



**Golden Age
Gym Festival**

Portimão 2010

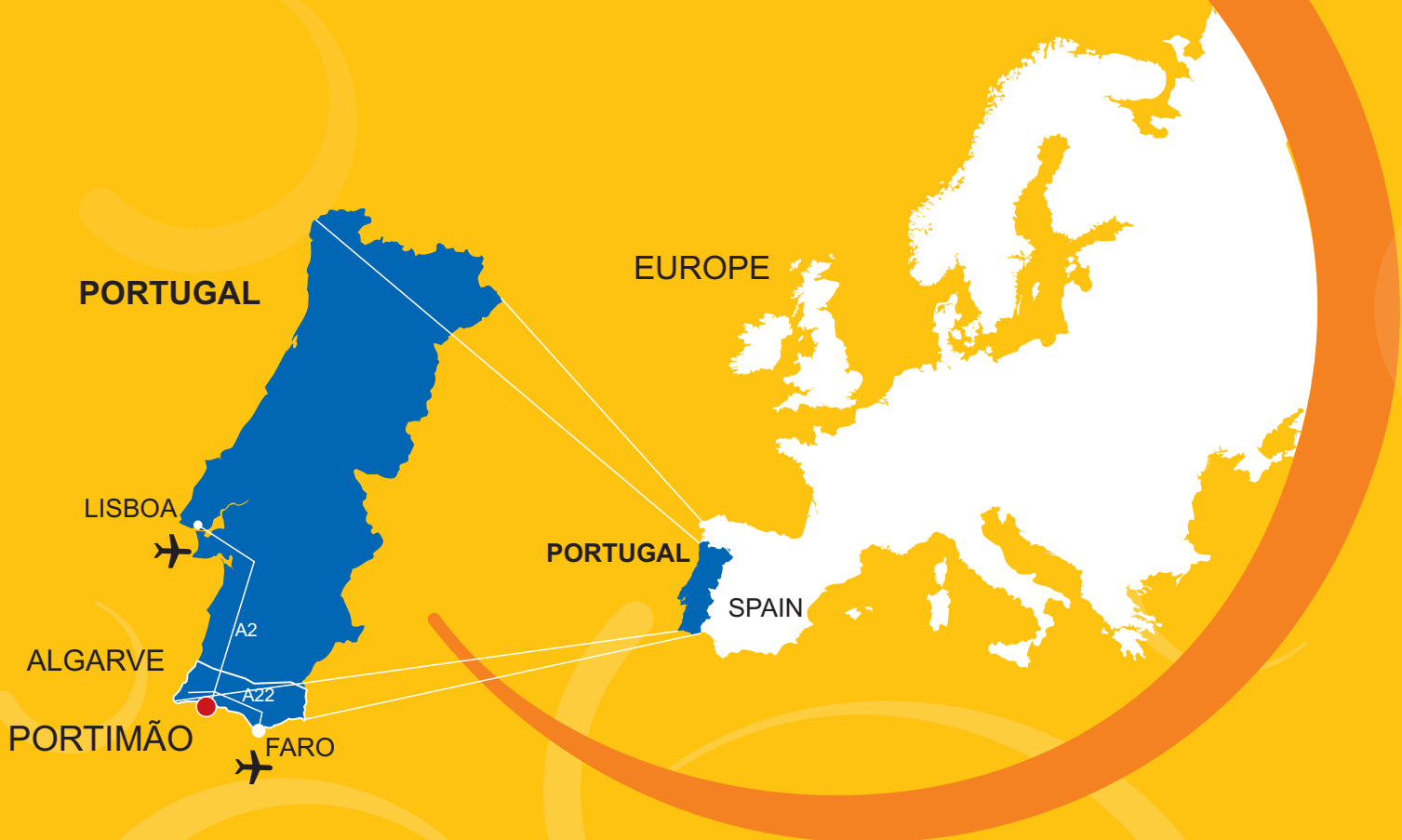
3 | 8 October



Bulletin #3

September 2010





From 3rd to 8th of October 2010, Portimão will have the honour of hosting the 2nd GoldenAge Gym Festival 2010, and is doing its utmost to be the perfect host for all the participants.

General Info

Area: 183 Km²
Inhabitants: 44,818
 8 Km of beaches
 Over 3,000 hours of sunshine
 Average annual air temperature:
 17.7°C
 From June to October air
 temperatures can reach 30°C (lots
 of sun and occasionally rain)
 Average annual water
 temperature: 19°C (Algarve)

How to get here
 Faro International Airport, 60km
 away
 Municipal Aerodrome
 Coach – national and
 international connections
 Railway Station
 Cruise Port
 Marina

**Main Distances from Portimão
 to:**
 Alvor: 4 Km
 The Municipal Aerodrome: 6 Km
 Mexilhoeira Grande: 9 Km
 Faro Airport: 63 Km
 Lisbon: 297 Km

Welcome to Portimão!



On behalf of the Portimão Municipality and of the Gymnastics Federation of Portugal I would like to welcome you to the 2nd Golden Age Gym Festival and share the joy and the honour of organizing this unique European Gym Festival.

This Festival celebrates a way of living with the aim of promoting good health and good living not only among the participants but also has a fresh example to younger generations and an inspiration opportunity for those less active.

