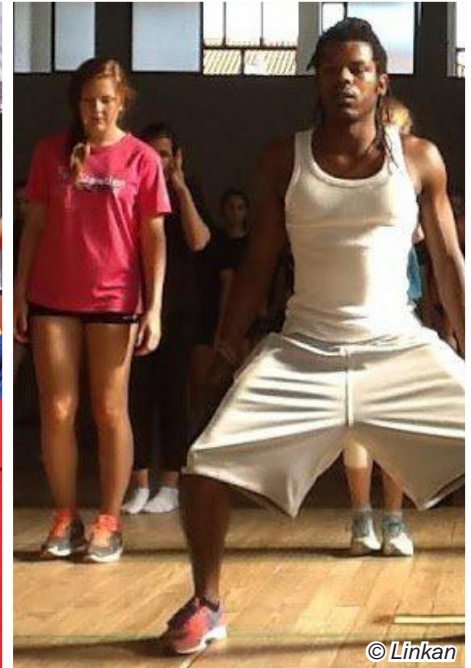


Bulletin No. 2



LOOKING
FORWARD TO
HELSINGBORG



EUROGYM – *Movement is life*

The joy of movement. The joy of friendship. The joy of laughter. The joy of summer. The joy of all those small, unforeseen elements and experiences that you just cannot put into words. EUROGYM is the perfect combination of all this – and so much more! Trying to express EUROGYM in words is nearly impossible. You honestly HAVE to experience it!

Ok, I admit, I am a true gymnastics geek – and proud of it! I love gymnastics and I absolutely love EUROGYM. It is about meeting others just like you from all over Europe and discovering that movement is life (which by the way is the slogan for 9th EUROGYM 2014). So I encourage you to start your movement towards Helsingborg and aim for a fantastic week together! If I can give you just one advice it is this: make sure that all your young gymnasts back home are not just offered the possibility, but also encouraged to participate in EUROGYM. Trust me: they will absolutely love you for it! EUROGYM can be the best week of their lives and you, as a responsible leader, can make it happen. The energy you will all feel during the performances, the joy of all the workshops and parties – memories that will stay with everyone for many years to come. The young gymnasts are at the absolute centre of attention at EUROGYM – all you have to do is help them into the spotlight!

See you in Helsingborg!



Jonas Juhl Christiansen
 Youth Sports Consultant
 The Swedish Gymnastics Federation
 HoD 2008, 2010, 2012 - and 2014





WHAT IS EUROGYM?

Performances, workshops and parties, EUROGYM is a huge social non-competitive event for youngsters where everyone is welcome. It starts with an Opening Ceremony "Olympic style", which is then followed by a gigantic Welcome Party. During the event week the participants will take part in different morning workshops. There are four workshop categories available: gymnastics/acrobatics, dance, fitness and "alternative activities". Participants are free to choose what they want, and the skills gained at the workshops are demonstrated on the final Closing Ceremony. In the afternoons, the different groups perform their shows on stages around town. The entire Helsingborg will be bustling with fun activities all through the week.

While gymnasts participate in workshops the team leaders will attend a forum. We plan for many interesting presentations. The greatest experience will probably be the EUROGYM Gala. To this Gala National Federations nominates the groups with the best performances.

The Opening and Closing Ceremonies and the EUROGYM Gala will all take place at Helsingborg Arena. We also plan for a GymZone where participants can meet, share experiences and make new friends

EUROGYM is the largest European gymnastics event for young people aged from 12 and above. The authority responsible is the European Gymnastics Federation, UEG. EUROGYM is held every second year and the 2014 meet will be the ninth one. In 2010 EUROGYM was held in Odense, Denmark, and in 2012 in Coimbra, Portugal. Registration is made in team settings in each country and we have planned for 4 200 gymnasts from all over Europe to come to Helsingborg, Sweden in 2014.

WELCOME TO HELSINGBORG

Helsingborg is the little big city, with 135 000 inhabitants, situated at the narrowest part of the strait between Sweden and Denmark. Smell the sea air while wandering the narrow streets of the centre. Helsingborg's perfect mix of history, tradition, natural beauty and trendy shops and restaurants makes it perfect for those seeking adventure as well as those looking for calm. Visit the museums and parks or one of the superb beaches right in the city centre. Enjoy an art exhibition at the crispy white Dunkers Kulturhus. Or take the ferry to Denmark and say hello to Hamlet at Kronborg Castle in Elsinore just 20 minutes away. The presence of Lund University Campus Helsingborg in the city contributes to its youthful, laid-back atmosphere full of creativity.

For more information about this wonderful city, check out www.familjenhelsingborg.se/visit





Bild: Bertil Hagberg

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

Display Areas

Town squares

- 1 Sundstorget/Dunkers plats
- 2 Mäster Palms plats
- 3 Konsul Olssons plats

Parks:

- 4 Stadsparken
- 5 Gröningen Park

Parks/Activities/Sights

- 1 Gröningen Park
- 2 Tropical Beach
- 3 The main public beach
- 4 Dunkers Kulturhus/
Tourist Office
- 5 Grytan amphitheatre
- 6 Ferries to Denmark
- 7 Kärnan keep tower

Arenas

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

SCHEDULE

Preliminary schedule for EUROGYM 2014 and the workshops you can choose from.
Registration opens in October 2013.

