



WORLD
GYMNAESTRADA
2023 AMSTERDAM

30 July - 5 August 2023

Bulletin 5.0

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 Gymnastrada 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.



MESSAGE FROM THE PRESIDENT OF THE WORLD GYMNAESTRADA 2023

In less than four months, it's set to happen: the start of the World Gymnaestrada 2023! We are extremely proud of the almost 19000 entries from over 54 countries and can't wait to welcome you in Amsterdam.

Your passion for gymnastics and specifically the World Gymnaestrada gives us, the LOC, a huge incentive to do everything we can in the last months to give you a fantastic week. Many recognisable activities such as the 'Group Performances' and the 'National Performances', but also surprising elements, will be part of this beautiful event.

This will be evident from the start, with the opening on 30 July at the Olympic Stadium,

slightly different from what you are used to, but with a place for everyone where each country gets the chance to present itself in a unique way. And with lots of interaction with the audience. We will show that the World Gymnaestrada is of and for everyone. Be Amazed!

Amsterdam and we the LOC are ready for your arrival. We are counting down the days to 30 July and will welcome you with open arms. We look forward to experiencing an unforgettable week together with you.

Manon Crijns

President World Gymnaestrada Amsterdam 2023

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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.

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 and sporthalls -
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



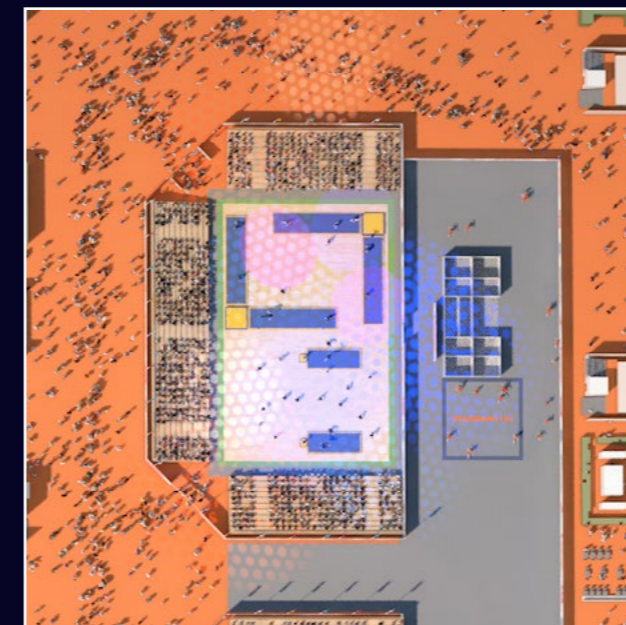
*Subject to change

- A Group Performance Stages**
- B National Performance Stage 1**
- C FIG Gala & National Performance Stage 2**

