



# INFORMATION MEETING





# LOC PRESENTATION

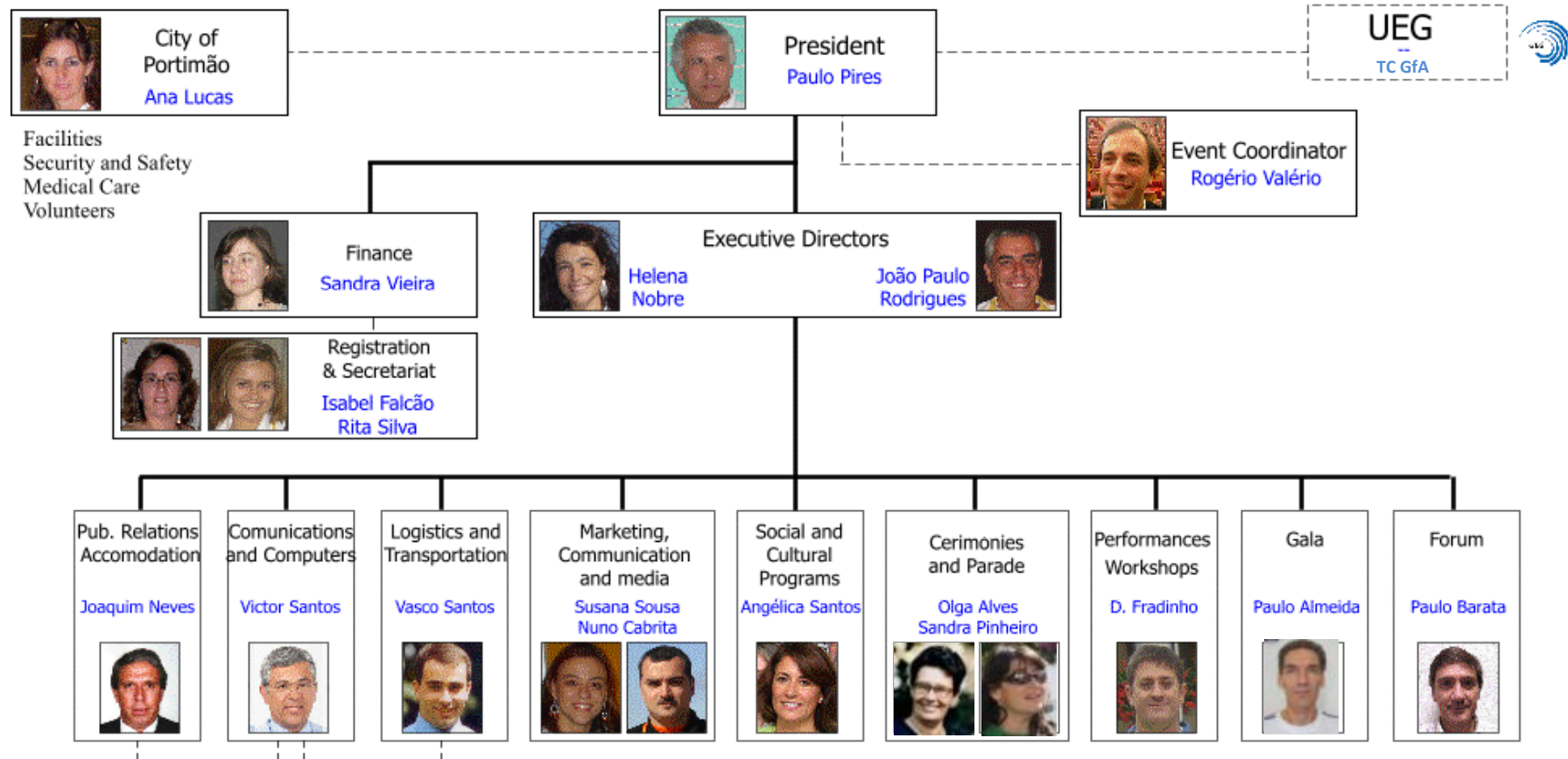




# 2<sup>nd</sup> Golden Age Gym Festival

## PORTIMÃO, October 3<sup>rd</sup> to 8<sup>th</sup>, 2010

### Organizing Committee





Golden Age  
Gym Festival

Portimão 2010

3 | 8 October

# OFFICIAL POSTER





**2<sup>nd</sup> Golden Age Gym Festival**  
**2º Festival Gimnico Idade d'Ouro**  
**3 - 8 October 2010 - Portimão**



UNION EUROPÉENNE  
DE GYMNASTIQUE  
EUROPÄISCHE  
TURNUNION  
EUROPEAN UNION  
OF GYMNASTICS





# Technical Program



# Technical Team



- Opening
- Group Presentations
- Workshops
- Forum
- Gala
- Closing

**Olga Alves**

**Domingos Fradinho**

**Domingos Fradinho**

**Paulo Barata**

**Paulo Almeida**

**Sandra Sena Pinheiro**

# Program 3 – 8.10.2010



Sunday 3.10.2010	Monday 4.10.2010	Tuesday 5.10.2010	Wednesday 6.10.2010	Thursday 7.10.2010	Friday 8.10.2010
<b>Morning</b>					
Arrival of participants	Workshops  Meeting of Delegation Leaders	Workshops  Golden Age Forum	Workshops  Golden Age Forum	Workshops  Meeting Golden Age Gala	Workshops  Meeting Closing Ceremony  Workshops – Rehearsal Closing
<b>Afternoon</b>					
Meeting of Group Leaders  Preparation Parade  Parade	Touristic & Cultural Activities	Touristic & Cultural Activities	Touristic & Cultural Activities	Rehearsal Gala Golden Age	Training Closing Ceremony
<b>Evening</b>					
Opening Ceremony 2 <sup>nd</sup> Golden Age	Group Presentations	Group Presentations	Group Presentations	Gala Golden Age	Closing Ceremony  Final Party for all participants





## Parade

All participants should take part.

Introduce participants in the GOLDEN AGE spirit.

Welcome everybody.

Happy and friendly  
preparation time.





# Opening



- Praça Manuel Teixeira Gomes
- A Show to welcome everybody
- A local and national show
- Seats for all participants



# Group Performances



- Praça Manuel Teixeira Gomes
- Alameda da República
- Fortaleza - Praia da Rocha
- Marina da Praia da Rocha



# Group Performances



- GOLDEN AGE is a 50+ event.
- Open Air “City Performances”
- Each performance should last for a maximum of 10 minutes (including preparation of the venue and marching in and out).
- Groups should be composed of a minimum of 6 active performers.
- Each group have the possibility to perform twice.

