



# WORLD GYMNAESTRADA 2023 AMSTERDAM

30 July - 5 August 2023

Bulletin 3.1

EN

# JOIN US IN AMSTERDAM, SHOW US!



## INTRODUCTION

Amsterdam is the city of tolerance, connection, sport, fun and culture. These are touchpoints that also apply to the World Gymnaestrada, one of the most splendid events in global sports. The Royal Dutch Gymnastics Federation and Amsterdam have joined forces to raise that event to a next level in 2023. The roots of the World Gymnaestrada lie in the Netherlands; and as far as we are concerned, it is the steppingstone to the future.

We will set ourselves apart by organising the World Gymnaestrada as a compact and well-organised event at several special locations in a vibrant city. We can offer participants a comfortable week with convenient and sustainable modes of transport, from public transport to bicycles. We will ensure the fun element by organising amazing parties and activities throughout the city. We promise you an unforgettable week in the beating heart of the Netherlands.



## MESSAGE FROM THE ROYAL DUTCH GYMNASTICS FEDERATION

The first World Gymnaestrada took place in the Dutch city of Rotterdam in 1953. It is a great honour for us to host this splendid international gymnastics event again in the Netherlands seventy years later.

We are proud that the City of Amsterdam wants to collaborate with us in giving gymnastics a boost by providing a stage for this event. Amsterdam has held the World Gymnaestrada once before. This was in 1991 and was a great success. In 2023 we set a new standard for the World Gymnaestrada. We believe it is a wonderful opportunity to focus on sustainability and to introduce surprising

innovations in the field of gymnastics. We are looking forward to the 17th World Gymnaestrada, where we would be bringing together people from all over the world at the event in Amsterdam, who share the same passion for gymnastics.

All participants, visitors, volunteers and organisers, striving together to create an unforgettable event!

**Monique Kempff**

*Chairman of Royal Dutch Gymnastics  
Federation*

# FIG GFA COMMITTEE



Rogério Valério



Monika Siskouva



Tatsuo Araki



Marco Bortoleto



Gemma Barton



Jérôme Huebscher



Petrina Hutchinson



## MESSAGE FROM THE FIG GYMNASTICS FOR ALL COMMITTEE

The big Gymnastics events are back in our lives!

Gymnastics for All is a unique sporting activity that empowers the quality of life in all perspectives.

In 2023, World Gymnaestrada will celebrate 70 years full of gathering and sharing the joy of practising gymnastics and developing lifelong friendships.

This 2023 edition in the iconic Amsterdam, NED will provide the first big opportunity

to bring together the community from all over the world, after the challenges presented by the pandemic.

Let's enjoy life through Gymnastics for All meeting our friends from across the world face-to-face and creating the chance to make many new ones.

Looking forward to meet you all there!

**Rogério Valério**

*FIG Gymnastics for All Committee –  
President*



**Femke Halsema**

Mayor of Amsterdam

It is with great pleasure that I present to you the City of Amsterdam, with all its unique qualities. As you probably are aware, the City of Amsterdam is known worldwide for its policy that deserves the mark 'inclusive'. The face of the City of Amsterdam is built by almost 900.000 inhabitants from approximately 180 different countries.

The City of Amsterdam wants to be the right place to work, live and play sports for each and everyone. The City of Amsterdam therefore takes great pride in offering both a unique and marvellous platform for

every athlete to excel and showcase their talents and inspire people from all walks of life to participate in sports for all.

The City of Amsterdam offers the whole package. Amsterdam is easily accessible, the city has a high-profile public transport system, the city's accommodations are state of the art and the overall sports climate is world class.

Nowhere in the world can offer what the City of Amsterdam has to offer: the city itself! With its historical beauty reflected in the eyes of those who come to admire it. Who doesn't want to visit the City of Amsterdam?!

I hope we can welcome you in the splendid City of Amsterdam in 2023.

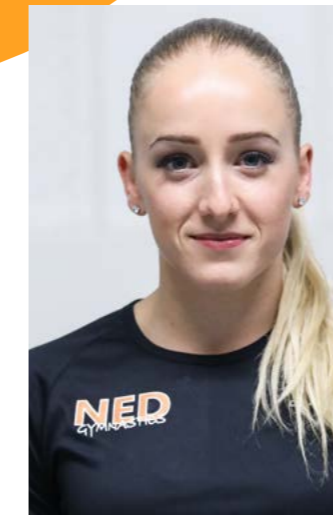


**AMBASSADORS**

**Epke Zonderland**

Olympic Champion 2012  
World Champion 2013, 2014 & 2018

*'As a doctor, athlete and young father, I know how important exercise is in our daily lives, irrespective of how old we are. The World Gymnaestrada in Amsterdam would provide an enormous boost to the work of the Royal Dutch Gymnastics Federation in encouraging children and adults to start and continue exercising.'*



**Sanne Wevers**

European Champion 2018  
Olympic Champion 2016

*'As sisters we regard the gymnastics community, perhaps more than most, as family. And imagine how wonderful it would be if we were able to soon share and experience that passion in Amsterdam with over 18,000 people from that family of athletes. Count us in!'*



**Lieke Wevers**

Winner European Games 2015



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# ABOUT WORLD GYMNAESTRADA

The World Gymnaestrada is a world-wide, non-competitive event held every four years, attracting the largest number of active participants of any gymnastic event. Participation is for everybody, regardless of gender, age, race, religion, culture, ability or social standing.

All participants practice to perform their routines at the World Gymnaestrada, but that's not the only goal. It is more about the whole experience, the festivities and a feeling of belonging. Proudly representing their countries,

adds a slight Olympic feeling to the event. Gymnastics from all over the world come together, reunited after several years, reinforcing international friendships, transcending language and culture differences.

Since the very first edition in The Netherlands in 1953, the World Gymnaestrada has travelled around the world and grown into a multicultural gymnastics festival. After 32 years, this celebration is returning to Amsterdam. It is expected to be the best and biggest World Gymnaestrada ever.



# WORLD GYMNAESTRADA IS COMING HOME

The very first edition was – unsurprisingly – held in the Netherlands (Rotterdam) in 1953, under the motto 'Joy of Life in Gymnastics'. The Netherlands (Amsterdam) again hosted the World Gymnaestrada in 1991. Compared to 1953, the number of participating countries had doubled to 28 and the number of participants almost quadrupled to 19,500. In terms of the number of participants, the

World Gymnaestrada was the second largest event held in Amsterdam, after the 1928 Olympic Games. In 2023, exactly 70 years after the first edition of the World Gymnaestrada, Amsterdam again hopes to welcome you to this event. Faithful to the founding principles, but with a fresh and innovative interpretation for a new generation.





# CORPORATE IDENTITY

## Brand identity

This section of the bulletin is created to take you through the brand identity for the World Gymnaestrada 2023 in Amsterdam. We will introduce you to the World Gymnaestrada 2023 brand and help you get to know the various elements and how to use them correctly and consistently.



## Logo

There are different versions of the World Gymnaestrada 2023 logo. Always try to use the primary logo. The full colour logo should be applied to a white background. If you want to use the logo on a dark background, please use the DIAP version of the logo. You can use the vertical version of the logo wherever it is not possible to use the primary logo. Please do not recreate any of the logos.



The icon is a small/simpler version of the logo. This logo can be used wherever the primary logo is already used. The logo is a playful logo to use with, for example, merchandise or alternately with the primary logo in presentations.



## Colour palette

Colour is a valuable and ownable asset for the brand identity. A brand gains recognition and familiarity through strong and consistent use of colour. Our brand colours are blue, orange, dark orange and dark blue.



Click on the button on the right to download the logos and brand guide.