9 TH EUROGYM 2014 PRELIMINARY SCHEDULE									
	Friday 11 July	Saturday 12 July	Sunday 13 July	Monday 14 July	Tuesday 15 July	Wednesday 16 July	Thursday 17 July	Friday 18 July	
MORNING		Group arrivals	BREAKFAST						
			Group arrivals	Head of Delegation (HoD) meeting	Head of Delegation (HoD) meeting	Head of Delegation (HoD) meeting	Head of Delegation (HoD) meeting		
				Workshops	Workshops	Workshops	Workshops		
Test Event	Forum	Forum							
LUNCH									
AFTERNOON	Group arrivals	Group arrivals	Group leaders meeting	Group Performances	Group Performances	Group Performances	Closing Ceremony	Group departures	
		Test Event	Meeting Point						Gala Rehearsal
			Parade						
Opening ceremony									
DINNER									
EVENING	Group arrivals	Opening Ceremony	Head of Delegation Welcome Meeting	EUROGYM 2015 Presentation	Gala	Closing Ceremony			
			Test Event						
		Welcome Party	GYMZONE	GYMZONE	GYMZONE	Farewell Party			

PARADE AND OPENING CEREMONY

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

During the Opening Ceremony, the UEG and the local organising committee will formally welcome the participants. This will be followed by an entertaining gymnastics show featuring athletes from the south of Sweden.



EUROGYM GALA

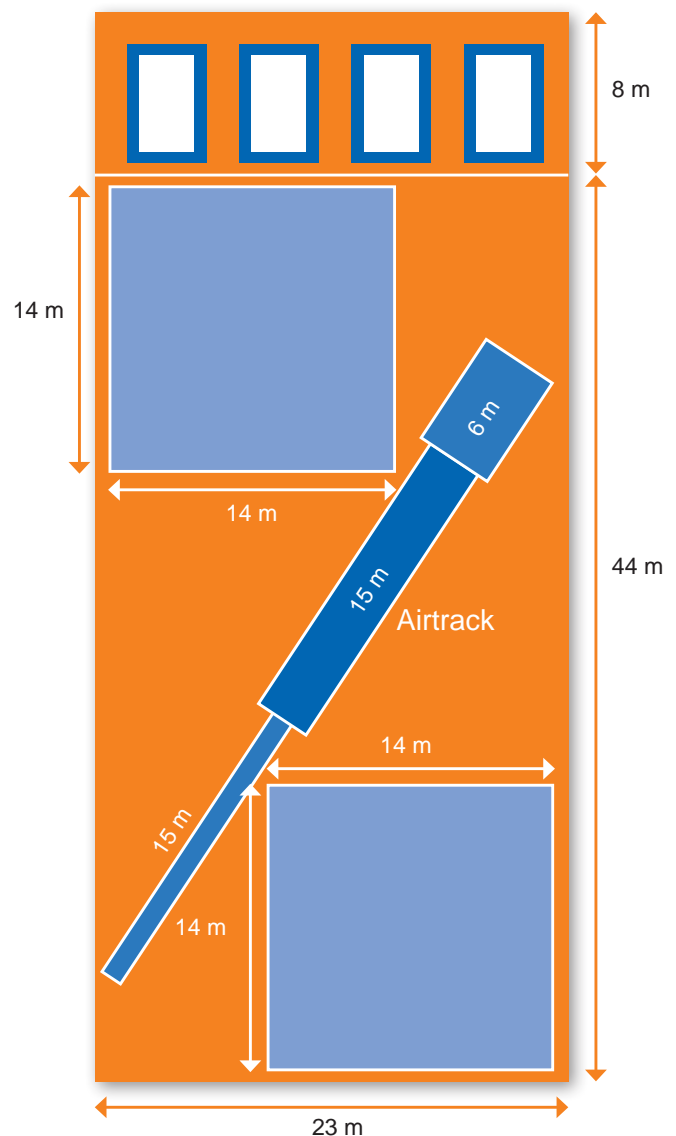
The Gala will feature performances by the participating teams, including a variety of gymnastic disciplines. Countries with three or more groups will be guaranteed a performance spot in the gala. To accommodate all public observers and participants, two galas will be held on Wednesday 16 July, at 6 pm and 9 pm, both in Helsingborg Arena.

Gala theme is "Movement in the sky" with keywords such as dreaming, fantasy and magic. The teams participating are encouraged to use the theme in their performances. Maximum performance time is 3 minutes.

CLOSING CEREMONY

The Closing Ceremony, featuring a selection of the event workshops, will take place at Helsingborg Arena on Thursday 17 July. All participants are welcome to show what they have learned during the week. Rehearsals will take place on Thursday afternoon.