- Catering**
- Entertainment**
- Expo**

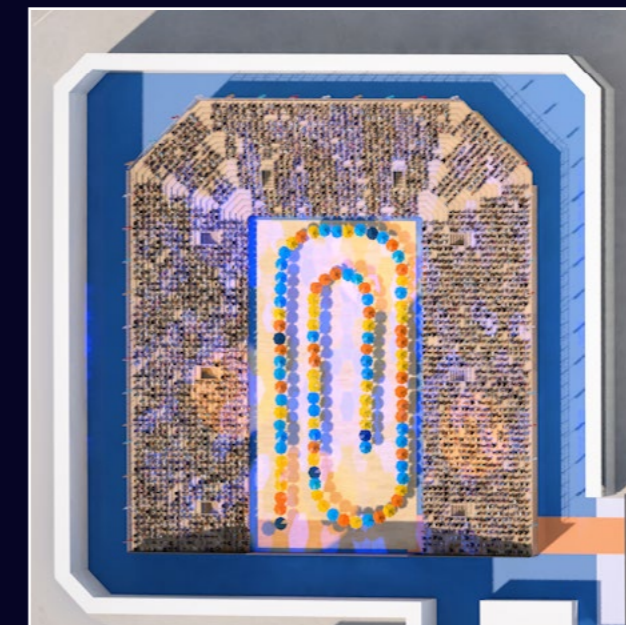
NEW

NEW



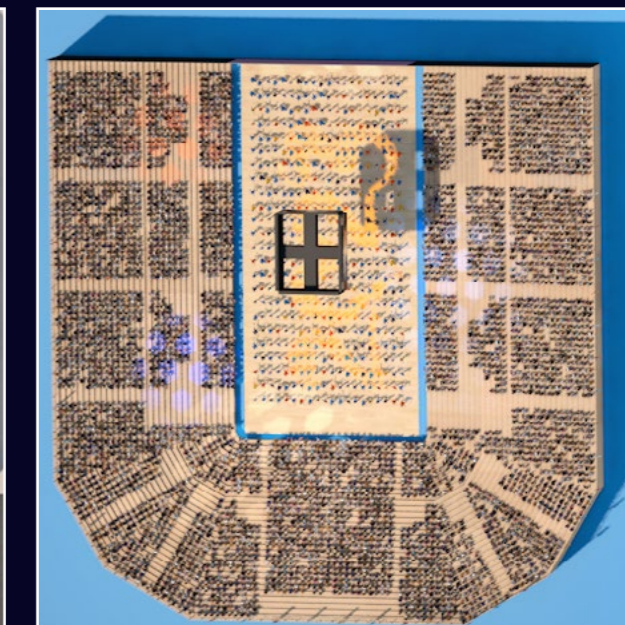
A GROUP PERFORMANCE STAGES

In this area 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 (400m²). Two stages are slightly larger with a performance floor of 30m x 20m (600m²). The grandstands' capacity around the stages is between 1.200 and 1.350 spectators.



B NATIONAL PERFORMANCE STAGE 1

National Performance Stage 1 will be equipped for National Performances. There will be a performance floor of 40m x 20m (800m²) with grandstands on three sides. The total capacity of these grandstands will be 4.400 spectators.



C FIG GALA & NATIONAL PERFORMANCE STAGE 2

National Performance Stage 2 will also be equipped for National Performances, just like National Performance Stage 1. This stage will also be used for the FIG Gala. In this stage will be a performance floor of 40m x 20m (800m²)* with grandstand on three sides of the floor. These grandstands will have a total capacity of 6.900 spectators.

*Dimensions of the floor are subject to change.