The city of Portimão has a long record has an active and sports friendly city. This spirit is also embodied in the local authorities concern with the promotion of the well-being of its citizen– keeping alive the commitment of providing multiple activities that will a direct impact in the community quality of life.

Since the UEG has awarded to our Federation this outstanding initiative the LOC members have committed themselves in delivering the best Festival. That's why we oversaw the opportunity of organizing this event on the first week of October – in order to get extra impact to the UN “International day for Older Persons”. This date is celebrated in October 7th right in our Festival week!

Not only will this date be celebrated in our Festival. On October 5th we will celebrate the Centenary of the Portuguese Republic and we are proud to include this event on the official sports program.



Let's celebrate our “Golden Age”, let's discover the city of Portimão, let's share with each other our passion for Gymnastics and together we will be building one remarkable Golden Age Gym Festival – leaving a unique heritage to the future!

Enjoy this Festival and I'm sure you'll join us in a near future!
Portimão warmly waits for you!

Manuel Boa de Jesus
President - Gymnastics Federation of Portugal

Official Poster

21 Participating Countries



BEL
Belgium - 28 participants



CZE
Czech Republic - 29 participants



DEN
Denmark - 195 participants



ESP
Spain - 48 participants



EST
Estonia - 28 participants



FIN
Finland - 184 participants



FRA
France - 52 participants



GBR
Great-Britain - 15 participants



GER
Germany - 193 participants



ISL
Iceland - 38 participants



ITA
Italy - 82 participants



LAT
Latvia - 5 participants



LTU
Lithuania - 18 participants



NED
Netherlands - 99 participants



NOR
Norway - 173 participants



RUS
Russia - 43 participants



SVK
Slovakia - 24 participants



SUI
Switzerland - 80 participants



SWE
Sweden - 1 participants



USA
United States of America - 10 participants



POR
Portugal - 76 participants

Programme at a Glance

Official Programme

Sunday 3.10.2010	Monday 4.10.2010	Tuesday 5.10.2010	Wednesday 6.10.2010	Thursday 7.10.2010	Friday 8.10.2010
Morning					
Arrival of participants	<p>8h45-10h15 - Workshops</p> <p>10h30-11h30 - Meeting of Delegation Leaders (2 per country) - <u>Library</u></p> <p>10h45-12h15 - Workshops</p>	<p>8h45-10h15 - Workshops</p> <p>Forum - <u>Auditorium</u></p> <p>10h45-12h15 - Workshops</p>	<p>8h45-10h15 - Workshops and WS Forum</p> <p>Congress</p> <p>10h45-12h15 - Workshops and WS Forum</p>	<p>8h45-10h15 - Workshops</p> <p>10h30-11h00 - Meeting Group Leaders Golden Age Gala - <u>Library</u></p> <p>10h45-12h15 - Workshops</p>	<p>8h45-10h15 - Workshops</p> <p>10h45-12h15 - Workshops Rehearsal Closing Ceremony</p>
Afternoon					
14:00 - Meeting of Group Leaders - <u>Auditorium</u>	Touristic & Cultural Activities	Touristic & Cultural Activities	Touristic & Cultural Activities	<p>14h30 - Meeting WS Instructors Closing Ceremony</p> <p>14h30 - Rehearsal Gala Golden Age - <u>Arena</u></p>	16h00 - Rehearsal Closing Ceremony
Evening					
<p>19h30 - Preparation Parade</p> <p>20h00 - Parade</p> <p>20h30 - Opening Ceremony - <u>Praça MTG</u></p>	<p>18h00 - Group Presentations - <u>Praça MTG + Alameda + Fortaleza</u></p>	<p>18h00 - Group Presentations - <u>Praça MTG + Alameda + Fortaleza</u></p>	<p>18h00 - Group Presentations - <u>Praça MTG + Alameda + Fortaleza</u></p>	<p>21h00 - Gala Golden Age - <u>Arena</u></p>	<p>21h00 - Closing Ceremony - <u>Arena</u></p> <p>22h:30 - Final Party for all participants</p>

LOC Offices - Secretariat

The 2010 Golden Age Gym Festival secretariat will be located at the Tennis Center. This area will be open only to UEG Representatives/Staff, Federation Officials, Head of Delegations/group leaders and authorized LOC members. Throughout the venues our team will be in conditions to provide full assistance/help to all delegation members that do required it.

The working schedule from October 1st to October 8th is 8h15 to 18h00. On October 9th you will be able to reach secretariat staff via phone. Secretariat Phone Number: + 351961511999.

At these facilities the LOC secures the following services:

- Accreditation;
- Payments and/or refunds;
- Updated event Information;
- Transportation Schedules (plus updates – when available);
- Information on Medical Assistance;
- Excursions desk (for Program information and make last minute reservations);
- Management of hotel requests;
- Lost and found

At this occasion we would like to remind all the registered delegations/groups of the following:

a) The LOC must get written information October 3rd of the responsible person for the “picking-up” the accreditations. At this time we need to be informed of the estimated arrival date and time. Furthermore all the National Federations must confirm which delegation members are allowed to pick up the accreditations (specially when the team/group arrives before the Head of Delegation/Federation responsible);

b) During the accreditation the Head of Delegation/Group Leader (HoD/GL) must present the proof of the groups personal insurance (accidents and illness) plus reconfirm all the registered participants (numbers and reservations);

c) Should the HoD/GL fail to proof this insurance or doesn't have a valid insurance, the LOC will offer an insurance by the value of 50 EURO per week per person.