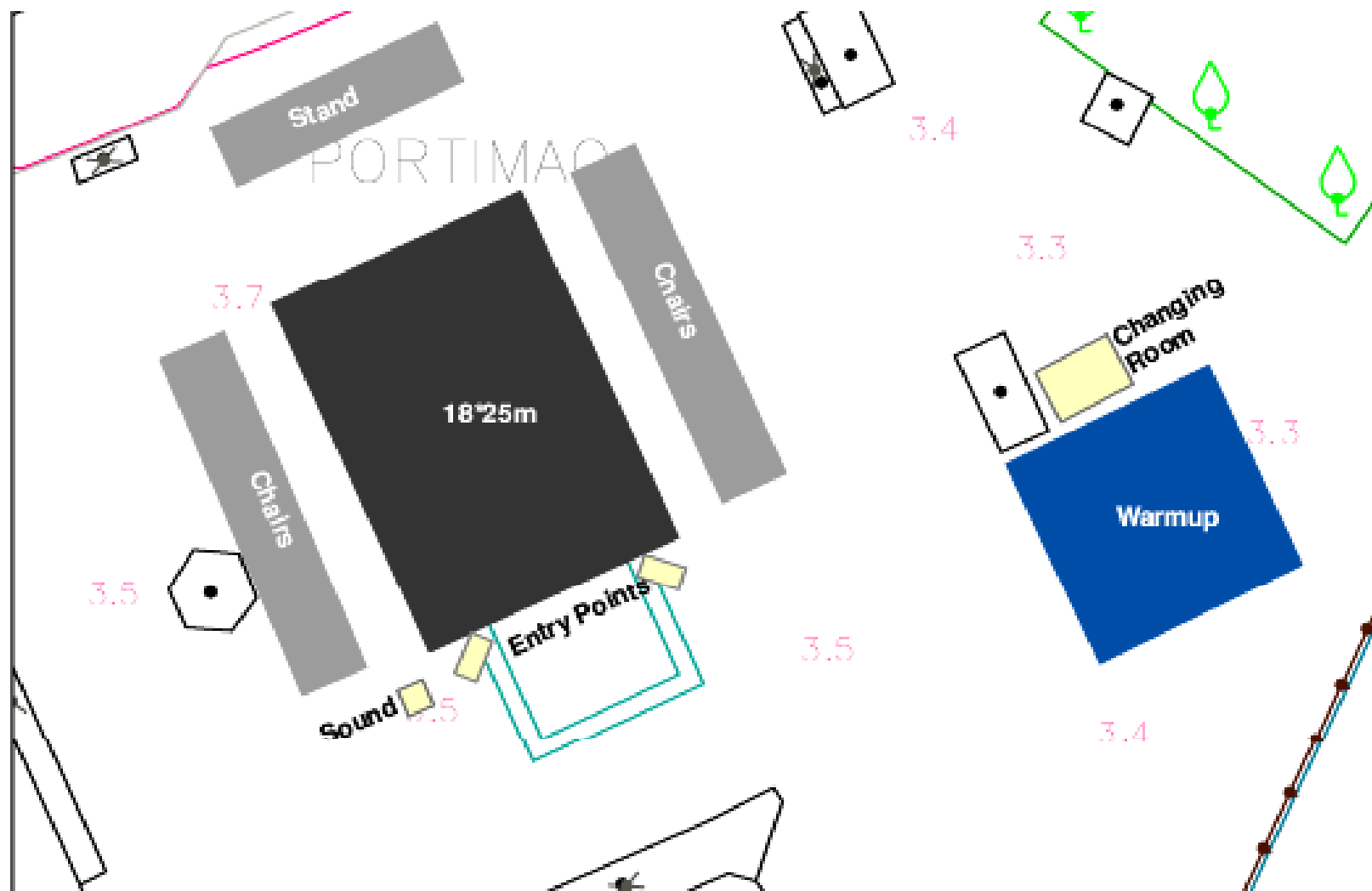
# Praça Manuel Teixeira Gomes



- Performance area 18x25 m
- Roller mats
- Stands and chairs
- Changing room
- Warm up area



