

Special Bulletin

March 2018



The 1st European Gym For Life Challenge will be held in Liège, Belgium, on the 14th of July 2018





Hlíf Thorgeirsdóttir
President of the TC -GFA- UEG

Dear gymnastics friends,

Gymnastics festival is a combination of joy. The joy of doing gymnastics, the joy of meeting and laughing with new friends, the joy of learning, playing and traveling.

You can experience all of this in Liege if you join us for the 11th edition of EUROGYM and the 1st edition of the European Gym for Life Challenge (EGFL).

Liege is in the heart of Europe; the historical and beautiful city of Belgium offers the best conditions to welcome the European youth for a two unforgettable gymnastics events.

We have now well over 4.000 gymnasts from all over Europe pre-registered for EUROGYM and almost 1.000 gymnasts for EGFL.

The TC-GFA-UEG is certain that all our gymnast's friends, taking part in EUROGYM and/or EGFL will live an unforgettable week of sports, with lots of fun and will enjoy the hospitality of the Belgian people. We can tell you that the Belgian LOC is preparing an unforgettable Gymnastics week!

We look forward to seeing you all.

Hlíf Thorgeirsdóttir

President of the TC -GFA- UEG



Dear gymnastics friends,

2018 is finally here, and the start of the new year also brings an exciting event : the European Gym For Life Challenge.

The Local Organizing Committee, the UEG TC GfA, the City and Province of Liège work tirelessly to ensure that this 1st edition of the EGFL will stay in your memories for ever.

In this special bulletin, you'll find all the informations regarding:

- * your definitive registration and the necessary information to complete it;
- * additional services we offer and their costs;
- * more information about the location of the EGFL and extra informations about the available equipment and the work space;
- * the menu ;
- * the definitive programme of the event;
- * the next deadlines.

With these extra informations, you'll have all the tools to complete your definitive registration and prepare your trip to Belgium in the best way possible.

The LOC is of course at your disposal should you have any question. Please, just send us an email to info@eurogym2018.com !

The Local Organizing Committee





REGISTRATIONS

The deadline for the definitive registrations is 28th of February. The LOC will need as much information as possible to ensure a maximum level of security during the event and for your stay to be as good as possible. Be aware that if you participate in both the EGFL and the EUROGYM, the deadline for definitive registration was the 28th of February. For more information, please read the EUROGYM Special bulletin [by clicking here](#).

Here are the informations we need:

- * Name of the group
- * Name and contact information of the person in charge of the group
- * Name and contact information of the head of delegation
- * Name and surname of each participant (gymnasts, coaches, delegation member)
- * Date of birth
- * Gender
- * National Registration number
- * ID/passport number
- * Food allergy
- * Name of the insurance company
- * Number of the Federation's insurance policy
- * If you have repatriation assistance
- * The discipline(s) that will be presented during your performance
- * The extra equipment you will need
- * In order to establish the distribution of groups in each school, we also ask you to specify if this distribution can be mixed or if a separation between girls and boys is required
- * A copy of the ID/passport of each participant.

The National Federation must also confirm the dates of departure and arrival, as well as the means of transport used to arrive in Liège / leave Liège.

As with provisional registrations, an invoice will then be sent to the federation showing the 90% of the remaining balance as well as any additional services.

This invoice must be paid by 20th April 2018 at the latest.



ADDITIONAL SERVICES & COSTS

Your participation card entitles you to various services, such as local transport, meals and accommodation, depending on your day of arrival and departure. Some additional services may be organized, subject to financial compensation.

EGFL

In the table below, you will find in black the services to which you are entitled with your participation card to the EGFL. In green are additional services that you can request. The second table shows the detailed prices for each additional service.