## Hi all, I am Gymba!

I'm Gymba, the mascot of the World Gymnaestrada Amsterdam 2023. My favourite colour is all colours of the rainbow, as you can see in my clothes. I love sports, doing tricks and giving big hugs to everyone who wants them. I dream of meeting everyone in Amsterdam and having a great time with them, will I see you there?



# WORLD GYMNAESTRADA AMSTERDAM 2023

Amsterdam is a city where everybody feels at home, where tolerance flourishes and sports play a key role. The city of Amsterdam is cosmopolitan, but is typified by a compact structure and cosy, intimate character.

Amsterdam lends itself well to making cultural trips and new friendships.

A week in Amsterdam will be an enriching experience for the participants of the World Gymnaestrada. The World Gymnaestrada 2023 in Amsterdam is characterised by an unequalled programme and a high level of service for the

participants. As the best way to get around Amsterdam is by public and sustainable modes of transport, the participants will be given the opportunity to make optimal use of these.

In addition to the numerous cultural highlights in Amsterdam, music and dance will also play an important role in the entertainment programme. Specially for the participants, DJs will be playing at large parties with various themes (80s, 90s & current themes) that run parallel to the history of the World Gymnaestrada.

Space for  
**25.000**  
participants

Accommodation in schools -  
**18.000**  
beds

Public transport card for  
the entire week for every  
participant

Schools and hotels  
are close to the venue

Festival in  
front of  
the RAI

RAI Convention Centre  
**21.000**  
grandstand seats

Olympic Stadium:  
**22.500**  
grandstand seats

# RAI CONVENTION CENTRE

The RAI Amsterdam Convention Centre is located at a stone's throw from the centre of Amsterdam and situated right off the A10 ring road. It is a top venue for trade fairs, parties, theatre shows and any major

event. The RAI Amsterdam venue will be the heart of the event for the Group Performances, National Performances, the FIG Gala, catering, stands, media and organisation.

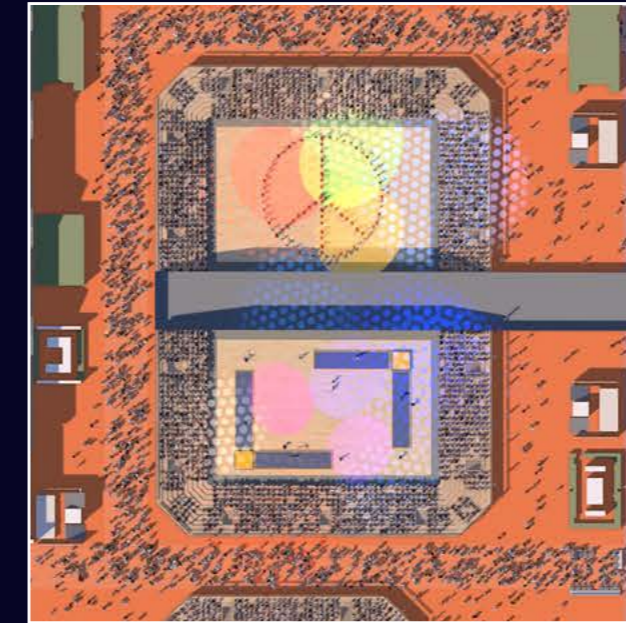


# FLOOR PLAN RAI



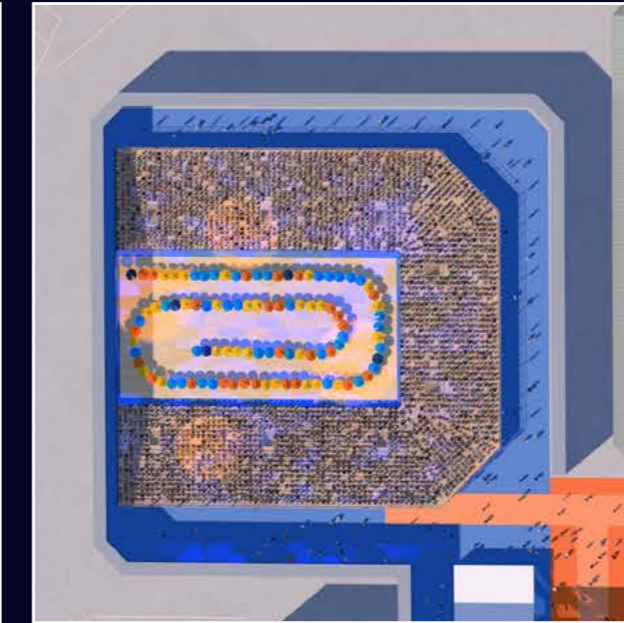
- 1 Group Performance hall**
- 2 National Performance hall 1**
- 3 FIG Gala & National Performance hall 2**

- 🍴 Catering hall**
- 🎪 Entertainment**
- 🛍️ Expo**



## 1 GROUP PERFORMANCE HALL

In Hall 1 the Group Performances will take place. There will be eight stages in total in these halls. Six of these stages will have a performance floor of 20m x 20m (400m<sup>2</sup>). Two stages are slightly larger with a performance floor of 30m x 20m (600m<sup>2</sup>). The grandstands' capacity around the stages is between 1.200 and 1.350 spectators.



## 2 NATIONAL PERFORMANCE HALL

Hall 2 will be equipped for National Performances. There will be a performance floor of 40m x 20m (800m<sup>2</sup>) with grandstands on three sides. The total capacity of these grandstands will be 4.400 spectators.



## 3 FIG GALA & NATIONAL PERFORMANCE HALL

Hall 3 will also be equipped for National Performances, just like Hall 2. This hall will also be used for the FIG Gala. In this hall will be a performance floor of 40m x 20m (800m<sup>2</sup>) with grandstand on three sides of the floor. These grandstands will have a total capacity of 6.900 spectators.

