



Golden Age
Gym Festival

Portimão 2010

3 | 8 October



Bulletin #1

May 2009





From 3 to 8 of October 2010, Portimão will have the honour of hosting the 2nd GoldenAge Gym Festival, 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 occasionaly 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

Dear Gymnastics Friends,

We are honoured to host the second Golden Age Gym Festival in the beautiful city of Portimão. We are in position to confirm to all the 50+ Gymnasts that intend to join us that this southern Portuguese municipality will do its best to deliver the best event ever.

Portimão is known as the Portuguese Sports Capital and actively works to keep that title, offering a wide range of sporting competitions. Apart from this philosophy it's a city that invests in the well being and the promotion of healthy life styles of its citizens and visitors.

Portimão relies on its natural conditions - sunny, white sandy beaches, memorable sights, all served with the friendly sympathy of the local inhabitants - and provides to all unique facilities and ways to experience and feel this sportive spirit.

We do expect that all the Golden Age Gym Festival participants will live an unforgettable experience and confirm that this event it's promoted in a city focused on gymnastics and confident on its benefits to all age groups.

It will surely be a once in a lifetime opportunity to participate in a event made by gymnasts and for gymnasts.

Join us! Portimão it's waiting for you!

Manuel Boa de Jesus
President
Gymnastics Federation of Portugal

Host City: Portimão



The staging of the Golden Age Gym Festival in Portimão is hardly surprising since the city has long been promoting the quality of life of its senior citizens, constantly seeking to provide a range of different activities to contribute to their well-being.



Portimão is located in the south of Portugal (Algarve region) and will be hosting the UEG Golden Age Gym Festival 2010. The ambience of the city is quite unique and you will find it everywhere whether you go shopping, take a break at one of the beautiful beach esplanades in Praia da Rocha or enjoy a meal at the various restaurants.

Today international sports and cultural events make part of the city daily offers. An holiday in Portimão is a different and exciting experience where you can go to the beach, play some golf, go shopping traditional products, do some cultural sight seeing and enjoy a perfect meal at the beautiful Marina of Portimão before you try your luck at the Casino!

Most recently Portimão has inaugurated a motorsports track upgrading its position to Portugal's Sports Capital.

The Algarve region also offers a great historical and cultural appeal and within its area you can easily reach many other attractions where you can enjoy a unique life-memorable experience!

Supremely geared towards tourism, the Municipality of Portimão will be a warm participants' host for the week-long 2010 edition of the Golden Age event.

All the gymnasts that attend the 2010 UEG Golden Age Gym Festival will surely have a whole range of complementary facilities at their disposal, allowing them to discover the dynamic and multifaceted personality of Portimão!



The Golden Age 2010 Gym Festival

From October 3rd to October 8th 2010 Portimão will host the most important UEG "+50" Gymnastics Festival: Golden Age 2010! The UEG Golden Age Gym Festival is not only a week of recreation but offers the possibility to all participants to improve themselves in some disciplines and to discover new activities and tendencies.

This "Gym Festival and joie de vivre" for the "50+ generation" have as one of its main goals the purpose to inform the gymnasts from the 47 UEG national federations about and let them experience the several gym related activities for this age group.

The gymnasts shall have pleasure and fun by participating in this unique Gym Festival – this is one of the reasons why group presentations and leisure activities are planned together.

Health, fitness and well being in general as well as specific instruction measures to maintain or recover mobility of the "50+" generation will be the message spread throughout the event.

To the pleasure of move and to do gymnastics will also be added the social aspects and cultural values of the host city!

The attractiveness of the 2010 UEG Golden Age Gym Festival is supported by the following facts:

- ✧ More than 2000 participants are expected to visit Portimão and experience a great gymnastics Festival;
- ✧ Portimão is preparing an unique environment to host this Gym Festival;
- ✧ The Gymnastics Federation of Portugal will host for the third time a large scale GfA event after hosting 12th FIG World Gymnaestrada in Lisbon 2003 (POR) and the 1st Eurogym 1993 (POR).

Golden Age Gym Festival History

After the test edition in 2005 and the 1st Golden Age Gym Festival 2008 in Maspalomas, Canaries (ESP) the 2nd GAGF will be hosted by the Gymnastics Federation of Portugal in Portimão (Portugal).

- ✧ Golden Age - Test Event (2005): 20 National Federations, 66 Groups, 1350 participants.
- ✧ 1st Golden Age (2008): 22 National Federations, 83 groups and 1800 participants.

2nd Golden Age Gym Festival

During the week of the 2nd Golden Age Gym Festival all participants will have plenty opportunities to get together having gymnastics and related activities as the main reason.

The first day will be highlighted by the gymnasts parade through Portimão main streets followed by the official Opening Ceremony. The following mornings will be fulfilled by the workshops (see provisional list) where everyone can find challenging activities in order to achieve a healthy life with sports and mainly with gymnastics.

In the afternoons take the chance to visit the unique and special city of Portimão and the Algarve region.