	Meals			Accommodation	Local transport	Airport or station shuttle
	Breakfast	Lunch	Dinner			
Thursday 12 July	X	X	X	X		X
Friday 13 July	X	X	X/X	X		X
Saturday 14 July	X	X	X	X	X	X
Sunday 15 July	X	X/X	X			X

Additional services cost:



Accommodation & meals		Airport or train station shuttle	
Extra night	10€/ night	Liège Guillemins train station	6€/ person/ ride
Breakfast	8€/ meal	Belgian airports	18€/ person/ ride
Lunch pack	8€/ meal	Other airports	20€/ person/ ride
Dinner (warm meal)	12€/ meal		

Please note that no local transportation will be organized on Thursday 12 and Friday 13 July.

BEDDING

The various delegations will be staying in schools spread over the territory of the city of Liège. We know that sleeping equipment can become cumbersome. That's why we offer you the opportunity to buy the material directly from the organization.

In the table below, you will find the description of the products as well as their price, and the modalities of reservation.

Provider	Description	Article	Price
Ikea	JÖMNA, polyurethane foam mattress, light grey 90x200 cm		35€/ mattress
Decathlon	Sleeping bag 80x190 cm		25€/ sleeping bag

If you wish to order material for your delegation, send us your requests by March 30, 2018 at the latest.

An invoice will be sent directly to the National Federation and must be paid by April 30, 2018.

COINTE

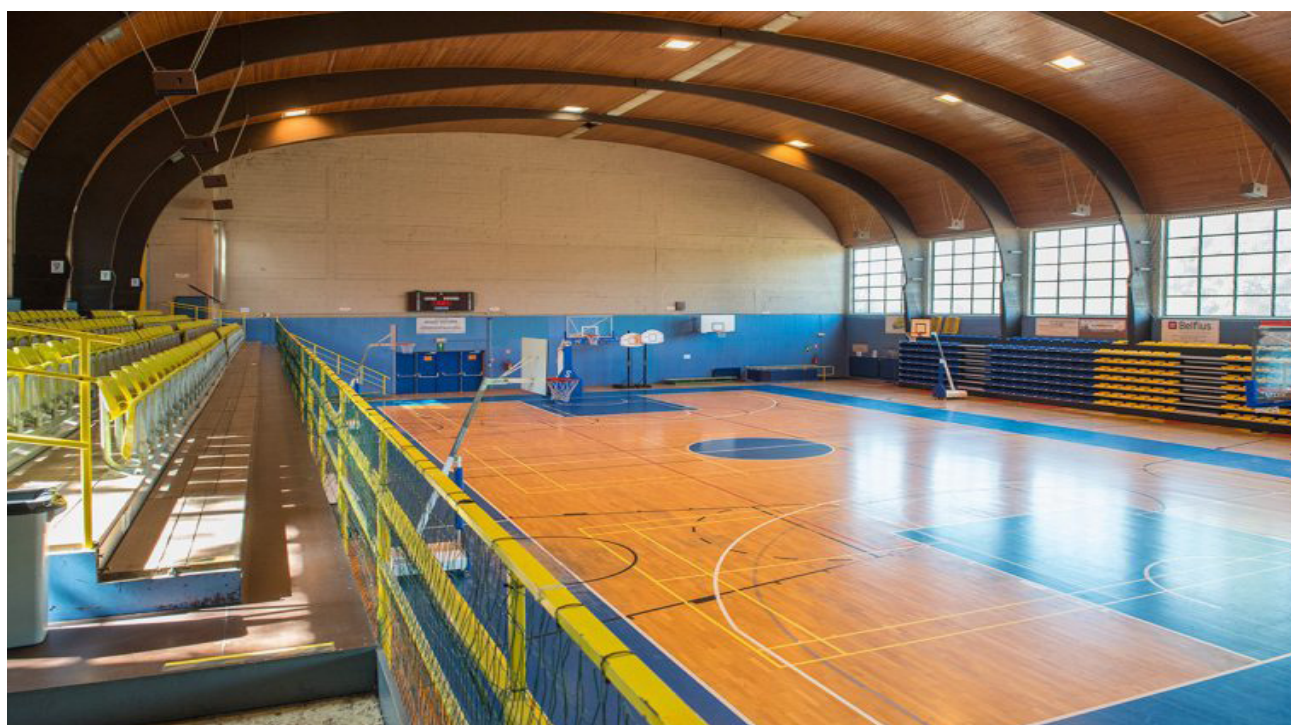
The 1st European Gym For Life Challenge will be held in Cointe.