# Praça Manuel Teixeira Gomes



# Alameda da Republica

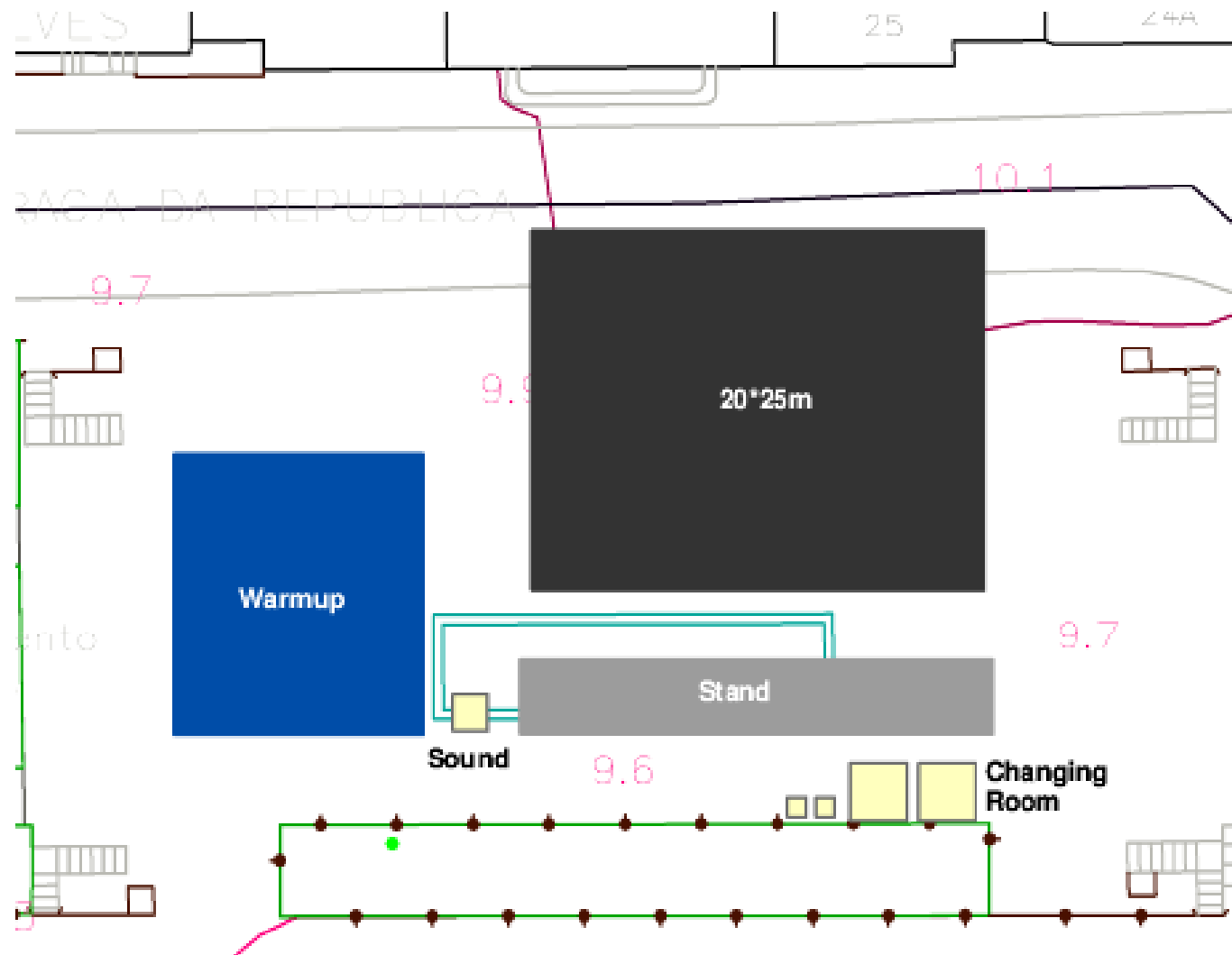


- Performance area 20x25 m
- Roller mats
- Stands
- Changing room
- Warm up area





# Alameda da Republica



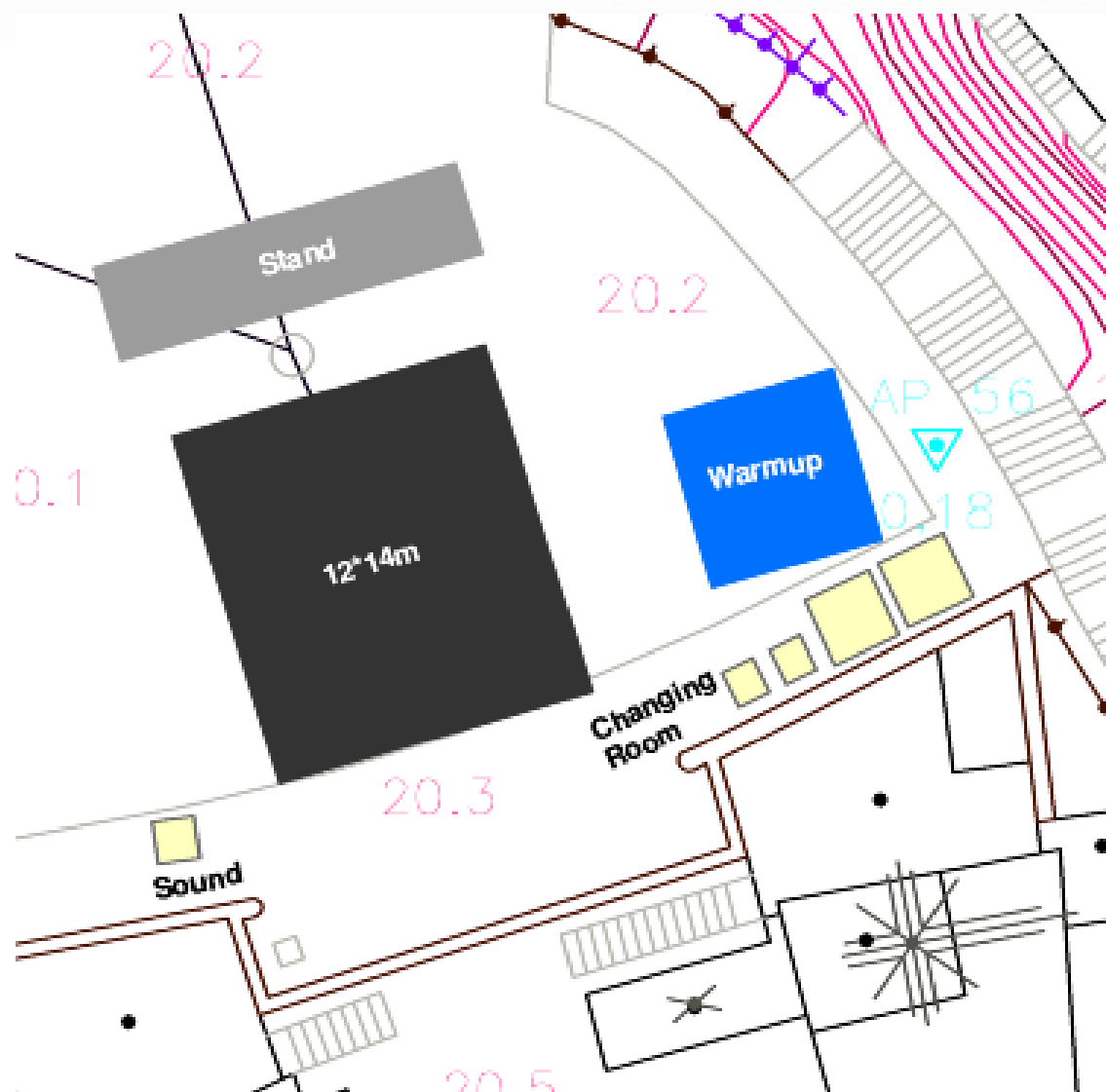
# FORTALEZA – PRAIA DA ROCHA



- Performance area 12x14 m