Do take into attention that only the registered delegations/groups that have booked accommodation trough our LOC and provide in time their arrival/departure plans will benefit of the “LOC Faro Airport” transfer service.

In the same way only Delegation Members holding Participant Cards will have access to all event benefits (free official hotel-venue-official hotel transfers and to the negotiated discounts).

Group Agenda

Every group leader will, at the arrival, receive a group agenda including information, regarding: workshop placement, transportation, information regarding performances, etc. The group agenda is individual for each group and will give the group leader an overview of the week program for the specific group. This information will be provided at least one week before the event.

Apart from this dossier we call the participants attention that in the oficial hotels will be displayed updates in transportation schedule and other useul information.

Parade - Sunday

The order of delegations behind the band will be in French alphabetical order by country names and will be in rows of 4 people. The delegation of Portugal will come at the end of the line. The Head of Delegation must together with the group leaders arrange these rows.

Each National Federation should appoint one flag bearer.

To see the Opening Ceremony the LOC will provide seated places to all delegations.

The Opening Ceremony will begin when the last group is installed.

Performances - Monday, Tuesday and Wednesday 18h00 *

The time for each performance is allocated accordingly the information provided in the registration form, including setting up and packing up of apparatus. The group is responsible to set up and storage the gymnastics equipment they will use. Groups must arrive 30 minutes before their performance time. They must give their music, CD (only .wav files) to the person in charge at the venue. The name of the group and its code (in English) must be marked on both the CD and its outer cover. It is advised to bring an extra CD in case of lost.

At each venue, or nearby you will find a dressing room, a first aid post and toilets.

The organizing committee accepts no responsibility in case of lost or stolen valuables.

* See groups code and general schedule (pages 8 to 10)

Group Information - part I

<u>FED</u>	<u>CODE</u>	<u>GROUP NAME</u>	<u>GROUP LEADER</u>
BEL	BEL01	Rust Roest Brugge	Machteld Van de Vilet
BEL	BEL02	De Toekomst Mechelen	Agatha Demeester
CZE	CZE01	Czech Sokol Organization	Vladimir Dostál
CZE	CZE02	Czech Association Sport for All	Miroslav
DEN	DEN01	After Grand Prix	Birgit Beier
DEN	DEN02	Oldies but Godies	Sanne Honoré
DEN	DEN03	Montions Mix	Erland Jensen
DEN	DEN04	Ladies.dk	Jane Sorensen
ESP	ESP01	C. D. G. S. BARTOLOMÉ TIRAJANA&MAYORES EN FORMA DE MOGÁN	Alejandro Jiménez/Tomás Cabreira
EST	EST01	GC Rytmika	Mare Kolsar
EST	EST02	GC RYHT	Kai Esna
EST	EST03	GC Piruett	Mall Kalve
FIN	FIN01	Gymnastikforeningem	Varpu Laisi
FIN	FIN02	Turun Naisvoimistelijat	Raija Nurmi
FIN	FIN03	Sakylan Nv	Terttu-Lisa Virtanen
FIN	FIN04	Helsingfors A	Inga Lindberg
FIN	FIN05	Helsingfors B	Henrik Enholm
FIN	FIN06	C C Hejdi	Monica Nordstrom
FIN	FIN07	Tampereen	Kaija Virtanen
FIN	FIN08	Ruoveden	Maissi Manninen
FIN	FIN09	Oulun Tarmo	Elisabet Piippo
FIN	FIN10	Kotkan	Terttu Kunnas
FRA	FRA01	Jean Zay Gymnastique	Olivier Vanwambeke
FRA	FRA02	Avant-Garde de Terves	Michel Beaujault
FRA	FRA03	JLR Marmande-Al Meyrals	Angéline Zordan & Pierrette Vallas
FRA	FRA04	Etoile Gymnique de Colomiers	Marie Garcia
GBR	GBR01	Medau Movement	Margaret Charlwood
GER	GER02	"Best Ager"	Karin Schultke
GER	GER02	Hessischer Turnverband Gruppe 50 Plus	Ernst Niessner
GER	GER03	SV Einheit Guestrow Deutschalnd	Johanna Buechner
GER	GER04	Niedersachsischer Turnkreis Celle	Barbel Schottler
GER	GER05	Niedersachsischer Turnkreis Schaumburg	Barbel Schottler
GER	GER06	Niedersachsischer TuS Weener	Barbel Schottler
GER	GER07	Niedersachsischer Alte Knochen	Barbel Schottler