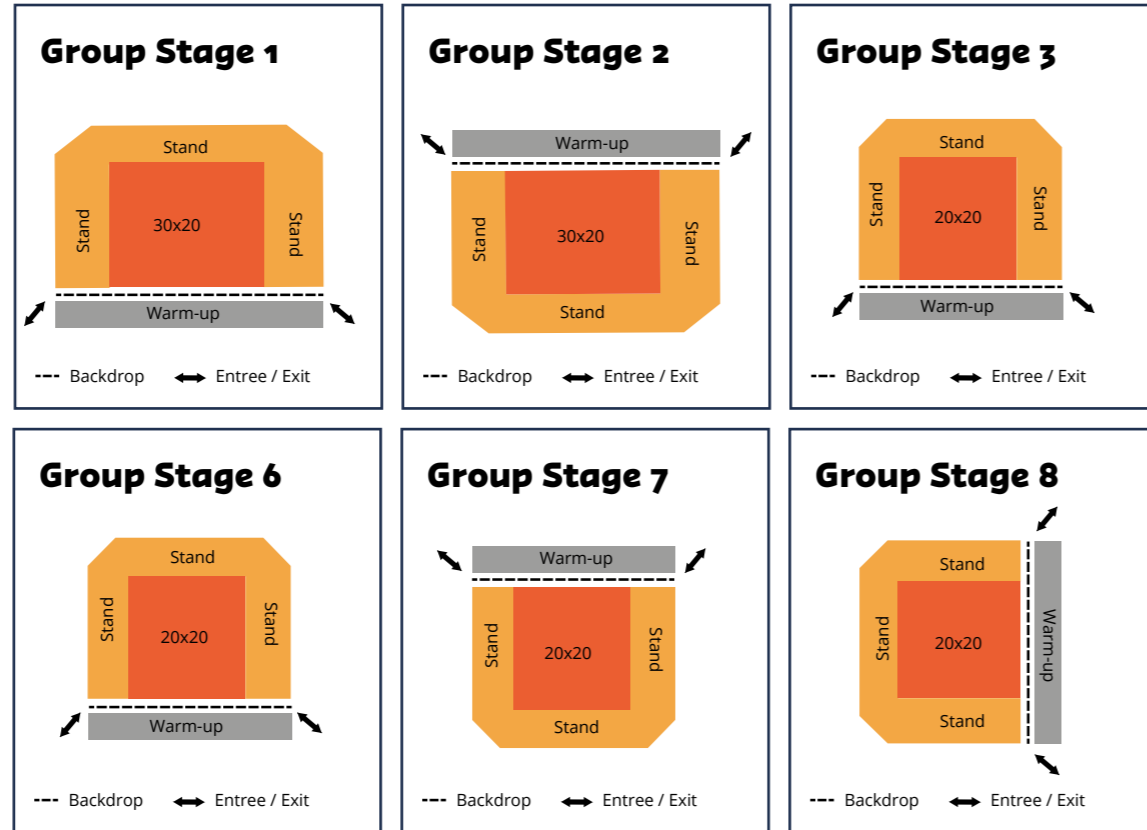
# RAI TECHNICS & HALL PLANS

NEW

**Technics**

**Group Performances (Hall 1)**

- Lighting: Static white light
- Audio: PA system and monitor
- Music play format: CD and USB stick (MP3 Format)
- Radio: Yes
- Video: No
- Radio Microphone: Yes
- Intercom: No

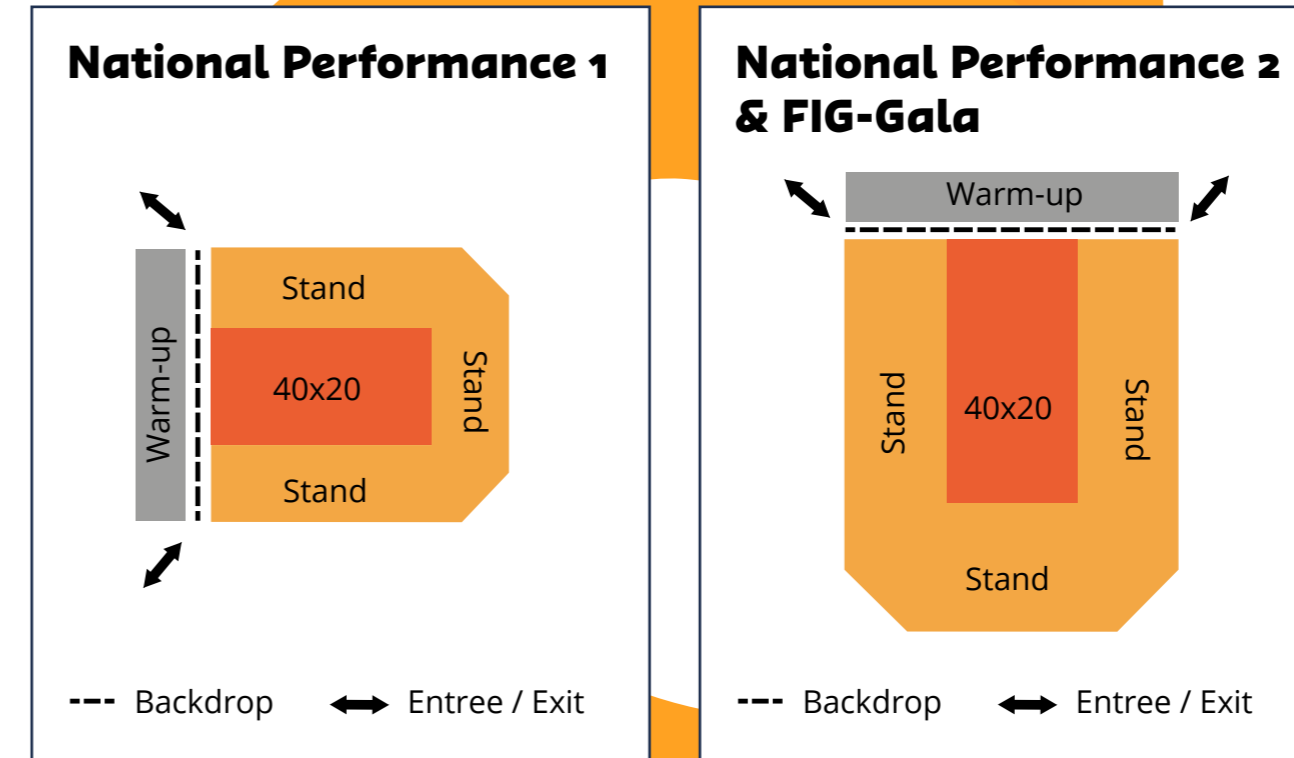


NEW

**Technics**

**FIG Gala & National Performance Hall (Hall 2 | 3)**

- Lighting: Show light
- Audio: PA system and monitor
- Music play format: CD and USB stick (MP3 Format)
- Radio: Yes
- Video: Video wall, DVD/USB stick
- Radio Microphone: Yes
- Intercom: Yes



# OLYMPIC STADIUM

The Olympic Stadium in Amsterdam is a stadium with an athletics track. It is located at the Stadionplein in the western part of the Amsterdam southern district. The stadium is the iconic focus of an area that exudes sporting history and splendour on all fronts. The 1991 World

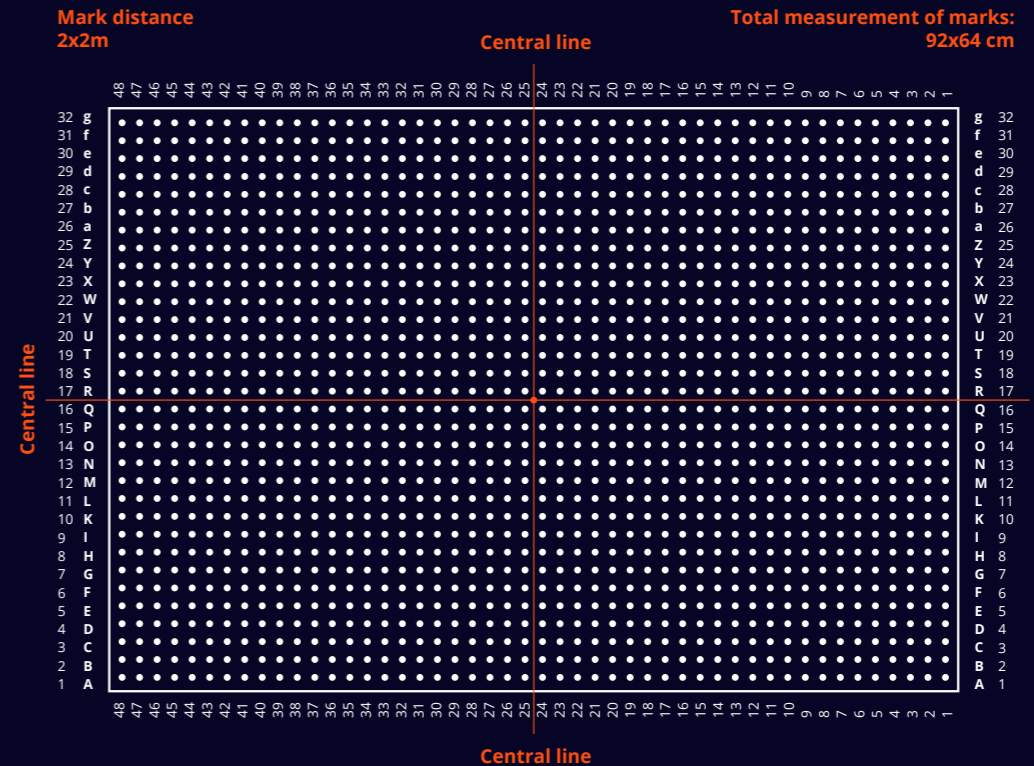
Gymnaestrada was also held in this stadium. The Olympic Stadium is the icon of Dutch Olympic sports and the right place for new inspiration. The Olympic Stadium is the location for the Opening and Closing Ceremonies and Large Group Performances.