The Closing Ceremony will end with a formal farewell and handover to the organisers of the 10th EUROGYM.



GYM ZONE

GymZone will be an area situated next to Helsingborg Arena where participants chill out, try new activities and networking. Activities made for youth by youth. Challenge yourself or a friend!

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



Schematic view over the All Activity area at Helsingborg Arena

PARTIES

Are you ready to party! Yes, dress for success and dance into the Swedish summer night with all you new gymnastic friends.

To start of a great week the Welcome Party will be held in "the Pot" ("Grytan"). And the Farwell Party will sum up a wonderful week at the Helsingborg Arena. Get funky and groovy!



From the Welcome Party at EUROGYM 2012 in Coimbra, Portugal.

STREET PERFORMANCES

Each team participating in the 9th EUROGYM 2014 will take part in two street performances in the centre of Helsingborg. All the street performances will be held in the afternoon and performance time is limited to 6 minutes including equipment preparation/removal.

There will be four street stages, all fitted with gymnastic equipment and covered by a roof. In the registration system detailed information will be provided (i.e. sizes, measurements).

Sundstorget (14 x 20 m)
Gröningen (14 x 20 m)

Mäster Palms plats (14 x 14 m)
Stadsparken (14 x 14 m)

Equipment available at the large stages: Sundstorget and Gröningen

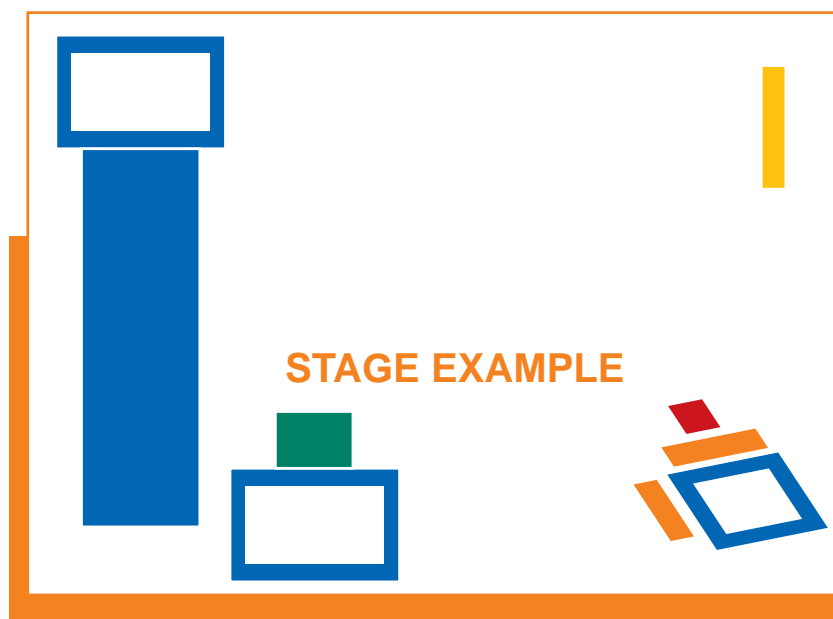
- 14 x 20 m roller mat
- Air track
- 1 gymnastic bench
- 1 mini-trampoline/trampet
- 2 vaulting boxes
- 1 vaulting table
- 4 landing mats (2 x 1.2 x 0.05 m)
- 4 big landing mats (2 x 3 x 0.3 m)

Equipment available at the smaller stages: Mäster Palms plats and Stadsparken

- 14 x 14 m roller mat
- Air track
- 1 gymnastic bench
- 1 mini trampoline/trampet
- 1 vaulting box
- 1 vaulting table
- 2 landing mats (2 x 1.2 x 0.05 m)
- 1-2 big landing mats (2 x 3x0.3 m)

Extra equipment:

- Parallel bar
- Extra landing mats
- Vaulting boxes
- Vaulting table



The official supplier of gymnastics equipment for the 9th EUROGYM 2014 is LEG (<http://www.lindengymnastic.se/>). Equipment used at the event will be available for purchase, please contact us at info@eurogym2014.org

WORKSHOPS

Different gymnastic disciplines

Acrobatic gymnastics

Let's work on partner skills, pyramids, balance and tempo skills. Strong teamwork will allow for incredible body figures.

Level 1 – "This is not our area but we'd love to try!"

Level 2 – For those who already know how to make the somersault and the handstand with a partner.

Aerobic gymnastics

Are you looking for an action packed, dynamic sport? Have you seen the powerful gymnasts performing on Eurosport? Now is your turn to become one of them. This workshop is about learning a choreography, which develops your strength, cardio and coordination. Really fun if you want a new challenge!

Cheerleading

Do you like catchy tunes and pom-poms? Have your dream always been to join a cheer-leading team? Step up to the challenge and become a real cheerleader in this hilarious workshop.

