Apparatus (W_12)	04.out	11:00
POR 6	Acrobatics for All (W_08)	05.out	09:30
POR 7	Acrobatics for All (W_08)	04.out	09:30
POR 8	Gymnastics (Seniorgym) (W_05)	05.out	11:00
POR 9	Gymnastics with Special Apparatus (W_12)	06.out	11:00
SLO 0	Acrobatics for All (W_08)	04.out	09:30
SUI 0	Enjoy Rhythmics Gymnastics (W_11)	05.out	09:30
SUI 1	Aerobic Gymnastics (W_04)	04.out	09:30

COUNTRY	WORKSHOP 2	DAY	TIME
NOR18	Enjoy Rhythmics Gymnastics (W_11)	07.out	11:00
NOR19	Gymnastics (Seniorgym) (W_05)	04.out	11:00
NOR2	Traditional Games (W_01)	06.out	09:30
NOR20	Enjoy Rhythmics Gymnastics (W_11)	06.out	09:30
NOR21	Enjoy Rhythmics Gymnastics (W_11)	07.out	11:00
NOR22	Enjoy Rhythmics Gymnastics (W_11)	07.out	09:30
NOR23	Gymnastics (Seniorgym) (W_05)	07.out	09:30
NOR24	Gymnastics (Seniorgym) (W_05)	06.out	09:30
NOR25	Enjoy Rhythmics Gymnastics (W_11)	07.out	11:00
NOR26	Aerobic Gymnastics (W_04)	07.out	09:30
NOR27	Gymnastics with Special Apparatus (W_12)	07.out	09:30
NOR29	Aerobic Gymnastics (W_04)	06.out	09:30
NOR3	Water Fun (W_09)	07.out	09:30
NOR31	Water Fun (W_09)	07.out	09:30
NOR32	Aerobic Gymnastics (W_04)	07.out	11:00
NOR33	Step (W_03)	06.out	11:00
NOR34	Aerobic Gymnastics (W_04)	06.out	09:30
NOR36	Gymnastics (Seniorgym) (W_05)	06.out	11:00
NOR37	Water Fun (W_09)	07.out	09:30
NOR38	Aerobic Gymnastics (W_04)	07.out	09:30
NOR4	Special Choreography (W_02)	06.out	09:30
NOR5	Enjoy Rhythmics Gymnastics (W_11)	07.out	11:00
NOR6	Aerobic Gymnastics (W_04)	07.out	09:30
NOR8	Traditional Games (W_01)	06.out	11:00
NOR9	Water Fun (W_09)	07.out	09:30
POR 10	Special Choreography (W_02)	06.out	11:00
POR 2	Stand up padel (W_06)	07.out	09:30
POR 3	Kayak (W_07)	06.out	11:00
POR 4	Gymnastics (Seniorgym) (W_05)	07.out	09:30
POR 5	Step (W_03)	06.out	11:00
POR 6	Special Choreography (W_02)	07.out	09:30
POR 7	Stand up padel (W_06)	06.out	11:00
POR 8	Gymnastics with Special Apparatus (W_12)	07.out	11:00
POR 9	Special Choreography (W_02)	07.out	11:00
SLO 0	Traditional Games (W_01)	06.out	11:00
SUI 0	Gymnastics with Special Apparatus (W_12)	07.out	09:30
SUI 1	Snag Golf (W_10)	07.out	11:00

9.1. Workshops Schedules (cont.)

SCHEDULE - WORKSHOPS 1 and 2 (cont.)

COUNTRY	WORKSHOP 1	DAY	TIME
SUI 2	Step (W_03)	05.out	11:00
SUI 3	Stand up padel (W_06)	04.out	09:30
SUI 4	Gymnastics (Seniorgym) (W_05)	05.out	11:00
SUI 5	Gymnastics with Special Apparatus (W_12)	04.out	11:00
SVK 0	Traditional Games (W_01)	04.out	09:30
SVK 1	Gymnastics (Seniorgym) (W_05)	05.out	09:30
SVK 2	Aerobic Gymnastics (W_04)	04.out	11:00

COUNTRY	WORKSHOP 2	DAY	TIME
SUI 2	Traditional Games (W_01)	07.out	11:00
SUI 3	Gymnastics with Special Apparatus (W_12)	06.out	09:30
SUI 4	Gymnastics with Special Apparatus (W_12)	07.out	11:00
SUI 5	Traditional Games (W_01)	07.out	09:30
SVK 0	Gymnastics with Special Apparatus (W_12)	06.out	09:30
SVK 1	Aerobic Gymnastics (W_04)	07.out	09:30
SVK 2	Gymnastics (Seniorgym) (W_05)	06.out	09:30

10. Social Activities



WHITE NIGHT

Promises to be one of the most emblematic nights in which white will be king of the party. The only requirement is to dress as white as possible for an unforgettable party.

