

Bulletin

No **1.**

February 28 2013



9TH EUROGYM 2014
HELSINGBORG, SWEDEN

July 13-18



HELSINGBORG

Gymnastikförbundet 



HELSINGBORGS GYMNASTIKFÖRBUND



Detlef Mann

President of the UEG TC GFA

Dear gymnastics friends.

After a wonderful 8th EUROGYM 2012 in Coimbra we are already looking forward to the next festival, which will be celebrated in Helsingborg/Sweden.

In the summer of 2012 we have been in a very hot country and now we are back in the north of Europe. We had many meetings with the local organizers so far and we have been impressed by the attractive city and the venues foreseen for the festival.

Especially the new "Helsingborg Arena" with more than 5.000 seats offers nearly perfect conditions for show events like the EUROGYM Gala with most modern light, sound and media systems.

This Arena will be also a perfect place for the new UEG test event "Europe Gym for Youth Challenge" which will be held on the Saturday before the event 9TH EUROGYM 2014.

Please take your chance to see all these wonderful places and to get information during the information meeting in June – invitations have already been sent to the National Federations.

Thank you very much in advance for your efforts within the National Federations to make the next EUROGYM as a highlight for your gymnastics youth.



Ingvar Pettersson

The Loc President

Dear Gymnasts.

You are most welcome to the 9th EUROGYM 2014 to be held in Helsingborg, the city by the sea, situated in the southern part of Sweden.

Helsingborg has a well-developed infrastructure and can be reached by road, rail or flight via Copenhagen to be followed by bus or train. The event will take place in Olympia Park, where the newly built Helsingborg Arena is the main place for the performances. The Opening and Closing Ceremonies as well as the Gala will take place in Helsingborg Arena.

Everything is on a walking distance when it comes to performances, accommodation and catering although bus transportation will be arranged as usual. The city center, where outdoor performances will take place, and the public beaches are also at walking distance from the Arena.

The Helsingborg Gymnastics Association and the Local Organising Committee look forward to seeing all of you and hope that you will have a wonderful time in the sports city of Helsingborg July 13 – 18, 2014.

Movement is life!

See You in Helsingborg, Sweden 2014!



Malin Ef.

Malin Eggertz Forsmark

The President of the Swedish Gymnastics Federation

Dear Gymnastics Friends.

The Swedish Gymnastics Federation, in close cooperation with the City of Helsingborg, the Region of Skåne and the Helsingborg Gymnastics Association, is pleased and honoured to welcome you to the 9TH EUROGYM 2014 in Sweden.

Helsingborg, having organized several highly successful international events in recent decades, will be able to provide the best possible conditions for all participants, thanks to the unique range of sports facilities within walking distance from hotels, schools, restaurants, transportation services and the city centre.

Gymnastics for all has been our motto and this ideal is a core ingredient in all our activities. The Swedish Gymnastics Movement actively and continually strives to uphold its very high standards while adapting to current needs, preferences and lifestyles for people of all ages. In close cooperation with the UEG we therefore look forward to be part of the development of EUROGYM in organizing the first test event "Europe Gym for Youth Challenge" in 2014. We will start already in 2013 by hosting the Educational Camp of Choreography (ECC).

We are ready to bring young gymnasts together from all over Europe and thereby contribute to the sport of gymnastics and the promotion of friendship between nations.

We are ready to warmly host you,
Come and join us in July 2014!



Carin Wredström

Carin Wredström

Mayor of the City of Helsingborg

Welcome to the City of sports!

I am delighted that The City of Helsingborg is given the opportunity to host EUROGYM 2014. Gymnastics in Helsingborg has never been stronger with many skilled and high leveled performers. Their achievements inspire many, both young and old. Gymnastics and other sports matters to the people of Helsingborg. The secret of the success lies in the supportive, strong and engaged local sports clubs and associations.

Helsingborg has several times hosted greater important sports events from Swedish championships to World Cups. We aim for higher goals and have in few years been able to give space to more great sport experiences to come. With our brand new multisport arena, the Helsingborg Arena, situated next to the old sports arena, Idrottens Hus, in the City center embraced in an "oasis of sports" we bring the sport experience to a new level.

Helsingborg offers you a broad variety of activities from sandy beaches, historic as well as new city centers combined with a unique and well founded cultural life.

The future is hopeful in Helsingborg, despite the global crises we are convinced that our city has great possibilities.