Floor

This discipline of TeamGym is more artistic than the others. Together the team gymnasts dance and perform gymnastic elements. Do you want combine pirouettes, flips and dance? Then this workshop is the right one for your team.

Men's artistic gymnastics

Do you want to try the vaulting table? Can you master the rings? Come and try handstands, rotations, swings and changes of grip in this oldest form of gymnastics!

Parkour/Freerunning

Can you do gymnastics in the street? Can you flip over a boulder? Can you run up a wall? You will practice these movements in a parkour hall and, weather permitting, also outdoors

Rhythmic gymnastics

Top rhythmic gymnasts must have many qualities: balance, flexibility, coordination, and strength. Are you up for a challenge? See what you can do with clubs, hoop, ball, ribbon or rope.

Rope skipping

So you think you know how to skip a rope? We bet you can learn a lot of new tricks you never have tried before. Let's have fun! The movements, routines and jumps require good coordination and agility. Try it with some of the world's best rope skippers!

Level 1 – "This is not our area but we'd love to try!"

Level 2 – For those who are rope skipping masters already.



© BraBilder, Janne Hallqvist

Trampet

TeamGym includes three different disciplines and trampet is one of them. The faster you run, the higher you come. In this discipline you learn new tricks and flips to develop your gymnastics skills.
Level 1 – “This is not our thing but we’d love to try!”

Level 2 – For those who already master doubles on the trampet

Trampoline

Do you love to fly high? Then you should try a trampoline. Learn all the skills you need to jump, twist and turn.

Level 1 – “This is not our area but we’d love to try!”

Level 2 – For those who already master somersaults and twist.

Tumbling

This workshop introduces flips and somersaults in a fast and explosive routine. This is an exciting TeamGym discipline and your instructors will be the best coaches in Sweden. The goal is to flip as many times as possible.

Level 1 – “This is not our area but we’d love to try!”

Level 2 – For those who already master somersaults and twists.

Women’s artistic gymnastics

Do you want to try the balance beam? How graceful are you on the floor? Come and try handstands, rotations, circular swings and changes of grip!



Other gymnastic related disciplines

Acroyoga

You will work in pairs performing different acrobatic elements in a calm and relaxed environment. You will learn the postures in the positions of base and flyer. Focus is on building trust and teamwork. Through acroyoga you’ll gain strength and energy for the rest of the EUROGYM 2014 week.

Afro dance

More than a fun and inspiring workout, African dance communicates emotions, celebrates rites of passage, and helps strengthening the bonds between the workshop participants. If you’d like a taste of the African spirit, this is your chance.

Aircombat

This is the ultimate mixed martial arts workout program! Learn how to strike, punch and kick your way through an intensive workout.

Ballroom dancing

Are you a dancing queen or king or do you secretly wish to become one? Inspiring teachers will teach you how to dance ten different dances. This is an opportunity you just can’t miss!

Circus 1

Who said you can’t juggle many balls at once? Or ride a unicycle? Or walk a tightrope? You are going to explore all of this, and much more, in this playful workshop.

Circus 2

Imagine performing acrobatic tricks high up in the air. In this workshop you will learn to swing your way up in the air and then perform various acrobatic elements. Perhaps you also will learn a few tricks together with a friend?

Circus 3

Do you want to play with fire? Try Poi – swinging tethered weights through a variety of rhythmical and geometric patterns. Poi originated with the Māori people of New Zealand and in this workshop you will learn how to make your own poi and then how to juggle it in the air.

Dance aerobics

Combine cool moves with heavy beat music and you will get a serious cardio workout. Are you fit enough to dance through this whole exceptional workshop? By the way, you don't have to wear leotards.

Lindy Hop

The Lindy Hop is an American dance that evolved in Harlem in the 1920s and 1930s. It is a sporty, athletic form of partner dancing that relies mostly on improvisation, making it both fun and playful on the dance floor. Prepare for lots of cool swing jazz music!

Pilates

Pilates uses controlled movement and breathing to tone both body and mind. This is training and relaxation at the same time. Pilates helps you build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back.

Reggaeton / dancehall

In this workshop you will be able to try reggaeton and dancehall. Reggaeton is a Latin version of Hip Hop originating in Puerto Rico. Dancehall is a Jamaican reggae where the hips and upper body get a lot of focus. Unleash your hottest body and dance your way to good health.

Special choreography

This workshop's main goal is to work with your team, practice your team routine, get inspired and receive feedback – everything to further improve your performance. An outstanding opportunity!

Show dance

Mamma Mia, Cats, West Side Story... This lively, fun and energising dance class is inspired by musicals. You will learn and practise basic routines from Broadway and West End.

Street dance

Street dance is a name for all the dances that evolved outside of dance studios, in open space such as streets, parks and schoolyards. Street dance includes breaking, new style, new school, crumping, locking and popping. As long as your dancing matches the beat, you can mix and match your moves and even create your own! Ready to hit the streets?

Zumba

Zumba involves both dance and aerobic elements. The choreography combines hip-hop, samba, salsa, mambo and Bollywood. Come on and learn how to shake your booty!