Day: 3rd of October



FLOWER NIGHT

A cultural festival that aims to highlight the Madeiran tradition of the Flower Festival. The costumes and/or props must be adorned with the largest and most varied number of floral species, at a party where there will be performances by folk groups.

Day: 4th of October



KARAOKE NIGHT

Tune your voices and come loaded with a good mood to sing or simply hum the most popular songs of recent years.

Day: 5th of October



70's AND 80's PARTY

Relive and revive memories to the sound of the best songs of all time, in a memorable party!

Day: 6th of October



PONCHA PARTY

Come and have an unforgettable experience to the sound of good music and accompanied by the typical and tasty Madeira Poncha! Fun is guaranteed.

Day: 7th of October

11. GAGF Garden

GAGF Garden will be located at Santa Catarina Park. 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 specialities
- > Meeting point for various activities (games, sport, music, workshops,...)
- > Dancing party every night
- > And many other surprises



INSURANCE

All participants of GAGF 2022 must have an adequate insurance in case of illness and accidents. The insurance must cover medical costs during the stay at the site of the event and transportation costs back to the home of the person injured or fallen ill.

LOC prepared a Declaration that has to be signed by National Federation with which they declare that all members of delegation are insured. If the LOC does not receive signed Declaration of insurance by National Federation, participants will not receive GAGF accreditation and will not be able to attend GAGF.

In case a participant gets injured or ill at GAGF and LOC discovers that despite the signed Declaration participant has no insurance, participant has to cover all medical costs on their own.

12. GAGF Accreditations

Accreditation center will be in the Pestana Casino Hotel (Meeting Room: to be informed). The accreditation center will be open on the 1st and 2nd of October (09h00 – 20h00).

Only HOD can pick up accreditations for the whole delegation. HOD will receive accreditation only if delegation paid all the costs and sent declaration of insurance to the LOC.

The Info Desk will be at GAGF Park (Santa Catarina Park) and will open from 2nd to 7th of October.

PAYMENTS

All payments by the National Federation have to be done before the arrival of the delegation to Funchal.

In case that National Federation did not cover all the costs, participants will not be able to check in at the hotel or receive the GAGF accreditation and will not be able to attend GAGF.

13. Group Codes

<u>COUNTRY</u>	<u>GROUP CODE</u>	<u>GROUP NAME</u>
Azerbaijan	AZE 0	Flame
Bulgaria	BUL 0	Golden Mezdra
Czech Republic	CZE 0	ČASPV 1
Czech Republic	CZE 1	ČASPV 2
Czech Republic	CZE 2	ČASPV 3
Czech Republic	CZE 3	ČOS 1
Czech Republic	CZE 4	ČOS 2
Estonia	EST 0	LP Gymnastic Club
Estonia	EST 1	Estonian Sports Association Kalev (KALEV1)
Estonia	EST 2	GC Piruett
Estonia	EST 3	GC Rytmika
Estonia	EST 4	GC Rührt/GC Githa
Estonia	EST 5	Delegation Staff
Estonia	EST 6	Estonian Sports Association Kalev (KALEV2)
Estonia	EST 7	Estonian Sports Association Kalev (KALEV3)
Estonia	EST 8	Estonian Sports Association Kalev (KALEV4)
Finland	FIN 0	Lipstikka
Finland	FIN 1	GFH – STILL GOING STRONG
Finland	FIN 2	TNV Gym Ladies
Finland	FIN 3	Mikkelin Voimistelijat
Finland	FIN 4	GFH - ISADORA
Finland	FIN 5	Borgå Gymnastikförening
France	FRA 0	French Delegation
France	FRA 1	Original Black and White
France	FRA 2	Nice Gym
France	FRA 4	Jean Zay Gymnastique
France	FRA 5	Toulou'Zen
France	FRA 7	CEP POITIERS
France	FRA 8	La Persévérante de Maromme
France	FRA 9	C'est nos Gyms
Germany	GER 0	Die Alten Knochen
Germany	GER 1	HTV 75 Plus
Germany	GER 2	Fit imPuls
Germany	GER 3	Happy Hessen
Germany	GER 4	TuSG Rolfshagen
Germany	GER 5	TV St. Wendel
Germany	GER 6	Turn- und Sportverein 1881 Gau-Odernheim
Germany	GER 7	SV Einheit Güstrow
Greece	GRE 0	Olympiada Thrakomakedonon