After a tense period in the late 1990s, just before the planned demolition of the building, the status of 'national monument' was granted. The stadium was then rapidly renovated. In the year 2000 the Olympic Stadium was reopened. Now millions of visitors use the Olympic Stadium and its various facilities every year. The stadium has 22.500 seats and is jointly owned by the Olympic Stadium Foundation and Bouwinvest.



# FIELD PLAN

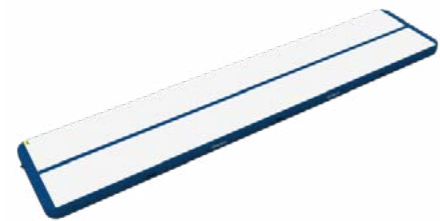


## Olympic Stadium Technics

- Audio: PA system and monitor
- Recording medium: CD and USB stick (MP3 Format)
- Radio: Yes
- Radio Microphone: Yes
- Intercom: Yes

# APPARATUS

The complete Gymnastics Apparatus will be provided by Janssen Fritsen, Eurotramp and Airtrack Factory. After the Gymnaestrada the apparatus will be sold at special rates. Reservations can be made via the LOC. (tom@tigsports.nl)



## 1. AIRTRACK P3

The P3 is the thickest AirTrack; 30 cm high, 15m long and 2.8m wide. This allows you to vary the most with the pressure and is therefore suitable for all athletes and skill progressions. With a low pressure, the AirTrack is soft and suitable to work on new moves. When you get the skill down, build up the pressure until the AirTrack resembles a spring floor.



## 2. ULTIMATE COMPETITION DOUBLE MINI-TRAMPOLINE

The Ultimate DMT is the successor of the Double-Minitramp 190. It is equipped with the powerful and innovative 6x6 mm high-performance jumping bed and fulfils the FIG norm. The Double-Minitramp Ultimate 6x6 guarantees more power and durability due to an optimized spring suspension. (FIG ID: 1495022)



## 3. BALANCE BEAM

FIG certified balance beam. Height adjustable from 75 to 125 cm, with 5 cm increments. Hygroscopic cover ensures optimal grip and comfort during long trainings. Extremely stable legs with durable powder coating. Rubber leg caps for extra stability and to prevent floor damage. (FIG ID: 1414034)



## 4. PARALLEL BARS

FIG certified parallel bars. Original Reuther. Dynamoflex pre-tensioned fibreglass rails with veneer. The length of rails is 350 cm. Width infinitely adjustable from 41 - 71 cm, with scale on stand for precise adjustment of the width. Height adjustment in five cm increments, from 160 - 210 cm. (FIG ID: 1403104)



## 7. OPEN-END MINITRAMPOLINE

Open-eind minitrampoline Jumping mat of 70cm x 60cm with 13mm braided strap. 32 steel springs and double padding.



## 5. VAULTING BOX

Three parts in the middle with reinforced hook-in options on the short sides. Upper part with reinforced hook-in options on the short sides. Two closable openings on the long sides for coupling pipes.



## 8. POMMEL HORSE

Top competition pommel horse, FIG certified. Shape-retaining hull covered with foam and top quality leather. Aluminium brackets covered with hygroscopic non-slip rubber. Adjustable in height from 95cm to 125cm, 5 cm increments. (FIG ID: 1406104)



## 6. MAT 400 X 200 X 10

"Happy landing" mat. Cover of PVC with sturdy quality zippers. Prescribed at competitions



## 9. MUSHROOM

Gymnastics mushroom 60cm with wooden base, without bracket. Hull covered with polyurethane foam.





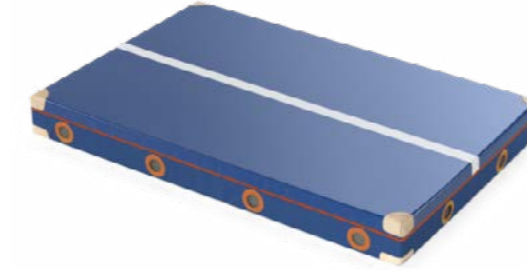
### 10. VAULTING TABLE

Competition Vaulting Table adjustable in height from 125cm to 165cm, 5cm increments. With sustainable non-slip cover.



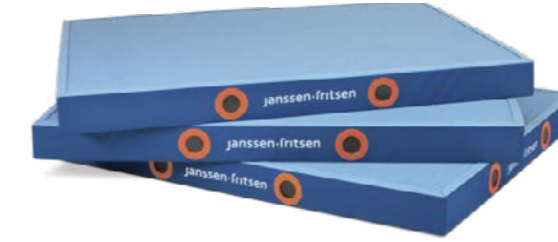
### 11. SPRINGBOARD

FIG certified competition springboard. The surface is made of carbon fiber with chrome silicon pyramidal springs. (FIG ID: 1411714)



### 15. SAFETY MAT 300 X 200 X 30

Safety mat basic 300cm x 200cm x 30cm with 12 handy grips. Special extra strong fabric. Very high tensile and tear strength, a skin-friendly top layer and 8 leather corner pieces.



### 16. TRADITIONAL MAT 300 X 200 X 20

FIG certified competition mat 300cm x 200cm x 20cm. Flat-stable core with high-density cushioning foam. Handy grips with a top layer of heat-absorbing needle felt. Seams covered with 2 mm thin, 15cm wide velour/Velcro strips. Quick power reduction, high damping, very stable. (FIG ID: 2240501)



### 17. EUROTRAMP GRAND MASTER ULTIMATE

Trampoline Grand Master 13M | FIG certified competition trampoline with 4mm straps. With 110 steel springs and 8 reinforced corner springs. Jumping mat 426 x 213 cm with 4x4 mm wide woven nylon straps. Shock-absorbing and stable frame padding 32 mm. (FIG ID: 1495023)



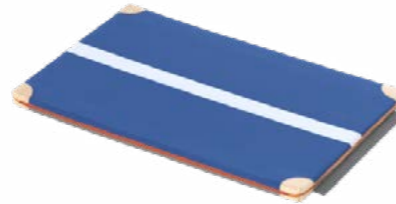
### 12. ERGOTRAMP

The learning springboard has an ergonomic shape facilitating the correct vaulting shape learning, intended to create longer flight moment.



### 13. BENCH

Gymnastics bench 300cm with a 10cm balance beam. Very stable frame without sharp edges. Bench and balance beam are made of European hardwood.



### 14. MAT 150 X 100

Schoolmat "Super-8" 150cm x 100cm x 8cm with sandwich foam.



### 18. ROLLABLE MAT

Rollable mat 1400cm x 200cm x 4cm. strong and flexible, easy to roll up with 16 cm wide cross cells. Reinforced strong fabric with high tensile and tear strength. Skin-friendly, non-slip material.