Water games with gymnastic elements

Jump from different heights, use the airtrack to tumble into the pool and try other cool gymnastic tricks in water. We promise you splashing fun time! To participate in this workshop, you must be able to swim.



LOCAL EVENTS AND OTHER SPORTS

Outdoor activities

Basketball

Basketball is a great sport. You can fire up the crowd with a spectacular dunk, get a huge reaction from a major block, get game winning shots, or score threes. Play with your friends and get a great workout at the same time!

Beach volleyball

The best thing about beach volleyball is perhaps that it doesn't feel like "working out". Yet, this workout uses every part of your body. It's the perfect team sport for people who love the beach but get bored just lying on a towel all day!

Disc golf

Have you heard about this "frisbee golf" that's been going around for the past 40 years? Here's your chance to get in on the fun. You may play on different tracks with different obstacles in the way, such as bushes, trees and water. The objective is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins.

Golf

Can you hit a ball with a club? In this workshop you will learn golf basics on one of Sweden's most beautiful golf courses. Maybe you'll make a birdie or why not a hole-in-one?

Horseback riding / Vaulting

Animal lover? Try horseback riding and, if you wish, combine it with some gymnastics on horseback. Vaulting is not only the safest of the equestrian disciplines, it is even supposed to be safer than riding a bike.

Military fitness/ Mayhem

Try a workout with some army flavour. Have fun and build muscles in this bootcamp-style training. The person that never stops is the winner. Run, jump, push, pull! Here we go!

Orienteering

Can you read a map? Do you know how to handle a compass? This is the workshop where you help each other to find the right way while racing against the clock!

Rugby/American football

Is it possible to play with an egg-shaped ball? For the first time rugby viewer, the sport can appear to be a chaotic collection of movements and collisions. In reality, rugby is highly technical and organized with specific laws governing all aspects of play. Learn how to pass, catch, kick and tackle. It's fast, fun and fantastic!

Soccer

Soccer, or football, is the most popular team sport on the planet. And learning to juggle a soccer ball is not so much a matter of skill as it is a matter of practice. After this workshop you will know how to dribble, cut back and do the scissors. And hopefully you'll score a goal!

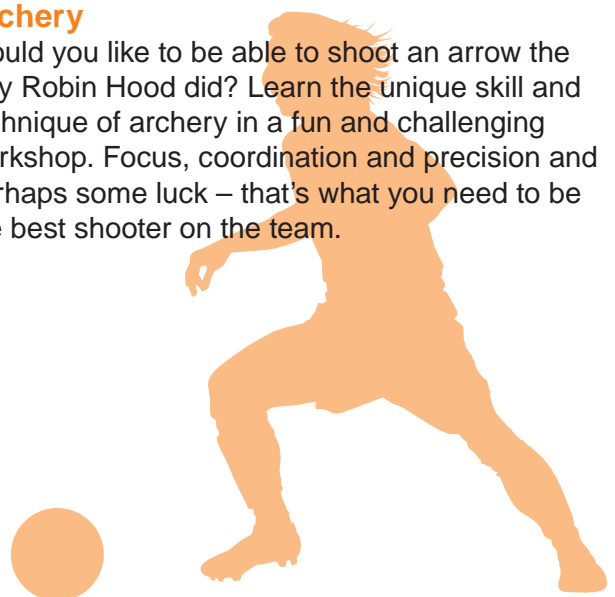
Indoor activities

Air rifle

This is an Olympic shooting event where you shoot over a distance of ten metres from a standing position with a 4.5 calibre air rifle. Can you hit the target?

Archery

Would you like to be able to shoot an arrow the way Robin Hood did? Learn the unique skill and technique of archery in a fun and challenging workshop. Focus, coordination and precision and perhaps some luck – that's what you need to be the best shooter on the team.



Indoor activities continued

Athletics

Who can jump the longest and run the fastest? Let's find out in this workshop! You will learn the fundamentals of track and field, one of the most technically complex sport areas to master.

Badminton

Badminton is the fastest racquet sport in the world! It is played by either two opposing players or two opposing couples, and you can also play round and round with many players. If you need quick footwork in tennis, it's nothing compared to what you need in badminton! How quick are your feet?

Bowling

Some scientists say that bowling has existed since Egyptian times. Others dismiss these findings, but historians agree the sport has existed in some form or another since at least 300 AD in Germany. A perfect game in bowling is a score of 300. How good are you? See how many strikes you can get!

Boxing

Boxing is easily one of the most difficult things you'll ever do in life – physically and mentally. It requires, strength, power, speed, endurance, reflexes, intelligence, and heart. You will be using boxing gloves. Which one of you is going down first? Not me!

Fencing

Fencing is a beautiful and challenging sport. It requires extremely high levels of quickness, agility, and mental and physical strength. In this workshop you get to learn everything from basic to top skills. En garde!