13. Group Codes (cont.)

<u>COUNTRY</u>	<u>GROUP CODE</u>	<u>GROUP NAME</u>
Iceland	ISL 0	Ármann
Iceland	ISL 1	Kramhúsið 5:15
Iceland	ISL 2	Kramhúsið 4:15
Iceland	ISL 3	Silfur svanir
Iceland	ISL 4	Sóley's boys
Iceland	ISL 5	Delegation
Italy	ITA 0	FUORI QUOTA - G.S. SAMBUGHE'
Italy	ITA 1	GRUPPO RITMICA TORINO
Italy	ITA 6	GYMFLY TORINO
Italy	ITA 7	GINNASTICA NIZZA
Italy	ITA 8	RIVIERA DEI FIORI
Italy	ITA 9	STAFF ITALIA
Latvia	LAT 0	Amber
Latvia	LAT 1	ADORA
Latvia	LAT 2	Sculpture
Lithuania	LTU 0	DAISY
Lithuania	LTU 1	WITH FLIGHT
Lithuania	LTU 2	AUTUMN
Lithuania	LTU 3	AVANTIURA+
Luxembourg	LUX 0	L'Espérance Differdange
Norway	NOR 0	Delegation
Norway	NOR 1	Bergens Turnforening
Norway	NOR 10	Asker Turnforening
Norway	NOR 11	TIF Viking
Norway	NOR 12	Idrettslag Alvidra
Norway	NOR 14	Laksevåg Turn og Idrettslag
Norway	NOR 15	Fana IL
Norway	NOR 16	Tønsberg Turnforening
Norway	NOR 17	Nærbo Turnforening
Norway	NOR 18	Trondhjems Turnforening
Norway	NOR 19	Holmestrand Idrettsforening
Norway	NOR 2	Tasta Turn
Norway	NOR 20	Stord Idrettslag
Norway	NOR 21	Arbeidernes Turn- og Idrettslag
Norway	NOR 22	Stjørdals-Blink Turngruppe
Norway	NOR 23	Rana TF og Rognan IL Turn
Norway	NOR 24	Haugesund Turnforening
Norway	NOR 25	Ganddal IL
Norway	NOR 26	Uthaug Turn og Gymnastikklag

13. Group Codes (cont.)

<u>COUNTRY</u>	<u>GROUP CODE</u>	<u>GROUP NAME</u>
Norway	NOR 27	Oslo Turnforening
Norway	NOR 28	Stokke IL Turn
Norway	NOR 29	Skotfoss Turn og Idrettsforening
Norway	NOR 3	Odda Idrettslag Turngruppe
Norway	NOR 30	Gymnastikk. og Turnforening Bjart
Norway	NOR 31	Tromsø Gymnastikklag
Norway	NOR 32	Sotra SK Turn og Dans
Norway	NOR 33	Sola Turn
Norway	NOR 34	Havørn Gym og Turn
Norway	NOR 35	Ivrig Turn
Norway	NOR 36	Klepp IL
Norway	NOR 37	IL Nornen Gymnastikk og Turn
Norway	NOR 38	Brusand Turnforening
Norway	NOR 39	NTV
Norway	NOR 4	Gymnastikk- og Turnforening Bjart, Nostalgia
Norway	NOR 5	Åsane Turn
Norway	NOR 6	IL Sverre Turn
Norway	NOR 7	Hamar Idrettslag Turn
Norway	NOR 8	Hortens Turnforening
Norway	NOR 9	Sportsklubben Nessegutten
Portugal	POR 2	Ritmus + Carpe Diem
Portugal	POR 3	GCP - Mimanu
Portugal	POR 4	SCP - DANÇA TRADICIONAL PORTUGUESA
Portugal	POR 5	SCP - CANARINHAS + SENHORAS SELEÇÃO
Portugal	POR 6	GINARTE
Portugal	POR 7	CAQ - Mitos
Portugal	POR 8	SCP - Reencontros
Portugal	POR 9	BelémGym
Portugal	POR 10	AMR - RedondexGym
Slovakia	SVK 0	Sokol 3, Bratislava
Slovakia	SVK 1	Sokol 2, Trenčín
Slovakia	SVK 2	Sokol 1, Skalica
Slovakia	SVK 3	NF
Slovenia	SLO 0	SK FLIP Piran
Switzerland	SUI 0	Golden Girls
Switzerland	SUI 1	Gymnastics group 45+, Gymnastics association Bern Oberargau-Emmental
Switzerland	SUI 2	OLDIES, Swiss Gymnastik Groupe
Switzerland	SUI 3	Gym Aktive plus LU/OW/NW
Switzerland	SUI 4	Seniorinnen TV Brügg
Switzerland	SUI 5	SenVital Züri