- Roller mats
- Stands
- Changing room
- Warm up area



# FORTALEZA – PRAIA DA ROCHA



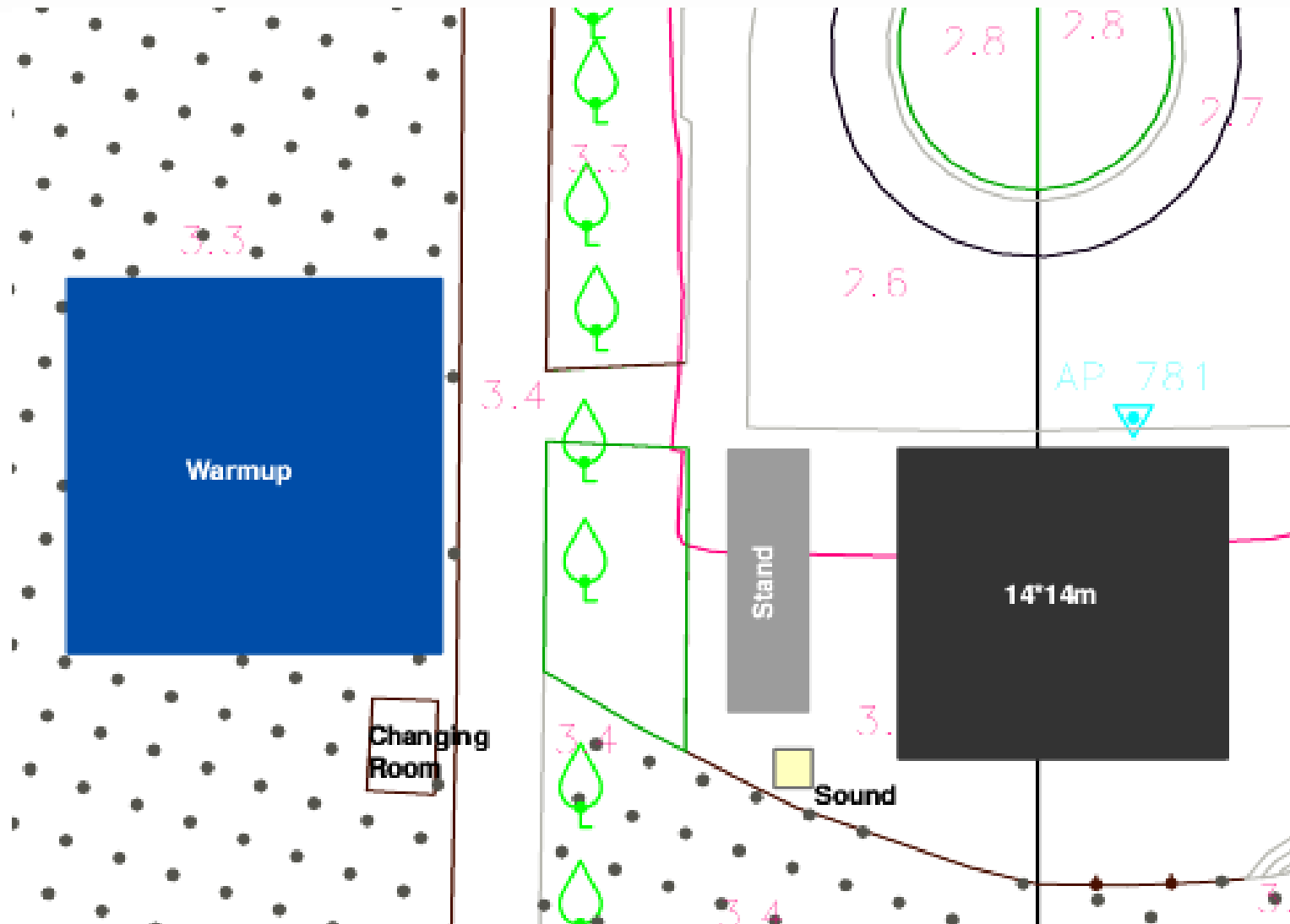
# MARINA – PRAIA DA ROCHA



- Performance area 14x14 m
- Roller mats
- Stands
- Changing room
- Warm up area



# MARINA – PRAIA DA ROCHA



# Workshops



- To give the participants the experience of new activities and training.
- Participants must choose up to six workshops, indicating the order of preference.
- Guarantee the participation of at least four, with two of their own choices.
- Participants are welcomed to take part in a special performance for the Closing Ceremony by choosing one workshop.