Floorball

Floorball, a type of floor hockey, is an indoor team sport, which was developed in the 1970s in Sweden as something that was played for fun as a pastime at schools. It is played indoors in teams of 5 field players and a goalkeeper. Fun and fast-paced play with a stick and a ball. Try it and get hooked!

Handball

Handball is often said to be the second most popular sport in the world (after soccer). It's a six-on-six team game that's incredibly popular throughout much of Europe. It's fast-paced, high-scoring, hard-hitting and played by some terrific athletes. If you want to try something really addictive, you really should try handball.

Judo

One of the basic tenets of judo is maximum efficiency with minimum effort. It means that you should always try to use the least amount of force possible to get the most work done. Try to immobilize them with a grappling maneuver, by joint locking or by executing a strangle hold.

Roller derby

Roller derby is a contact sport played by two teams of four defensive players and one jammer – the point scorer – roller-skating in the same direction around a track. The jammers race to pass through the defensive pack and score one point for each opponent they lap. Can you balance on a pair of roller skates? Then you should definitely try this!

Skateboard

Put on the helmet and knee- and elbow pads and let's skate! Here, you will practice to really master a skateboard. You can also try your skills on different ramps. Maybe you can learn to do an "ollie" or why not do a "grab".

Table tennis

Just about everyone has played ping-pong (or table tennis, as it is commonly known) at some time or another. Let's play from the right to the left, trying to do your best in a strong smash, or maybe a smooth lob. But it's not only about your work with the hand, your feet has to be very quick, all the time!

Tennis

Tennis is the sport that requires a lot of ball sense and fast feet. Up with the tennis racket and shoot a strong smash or a long lob. How many times can you get the ball over the net?

Water activities

Attention! For all the activities listed below, you need to be able to swim.

Canoe/Kayak

Get into a canoe or a kayak. Then paddle and hope that the boat goes in the right direction! You have to cooperate for a fun and enjoyable ride on the water.

Rowing

Rowing is a huge international sport and more than any other team sport based predominantly upon the disciplines and values of work, and not upon playing games. Rowing is an intense sport that demands high degrees of endurance, strength, teamwork and mental toughness.

Sailing

Have you ever wondered what it is like to sail? Imagine white sails billowing against a clear sky, the brisk feel of the breeze on your face, and the gentle motions of the boat as it cleanly slices through the water. Sailing lovers often say that sailing is more than a sport – it's a lifestyle.

Synchronized swimming

Synchronized swimming is an Olympic sport that mixes swimming with ballet and gymnastics, and includes diving, stunts, lifts, and endurance movements. If you want to spend some good time with your friends in the pool, synchronized swimming is the perfect activity for your team.

Water polo

Try something really thrilling! Water polo is sometimes said to be the toughest sport on earth. It incorporates some of the elements of competitive swimming, handball and football into one popular pastime. Water polo is played as a 6 on 6 game plus goalkeepers, so each team has 7 in the water at a time.

Windsurfing

Windsurfing is unique. It's you with the elements – not you against the elements. You and the forces of nature, wind and water, are working together to have the best time in your life. Take advantage of Helsingborg being a great place to pursue this sport!

Others

City orienteering

The city orienteering will be offered every day. Walk to different known locations in Helsingborg where a task is waiting for you. Perform the task and capture the image with the help of our photographers. This will then result in a picture that you'll get to bring home as a great memory of EUROGYM 2014.

CrossFit

CrossFit is an intense exercise program featuring dynamic exercises like plyometric jumps, and Olympic lifts while using non-traditional weight-lifting equipment such as kettle bells and sand-bags. Come and realize your real potential!

Swedish games

Would you like to learn how to play Swedish games? One of our traditional games is rounders. It is a striking and fielding team game that involves hitting a small ball with a bat. It's kind of like baseball, only much easier. Try a game that is really popular with the Swedes!

Twirling

Twirling is a dance where you spin or rotate various tools, usually a drill rod/majorette stick. You can also use a flag, pom-poms or ribbons. Twirling combines ballet routine with theatrical dance and gymnastics.

FORUM

Don't miss a perfect opportunity to gain knowledge and new ideas!



The Forum will consist of educational matters, both theoretical and practical but also exchange ideas and experience between the participants at the Forum.

On this 9th EUROGYM the two topics are "Innovative choreography for great entertainment" and "Age-appropriate training for children and adolescents".

"Innovative choreography for great entertainment" - a forum that will give the inspiration to attract new target groups on different gymnastic levels. Choreography that express power, action and joy is promised.

"Age-appropriate training for children and adolescents" - a forum that will address questions like WHEN and HOW you should practice physical abilities such as strength, stamina, technique, coordination, etc. with children and young people of different ages.

It is possible to participate in both forum topics. The Forum is in first hand organised for heads of delegations, team leaders, coaches and assistant coaches. As a EUROGYM participant you are also welcome, if you feel you gain knowledge from the topics. Everyone need to sign up before the event.