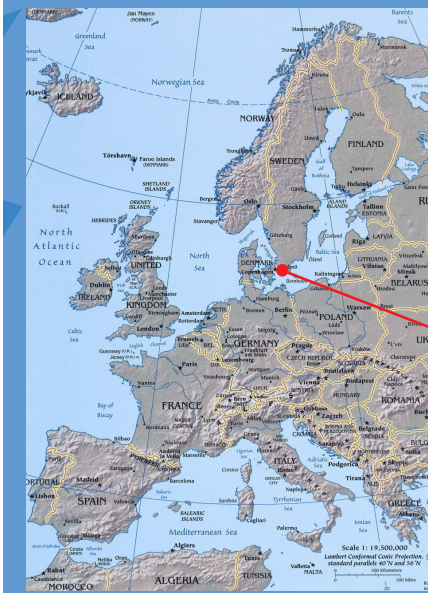
The expansion of the city residential area will make it possible for more people to experience themselves how wonderful it is to be a citizen of Helsingborg!



I welcome you to an exciting week in our city!



All routes lead to Helsingborg!

Times from different destinations to Copenhagen/Helsingborg.



 7 hours
 5 hours

 5 hours
 5 hours
 1 hour

Stockholm



Oslo


- Helsingborg is situated on the Swedish side of the Copenhagen bay area. The region has a population of 3 million people.
- Trains from Copenhagen and Kastrup run every 20 minutes and there are 5 ferries every hour from Elsinore.
- Helsingborg is a popular tourist destination, generating around 500,000 bed-nights per year.
- Some 150 different nationalities are represented in Helsingborg, giving the town a truly international character.

Helsingborg

Copenhagen

Malmö



 1 hour
 1 hour

 ¼ hour
 ¼ hour

Amsterdam

 1½ hour
 15 hours


Berlin

 1 hour
 7 hours

Kiev

 2½ hours


Lisbon

 3¾ hour

Geneva

 2 hours

Prague

 1½ hours
 12 hours



Welcome to Helsingborg!

It's easy to enjoy a visit in Helsingborg.
The city centre has a generous number of restaurants, cafés, shops and parks.
Here you can relax and take a walk by the sea or in a nearby forest.
In the summer, Gröningen Park is the ideal venue for recreation, with its fantastic adventure golf course, barbecue sites, leisure areas and bathing jetties.
Comfortable accommodation is easy to find – there are around 3,000 hotel and hostel beds in Helsingborg and the majority of them are situated in the centre of the town.



Fashion and lifestyles

Why not spend an afternoon in Helsingborg City with its 500 shops and boutiques. Enjoy a shopping spree along Kullagatan, the oldest pedestrian street in Scandinavia. Here you will find a wide variety of chain stores, brand shops and intimate boutiques.

If you would rather have everything under one roof, you can catch a bus to Väla, one of Sweden's largest indoor shopping centres, only 10 minutes from the city centre. In 2014, the centre will feature 170 shops as well as a number of restaurants and cafés where you can shop till your heart's content.

Summer town and bathing paradise

Helsingborg has a string of attractive beaches, including the exotic city centre Tropical Beach, the main public beach, the surfers' beach at Vikingstrand and the children's beach at Örby Ängar. Perhaps party beaches are your scene, a place where you can chill out with an ice-cream and music, or perhaps you'd prefer a secluded spot where you can relax with a book – the choice is yours. Start or finish your day on a beach and enjoy the magnificent views of the Sound, with Denmark just across the water.



Well worth a visit

There are numerous sightseeing opportunities in and around Helsingborg. A clear favourite is Sofiero Palace and Gardens, which was awarded the prestigious Europe's Most Beautiful Park award in 2010. A very different way to spend your leisure time would be to take the ferry across to Denmark and visit our neighbours in Elsinore. You can enjoy a meal on board while taking in the beautiful coastal scenery. For even more spectacular

views, you can climb to the top of Kärnan, the 700-year-old keep tower that watches over the town. More history can be experienced at Wallåkra Stenkärlsfabrik, where traditional stoneware is still manufactured using locally dug clay.

More detailed information and excursion suggestions can be found at www.helsingborg.se



Accommodations – the Arena Centre – the city centre: all are within walking distance of each other, staging an event with up to 5,000 participants. After workshops and training sessions, performances and activities will be organised for participants in the city centre. Next to the Helsingborg Arena there will be a GymZone, where participants can get together and share their experiences.