14. Performances Schedule

STAGE 1 - SANTA CATARINA PARK

TIME	3 RD OCTOBER	4 TH OCTOBER	5 TH OCTOBER	6 TH OCTOBER	TIME
17:00	POR 5	POR 2	GER 2	NOR 19	17:00
17:07	NOR 24-33-38	SUI 2	FIN 1	ISL 2	17:07
17:14	CZE 0	NOR 1-11-15-37	NOR 3-5-32	NOR 29	17:14
17:21	EST 3	EST 0	FRA 4	FRA 2	17:21
17:28	ISL 3	GER 0	SVK 1	FIN 0	17:28
17:35	SVK 2	NOR 6-9-18-21-22-26	FIN 5	SLO 0	17:35
17:42	LUX 0	CZE 1	FRA 8	SUI 3	17:42
17:49	NOR 4	LAT 0	NOR 23	CZE 2	17:49
17:56	GER 3	EST 4	POR 4	LAT 1	17:56
18:03	NOR 12-14-20	NOR 39	NOR 31	FIN 4	18:03
18:10	CZE 4	FRA 1	EST 2	NOR 8-16	18:10
18:17	ITA 1	FIN 2	ITA 0	SVK 0	18:17
18:24	NOR 34-36	NOR 17-25	NOR 10	ISL 1	18:24
18:31	EST 7	ITA 8	SUI 5	POR 10	18:31
18:38	FRA 5	FRA 9	BUL 0	NOR 2	18:38
18:45	POR 9	NOR 27	ISL 4	FRA 7	18:45
18:52	LAT 2	LTU 2	GER 1	CZE 3	18:52
18:59	ISL 0	SUI 5	POR 8	LTU 0	18:59
19:06	ITA 6	LTU 1	GRE 0	ITA 7	19:06
19:13	POR 3	POR 6	AZE 0	POR 7	19:13
19:20			GER 0		19:20

14. Performances Schedule

STAGE 2 - MUNICIPALITY SQUARE

TIME	3 RD OCTOBER	4 TH OCTOBER	5 TH OCTOBER	6 TH OCTOBER	TIME
17:00	POR 10	POR 4	FIN 2	EST 3	17:00
17:07	SUI 3	BUL 0	NOR 17-25	CZE 4	17:07
17:14	FIN 0	GER 2	CZE 1	FRA 5	17:14
17:21	SLO 0	POR 8	NOR 6-9-18-21-22-26	ITA 1	17:21
17:28	FIN 4	NOR 10	SUI 2	LUX 0	17:28
17:35	CZE 2	FIN 5	NOR 39	GER 3	17:35
17:42	FRA 2	SVK 1	EST 4	CZE 0	17:42
17:49	NOR 2	NOR 31	LAT 0	NOR 4	17:49
17:56	ISL 1	FRA 8	ISL 0	POR 9	17:56
18:03	NOR 8-16	EST 2	NOR 27	NOR 24-33-38	18:03
18:10	SVK 0	FIN 1	FRA 9	EST 7	18:10
18:17	POR 7	NOR 23	NOR 1-11-15-37	NOR 34-36	18:17
18:24	NOR 19	FRA 4	EST 0	SVK 2	18:24
18:31	ISL 2	NOR 3-5-32	FRA 1	NOR 12-14-20	18:31
18:38	NOR 29	ITA 0	ITA 6	LTU 1	18:38
18:45	LAT 1	LTU 0	LAT 2	ISL 3	18:45
18:52	ITA 8	ITA 7	POR 2	LTU 2	18:52
18:59	GER 1	FRA 7	POR 3	AZE 0	18:59
19:06	ISL 4	CZE 3		POR 5	19:06
19:13	POR 6	GRE 0			19:13
19:20					19:20

15. Touristic Tours

Cosmos Viagens is the Official Partner of the 8th Golden Age Gym Festival for tourist services. Check all the tours that we have prepared specially for you during the event.

You can also book excursions during the event, there will be the registration point at GAGF Garden.