RAI TECHNICS & STAGE PLANS

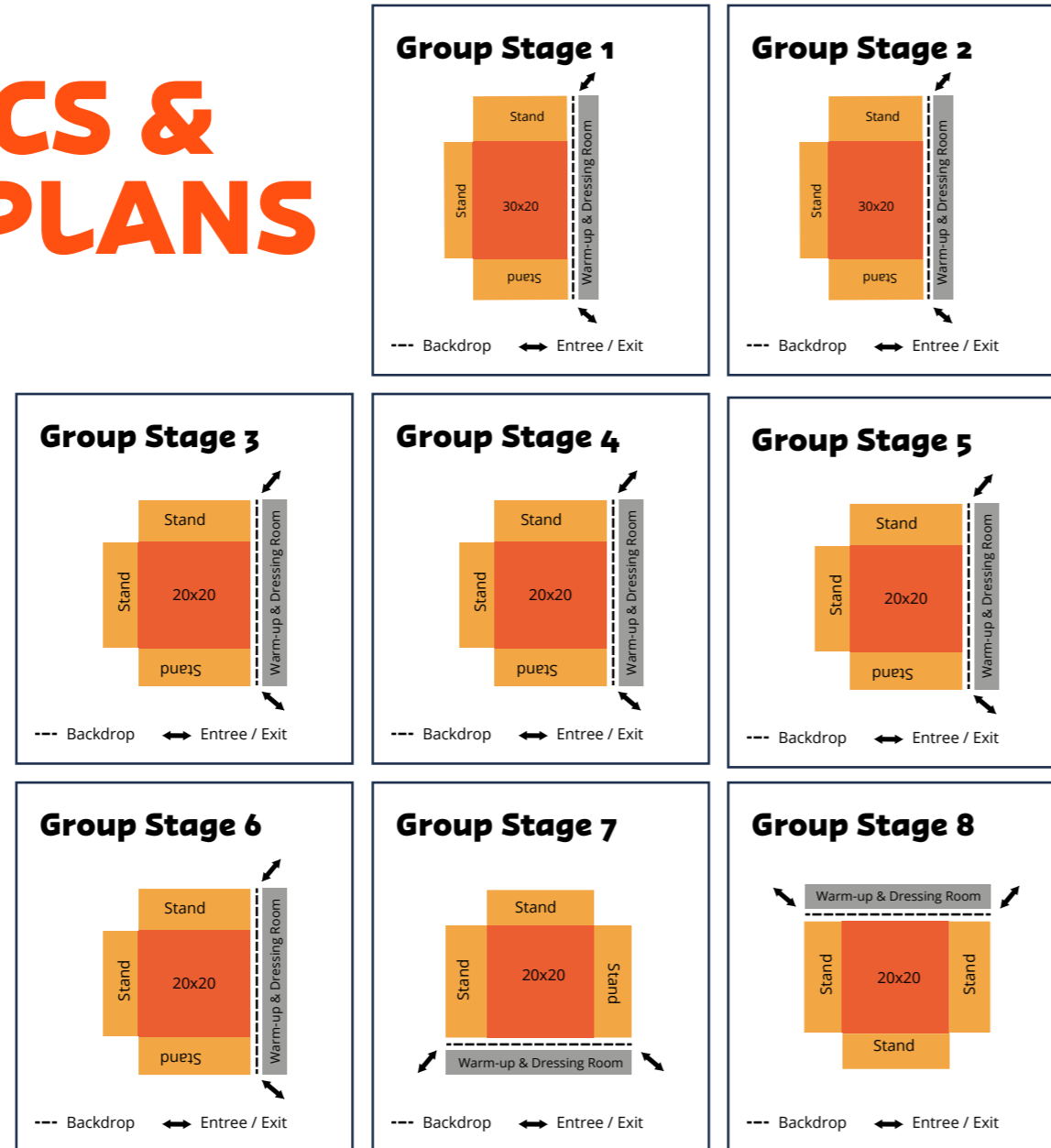
NEW

NEW

Technics

Group Performance Stages

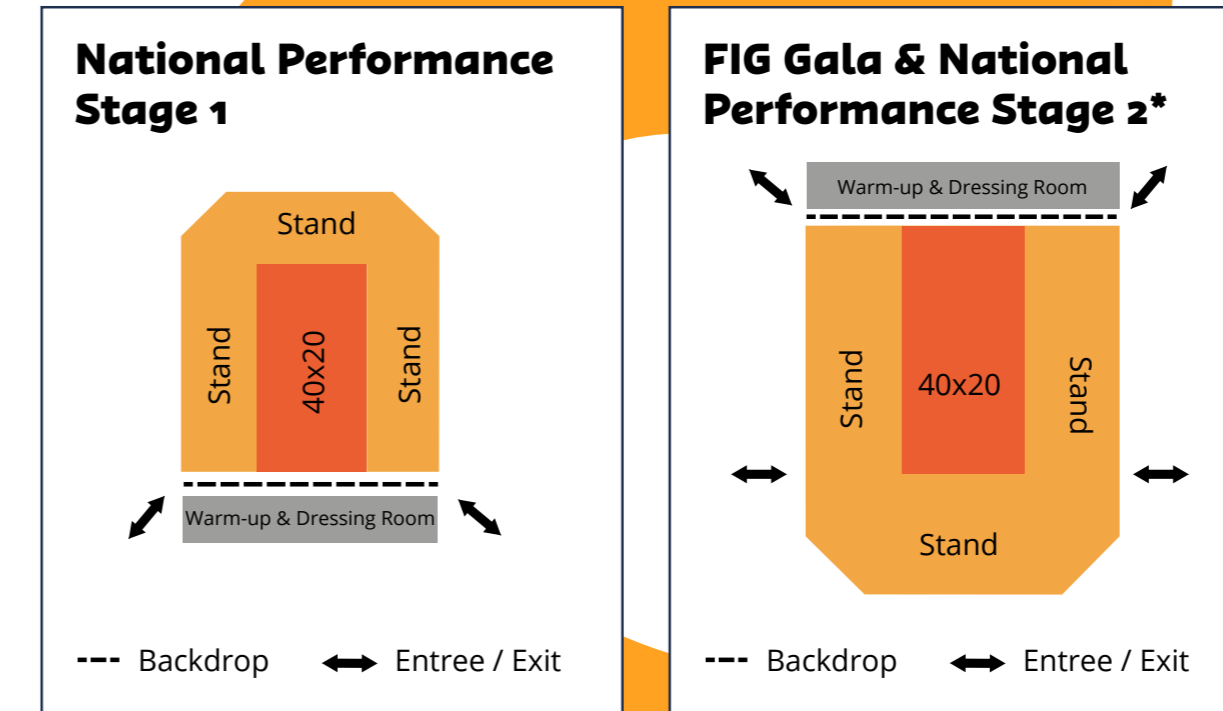
- Lighting: Static white light
- Audio: PA system and monitor
- Music play format: Music for performances should be uploaded in FLIP. We advise teams to bring the same music on a USB stick (.MP3, .MP4 en .WAV Format)
- Radio: Yes
- Video: No
- Radio Microphone: Yes
- Intercom: No
- Backdrop: White