Group Information - part II

FED	CODE	GROUP NAME	GROUP LEADER
GER	GER08	Niedersächsischer NTB 50+	Barbel Schottler
GER	GER09	Saarlandischer Turnerbund	Meinhild Hierling
GER	GER10	TSV Gau	Katharina Man
ISL	ISL01	Glod	Lorens Rafn, Elin Helgadóttir
ISL	ISL02	Blik	Lorens Rafn, Elin Helgadóttir
ITA	ITA01	Lazio Ginnastica Flaminio	Emanuela Vergnano
ITA	ITA02	Ginnica Valssabia	Diana Ghillany
ITA	ITA03	Ginastica Laif ASD Sarzana	Casale Stefania
ITA	ITA04	ASD Ginnastica Civitavecchia	Erica Pignatelli
ITA	ITA05	Gymnastics Club	Valter Micciche
LAT	LAT01	Riga Stradins University	Maruta Hoferte
LTU	LTU01	SK Medikas	Reda Baubliene
NED	NED01	Group 1	Fransina van Loo
NOR	NOR01	Arendal and lillehammer	Torrill Aas Sundby
NOR	NOR02	Women Senior Group	Wenche Havnaas
NOR	NOR03	Norwegian Gymnastics Veterans	Randi Pedersen
NOR	NOR04	Team Lakevag	Linda Mikalsen
NOR	NOR05	Nostalgia	TuriWiede
NOR	NOR06	Oslo Mix Team	Elisabeth Gaathje
POR	POR01	GCP - Clavas	Francisco Hipólito
POR	POR02	GCP - Mimanu	Leonor Caeiro
POR	POR03	GINARTE	Rita Prates
POR	POR04	SCP - Reencontros	Olga Alves
POR	POR05	SCP - Dança Tradicional Portuguesa	Sandra Sena Pinheiro
RUS	RUS01	Galaktika	Julia Fedorova
RUS	RUS02	Kirovets	Julia Popova
RUS	RUS03	OKHTA	Natalia Brovko
RUS	RUS04	Ariadna	Natalia Brovko
RUS	RUS05	Miledi	Elena Purkina
SVK	SVK01	Diamond	Alzbeta Durisinova
SVK	SVK02	Gymnasion Nitra	Magda Griesbachova
SUI	SUI01	Kantonale	Anita Kálin
SUI	SUI02	Oldies Aargau	Karl Holliger
SUI	SUI03	45+ TBOE	Rita Brechbuhl
USA	USA01		

Group Performances Schedule

		Monday, 4 th October 2010			Tuesday, 5 th October 2010			Wednesday, 6 th October 2010					
		Alameda	Praça MTG	Fortaleza	Alameda	Praça MTG	Fortaleza	Alameda	Praça MTG	Fortaleza			
18h00		SUI03	FRA03	FIN08	NOR04	ITA02	RUS04	DEN03	FIN03	SVK02	18h00		
		SUI01	FRA04	USA01	DEN04	GER08	NOR05	BEL02	ITA05	EST02			
		NED01	SVK01	FRA02	NOR06	ISL01	GER03	NOR03	RUS03	FRA01			
		DEN02	GBR01	FIN10	ESP01	FIN01	POR01	GBR01	GER06	GER03			
		FIN07	DEN01	LAT01	SUI02	ITA01	NOR01	ITA02	LTU01	USA01			
		GER02	POR04	GER09	NED01	POR05	ITA04	CZE01	DEN01	RUS01			
19h00						ISL02	FIN09	GER07	RUS02	ITA03	19h00		
		ISL01	FIN02	EST03	GBR01	FIN07	POR03	SUI03	SVK01	FRA03			
		BEL02	NOR02	POR01	GER04	FIN04	FIN08	SUI01	ITA01	FRA04			
		ITA04	FIN04	RUS02	GER10	POR04	RUS05	NOR04	CZE02	GER08			
		FIN01	EST01	GER06	NOR02	FIN02	GER05	GER02	POR02	NOR01			
		SUI02	RUS01	FIN09	DEN02	GER01	BEL01	DEN04	EST01	RUS04			
		GER07	BEL01	ITA03	FRA02	FRA01	LAT01	NOR06	FIN10	NOR05			
20h00		ISL02	POR05	CZE01	GER09	CZE02	EST03	RUS05	GER01	GER04	20h00		
		DEN03	fin03	GER05	ITA05	EST02	SVK02	POR06					
		NOR03	GER10	POR03	LTU01	ITA02	POR02						
		ESP01		RUS03		POR06							

Note: This Schedule is subject to change.

Workshops

Gymnasts can attend up to 2 workshops each half day. There will be 30 minutes time between the 2 activities to rest and get moved to the second venue.

Gymnasts must arrive in suitable outfit to practise the workshops, sport shoes for the indoor and outdoor activities and swimwear for water activities.

At the workshop venues there will be guides and signs telling you where to go and where to find your workshop. Between the first and second workshop (each day), you have to find the guides again, so they can guide you to the next workshop.

Each group will be informed of their workshops schedule along with its Group Agenda.



WSForum

We are happy to announce that many people have signed up for the workshop forum and the skilled instructors look forward to provide you a good experience during the Forum course.

Congress

Actually Active Aging is a main issue and concern for all Physical Activity Professionals.

Sports and Physical Activities Sciences are developing more and more knowledge about several areas used in a daily bases on Gymnastics and Physical Activities classes.

The present Scientific Forum "Active Aging - from Research to Practice is an innovative moment to present the newest research on different scientific areas, developed by Portuguese experts and investigators, acting as a support to the more practical activities and themes of Workshops Forum of Golden Age Festival, Portimão 2010.

All coaches participating in Golden Age have the possibility to free participation. All the others experts, teachers, coaches and students non participating in Golden Age festival, can subscribe the participation."

Golden Age 2010 Gala - Thursday at 21h00

All communication concerning the Gala is done directly with the Gala choreographer. He is in contact with the Gala responsible person from each delegation.