# Workshops



- Sports Complex
- Arena
- Auditorium
- Swimming Pool
- Praia da Rocha



# Workshops





# Workshops – Provisional List



- Tradicional Dances
- Ballroom Dances
- Pilates
- Aerobic
- Salsa
- Physical Activity and Aging
- Golf
- Hydro Gymnastics
- Hydrotherapy
- Fit Ball
- Tennis
- Bicycle Ride
- Nordic Walking
- Beach Volley
- Beach Tennis
- Work out with small weights and every day objects
- Beach Yoga
- Climbing
- Latin Rhythms
- African Dance
- Tai-Chi
- Easy Acrobatics
- Creativity
- Portuguese Tradicional Games
- Rhythmic Gymnastics
- PlayGYM (easy apparatus)
- Rope Skipping
- Kite Launching
- Walking Circuit
- Scuba Diving in Pool
- Sailing
- Canoeing

# Workshops



- International Workshops
  - National federations may apply with proposals of
    - Theme
    - Description and goals
    - Workshop leader
  - Decision by OC

# Forum



- Workshop Forum
- Give the group leaders, coaches and other interested participants the possibility to learn about technical issues and teaching seniors.
- National federations may apply with their own proposals to share positive experiences and activities.
- Auditorium for audiovisual presentations



# Gala - Arena Thursday evening



- Show
- NF with at least 3 groups in the event can nominate one group.
- The UEG TC GfA can invite further groups from NF with less than 3 groups.



# Closing - Arena Friday evening



- Final “get together” and farewell party for all the GOLDEN AGE participants.
- The major part of the programme will be the presentation of the workshops.



# The Venues



# The Venues



# The Venues





# The Venues



# The Venues



# The Venues



# The Venues



# The Venues



# The Venues



# The Venues



# The Venues





# The Venues



# The Venues



# The Venues



# The Venues



# The Venues





# LOGISTICS





# LOGISTICS AIRPORT & TRANSFERS



# AIRPORT & TRANSFERS



- **Arrivals:** Faro International Airport
- **Free arrival and departure transfers** to all participants that book “accommodation 6 day pack”;
- **Welcome Desk** - LOC Representative will receive Delegation (airport public area);
- **Private transfer** - Delegation will be guided to the designated bus;





# AIRPORT & TRANSFERS



- **Travel** by official bus,
- **Distance** from FARO Airport to Portimão: 75 km
- **Estimated travel time:** 55 min (90% of the trip is by highway)



# LOGISTIC TRANSPORTATION



# LOCAL TRANSPORTS



The LOC offers to all “Golden Age Gym Festival” “Participation Card” holders the following transports:

***a) “Hop-in-hop-off” transfers (on a timely basis)***

The LOC will offer an exclusive regular bus service that will enable the gymnasts to move from one presentation point to another. The minimum time foreseen in between buses is around 30 min (during presentation periods). Schedule will be part of the Official Workplan.

***b) “Vai e Vem” free access***

The urban city line with 11 city different routes (some going or passing by the venue sites). All the participants with the participation card will have free access to this service. The schedules will be available at accreditation.



# LOGISTIC HOTEL & MEALS



# HOTELS



## **Aparthotel Presidente (2\*)**

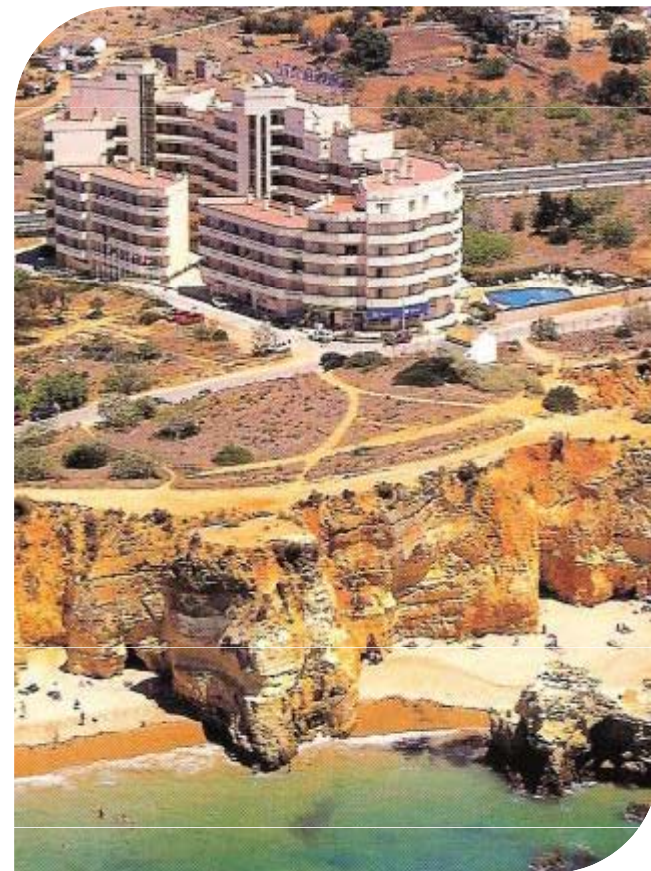
Praia do Vau,

Available Rooms:

25 T1 Apartments (3 pax)

13 T2 Apartments (4 pax)

Max. Availability: 127 Beds



# HOTELS



## **Club Amarilis (3\*)**

Av. da Comunidade Lusíada

Available Rooms:  
75 T1 Apartments (3 pax)