# PROVISIONAL TIMETABLE

NEW

NEW

	Sunday 30 July	Monday 31 July	Tuesday 1 August	Wednesday 2 August	Thursday 3 August	Friday 4 August	Saturday 5 August	
09:00		Group Performances	Group Performances	Group Performances	Group Performances	Group Performances		09:00
10:00								10:00
11:00							FIG Gala	11:00
12:00								12:00
13:00		Large Group Perf.			Large Group Perf.			13:00
14:00			Large Group Perf.					14:00
15:00								15:00
16:00	Opening Ceremony						Closing Ceremony	16:00
17:00								17:00
18:00		National Perf.	National Perf.		National Perf.	FIG Gala		18:00
19:00		National Perf.	National Perf.	Amsterdam Evening	National Perf.	National Perf.		19:00
20:00								20:00
21:00		National Perf.	National Perf.		National Perf.	FIG Gala		21:00
22:00		National Perf.	National Perf.		National Perf.			22:00



# WORLD GYMNAESTRADA WEEK



# OPENING CEREMONY

NEW

**Location:** Olympic Stadium Amsterdam

**Date:** Sunday, July 30th

**Time:** 16:00

**Duration:** 2 hours

**Capacity:** 22.000

## Details

This edition will also be opened spectacularly with an Opening Ceremony in the Olympic Stadium. A choreographer will work with the groups to create a beautiful show. The stadium has a seating capacity of 22,000. So, we have enough space for all the participants in the event, but there is certainly also room for visitors to the opening show.

This edition is a big change from the previous 16 editions. This has to do with the set-up of the Olympic Stadium. It is a wonderful fact that the event has become much bigger since the first

edition in 1953. In 1991 it was still possible to march with all participants into the stadium, but in 2023 this is unfortunately not possible for safety reasons.

This stadium was specially designed and built for the 1928 Olympic Games in Amsterdam. The Olympic stadium has a central main entrance of 6 meters wide. This entrance is the only entrance to the stadium. The contractual agreement is that the march-in must take place within one hour. Because of the safety of the athletes, it is not possible for all participants of the World Gymnaestrada to march into the stadium within one hour.

## For everyone

The World Gymnaestrada is for everyone. We strive to make the experience as special as possible for every individual. We want to welcome every individual participant in a full stadium

under loud applause of all World Gymnaestrada participants. Cheers from Albania to Zimbabwe. We are very much aware that the marching in the stadium is an important element of the World Gymnaestrada. We are therefore going to do everything possible to organise it in the traditional way. Apart from the options of organising the marching in the stadium, we are also looking into the possibility of doing it in a spectacular way outside the stadium. We will keep you informed of the developments.

For now, this is our draft concept;

The concept is a World Gymnaestrada march from the RAI to the Olympic Stadium. All participants come together at the RAI and walk per team to the Olympic Stadium. At the stadium everyone takes place in the section for countries after which the opening show starts.

Participating federations will be part of the opening show via the grandstand and presented individually.

## Ideas:

- Duration introduction countries 30 min.
- Opening Show 60 min.
- Promo in show element linked to participating federations.

NEW





# PERFORMANCES

NEW

NEW

## Group Performances

**Location:** RAI Convention Centre

**Date:** Monday, July 31st – Friday, August 4th

**Duration:** 10 – 15 mins

**Capacity:** 1.000

Group Performances are designed to show the diversity of ‘Gymnastics for All’.

Groups include a minimum of ten active performers with no maximum number being set. Performances will be presented three times in an indoor performance area at the RAI Convention Centre. Each performance will take either 10 or 15 minutes.

## Large Group Performances

**Location:** Olympic Stadium

**Date:** Tuesday, August 1st – Friday, August 4th

**Duration:** 15 mins

**Capacity:** 22.000

Large Groups will include a minimum of 200 active performers. Performances will be presented three times in the Olympic Stadium in Amsterdam. Two or more participating FIG Member Federations may join together to form one Large Group. A Large Group Performance will have a maximum of 15 minutes.

## National Performance

**Location:** RAI Convention Centre

**Date:** Monday, July 31st, Tuesday, August 1st and Thursday, August 3rd

**Duration:** 1,5 hours

**Capacity National Performance 1 :** 4000 – 4250

**Capacity FIG Gala / National Performance 2 :** 6000 – 6250

A FIG Member Federation can apply for a National Performance as well. Once it is approved by the FIG GfA Committee, that FIG Member Federation can to present its ‘Gymnastics for All’ show. These events are designed to give participating FIG Member Federations an opportunity to present their range of ‘Gymnastics for All’ activities, combined with music and personality that fits their national culture. It

is allowed for FIG Member Federations to join together to present a joint National Performance. A National Performance should be a maximum of 1.5 hours.

Monday	Tuesday	Thursday
Hall 2: 18.00 – BRA 20.00 – FREE	Hall 2: 18.00 – PAGU 20.00 – GER	Hall 2: 18.00 – POR 20.00 – ITA
Hall 3: 18.30 – SUI 20.30 – SUI	Hall 3: 18.30 – NED 20.30 – JPN	Hall 3: 18.30 – Nordic 20.30 – FREE

## City performances

Amsterdam is a fantastic location in many ways. In the ambition to bring sport more to the people, having City Performances is a must. We are going to place beautiful stages on three locations in the city. However, we can only announce the final locations and specifications of the stages later on. Amsterdam only issues permits for locations in the city from a year in advance. So, for the time being, we don’t have a permit and we can’t sign the locations definitively yet.

The good news is that when we get the permit in Amsterdam things can go very fast. So please be patient for the City Performances, but we will come back with more information as soon as possible. In confidence, we will hand over the locations of the City Performances in this space. **Please do not distribute these locations further yet.** Minimum stage sizes for location A and C will be 8x10m, minimum stage size for Vondelpark tbc.

### Location A:

Inside the fences of the RAI, of course, many wonderful performances take place. We would like to place location A on the Europaplein just before the fences of the RAI. This is to show the passing public what happens in the RAI during the week and to present the diversity of Gymnastics for All.

### Location B:

In the Vondelpark, is the Vondelpark theatre. This is an almost complete setting where we like to have the City Performances. The Vondelpark is

a beautiful green spot in the middle of the city where many tourists and residents of Amsterdam enjoy the surroundings.

### Location C:

Location C will be the most unique location. Preferably it will take place on the famous museum square. There may be competition from another event. The rule on museum square is that one event per year is allowed. Fingers crossed that this permit is granted. As we work together with the City of Amsterdam, we are hopeful, but we can only communicate this once it has been confirmed.

# FIG GALA

NEW

**Title:** Feel the Flow FIG Gala

**Location:** RAI

**Date and time:**

- Friday August 4  
FIG Gala 1: 18.00 - 19.30  
FIG Gala 2: 20.30 - 22.00
- Saturday August 5  
FIG Gala 3: 10.00 - 11.30

**Duration:** 1.5hours

**Capacity:** 6000 - 6250

**Aim:** show the variety of gymnastics

**Note:** spectators sitting on three sides of the arena, curtain on backside

**Measure:** 40m x 20m

## Concept and theme

Connection and passion are the themes in which all nationalities and levels come together. Within this idea, the countries make each other's

announcements. In this way we literally connect the acts together. The main theme is 'WATER'.

Confucius said: "It is only when you row across the sea that you will discover who you really are." Only with hard work, sweat and tears can we achieve something great within sports. By traveling to and coming together in the Netherlands, the participants will also learn more about themselves and about each other.

Every athlete is, as it were, a drop or a small stream. Together they form a stronger current which becomes a river. When those rivers come together, the rivers form a sea and then an ocean. That's the metaphor for this gala. Collaboration is everything. There is no I in team. You don't have to fight the water but only need to go with the flow to get somewhere. This gala is

about participating together; it's no contest. The water purifies, washes away, cools and quenches thirst. "Hard work, sweat and tears" combined form the elixir of life.