COSMOS

VIAGENS

Eira do Serrado & Botanical Garden

Going up towards Eira do Serrado (1094m), stop at the viewpoint of Pico dos Barcelos (335m) from where you can enjoy a magnificent view over Funchal Bay. The path to Eira do Serrado is winding and lined with eucalyptus trees. From Eira do Serrado we walk for a few minutes through a path, to a viewpoint. From here the view over Curral das Freiras, which is 800m below, is fabulous. The next stop will be at the Botanical Garden, where you can enjoy a magnificent view over Funchal, both from the café terrace and from other viewpoints. Here you will find, in addition to orchids, countless tropical and subtropical plants from around the world. Finally, we will pay a visit to one of the oldest wineries on the island, the Madeira Wine Company, here you will have the opportunity to taste the famous Madeira Wine. Return to the hotel.

Minimum Participants = 10 persons
Maximum Participants = 40 persons per bus with Guide

30,00 €
per person



15. Excursions (cont.)

COSMOS
VIAGENS

Funchal and Monte Tour

Departure from the hotel to discover the Old Town, which is part of the Historic Center of Santa Maria, dating from 1425, the beginning of the settlement of the Madeira island. From this time the nucleus still preserves the urban layout, the Chapel of Corpo Santo and a small Manueline door. Soon after, visit to Praça do Peixe, where we can see various types of fish typical of Madeira, such as tuna, swordfish and rockfish, and is included in the Mercado dos Lavradores, built in 1941. Inside, baskets are grouped with exotic fruits and vegetables, florists dressed in typical costumes who sell orchids, estrellias, anthuriums and dried flowers of all colors are waiting for you at the entrance. Not far from the market is an embroidery factory. Here you will have the opportunity to get acquainted with one of the most beautiful works of regional crafts and witness its execution. With the Madeira guarantee seal you will be presented with tablecloths, napkins, monogrammed handkerchiefs, blouses, among others. Ascent to Monte (ascent by cable car) parish in the municipality of Funchal, which is still a pilgrimage site today.

Here we will visit the famous Church of Nossa Senhora do Monte, where the tomb of Emperor Charles I of Austria is located. To finish, you will also have the possibility to go down the slope in the famous basket cars. These cars are controlled by ropes, by men with straw hats, dressed in white and with leather boots that will take you to Livramento.

Minimum Participants = 10 persons
Maximum Participants = 40 persons per bus with Guide

60,00 €
per person

Visit and Taste – Madeira Vintage Wine

For wine lovers, this tour in the cellars of Madeira Wine, lasting approximately 1 hour, must be held on weekdays.

The origins of Madeira Wine Company began in 1913 when two companies, Welsh & Cunha and Henriques & Camara, joined to form Madeira Wine Association Lda. Over the years of scarcity that followed, more companies joined together to guarantee their survival through cost reduction and production pooling, maintaining commercial independence.

Vintage visit: includes a visit to the aging warehouse "Leões" where some of the oldest Madeira wines are stored in cask; "Demi John" room; Beco - History of the City and the Building; private collection of the Blandy family, ending with 2 wine glasses, one of which is a Frasqueira | vintage. A selection of cheeses can be added.

Minimum Participants = 2 persons
Maximum Participants = 10 persons

46,00 €
per person

14. Excursions (cont.)

COSMOS
VIAGENS

Canyoning

Canyoning consists of going down a stream bed, overcoming the natural obstacles that nature offers, using mountaineering techniques, swimming and overcoming obstacles. The reason for this activity is to enjoy natural landscapes hidden in the valleys and gorges of Madeira and to practice an adventure activity.

The places to perform the canyoning will depend on the experience of the customers.

Note: bathing suit and towel required.

Minimum Participants = 4 persons
Maximum Participants = 50 persons

95,00 €
per person



Coasteering

Located on the easternmost tip of Madeira, Ponta de São Lourenço, a natural reserve since 1982, presents a unique landscape, very different from the rest of the island, with stunning rock formations, several endemic plants and where the sea is calm and crystalline. Therefore, this place presents the ideal conditions for the practice of coasteering.

Coasteering in Madeira consists of exploring the sea coast through walking, swimming, climbing and jumping, summarizing everything we did as a child, but with appropriate equipment and with the supervision of the guides. It is an appropriate activity for all ages, from the most afraid to the most adventurous, as it adapts to the profile of each person. We have jumps from 1 meter to 10 meters, all of which are optional.

Must bring: Bathing suit and a towel.