PRACTICAL THINGS

Accommodation

Participants

All participants will be staying at schools. 6-night accommodation is included in the registration fee. Most participants will be staying within walking distance of Helsingborg Arena. For those who stay further away, a short bus transportation will be arranged every morning and evening.

Around 15-20 people will stay in each classroom, with sanitary facilities close by.

Breakfast will be served in connection to the schools.

Through our volunteers there will be 24-hour service at all schools and security will also be provided for. All schools have been inspected by the fire authorities and are approved for overnight accommodations.

Please bring your own sleeping bag and inflatable mattress.



Official Delegation Hotel

The official hotel for the UEG and special invited guests is **Clarion Grand Hotel**. It is perfectly situated at Stortorget in the centre of Helsingborg, only 200 metres from Knutpunkten, with train and bus services and ferries to Denmark. The hotel has undergone an extensive renovation and rooms and conference areas have been upgraded. The renovation also resulted in a small hotel mall near the lobby where you may avail yourself of Grand Coffee, Grand Lounge Bar & Restaurant with the Piano bar, a Newspaper stall and a Japanese City Spa.

The morning meetings will take place at one of the conference rooms at Clarion Grand Hotel.

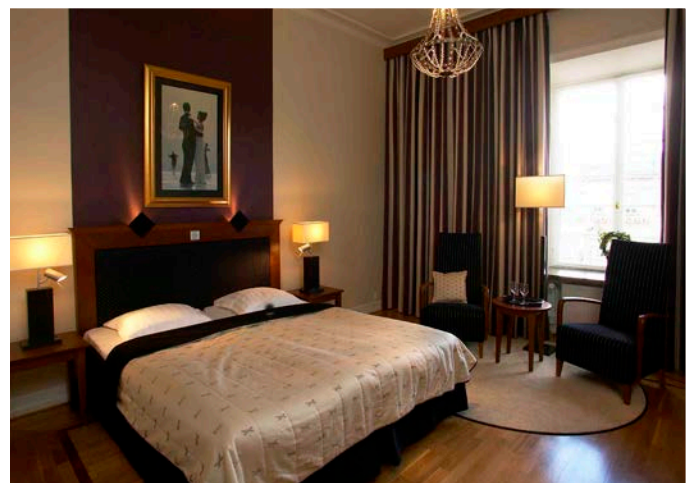
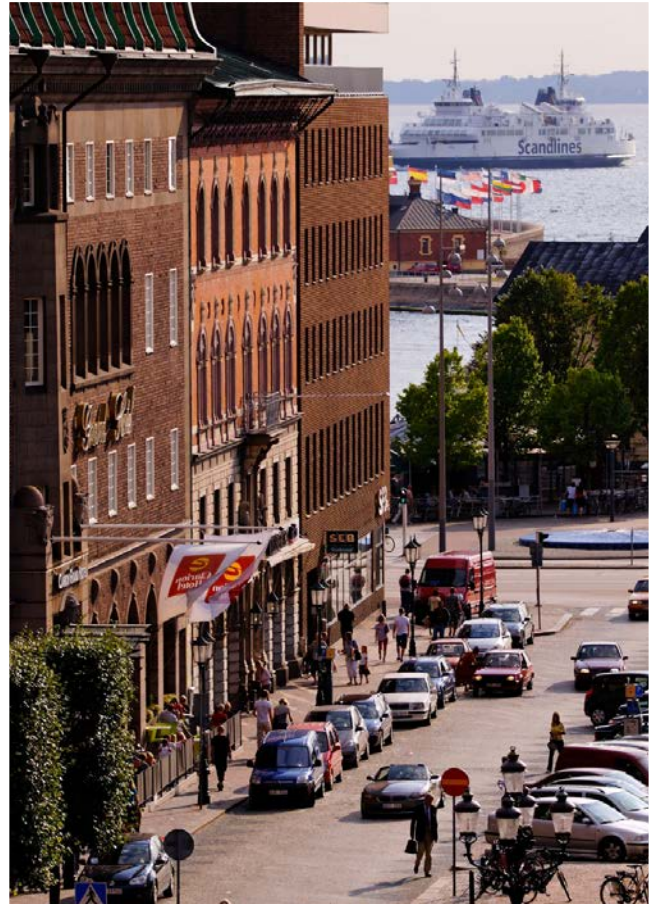
After the registration opens, you will find a link to accommodation booking at our website: eurogym2014.org.

Other hotels will also be presented there.

Rates Clarion Grand Hotel per room/night incl. breakfast:

Single: EUR 95

Double: EUR 135



TRAVEL/TRANSPORTATION

At registration you need to inform us about your transportation and your time of arrival and departure. Please visit www.eurogym2014.org for registration.

Airport transfer

If you wish to reserve airport transfer, please check the box "Airport transfer". In the "additional information" field, please state which size of bus you prefer and how many places you wish to book. Please provide us with similar information for your return travel.