Evening time is dedicated to show performance of all groups in stages centrally located in Portimão and Praia da Rocha by the Marina. All groups will have the chance to present their show twice during the week.

Thursday night is dedicated to the Golden Age Gym Festival Gala Show where groups appointed by the different federations will present their best show.

In the evening of the last day all participants are invited to take an active role in the Closing Ceremony. This ceremony mainly includes the presentation of the workshops experienced throughout the week by the participants. A choreographer will create a show of the "work in progress" together with the workshop instructors.

Official Program (Provisional)

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	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
Afternoon					
Meeting of Group Leaders Preparation Parade Parade	Touristic & Cultural Activities	Touristic & Cultural Activities	Touristic & Cultural Activities	Rehearsal Gala Golden Age	Training Closing Ceremony
Evening					
Opening Ceremony 1 st Golden Age	Group Presentations	Group Presentations	Group Presentations	Gala Golden Age	Closing Ceremony Final Party for all participants

Provisional Workshops List

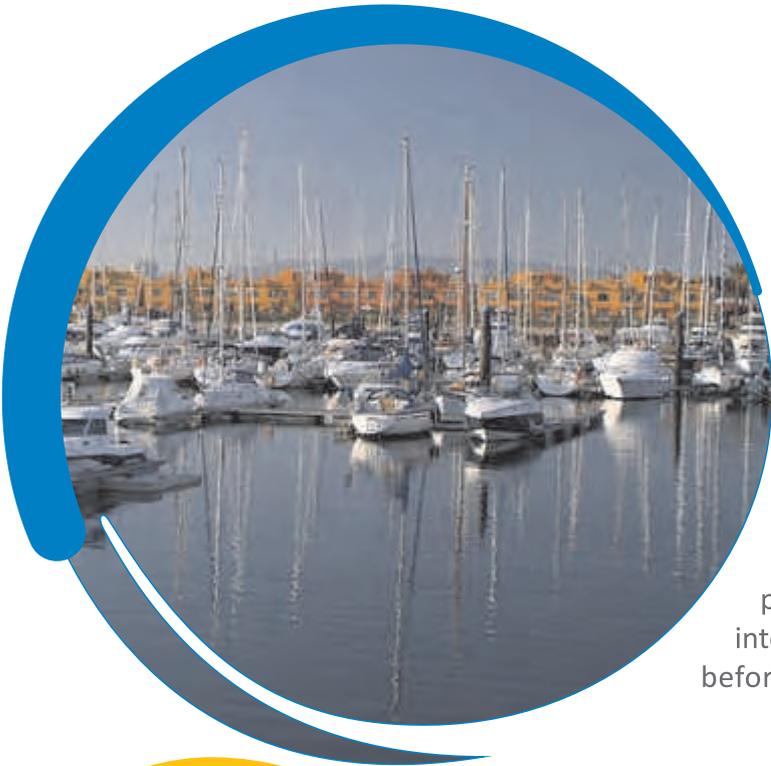
- Traditional Dances
- Ballroom Dances
- Pilates
- Aerobic
- Salsa
- Physical Activity and Aging
- Golf
- Hydro Gymnastics
- Hydrotherapy
- Fit Ball
- Tennis
- Bicycle Ride
- Nordic Walking
- Beach Volley
- Beach Tennis
- Work out with small weights and every day objects
- Beach Yoga
- Climbing
- Latin 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 (Beginners)
- Sailing
- Canoeing

Information Meeting

Portimão in conjunction with the beach shore Praia da Rocha offers unique conditions for this festival.

The Gymnastic Federation of Portugal has planned an information meeting for the 10th of October 2009. With this meeting we are all looking for the opportunity to open the way for all European Gym Federations experience in advance the sites and conditions the Golden Age Gym Festival participants will meet in 2010.

The details concerning the information meeting will be released very soon in a special newsletter. National Gymnastic Federation delegates be prepared to join us all to start searching for the Golden Age in Portimão.



Touristic Programs

The organising committee will arrange vacation packages for those individuals or groups who intend to extend their time in Algarve. Weeks / days before or after the Golden Age are possible.

Excursions



Jeep Safari



School Farm



Cabo de S. Vicente - Sagres



Monchique



Eastern Algarve - Tavira



Lagos



Typical Pastery



Museum



*Typical Weaving
Baskets*



Silves



Registration Process - Deadlines:

Preliminary Registration

1st - 30th of April 2010

Hotel Registration

1st - 30th of June 2010

Final Registration

until 31st of July 2010

Participation Costs:

	Costs
Accreditation Pass (only)	85,00 €
Accreditation Pass + 6 nights accommodation in hotel category 3 stars (double room and supplementary bed) - Breakfast included	295,00 €

We also have 3 stars accommodation in single or double room and 4 stars accommodation on request.
Further information will be available in Bulletin #2.

Accommodation is guaranteed by the Organising Committee until the deadline for the preliminary registration (30th of April 2010).

Insurances

All registered group members have to prove adequate coverage by a health and accident insurance.

The Organising Committee will provide sport insurance for anyone who desires to get this service.

LOC - Gymnastics Federation of Portugal

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