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



Helsingborg – on your doorstep

Helsingborg has all the advantages of a small town while being able to offer the wide variety of amenities expected of a large town. And you can reach just about everything on foot – hotels, restaurants, shops, entertainment, meeting halls and, not least, the sports centres, which are all within easy walking distance of each other. A bustling city centre, wonderful parks and sandy bathing beaches complete the picture.

Thanks to the central location of the sports arenas and accommodations, time-consuming transportation is kept to a minimum.



9TH EUROGYM 2014



EUROGYM is one of the biggest gymnastics events for young people. EUROGYM, which takes place every two years, has the objective to unite young European gymnasts. The 9TH EUROGYM is organised by the Swedish Gymnastics Federation and the Local Organising Committee in Helsingborg on behalf of the UEG (European Union of Gymnastics). The event takes place in Helsingborg, Sweden, July 13-18 2014.

The main target group is gymnasts from 12 years and up, and each group should include at least 6 gymnasts. Each group must have a minimum of 2 group leaders and for groups with more than 24 gymnasts there should be 1 group leader per 12 gymnasts. The registration can only be done through the national federations affiliated in the UEG.

There is no competition, but the programme is centred on sports activities and play, exchange

and encounter. Numerous workshops give the participants the possibility to discover and try new forms of activities and movements with young people of the same age from all over Europe. One of the strong points is the production of the different groups presented to the public at different venues throughout the city of Helsingborg. Diversity is guaranteed as these groups represent a lot of countries. One of the highlights of the festival, apart from the Opening and Closing Ceremonies, is the magnificent Gala where groups selected are represented.

It is permitted for each team to register 10 % under-aged gymnasts, 10-11 years old. At the final registration a copy of the passport or a photo id of each participant should be attached. Each leader must be able to confirm the age of the gymnasts during the event. It is the responsibility of each team to provide insurance for the gymnasts.

Movement is life!



Helsingborg Arena



Helsingborg Arena opened in November 2012 and is the city's main arena for indoor sports, concerts and other major events. The 5,000 seats make the arena an attractive meeting place. Together with the sports centre Idrottens Hus, there are five full-size indoor facilities, restaurants, cafés and conference rooms available. A large arena well suited for future sports events.

Opening Ceremony

EUROGYM starts on Sunday July 13 2014, with a parade to the Helsingborg Arena where the Opening Ceremony will be held. A host will welcome every participant and present a show produced by the Local Organising Committee.

UEG Gala

The EUROGYM Gala in Helsingborg Arena presents the different cultures of gymnastics and movement of the participating countries. The performances cover a variety of gymnastics disciplines. Countries with three or more teams are guaranteed to perform in the Gala.





Closing Ceremony



On Thursday July 17 2014, all the participants have the opportunity to perform in the Closing Ceremony, which will be held at the Helsingborg Arena. In the ceremony, the participants have the chance to show what they have learned in their favorite workshop.

Forum



Group leaders will be invited to the Forum, which will take place on Monday 14 and Tuesday 15 July in Helsingborg Arena. The themes will be presented in Bulletin no 2.

Workshops



Workshops will be organized where the participants can learn new things and share experiences with fellow gymnasts. Workshops will be offered in the following categories:

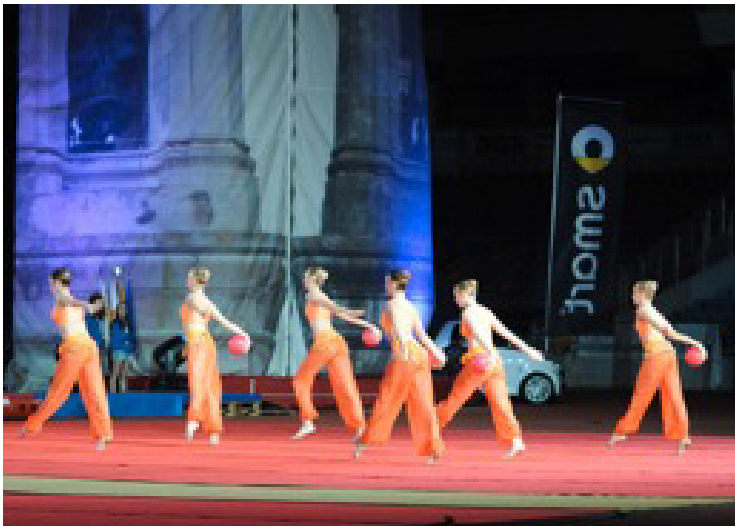
- Gymnastics disciplines with beginner and advanced level (e.g. teamgym, acrobatics, trampoline and rhythmic gymnastics)
- Expression workshops with music (e.g. fitness, dance, parkour, jitterbug)
- Traditional games and general sports (e.g. volleyball, football, floorball, handball)