Technics

FIG Gala & National Performance Stages

- Lighting: Show light
- Audio: PA system and monitor
- Music play format: Music for performances should be uploaded in FLIP. We advise teams to bring the same music on a USB stick (.MP3, .MP4 en .WAV Format)
- Radio: Yes
- Video: Video wall, DVD/USB stick
- Radio Microphone: Yes
- Intercom: Yes
- Backdrop: Black



*The dimensions of the floor are subject to change.

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

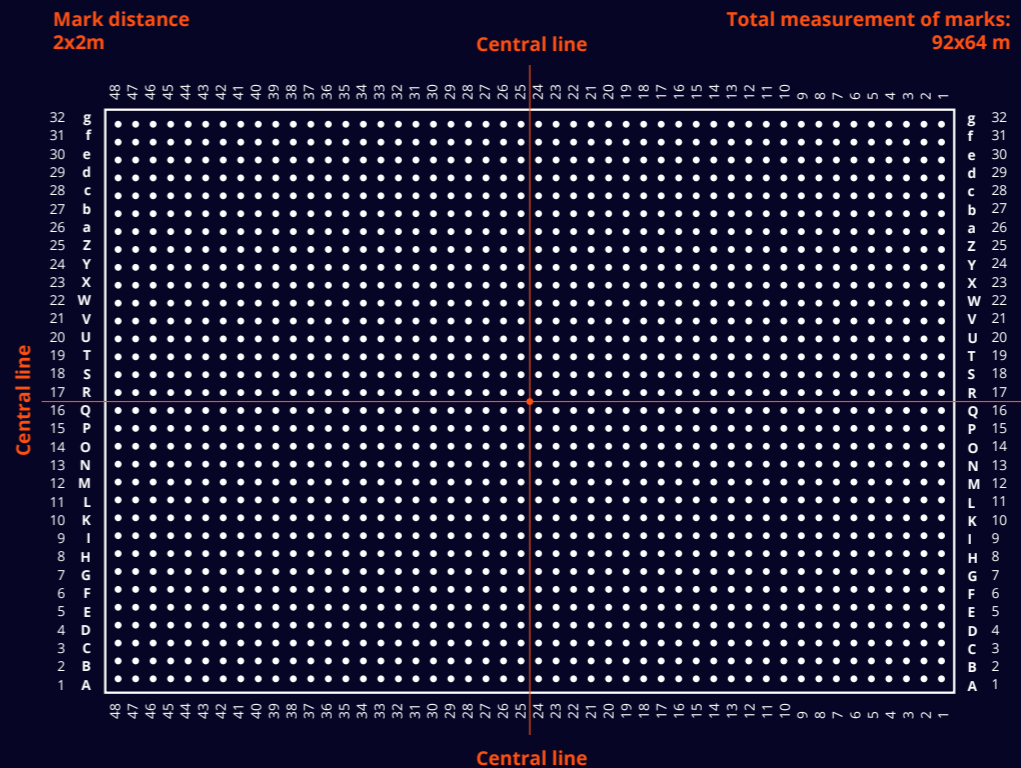
Gymnaestrada was also held in this stadium. The Olympic Stadium is the icon of Dutch Olympic sports and the right place for new inspiration. The Olympic Stadium is the location for the Opening and Closing Ceremonies and Large Group Performances.