Minimum Participants = 4 persons
Maximum Participants = 30 persons

95,00 €
per person



14. Excursions (cont.)

COSMOS
VIAGENS

Nau Santa Maria

Sail along the coast at Nau Santa Maria de Colombo. This ship was built in one year (July 97 to July 98) in the fishing village of Câmara de Lobos, by 7 local artisans who used 320m³ of wood. You will sail, from the marina of Funchal, along the south coast, to Cabo Girão. After a short stop for a swim, return to Funchal.

Minimum Participants = 2 persons (Regular Tour)
Maximum Participants = 80 persons (Boat maximum capacity)

51,00 €
per person



Jeep Ride with (some) Off Road in the Mountain

Not far from Funchal and hidden in the middle of mountains and deep valleys are small villages like Jardim da Serra with a superb viewpoint over Curral da Freiras. Meet another world by joining us on this Land Rover trip with panoramic views, places of real interest and encounters with the real Madeira.

Visit to Cabo Girão viewpoint, located on the highest promontory in Europe, at 580 m altitude, which offers a dizzying view of the Rancho and Cabo Girão fajãs - small areas of land cultivated at the foot of the cliff, as well as magnificent panoramic views over the ocean and the municipalities of Câmara de Lobos and Funchal through a suspended glass platform, called the skywalk.

Minimum Participants = 6 persons
Maximum Participants = 120 persons (6 to 8 persons per Jeep)

47,00 €
per person



14. Excursions (cont.)

Serra do Faial “Levada”

Levadas are irrigation channels that can be found on the island of Madeira and on the island of La Palma, in the Canaries. It is also called Levada to the channels, usually of smaller dimensions, that take the water to the water mills.

Also known as Vale Paraíso.

A hidden forest, an undiscovered paradise. This trail starts in the valley of paradise, south of the island of Madeira and takes hikers on a pleasant journey filled with the green tones of the island's forest. Along this path, carried out side by side with the levada, there are several species of flora and fauna that you can observe. Enjoy the natural sound and surroundings of this magnificent tour.

From time to time there are beautiful panoramic views of the small towns in the Camacha area, which allow you to get to know the island from another perspective. This is an easy and accessible route for anyone who, being located in the south of the island, represents a valid option throughout the year.

Camacha is the arrival point of this trip. A parish well known for its strong cultural and traditional aspects. Take this tour and take the opportunity to get to know a little more about Madeira, you will see that it is worth it!

Duration: 1h30

Degree of difficulty: easy

Minimum Participants = 10 persons

Maximum Participants = 25 persons per Guide (maximum 75)