Size of bus up to	Copenhagen Airport	Ängelholm-Helsingborg Airport	Malmö Sturup Airport
Shared Bus 10 places	€ 175		
Shared Bus 10-15 places	€ 240		
Shared Bus 15-25 places	€ 390		
Exclusive Bus up to 30 places	€ 650		
Exclusive Bus up to 50 places	€ 715	€ 325	€ 535

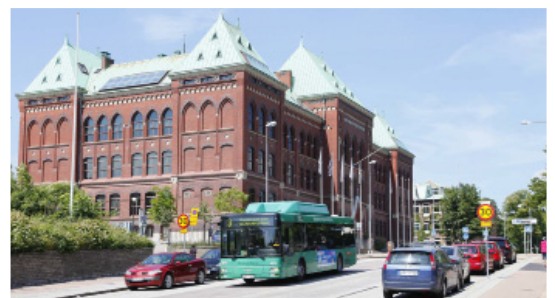
The rates above are per one-way trip.

By train

There are frequent train connections to Helsingborg, both international and domestic. The train from Copenhagen airport is often over crowded and it not possible to reserve seats.(Current price in July 2013 is 186 SEK one way. This is subject to change).

By bus or car

If you take your own car or bus it's easiest to get to Helsingborg via the Öresund Bridge from Copenhagen to Malmö. Car/bus parking will be provided.



© BraBilder, Janne Hallqvist

MEALS

Breakfast will be served in connection to the schools.

Lunch and dinner will be served in a hall next to Helsingborg Arena. Focus is on healthy, sustainable and environmentally friendly food: fish, seasonal vegetables (mainly from local farmers) and less beef (for climate reasons). All meals suppliers are HACCP certified auditors (food safety certification).



Climat Smart Menu Proposal

Sunday 13 July

Lunch: Lasagna or Vegetarian lasagna
Dinner: Filled baguette / Juice / Fruit

Monday 14 July

Lunch: Parsnip soup with chicken and bacon or vegetables.
Served with fresh bun.
Dinner: Lemon-baked fish with potatoes and fresh salad

Tuesday 15 July

Lunch: Chicken soup or potato and vegetable pie
Dinner: Sweet chilli noodles with sausage or vegetarian noodles

Wednesday 16 July

Lunch: Chilli beef or vegetarian
Dinner: Potato and broccoli soup with chorizo or vegetables.
Served with fresh bun.

Thursday 17 July

Lunch: Mediterranean fish with potatoes and fresh salad
Dinner: Hot meal (tbd.)

Important! Alternative meals are only available for those registered as vegetarians or participants with special dietary requests. Please remember to indicate this in your registration.

SAFETY

Helsingborg is a quiet and safe city to explore. Together with the 9th EUROGYM 2014 organisation and the local authorities we will ensure that your stay in Helsingborg will be both safe and secure. Our Safety & Security Organization will also ensure the safety and security of all partners, officials and audience.

The organisation will include First Aid personnel with the capacity to treat minor injuries and capability to provide more qualified levels of medical care if that should be required. The Helsingborg City Hospital is located in the middle of the event area and emergency transport service will be available.

We wish all the participants a great time at 9th EUROGYM 2014 in Helsingborg!

INSURANCE

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

CONDITIONS OF PARTICIPATION

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

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

The UEG will oversee this rule at the time of the final enrolment. The enrolment procedure will be handled through the national federation.

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

ENROLMENT SCHEDULE

- October 1st 2013** Enrolment will be done online and will be found on the 9th EUROGYM 2014 website. You will find detailed information and guidelines
- November 13th 2013** Preliminary registration. Pre-enrolment and 10% of the registration fee
- February 28th 2014** Final registration.
- February 28th 2014** Forum and Gala registration
- April 13th 2014** Full payment must be made

REFUND POLICY

The 10 % is non refundable.
50 % refund until 31 May 2014.
No refunds after 1 June 2014.

Late payment will attract 10 % surcharge.

FEE

The registration fee is 245 EUR or 2 200 SEK.

The participant card includes (12-18 July)

- School accommodation incl. breakfast (6 nights)
- Meals (5 lunches and 5 dinners, sunday to thursday)
- Transportation during the 9th EUROGYM 2014
- Entry to all ceremonies (Opening, Closing and Gala)
- Participation in 4-6 workshops
- 2 Street performances
- Entry to parties and GymZone

If you wish to stay an extra night (school accommodation incl. breakfast) the extra cost will be 20 EUR/ 200 SEK. The extra night/nights may mean that you need to move to another school.

If you register for both the Europe Gym for Youth Challenge 2014 and the 9th EUROGYM 2014 the registration fee is 290 EUR or 2600 SEK.

The following will then be added to the participant card for 11-12 July:
School accommodation incl. breakfast (1 night, Friday 11 July)
Meals (1 lunch and 1 dinner, Saturday 12 July)

For more information about the Europe Gym for Youth Challenge 2014, see separate Bulletin or read more on www.eurogym2014.org

Movement is life



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Welcome to Sweden



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event in skåne
part of business region skåne

Gymnastikförbundet 