Max. Availability: 225 Beds



# HOTELS



## Club Praia da Rocha(3\*)

Praia da Rocha

Available Rooms:  
400 T1 Apartments (3 pax)

Max. Availability: 1200 Beds



# HOTELS



## **Hotel Santa Catarina (3\*)**

Av. Tomás Cabreira

Available Rooms:

40 Triple

30 Double

Max. Availability: 180 Beds





# HOTELS



## **Clube Vilarosa (3\*)**

Urbanização Vilarosa

Available Rooms:

11 T0 Apartments (2 pax)

50 T1 Apartments (3 pax)

03 T2 Apartments (4 pax)

Max. Availability: 184 Beds



# HOTELS



## Oceano Atlântico (4\*)

Avenida V 6

Available Rooms:

100 T1 Apartments (3 pax)

20 T2 Apartments (5 pax)

Max. Availability: 400 Beds



# HOTELS



## Vista Marina(4\*)

Available Rooms:

60 T1 Apartments (3 pax)

Max. Availability: 180 Beds



# HOTELS



## **Hotel Júpiter (4\*+)**

Praia da Rocha

Available Rooms:

22 Double

08 Triple

Max. Availability: 68 Beds



# HOTELS



## **Hotel da Rocha (4\*+)**

Praia da Rocha

Available Rooms:  
100 Junior Suites

Max. Availability: 300 Beds



# HOTELS



## **Hotel Tivoli Marina (4\* + )**

Marina de Portimão

Available Rooms:

20 Junior Suites (3 pax)

Max. Availability: 60 Beds



# HOTELS



## Total Beds per Hotel Type

Accommodation	Total Number Beds
2*/3*	352
3*/4*	2144
4* +	428
<b>TOTAL</b>	<b>2924</b>

# HOTELS



## Accommodation packages for 6 nights (standard T1 per person)

*LOC secures free airport transfers to all participants that choose one of these packs*

PAX	CAT.	BB	HB	FB	Extra-Night	Extra-meal	Participation Card Value
1	2*	335 EUR	407 EUR	479 EUR	31 EUR	12,00 EUR	85 EUR (already included in the pack cost)
	3/4*	445 EUR	517 UER	589 EUR	50 EUR		
	4* +	585 EUR	657 EUR	729 EUR	73 EUR		
2	2*	285 EUR	357 EUR	429 EUR	23 EUR		
	3/4*	335 EUR	407 EUR	479 EUR	31 EUR		
	4* +	360 EUR	432 EUR	504 EUR	35 EUR		
3	2*	275 EUR	347 EUR	419 EUR	21 EUR		
	3/4*	295 EUR	367 EUR	439 EUR	25 EUR		
	4* +	335 EUR	407 EUR	479 EUR	31 EUR		
4	3/4*	265 EUR	337 EUR	409 EUR	20 EUR		
	4* +	285 EUR	357 EUR	429 EUR	23 EUR		



# HOTELS



## Accommodation packages for Extra Week (standard T1 per person)

*LOC secures free airport transfers to all participants that choose one of these packs*

PAX	CAT.	BB	HB	FB	Extra-Night	Extra-meal
1	2*	190 EUR	262 EUR	334 EUR	31 EUR	12,00 EUR
	3/4*	300 EUR	372 UER	444 EUR	50 EUR	
	4* +	440 EUR	512 EUR	584 EUR	73 EUR	
2	2*	140 EUR	212 EUR	284 EUR	23 EUR	
	3/4*	190 EUR	262 EUR	334 EUR	31 EUR	
	4* +	215 EUR	287 EUR	359 EUR	35 EUR	
3	2*	130 EUR	202 EUR	274 EUR	21 EUR	
	3/4*	150 EUR	222 EUR	294 EUR	25 EUR	
	4* +	190 EUR	262 EUR	334 EUR	31 EUR	
4	3/4*	120 EUR	192 EUR	264 EUR	20 EUR	
	4* +	140 EUR	212 EUR	284 EUR	23 EUR	

# PARTICIPATION CARD – BONUS



## Hertz “Golden Age” Special Rate

Our partner “Hertz” offers a special rate for the duration of the Delegation Stay (Golden Age Week + Extra Week).