30,00 €
per person



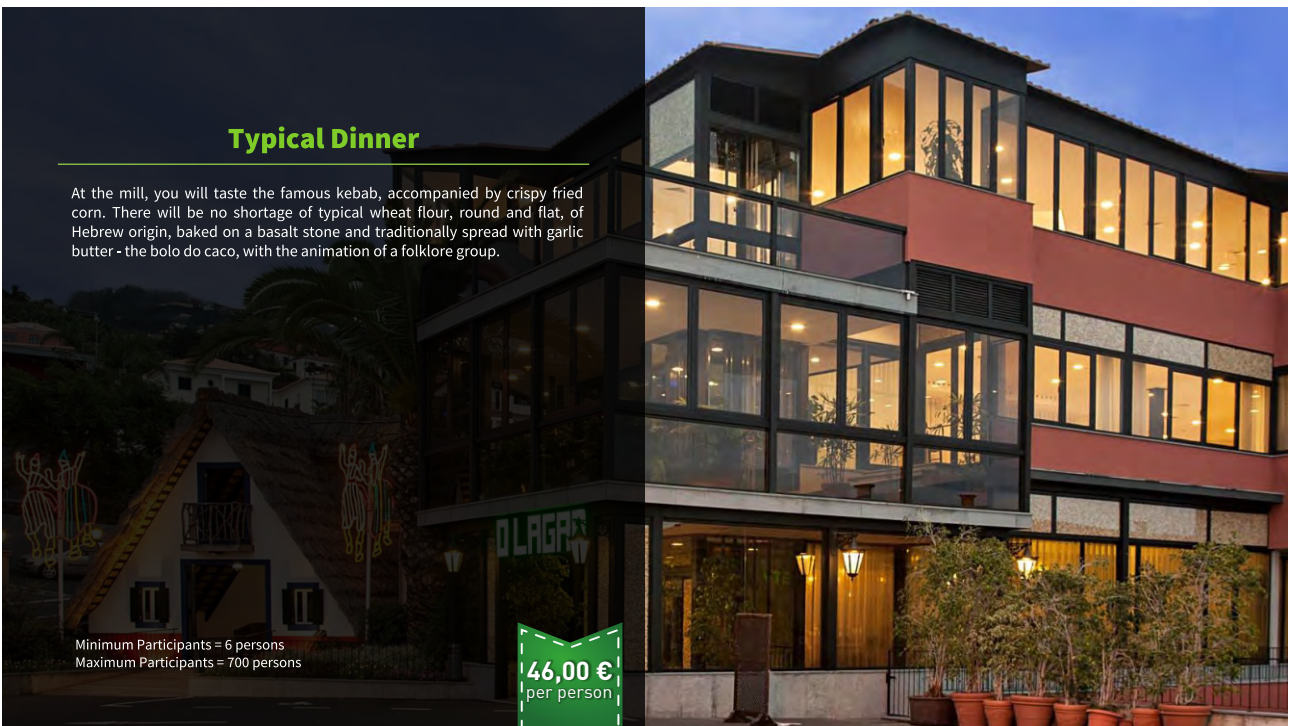
Typical Dinner

At the mill, you will taste the famous kebab, accompanied by crispy fried corn. There will be no shortage of typical wheat flour, round and flat, of Hebrew origin, baked on a basalt stone and traditionally spread with garlic butter - the bolo do caco, with the animation of a folklore group.

Minimum Participants = 6 persons

Maximum Participants = 700 persons

46,00 €
per person



14. Excursions (cont.)

COSMOS
VIAGENS

Rabaçal - 25 Fontes

Duration: approximately 3 hours - 10km
Medium difficulty, it is recommended for people with some experience. In this levada the journey is often narrow and muddy. Comfortable shoes are mandatory.

We go west and make a brief stop to visit the highest cliff in Europe: Cabo Girão, with 580m of altitude and where we can say that the land "falls" vertically to the sea. The journey continues along the coast to the city of Ribeira Brava. After passing through several tunnels, we arrived at Ponta do Sol. The forests disappear and we continue to find Paúl da Serra (1,500m). For approximately 30 minutes, we walked to the house in the Rabaçal forest, the starting point of the trip. During this short trip, we enjoy one of the most spectacular panoramic views of Madeira: the gorges of Rabaçal, the fantastic waterfalls and the rugged south coast. Above, in Ribeira da Janela, the levada flows into a lagoon called Risco. It is necessary to bring a flashlight, because we will have to go through a tunnel.

Minimum Participants = 10 persons
Maximum Participants = 25 persons per Guide (maximum 75)

53,00 €
per person



Queimadas - Caldeirão Verde

Duration: 5 hours - 18km
Medium, recommended only for people with some experience and without vertigo.

Imagine an emerald green forest - they are the Queimadas!
The walk starts at Parque das Queimadas, from the wooden bridge and continues along the old Levada do Caldeirão.

The levada passes through one of the most remote areas of the island. After an hour on the way, the first tunnel will be reached. After that tunnel, three more follow. The highest point of this walk is 300m high from the waterfalls and lagoons (Caldeirão Verde).

A ledge on a sun-drenched stone invites for a picnic break. From here it is possible to look at the Ribeira Grande Valley. (500m)

Minimum Participants = 10 persons
Maximum Participants = 25 persons per Guide (maximum 75)

53,00 €
per person



14. Excursions (cont.)

COSMOS
VIAGENS

Ponta de São Lourenço

Duration: approximately 4 hours - 8km
Medium difficulty, but it is recommended only for people without vertigo and a steady step.
This tour shows us the contrast between this desert area and the green mountains of Madeira. The high northern peaks are shown in shades of blue and gray, while the escarpments shine in shades of green and black over the sea.
The return is by the same route, or you can return to Funchal by sea in Semi Rigid, having the opportunity to spot cetaceans.

Minimum Participants = 10 persons
Maximum Participants = 25 persons per Guide (maximum 60)

97,00 €
per person



Funchal – São Vicente – P. Delgada – São Jorge – Santana – Faial – Poiso

After breakfast at the hotel, departure from the hotel on Jeeps (up to 6 people by jeep) and thus explore this inspiring Northeast Coast of the island. Mountain villages and valleys contrasting with breathtaking cliffs, surrounded by vineyard terraces.
From São Vicente to Santana we arrive at the point where we can find the well-known thatched houses, and with a 4X4 visit to the Parque das Queimadas. Lunch with drinks will be served at a local restaurant. On the way back to the hotel, stop at a Taberna to taste the traditional Poncha Madeirense.