The performance of each delegation is limited to 4 minutes, including setting up and packing the apparatus.

The rehearsal schedule will be sent directly to the teams.

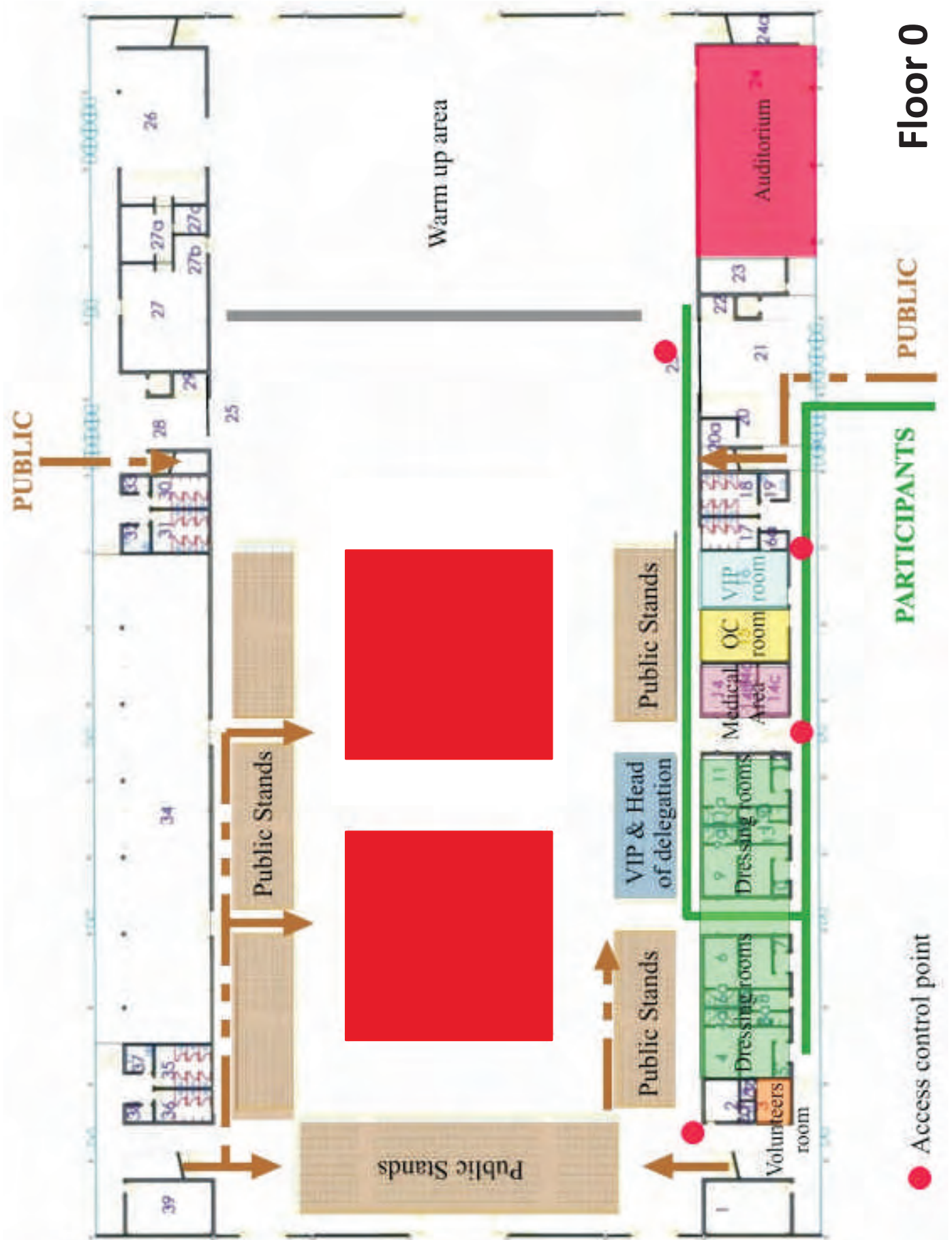
The UEG Technical Committee of Gymnastics for All can invite further groups from National Federations with less than 3 groups with exciting performances or with good examples of how to work with senior gymnasts. For this possibility, groups must prepare a presentation with less than 4 minutes.

There will be special seats for the participating gymnasts in the Gala, so they will be able to see the Gala too.

We will have audience on three sides of the arena, therefore we encourage you to take this into consideration and face the three ways during your performance. The audience is raised above the arena floor, and the show will therefore be seen from above. Please be aware of this when you are making your choreography for the gala show.