## Participating countries

In order to select groups for the FIG Gala, all FIG federation members have been requested to suggest groups. This was done with films showing the standard and quality (and information about the groups) of the groups to enable a proper selection. All presentation materials submitted should show the general abilities of the group. Unfortunately, not all groups could be accepted as the FIG Gala is choreographed show. This is the reason why a comprehensive application procedure was exercised.

**Austria**

**Australia**

**Brazil**

**Canada**

**Chile**

**Denmark**

**Finland**

**Germany**

**Greece**

**Israel**

**Italy**

**Japan**

**Portugal**

**The Netherlands**

**Sierra Leone**

**Sweden**

**Switzerland**

**United States of America**

**Zimbabwe**

## FIG Gala team:

GfA C - Jérôme Huebscher & Tatsuo Araki

Michiel Maas - Managing director

Stanley Burleson - Show director

Maurice Wijnen - Creative director

Patricia Khemili - Kok - Executive producer

Rianne Verldhuizen - Event manger / secretary

Raymond Weeda - Technical support

Mail: figgala@wg2023.nl

## Ticketing:

Ticketing gaat eind dit jaar live in FLIP.

NEW



# WORLD TEAM & CLOSING CEREMONY

## World Team

The World Team is an international Large Group Performance in which gymnasts from all over the world can take part.

What is special, is that it is not connected with any group, but all of those who participate in the World Gymnaestrada can take part, even individuals.

The performances will be integrated into the programme of the Large Group Performances and the closing of the event. The World Team will be presented two times

The World Team is completely digitally coordinated with the participants. This will involve choreography, training, communication, props and clothing.

The schedule for information about the World Team specifically is as follows:

October'22 – Theme, Concept, First instructions + costs for the National Federations

December'22 – Online meeting participants World Team x choreographer including clothes & props

February'22 – Online meeting participants World Team x choreographer

May'22 – Final meeting participant and National Federations

## Closing Ceremony

**Location:** Olympic Stadium

**Date:** Saturday, 5 August

**Time:** 16:00 – 17:30

**Duration:** 1,5 hours

**Capacity:** 22.000

Like the opening, we will close the event in a unique way in the Olympic Stadium.

With a spectacular show with participants from all over the Netherlands and from all disciplines of gymnastics, we conclude the World Gymnaestrada week together.

It would be great if we could keep as many participants as possible in Amsterdam until the closing. We transfer the World Gymnaestrada flag to the Portuguese Federation for the organisation of the World Gymnaestrada 2027.



# PUBLIC TRANSPORT

NEW

NEW

You will receive a GVB Multi day ticket 7 days which will be valid during the event dates, from Sunday 30 July – Saturday 5 August. The card currently covers the entire World Gymnaestrada week. We will investigate whether it is possible to start the card earlier and have it run until later.

### Where can you travel:

With all GVB trams, (night) buses and metros in Amsterdam, Diemen, Duivendrecht, Amstelveen, Schiphol and Weesp.

### When can you travel:

All day and all night. If you opt for a 7-day ticket, you can travel 168 hours from the first check-in.

### Transport company: GVB

Official WG airport transfer information will be available through FLIP around September.

We facilitate airport transfer from Amsterdam Airport Schiphol to the school or hotel where the delegation is staying. Information and costs will follow end of summer via FLIP.

### Own bus/car – where to park/keep & costs

- There are multiple parking lots near the Olympic Stadium and the RAI
- Parking costs vary between €3,- – €4,50,- per hour

Parking in Amsterdam is very expensive. We also do not recommend parking your car near the schools or venues. Loading and unloading is of course possible, but for parking the car we recommend a place outside the city or in a Park and Ride location. Please find more information about what Park and Ride is, [here](#).

### P+R Locations in Amsterdam

[Park and Ride \(P+R\) - City of Amsterdam](#)





# VISITING AMSTERDAM

'Amsterdammers' (the people of Amsterdam) consider sports to be an important aspect of life, and you can play or watch sports anywhere you go in the city. From gymnastics to hockey, tennis, squash, ice hockey, basketball, swimming or track cycling; you can find any sport. Since 53% of the inhabitants play sport at least twice a week, Amsterdam is widely recognised as the sports city of The Netherlands.

The ambition of 'The Sports City' goes beyond everything we already do; it is about what kind of city Amsterdam wants to be. The ambition of sports city is to promote sports as a quality of the city and develop sport and exercise as an integral part of life among the people of Amsterdam. With sports and exercise interwoven in everyday life, Amsterdam is a city with an enormous diversity of sports and exercise facilities around every corner.

Besides the event itself and a day full of gymnastics activities, there is also a lot to do in the city of Amsterdam itself. The wide variety of art museums, such as the Van Gogh Museum, Rijksmuseum, Rembrandt house Museum and the Moco museum offer a comprehensive selection of different art styles. If you want to experience original Amsterdam history, we recommend the Anne Frank House where you can find out more about Anne Frank; the world most famous Jewish diarist who lived during the Second World War.

Looking for something else? Discover the world of science in the Nemo museum, learn how to make a real Heineken beer at the Heineken experience or visit Artis Zoo. If you haven't made plenty of selfies by then, you can end your day at Madame Tussauds and have your picture taken with one of your idols.

Amsterdammertjes  
(traffic bollards)

**38,000**



**180**  
Nationalities



Bicycles  
**881,000**



Canals  
**165**



Population of city  
**838,338**

Bicycles recovered from  
the canals each year  
**15,000**



Canal cruise  
boats  
**110**



Population of Amsterdam  
Metropolitan Region  
**2,332,773**



**8,863**  
Houses and buildings from the  
16th, 17th and 18th centuries



**252**  
Bridges in the city centre

If you want to see Holland from a different point of view (from above), 'This is Holland' offers a great experience during a drone flight over the Netherlands. Do you want more excitement? Visit the Adam Tower where you can enjoy beautiful views of Amsterdam and sit on a swing on the edge to literally swing above Amsterdam.

When you think of Amsterdam, you probably immediately think of the ring of canals. Explore these canals by taking a nice walk, renting a bike or joining one of the canal cruises along the Amsterdam's canals?

Dam Square is the heart of Amsterdam and the place the city owes its name to. The square is home to the Royal Palace, the New Church and the National Monument which commemorates the Second World War, among others. The Magna

Plaza is a lesser known monument of the city, but just as beautiful, and is hidden behind the Palace on Dam Square. The building once served as a post office, but nowadays serves as a luxurious shopping mall.

For more shopping you can visit the Nine Streets in the Jordaan. In this area there are nine streets where shopping is the main focus. Here, you will find all kinds of nice boutiques, flagship stores owned by big brands, eateries, cafes, pop-up stores and many more. It is a cosy bustle where you can find a true Amsterdam experience.

If you long for peace and quiet during your visit to Amsterdam, Vondelpark is the place to be. Vondelpark is the city park of Amsterdam and has been a national monument since 1996. During the hot summer days, many people come here for sports, picnics, barbecues or just to relax in the sun. In the Oud-West district you will find trendy cafes and boutiques, and in the industrial North you will find fantastic flea markets and vintage furniture stores. In fact, every district outside the city centre has something special to offer.

All in all, Amsterdam offers a wide variety of activities, but the Netherlands has so much more to offer. Admire the typical Dutch windmills on the Zaanse Schans and Kinderdijk or the tulips in the Keukenhof. Plenty to discover throughout the entire country!

Amsterdam is one of the greatest small cities in the world. From the Amsterdam canals to the world-famous Amsterdam museums and historical sights, Amsterdam is one of the most entertaining cities in Europe.

It is also a city of tolerance and diversity. With over 180 nationalities, Amsterdam scores well on diversity and reflects its past. In becoming the melting pot of Europe, the city set the template for modern urban life.