Minimum Participants = 6 persons
Maximum Participants = 120 persons (6 to 8 persons per Jeep)

57,00 €
per person



14. Excursions (cont.)

COSMOS
VIAGENS

Funchal, Lugar de Baixo, Candelaria, Lombo Mouro, Paul Serra, Santa, Porto Moniz, Seixal, São Vicente

We take you through Ponta do Sol and Paul da Serra to the other side of the island through paths outside of ncluím. Lunch will be served in a restaurant in the village of Porto Moniz, by the sea. On the way back to Funchal, we will stop at the Cabo Girão viewpoint, the highest cable in Europe, 580 m high, famous for its suspended glass platform. On the way back to the hotel, stop at a Taberna to taste the traditional Poncha Madeirense.

Minimum Participants = 6 persons
Maximum Participants = 120 persons (6 to 8 persons per Jeep)

57,00 €
per person



The North is a Charm

09:00 - Departure from the hotel for a walk to the North of the Island. We leave towards Poiso, stopping at Ribeiro Frio. Here, you will have the possibility to take a short walk along a levada to the Balcões viewpoint - about 45 minutes. After this stop, we proceed to Santana, where you will find the typical and colorful thatched houses. At Quinta do Furão a folklore group welcomes you. To the sound of Bailinho da Madeira you will have an explanation of how the kebabs are made and seasoned in laurel stick which will be the main dish of the lunch. On the way back we stop at Engenhos do Norte where the brandy we use at Poncha is produced. Return to Funchal via Machico.

Minimum Participants = 10 persons
Maximum Participants = 40 persons per bus with Guide

75,00 €
per person



14. Excursions (cont.)

COSMOS
VIAGENS

Porto Moniz

Breakfast at the hotel, and departure towards Cabo Girão, one of the highest cliffs in Europe (580 m) with a glass platform, which offers a wide view over Funchal and the south coast. From there we continue to the quiet village Madalena do Mar, where small houses are inserted in gardens and plantations. Here we walk through a small banana plantation, a path of about 200 m that shows us how the banana from Madeira is planted and cared for.

We cross the plateau of Paúl da Serra (1,600m) to Porto Moniz, a fishing village known for its natural pools, carved out of black basalt rocks.

Lunch at a local restaurant by the sea.

Return to Funchal will be made by Encumeada (1,007 m).

Minimum Participants = 25 persons
Maximum Participants = 40 persons per bus with Guide

57,00 €
per person



A Day at "Fajã"

Discover Madeira in a different way.

Departure from the Hotel to the Marina of Funchal for a Catamaran tour, bring comfortable clothes and suitable shoes, and enjoy a 3-hour trip with the possibility of watching cetaceans. Lunch will be served at Fajã dos Padres.

Despite being almost inaccessible by land, Fajã dos Padres has a history that goes back to the beginning of the colonization of the island of Madeira.

Throughout the ages it was the summer home of Jesuit priests, the property of choice in the production of the famous Madeira Wine, the stage for the adventures of privateers, the granary of neighboring villages.

Today it is with great pleasure that we invite you to visit this small island within Madeira Island, which is so dear and special to us. After lunch served in the fajã, return to the marina of Funchal.

Maximum Participants = 90 persons

50,00 €
per person



15. Local Organising Committee



President
Luís Arrais



Executive Director
Alberto Cláudio



Deputy Executive Director
Ricardo Lima



AGIM
Fátima Azevedo



Advisor
Rogério Valério



Financial Director
Sandra Vieira



Technical
Bruno Oliveira



City Performances
José Lagoas



Workshops
Domingos Fradinho



Workshops
João Paulo Jordão



**Opening, Gala and
Closing Ceremony**
Duke Oliveira



**Accommodations
and Touristic Tours**
Josefina Cruz



**Equipment and
Infrastructure**
Tiago Horta



Administrative
Paula Araújo



**Marketing and
Communication**
Sónia Camacho



**Protocol and Social
Program**
Andreia Sanches



Volunteers
Liliana Freitas



Meals
Bernardo Tomás

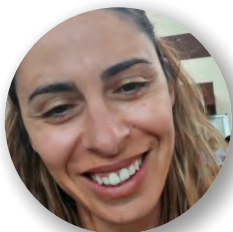


Other Projects
André Nogueira



City Performances
Cláudia Freitas

15. Local Organising Committee (cont.)



City Performances
Filipa Felgueiras



City Performances
Michelle Salzano



**Parade, Open
Ceremony and Gala**
Inês Santos



Transports
Márcia Gois



Protocol
Dalila Pestana



Workshops
Susana Cró

16. Our Partners



17. Official Contacts



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