Portimão Arena - Layout Gala



Floor 0

Workshops

WORKSHOP NAME	WORKSHOP INSTRUCTOR
AEROBIC GYMNASTICS	Carla Pires
GYMNASTICS WITH A FITBALL	Liliana Recatia
GYMNASTICS WITH AFRICAN MOOVES	Álvaro Lopes
HAVE FUN DOING GYMNASTICS WITH DAILY MOVEMENTS	João Martins
GYM FUN	José Sabbo
HAPPY GYM	Jane Sørensen
FUN and FIT GYMNASTICS	Sanne Honoré
MEDAU MOVEMENT	Margaret Charlwood
TRADITIONAL DANCES	Cristina Machado
PILATES	Carla Pires
BALLROOM DANCE	Luis Pica
BEACH YOGA	Tânia Albuquerque / Mafalda Rodrigues
SALSA and MERENGUE	Verena Musanti / Aramis Reyes
TRADITIONAL GAMES	Júlio Almeida
EXPERIENCE SCUBA DIVE	Portisub António Ferreira / Nuno António
HYDROTHERAPY	Sofia Furtado - Archeopraxis
WATER AEROBICS	Raquel Gonçalves
SAILING	Luis Pedro Santos / Clube Naval Portimão
CANOE/KAYAK	Luis Pedro Santos / Clube Naval Portimão
FITNESS WALKING	José Sabbo
TAI CHI CHUAN	Leonor Franco
ALEXANDER TECHNIQUE	António Guerreiro
WS Forum - GROUP EXERCISE TRAINING FOR OLDER ADULTS	Helô Isa
WS Forum – FUNCTIONAL TRAINING FOR OLDER POPULATION	Maria de Fátima F. G. Ramalho

Forum

Following the OC invitation two national federations will take part in the Golden Age Forum. These federations will present and discuss their national activities, programs and experience in relation to the age group included in the Golden Age Festival.

FORUM NAME	PRESENTER
Forum - Loyalty Clubs" seniors' friendship and activities in gymnastics clubs around Finland	Pirjo Nummelin-Stenman
Forum - Seniorsgym – Portuguese Experience	Rogério Valério

Closing Ceremony - Friday at 21h00 8th of October from 21h00 to 22h30 at Portimão Arena

To take part in the closing ceremony, gymnasts can enrol, during the week, directly with the WS Instructors. Gymnasts can enrol during workshops or enrol at the Secretariat area, on Thursday from 12h30 to 13h30. They must choose one of the workshops in which they have participated during the week, into those proposed.

An obligatory rehearsal will take place, Friday morning 10h45 - 12h15, for all the different performances, in the Arena area and under direction of the organisers.

There will be a general rehearsal Friday 16h00. Gymnasts must be at the correct place 15 minutes before their appointed rehearsal time.

The choreographers want to give colour to the show. The way we do that is to use T-shirts of different colours. Therefore, we will ask the gymnasts to bring a T-shirt with a **color of the logo of the event: yellow, orange, red, blue or green**. Don't buy anything new, bring what you have.

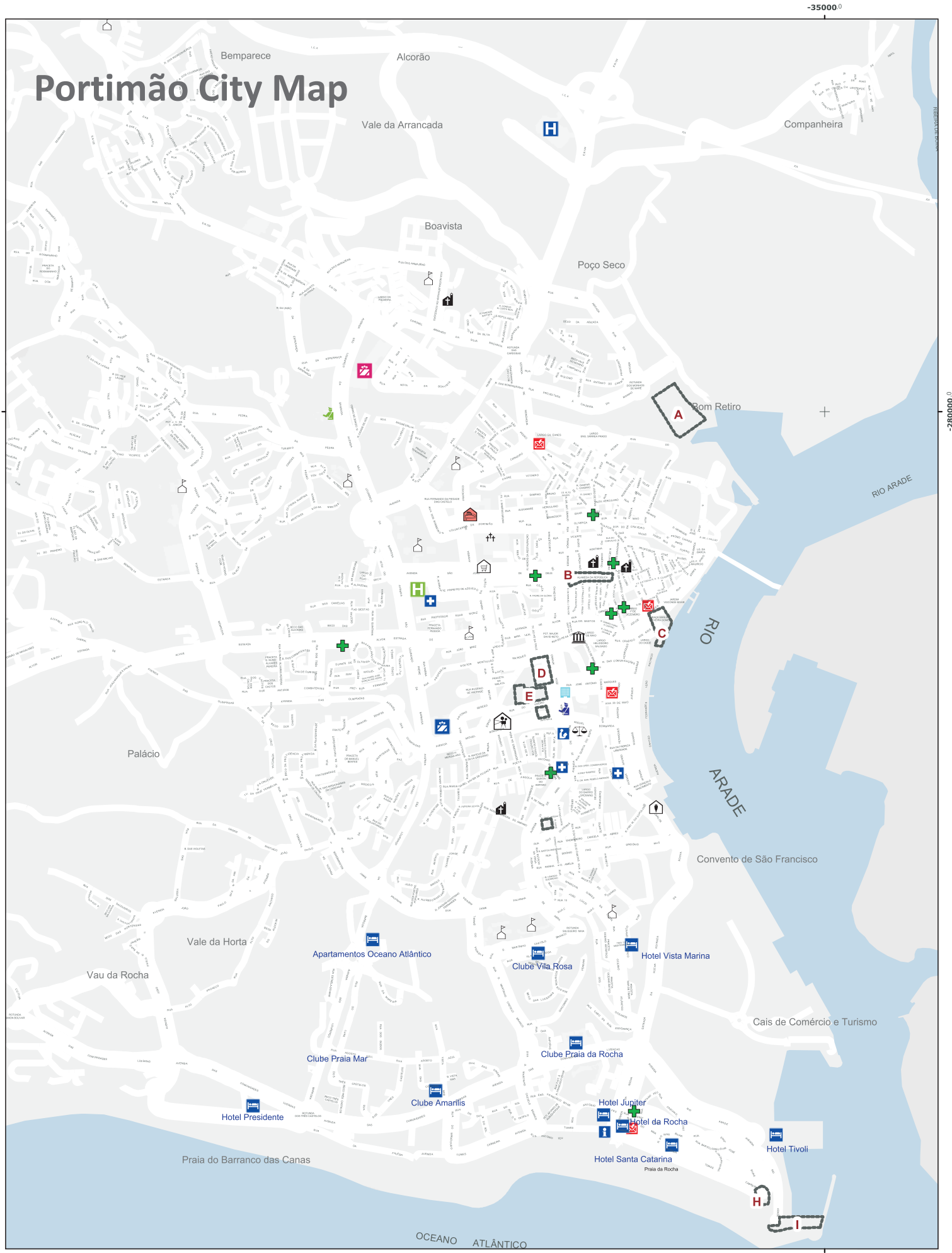
Programme:

1. Presentation of the performances
2. Parade of delegations representatives with their flag
3. Closing speeches
4. Lowering the UEG flag
5. Exit of the flags
6. Farewell Party



Right after the Closing Ceremony has finished, we will have a farewell party!!

Portimão City Map

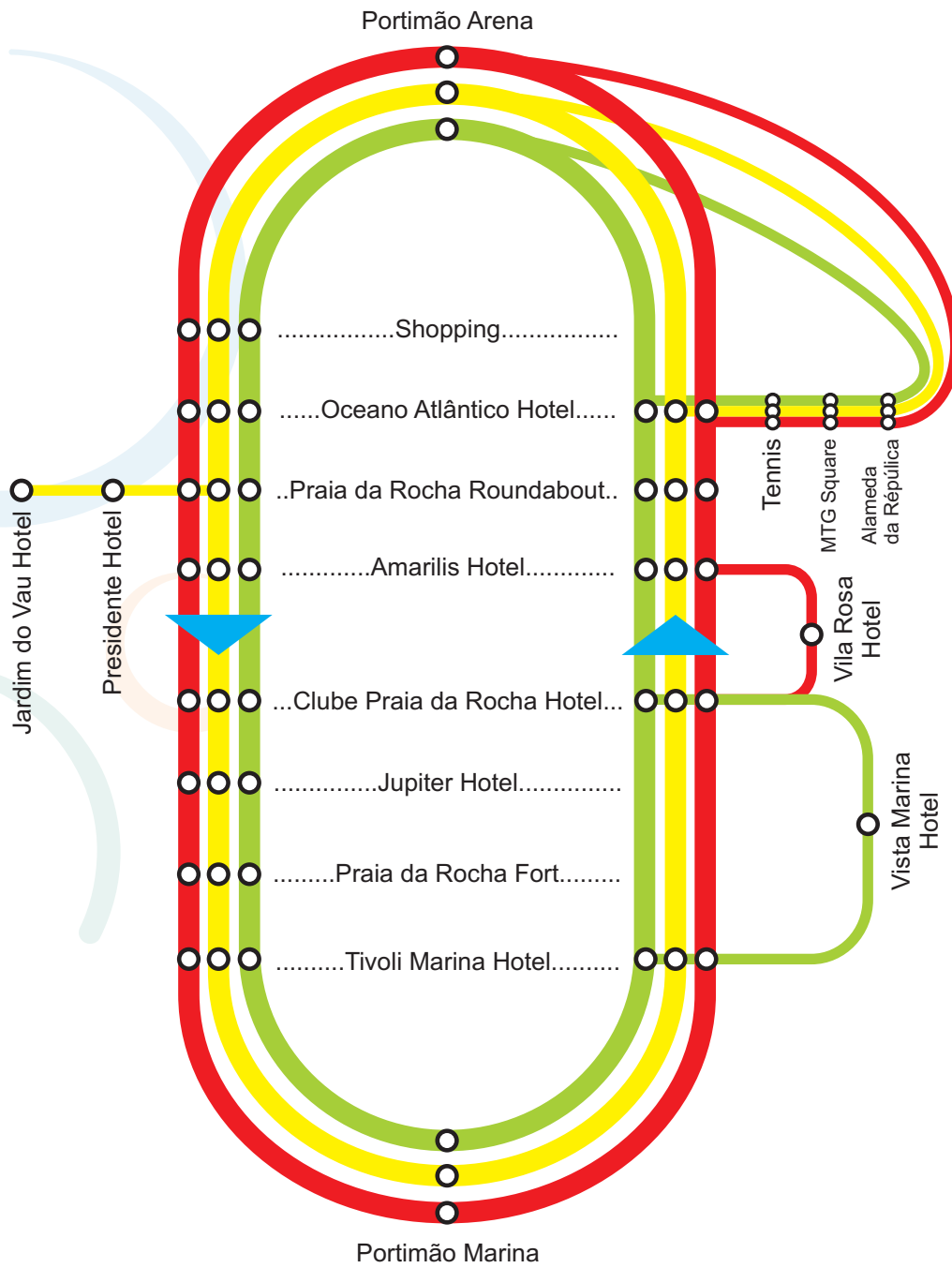


Legenda: II GOLDEN AGE GYM FESTIVAL PORTIMÃO 2010

- | | | | | |
|-------------------------------|--------------------|-----------------------------------------|---------------------------|------------------------|
| Demonstration Venue | Portimão City Hall | Post Office | Health Center | Continente Mall |
| A Portimão Arena | EMARP | Schools | East Algarve Hospital | Portimão Retail Park |
| B Alameda | Fire Department | Manuel Teixeira Gomes Municipal Library | Hospital | Portimão Retail Center |
| C Praça Manuel Teixeira Gomes | P.S.P. | Church | Alvor Private Hospital | Cinema |
| D Estádio do Portimonense | G.N.R. | Grave Yard | Tourist Office | Museum |
| E Complexo de Ténis | Court | Pharmacy | Portimão Municipal Market | Municipal Aerodromo |
| F Piscina Municipal | | | | |
| G Auditório Municipal | | | | |
| H Forte de Santa Catarina | | | | |
| I Marina | | | | |