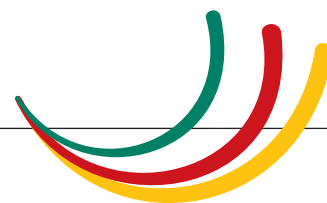




PRELIMINARY SCHEDULE

		Friday 11 July	Saturday 12 July	Sunday 13 July	Monday 14 July	Tuesday 15 July	Wednesday 16 July	Thursday 17 July	Friday 18 July
M O R N I N G		Breakfast							
		GROUP ARRIVALS TEST EVENT	GROUP ARRIVALS	Head of Delegation (HoD) Meeting Workshops Forum	Head of Delegation (HoD) Meeting Workshops Forum	Head of Delegation (HoD) Meeting Workshops	Head of Delegation (HoD) Meeting Workshops	GROUP DEPARTURES	
		Lunch							
A F T E R N O O N	GROUP ARRIVALS	GROUP ARRIVALS TEST EVENT	Group Leaders Meeting Meeting Point Parade Opening Ceremony	Group Performances	Group Performances	Group Performances UEG Gala Rehearsal	Closing Ceremony Rehearsal	GROUP DEPARTURES	
		Dinner							
E V E N I N G	GROUP ARRIVALS	GROUP ARRIVALS TEST EVENT	Opening Ceremony Welcome Party	Head of Delegation Welcome Meeting GYMZONE	EUROGYM 2016 PRESENTATION GYMZONE	UEG Gala	Closing Ceremony Farewell Party	GROUP DEPARTURES	





Transportation



By air

International flights: From Copenhagen Airport it takes approx. one hour to Helsingborg by train via the Oresund Bridge/Malmö or Helsingor/ ferry.

Domestic flights: Helsingborg/Angelholm Airport is located approx. 40 minutes from Helsingborg and has frequent connections to the city. Malmö Airport is also located in the area, but a bit further away.



By train

It is easy to travel to Helsingborg by train. There are frequent connections, both international and domestic.



By bus or car

With your own bus or car it is easy to cross the sound via the Oresund Bridge from Copenhagen to Malmö or with the ferry from Helsingor.

In Helsingborg

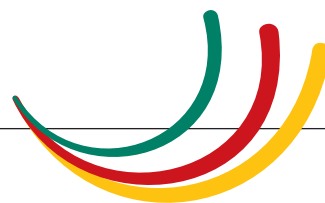


Most facilities within the city are at walking distance. If not, busses will be provided. Our intention is also that all participants will be able to use the local busses with their attendance cards.



Accommodation

Accommodation for all participants are in schools that is included in the participation fee. Helsingborg has many schools in the city centre area. We plan that all participants will be staying within walking distance from the arena area (within 2km according to UEG regulations). 15-20 people stay in each classroom, with sanitary facilities close by. Breakfast is served at each school. There will also be possibilities for extra training in the gymnasium of each school. Through our volunteers there will be 24-hour service at all schools and security will also be provided for. All schools are inspected by the fire authorities and approved for overnight accommodations. All participants must bring their own sleeping (inflatable) mattress and sleeping bag.



Deadline Registration

All information and facts will be available through the national federations and the EUROGYM web site.

Registration and payment

More information in Bulletin no 2.
Bulletin no 2 will be distributed in July 2013.

Workshops, Forum and Gala

More information in Bulletin no 2.
Bulletin no 2 will be distributed in July 2013.

Meals

Breakfast is served every morning in the dining hall in each school.

Lunch and dinner is served in the Ice-skating hall, next door to the Helsingborg Arena. There will be alternative menus for vegetarians and participants with allergies. A complete menu will be presented in Bulletin no. 2.

Insurance and Health

It is each participant's responsibility to have the adequate health and medical care insurance. For those lacking this, it will be available through the local organising committee in Helsingborg.

Participant card

The Participant Card describes what is included in the 9th EUROGYM 2014 (July 13-18).