Group	Car Model	Price Per day (Tax included)	Minimum Excess Charge (N.W.E)
B	FORD FIESTA 1.2 TREND ESSENCE (OR SIMILAR)	25 €	1.050 €
C	TOYOTA AURIS 1.4 P ESSENCE (OR SIMILAR)	33 €	1.700 €
D	FORD FOCUS 1.4 DIESEL (OR SIMILAR)	36 €	1.700 €

Inclusions: CDW /TP/VLF/TAX

# PARTICIPATION CARD – BONUS



## Hertz “Golden Age” Special Rate

### Terms and Conditions:

- The above prices are only valid for Mainland Portugal.
- The model(s) above may be replaced by a similar one. It is never guaranteed a specific model from any vehicle group.
- In case of an accident or any kind of damage the customer is liable up to the Minimum Excess Charge (NWE), broken windows not included.
- This rate includes: Collision Damage Waiver (CDW), Theft Protection (TP), Unlimited Kilometers, Road Tax Fee (VLF), TAX, Car Replacement in case of a breakdown and 24 hours road assistance

# PARTICIPATION CARD – BONUS



## **“Golden Age” Restaurants**

The LOC is negotiating with local restaurants discounts to be awarded to the Golden Age Participant Card holders.

This will allow all Golden Age Festival participants to save at least 10% in purchased meals.



# LOGISTIC TOURISTIC PROGRAMS



# Touristic Programs



- The Golden Age LOC awarded the management of this area to a well-known Operator in the South of Portugal – PortiTours;
- The priority was given to ½ day programs during the event;
- For the extra day(s)/week(s) it will be possible to set-up 1 or 2 day programs (e.g. visits to Lisbon, Fátima, Porto);
- To benefit from these special conditions bookings must be made through the LOC.



Program	½ Day	1 Day	Transport	Min	Max	Local Assistance	Lunch
Jeep Safari ½ Day (€35,--)	■	---	■	6	100	■	---
Jeep Safari 1 Day (€40,--)	---	■	■	6	100	■	■
Super Day (€55,--)	---	■	■	6	100	■	■
Super Combi (€50,--)	---	■	■	6	50	■	■
Walking Trip (€25,--)	■	---	■	6	100	■	---
Canoeing (€35,--)	■	---	■	6	25	■	---
Bike Safari (€ 43,--)	■	---	■	6	25	■	---



Program	½ Day	1 Day	Transport	Min	Max	Local Assistance	Meals
Speed Boat & Dolphin Watching (€35,--)	■	---	■	6	48	■	---
Lagos & Sagres (€20,--)	---	■	■	25	---	■	---
Silves & Monchique (€20,--)	---	■	■	25	---	■	---
Algarve Landscapes (€30,--)	---	■	■	6	50	■	---
Wine Tour (€45,--)	---	■	■	6	80	■	---
Boat Trip ½ Day (€35,--)	■	---	■	30	120	■	---
Boat Trip 1Day (€50,--)	---	■	■	30	120	■	■





½ Day	1 Day
Jeep Safari ½ Day (35 EUR)	Jeep Safari 1 Day (40 EUR)
Walking Trip (25 EUR)	Super Day (55 EUR)
Canoeing (35 EUR)	Super Combi (50 EUR)
Bike Safari (43 EUR)	Lagos & Sagres (20 EUR)
Speed Boat & Dolphin Watching (40 EUR)	Silves & Monchique (20 EUR)
Boat Trip ½ Day (35 EUR)	Algarve Landscapes (30 EUR)
	Wine Tour (45 EUR)
	Boat Trip 1Day (50 EUR)



# LOGISTIC BULLETINS



# Golden Age Bulletins



## Bulletin #1

*Issue Date (May 2009)*

- General Info (Portimão)
- Welcome Text (GFP President)
- Host City: Portimão
- Golden Age Gym Festival (Facts & History)
- II Golden Age – Portimão 2010:
  - Official Program*
  - Provisional Workshops List*
  - Information Meeting*
  - Touristic Programs*
  - Registration Process: Deadlines*
  - Participation costs*



# Golden Age Bulletins



## Bulletin #2

*Issue Date (January 2010)*

- Welcome Text (Mayor Portimão)
- II Golden Age: Portimão waits for you!

*Portimão is ready! (short city/event presentation)*

*Program at a glance (Technical Program + Exhibitions + Workshops + Gala)*

*Quick Tour: The venues*

*Logistics (Airport, Transfers, Event transportation)*

*Accommodation (Hotels and meal plans)*

*Touristic Programs*

- Registration Process: Milestones/Deadlines
- Registration Forms



# REGISTRATION DEADLINES



# Registration Steps



## 2010

### Preliminary Registration

- April 1<sup>st</sup> – 30<sup>th</sup>
- 25% Participation Card
- 25% Hotel + Meals

### Nominal Registration

- June 1<sup>st</sup> – 30<sup>th</sup>
- 50% Hotel + Meals

### Final Registration

- Until July 31<sup>st</sup>
- 75 % Participation Card
- 25 % Hotel + Meals

# Registration Steps



2010

## Refund policy

- Total refund up to June, 30<sup>th</sup>
- 50% refund up to August, 31<sup>st</sup>
- Sorry, no refund after September, 1<sup>st</sup>

**Thank you**  
**WE HOPE TO SEE YOU NEXT YEAR!!**