Transports Network Map



Meetings

Info Meeting

There is going to be an info meeting to all the group leaders on Sunday at Auditório Municipal at 14h00. After the meeting there will be a short meeting for the group leader/choreographer of the Gala teams.

Responsibles during the Golden Age 2010

Parade and Opening Ceremony	Olga Alves and Sandra Pinheiro
Performances	Domingos Fradinho and José Lagoas
Workshops	Domingos Fradinho and Alexandra Pereira
Golden Age Gala	Paulo Almeida
Forum and Congress	Paulo Barata
Closing Ceremony	Olga Alves and Sandra Pinheiro

Useful Contacts

Emergency Number	112
LOC Secretariat (24 hours)	+ 351 961511999
Barlavento Hospital – Public Medical Service	+351 282450300
Hospital Particular do Algarve, S.A. – Private Medical Service	+351 282420400
TaxiArade (TAXI)	+351 282460610
Coope Portimonense (TAXI)	+351 282418730
Police	+351 282470864
Fire Department	+351 282420130
Turism Office	+351 282470717

Portuguese Lesson...

PORTUGUESE	ENGLISH	FRENCH	GERMAN
Olá!	Hello!	Allô!	Hallo!
Bom dia!	Good Morning!	Bonjour!	Guten Morgen!
Boa tarde!	Good Afternoon!	Bon après-midi!	Guten Tag!
Boa noite!	Good Evening!	Bonsoir!	Guten Abend
Como está?	How are you?	Comment ça va?	Wie geht es Ihnen?
Até Logo!	See you later!	À bientôt!	Bis später!
Você fala inglês?	Do you speak English?	Vous parlez Anglais?	Sprechen Sie Englisch?
Você fala Francês?	Do you speak French?	Vous parlez Français?	Sprechen Sie Französisch?
Você fala Alemão?	Do you speak German?	Vous parlez Allemand?	Sprechen Sie Deutsch?
Sou participante do Festival Golden Age!	I'm a Golden Age Festival participant!	Je suis un participant du Festival Golden Age!	Ich bin ein Teilnehmer des Golden Age Festival!
Importa-se de traduzir para mim?	Do you mind translate this for me?	Est-ce que vous pouvez m'aider à faire la traduction?	Können Sie bitte Übersetzen?
Preciso de apanhar um TAXI.	I need to get a Taxi.	Je besoin de prendre un Taxi.	Ich muss ein Taxi nehmen.
Como posso ir para o Hotel...?	How can I go to Hotel...?	Comment j' arrive à l'hôtel...?	Wie komme Ich zum Hotel?
Obrigado!	Thank you!	Merci!	Danke!
Hotel	Hotel	Hotel	Hotel
Autocarro	Bus	Bus	Bus
Zona de Exibição	Demonstration Venue	Site de démonstration	Aufführungsorte
Restaurante	Restaurant	Restaurant	Gaststatt / Restaurant
Café	Coffee	Café	Kaffee
Peixe	Fish	Poison	Fisch
Carne	Meat	Viande	Fleisch
Cerveja	Beer	Bière	Bier
Vinho	Wine	Vin	Wein
Água	Water	Eau	Wasser

LOC - Gymnastics Federation of Portugal

Estrada da Luz, n.º 30 A 1600-159 Lisboa, Portugal

Tel: +351 218 141 145 . FAX: +351 218 142 950

E-mail: gympor@gympor.com

Site: www.gympor.com

Golden Age 2010 official website: <http://goldenage2010.webnode.com/>

When preparing your trip to Portimao please include the following on your suitcase:

- a) ID Card
- b) European Health Card (if requested in time)
- c) Insurance Contract Number/Contacts/Details
- d) Solar protector!

If you are a "Participant Card" Holder you will be eligible to benefit of the following advantages:

- a) Hertz (rent-a-car) preferred rate;
- b) Discounts at selected Restaurants and Bars (identified with the Festival poster)
- c) Portimao Museum (special conditions when accessing the exhibition)
- d) Free access to Local Public Transportation System (Vai-Vem Bus)
- e) Unlimited access to the Portimao Sun!

During the event do take into attention:

- a) The Secretariat will be located at the Tennis Center (mobile contact +351961511999);
- b) The LOC Staff will be clearly identified with orange/green colors;
- c) The Safety/Health Teams will be clearly identified with white shirt/dark pants or red shirt and dark blue pants;
- d) The best "D.Rodrigo" sweets are an egg plus almond mixture wrapped in brilliant paper!

*Enjoy
Portimão!!*