Attendance card

- Accomodation and breakfast (6)
- Lunch and dinner (5+5)
- Free transportation in Helsingborg during EUROGYM 2014
- Free entrance to all ceremonies and the UEG Gala
- Participation in 4-6 Workshops
- Two performances per team
- All parties



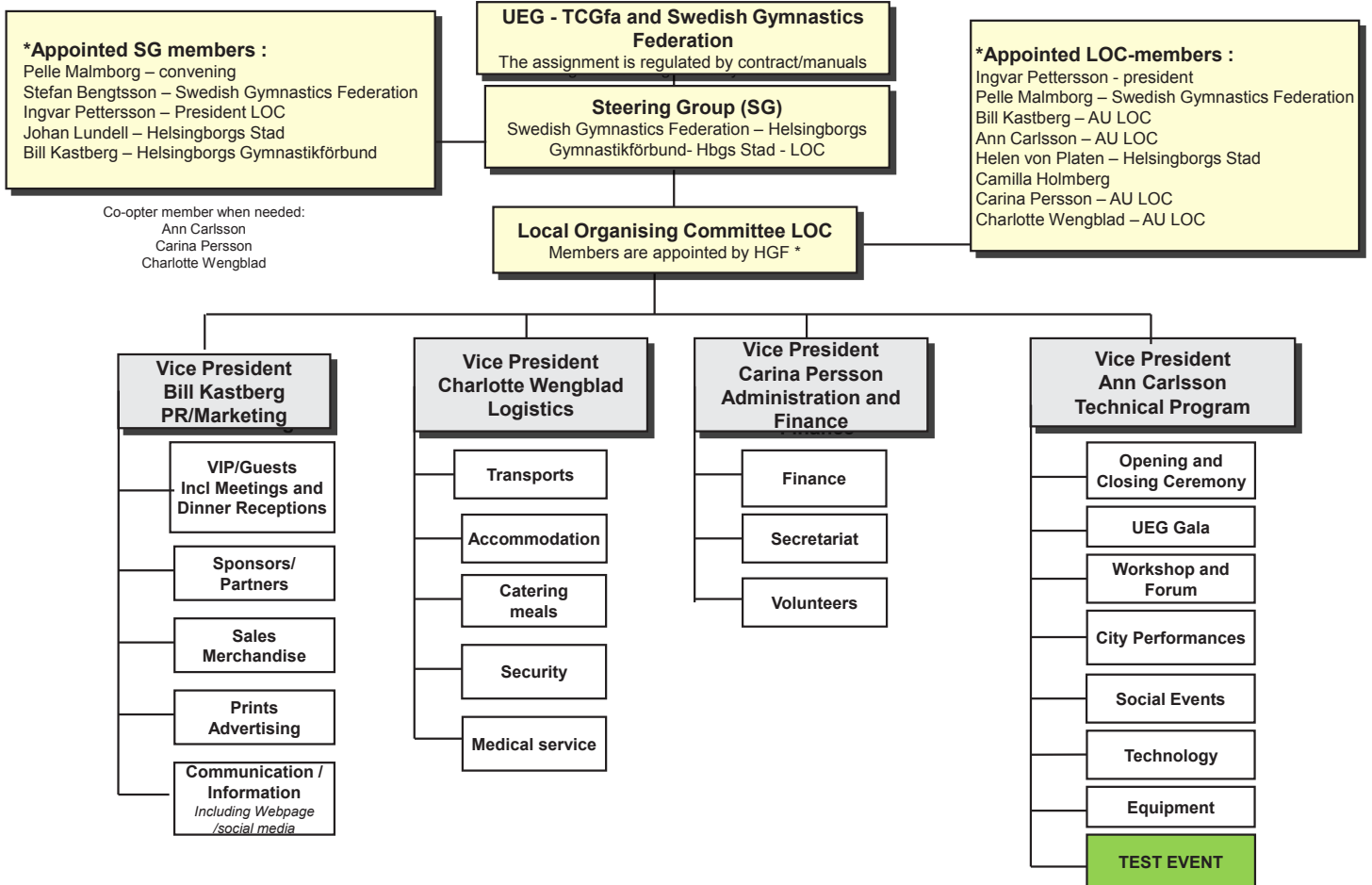
9TH EUROGYM 2014
HELSINGBORG, SWEDEN



*We look forward to seeing you
in Helsingborg in 2014!*



Organisation Chart Eurogym 2014



Welcome to Sweden!



9TH EUROGYM 2014 HELSINGBORG, SWEDEN

13 to 18 July 2014



Gymnastikförbundet 



HELSINGBORGSKA GYMNASTIKFORBUND



HELSINGBORG