Amsterdam has all the advantages of a big city: rich culture, lively nightlife, high-class hotels, restaurants with international cuisines, good transport – yet it is quiet, and largely thanks to its extensive canals, has little road traffic. In this city, your destination is never far away.

## Summary of what to offer participants

- An unforgettable event in a wonderful, free and open-minded atmosphere
- Good accessibility of the city and accommodation
- Unforgettable party night for participants with leading Dutch DJs. Let's celebrate the World Gymnaestrada!
- Discounts on admission fees of canal boat cruises through the Amsterdam canals and leading museums in Amsterdam
- Exploring the city sustainably (e.g. by bike) for one week
- A user-friendly app to guides you through the week
- A participation pass and free travel on public transport in Amsterdam



# ACCOMMODATION

## SCHOOLS

As one of the traditions, a large group of participants for the World Gymnaestrada will spend their nights from 29 July – 6 August in the classrooms of the schools of Amsterdam. During their stay, all schools will have sufficient sleeping space (6m<sup>2</sup>), toilets and showers.

During the event week, security, first-aiders and janitors will be present in the schools, and trash pickup and cleaning will be provided each day. Also, participants will have the opportunity to have breakfast in the schools in the morning, so that they can go through the day full of energy.

To ensure that everyone gets a good night's sleep, participants can choose to purchase a sleeping package. The package will include an air mattress, pillow and bedding with the World Gymnaestrada 2023 logo.

### AIR MATTRESS

- Good size single person air mattress for a comfortable night's sleep
- 75 x 190 x 22cm
- PVC/Vinyl material with Velour topping

### PILLOW

- 800gr lightweight pillow
- 60 x 65 x 13cm
- 100% Cotton
- Duck feather filling

Price per sleeping set: €85,-

### PILLOW COVER

- Pillow cover with the World Gymnaestrada 2023 logo
- 60 x 70cm
- 100% Cotton

### BLANKET

- Cosy single person blanket
- 135 x 200cm
- Made of 100% quality cotton
- Duck feather filling



## HOTELS

The LOC of the World Gymnaestrada has negotiated good prices with the hotels in Amsterdam. By booking through the LOC you will stay in one of the official World Gymnaestrada hotels.

All official World Gymnaestrada hotels are located in Amsterdam close to the venues. The hotels can be reached by public transport in less than 30 minutes.

To be eligible to book via the LOC you must book for a minimum of 8 nights (29 July – 6 August). In case of a shorter period or other dates, everyone is free to make their own booking at one of the hotels in Amsterdam.

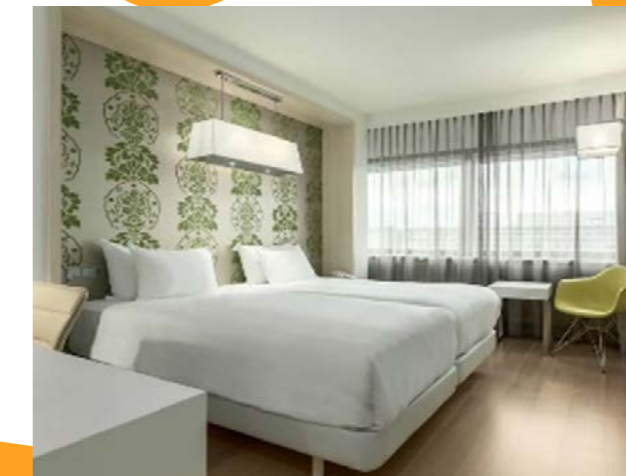
## HOTEL REQUESTS IN FLIP

Via the registration system FLIP, participants are asked to choose their accommodation (school/ hotel/ book own accommodation). When participants choose to stay in a hotel, they can also indicate their preference for room type. The federation has to approve these requests and makes the choice for the type of hotel they will stay in according to the price categories. This way the participants of one federation (with preference for hotel accommodation) can stay together in one hotel.

The LOC cannot guarantee that all the numbers and types of rooms can be allocated as requested. This will be done on the basis of availability.

When the accommodation requests are

approved by the federations, the LOC will start assigning a hotel to a federation.



# CATERING

NEW

NEW

We have a highly experienced partner on board for the catering of the World Gymnastrada 2023 participants, having been the official caterer for several events in the last ten years. For the choice of the offered meals the main focus is on regional fresh products, healthy, nutritious meals especially created for athletes and the integration of both national and international specialties.

We provide lunch and dinner daily for a carefree World Gymnastrada week!

With this combi package you will receive a unique and sustainable #WG2023 drinking cup for free.

All the meals are nutritious, varied, healthy and prepared with local fresh products. You will be introduced to a variety of traditional Dutch hot

and cold dishes in combination with international specialties.

- Lunch 7 days
- Dinner 7 days

## Menu

Example of a meal:

- Chicken Ketjap  
chicken thighs | soy sauce | sambal | nasi goreng | green beans
- Vegan Indian Dahl  
pumpkin | coconut milk | ginger | spinach | fried rice | green beans

One dish is served per meal, supplemented by the following items;

- Choice of 5 different kinds of salads

- Bread with sweet and/or savory fillings
- Butter, freshly boiled free-range eggs and young mature cheese
- Every day a warm snack (e.g. sausage roll, cheese souffle, hamburger, pasta etc)

## Allergies / Vegetarian Vegan

Of course, we will take allergies and dietary requirements into account in the catering concept. However, with so many participants it is impossible for the organisation to meet all dietary requirements. We have added the below allergies into FLIP. With the information received we will be able to choose which ones we will be able to offer. So please take note that the list below is not definite.

Gluten | Peanuts | Nuts | Milk | Vegetarian



# ORGANISATION

NEW

NEW

## Visa Requirements

The majority of foreign nationals wishing to stay in the Netherlands for up to three months require a short stay visa or Schengen visa (Schengen visum). Foreign nationals from the EU, EEA (European Economic Area) or Switzerland are exempt from the visa requirement.

If you are not a national of one of the countries listed above, then you may need a short-stay Schengen visa. This allows you to stay in the Schengen area for a maximum of 90 days within a 180-day period. Please be sure to start the visa application in time as the waiting times at the visa application centres are longer due to travel increase. You can start your visa application up to 6 months in advance.

You can use the Ministry of Foreign Affairs Schengen Visa Advisor (link: [Applying for a short-stay Schengen visa](#). Choose your country. Netherlands Worldwide) to see whether you need a visa or not.

If you already have a valid residence permit for another Schengen country, you do not need a visa for the Netherlands for up to 90 days.

## Exhibition stands

During the World Gymnaestrada Amsterdam 2023 there is a distinction between two different exhibition stands, namely; commercial stands and stands for federations.

## Federations

Federations will have the opportunity to present themselves in the vibrant heart of the RAI Amsterdam. You will be able to register for this in FLIP. Stands will start with a surface area of 9 square meters. The depth of a stand is always 3 meters. In width, the stands can be extended per 3 meters. After your registration of interest, you will receive all the possibilities and prices concerning the stands. We will notify you once the registration is open in FLIP.

## Commercial

If you are interested in a commercial stand, please send an email to [expo@wg2023.nl](mailto:expo@wg2023.nl) with the following information:

- Name
- Country
- Company
- Product

We will make sure that you are put on the mailing list. Companies on this list will be the first to receive the commercial leaflet. We expect to send it out by the end of September.