This location has a work space of 20x30 meters.

Available equipment includes:

- * roller mats
- * landing mats
- * mini-trampolines
- * air track
- * spring boxes
- * springboards

If you think you need a (very) specific equipment, we invite you to report it as soon as possible by sending an email to the address info@eurogym2018.com to allow the LOC to decide on your request (best effort basis).





MENU

Three meals a day will be provided to the different groups: breakfast, served in the schools, lunch and dinner, served at the Palais des Congrès or on the scene of the various events.

In order for everything to run smoothly, the meal schedule has been established as follows:

- * 7h-9h: breakfast
- * 11h30-14h: lunch
- * 18h30-20h30: dinner

Here is the menu that will be proposed to you:

	Friday 13 July	Saturday 14 July	Sunday 15 July
Lunch /		Lunch pack (sandwich, fruit, biscuits, water)	'Boulets à la liégeoise', sweet and sour sauce, onions, vinegar, brown sugar, cork syrup, roasted potatoes Vegetarian : Vegetables lasagna Salad bar Fruit
Dinner	Lunch pack (sandwich, fruit, biscuits, water)	Roasted chicken fillet, potatoes, mustard sauce Vegetarian : Rice with vegetables, hard-boiled eggs Salad bar Fruit	/

During your final registration, we ask you to inform us about any food allergies of your gymnasts. A vegetarian alternative is provided for each meal, as well as drinking water.



PROGRAMME

Below is a provisional schedule. The time of some activities is still to be determined and should be known soon.

THURSDAY 12 JULY	FRIDAY 13 JULY	SATURDAY 14 JULY	SUNDAY 15 JULY
MORNING			
Arrivals of delegations	Arrivals of delegations	7:00-9:00 : Breakfast 08:00-09:00 : Group's leaders meeting Rehearsal EGFL	7:00-9:00 : Breakfast Departure of delegations
AFTERNOON			
Arrivals of delegations	Arrivals of delegations	11:30-14:00 : Lunch EGFL	11h30-14h00 : Lunch Departure of delegations
EVENING			
Arrivals of delegations	18:00 : Head of delegation's meeting 18:30-20:30 : Dinner	18:30-20:30 : Dinner	Departure of delegations

NEXT DEADLINES

- * 30th March: request for sleeping equipment
- * 14th April: definitive registration and payment of 90% of the balance and any additional costs
- * 30th April: payment of sleeping equipment
- * May 2018: bulletin n ° 3
- * July 2018: welcome!

ORGANIZING COMMITTEE



Christophe Dortu
President



Arlette Radu
Vice-president
Head of catering/accommodation/transport



Guy Caprace
Vice-president
Head of volunteers



Marc Werisse
Finance



Roger Cloux
Head of transports



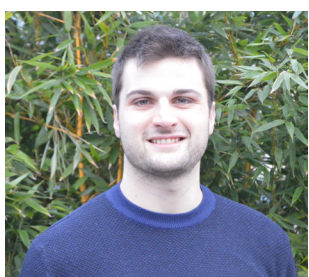
Florence Lestienne
Head of communication



André Sumkay
Head of technical committee



Xavier Lebas
Head of security



Julien Martini
Head of volunteers



Gérard Georges
Public relations



Institutional



Arnaud Charlier
Province of Liège



Alain Jacques
Liège Sport



Joseph Poste
Liège Mayor's Office
assistant

Technical department



Philippe Sumkay
Technical department



Jean-Luc Guerriat
Field of play



Didier Lefebure
UEG Gala

Security



Gaëtan Collignon
Head of security

Schools - Catering



Josiane Dupont
Schools



Robert Dupont
Schools



Anne Adam
Head of catering



Manon Adam
Dietician