## Update Notification of Interest / Participants

The registration period started in 2021. Up to now, 58 countries, from all seven continents, have expressed their interest in participating at the World Gymnaestrada 2023 Amsterdam. These 58 countries together have an amount of 20.357 participants for the World Gymnaestrada 2023! This number of participants is incredibly high and an extra motivation for the LOC in its ambition to top the number of participants which

have taken part in the World Gymnaestrada back in 2019. With 2037 World Teams requests, 31 National Performances requests, 28 requests as participating countries at the FIG Gala, 386 Group Performances requests, 342 City Performances requests and 29 Large Group Performances requests.

While we highly value such global interest in participating in one or the other way in the World

Gymnaestrada 2019 we will continue our efforts in the coming months of attracting additional National Federations to register for a participation

Currently the list of Federations who have entered a Notification of Interest or a Notification of Participants contains the following countries:

- |                   |                    |                      |                  |                         |
|-------------------|--------------------|----------------------|------------------|-------------------------|
| 1. Afghanistan    | 13. Chile          | 25. Hungary          | 37. Peru         | 49. Switzerland         |
| 2. American Samoa | 14. Cook Islands   | 26. Iceland          | 38. Portugal     | 50. Togo                |
| 3. Argentina      | 15. Costa Rica     | 27. Iran             | 39. Qatar        | 51. Tonga               |
| 4. Aruba          | 16. Czech Republic | 28. Israel           | 40. Romania      | 52. Trinidad and Tobago |
| 5. Australia      | 17. Denmark        | 29. Italy            | 41. Serbia       | 53. Uganda              |
| 6. Austria        | 18. Egypt          | 30. Japan            | 42. Sierra Leone | 54. United Kingdom      |
| 7. Azerbaijan     | 19. Estonia        | 31. Liechtenstein    | 43. Singapore    | 55. United States       |
| 8. Bangladesh     | 20. Finland        | 32. Malta            | 44. Slovakia     | 56. Uruguay             |
| 9. Belgium        | 21. France         | 33. Mexico           | 45. Slovenia     | 57. Venezuela           |
| 10. Brazil        | 22. Germany        | 34. Netherlands      | 46. South Africa | 58. Zimbabwe            |
| 11. Canada        | 23. Greece         | 35. Norway           | 47. South Korea  |                         |
| 12. Cape Verde    | 24. Honduras       | 36. Papua New Guinea | 48. Sweden       |                         |



# TIMELINE

## 2021

### February:

Opening of the Registration Platform: inform us via the Registration Platform your interest in participating in the World Gymnaestrada and at the same time a possibility to apply for participation in the FIG Gala 2023 possibility to apply for participation in the FIG Gala 2023.

### July:

Closing of the notification of interest and registration to the FIG Gala

## 2022

### January:

Notification of the expected number of participants and units for Group Performances and Large Group Performances, Application for a National Performance

### March:

Confirmation to the member federations of: Number of units, FIG Gala participation, National Performances

### May:

Bulletin 3

### November:

Allocations of schools

### November:

Bulletin 4

### March:

Bulletin 5

### July:

Second information meeting

### July:

Provisional Registration deadline (total number of participants, number and information about participants with special needs)

## 2023

### January:

Definitive Registration deadline (50% payment of the Participant cards is due at the same time)

### May:

Final payment deadline for all payments (100%)





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**President**  
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Bianca Wieman  
**Representative Dutch  
Gymnastics Federation**



Michiel Maas  
**FIG Gala Director**



José Holster  
**Project Director**  
info@wg2023.nl



Elsemiek van Erkel  
**Partners, Sponsors  
& Hospitality**



Kevin Heg  
**Schools**  
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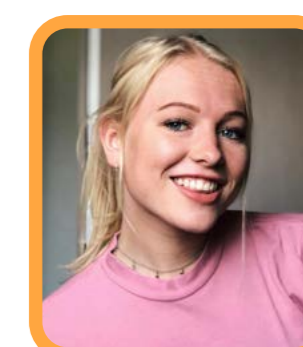
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Ellis Halbmeijer  
**Director Marketing  
& Communications**



Daniele Dink  
**Special Events & Expo**



Julia Annaert  
**Social Media**



Norbert Chevalier  
**Partner TIG Sports**



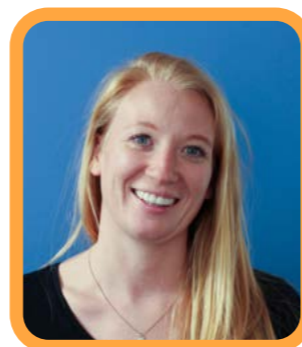
Willem Overdiep  
**Director of Operations**



Tom Wennekes  
**Apparatus**



Margriet Bos  
**Registrations & FLIP**



Sabine de Bruyn  
**Art Director**



Karen Hanrath  
**Community Manager**  
info@wg2023.nl



Bas Middelkoop  
**Venue Manager  
Olympic Stadium**



Jasper van Trigt  
**Venue manager  
City Stages**



Yildiz Turun  
**Registration & FLIP**



# THE NETHERLANDS WELCOME YOU



*"There is nothing more beautiful than to show our collective passion to the rest of the world"*

Marina (53 years), Ilse (20 years) and Grandma Riet



*"During the World Gymnaestrada, it feels like we are all part of one big family"*

Henk Krols, 63 years



## Marina (53 years), Ilse (20 years) and Grandma Riet

### What is the World Gymnaestrada to you, and why do you love it?

There is nothing more beautiful than to show our collective passion to the rest of the world. Together with so many people from so many different countries, we all have one goal: To show everybody how proud we are of our sport. That the level doesn't matter, and having fun is most important.

### What makes you proud that the World Gymnaestrada is coming to the Netherlands/ Amsterdam in 2023?

To finally show the rest of the world where the World Gymnaestrada was born!!! The World Gymnaestrada originated in the Netherlands and spread to the rest of the world. We are pleased to be able to show what our small country is capable of.

### Why should everyone come to Amsterdam?

Gymnasts from the Netherlands, please come to Amsterdam! Now is your chance to show off your passion. It doesn't matter whether you have talent or no talent, whether you are young or old, we all love the same sport and have an opportunity to do this together. There is no discrimination between ability, colour or age. Together, we live the most beautiful moments through our sport.

## Henk Krols, 63 years

### What is the World Gymnaestrada to you, and why do you love it?

For me, the World Gymnaestrada is an active gymnastics holiday for the entire family. I'd love to participate in a jumping demo with my sons and enjoy all the gymnastics demonstrations.

During the World Gymnaestrada, it feels like we are all part of one big family, all participants have the same goal: to be active, show off what you can do, to meet gymnastic friends from all

over the world in solidarity. And, of course, going home with a lot of great memories and souvenirs, (especially clothing from other countries).

### What makes you proud that the World Gymnaestrada is coming to the Netherlands/ Amsterdam in 2023?

In 1991, I got infected with the World Gymnaestrada-virus in Amsterdam, which I have passed on to my children. Since that time, I haven't skipped one World Gymnaestrada and, for me, the circle is completed in 2023. I hope I can still show some back-flips by then.

### Why should everyone come to Amsterdam?

Amsterdam is well known for its hospitality, and with this unique gymnastics event many people can be introduced to this amazing gymnastics party. For many members of the Dutch Federation it is a unique opportunity to see it up close, and to have fun. It will be the beginning of a positive momentum for the movement, for young and old alike. No vaccine is needed for the World Gymnaestrada-virus!



# CONTACTS

## **LOC - Local Organising Committee**

José Holster - TIG Sports

LOC Amsterdam 2023

[info@wg2023.nl](mailto:info@wg2023.nl)

LOC website: [www.worldgymnaestrada2023.com](http://www.worldgymnaestrada2023.com)

## **FIG - Fédération Internationale de Gymnastique**

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FIG website: <https://www.gymnastics.sport/site/>