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



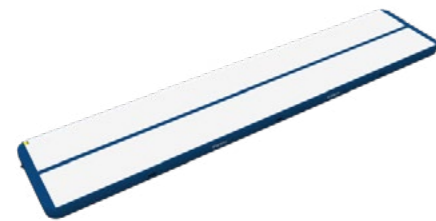
Olympic Stadium Technics

- Audio: PA system and monitor
- Music play format: Music for performances should be uploaded in FLIP. We advise teams to bring the same music on a USB stick (.MP3, .MP4 en .WAV 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.

NEW



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.

NEW



10. VAULTING TABLE

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



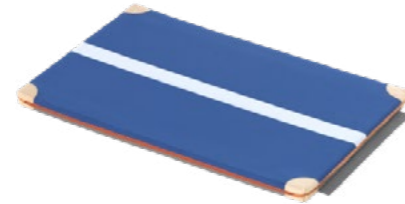
13. BENCH

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



11. SPRINGBOARD

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



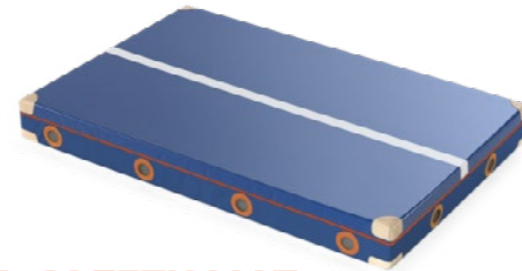
14. MAT 150 X 100

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



12. ERGOTRAMP

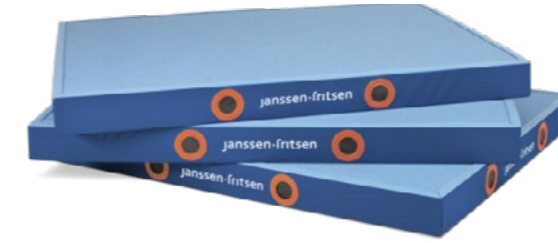
The learning springboard has an ergonomic shape facilitating the correct vaulting shape learning, intended to create longer flight moment.



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.

NEW



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)

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.

NEW

Regulation of proprietary devices

If you bring your own appliances, the logos of these appliances must be covered. Unless it's equipment from Janssen & Fritsen, Eurotramp or Airtrack Factory.

Parking/ loading and unloading info

A limited number of parking spaces are available for trucks and lorries at the RAI. If there are requests to park trucks near the RAI or near the accommodation, please send a request to info@wg2023.nl. Dates and time slots will be made for the loading and unloading of team equipment. This will be announced later.

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		City Performances	Group Performances	City Performances	Group Performances	Group Performances		10:00				
11:00											FIG Gala	11:00
12:00												12:00
13:00								Large Group Perf.	Large Group Perf.	Large Group Perf.		13:00
14:00												14:00
15:00								15:00				
16:00	Opening Ceremony							16:00				
17:00							Closing Ceremony	17:00				
18:00		National Perf. BRA	National Perf. PANAM		National Perf. POR	FIG Gala		18:00				
19:00		National Perf. SUI	National Perf. NED					19:00				
20:00								20:00				
21:00		National Perf. SUI	National Perf. GER	National Perf. JPN	National Perf. ITA	National Perf. NORDIC	FIG Gala	21:00				
22:00								22:00				



WORLD GYMNAESTRADA WEEK



OPENING CEREMONY

NEW

Location: Olympic Stadium Amsterdam

Date: Sunday, July 30th

Time: 16:00

Duration: 2 hours

Capacity spectators: 22.000

Opening Ceremony

The 17th edition of the World Gymnaestrada will launch with a spectacular show in the unique Olympic Stadium Amsterdam. Dance choreographer Janien Schipdam, together with other associations and disciplines from gymnastics, will showcase a stunning opening show in which art, colour and typically Dutch traditions will be presented.

The World Gymnaestrada is for everyone and we will make the Opening Ceremony special for all participants. With an innovative twist, the Opening

Ceremony will start 2 km away from the Olympic Stadium, with a unique walking parade of all World Gymnaestrada participants towards the Olympic Stadium. This brings the World Gymnaestrada into the heart of Amsterdam with the streets full of friends and fans, music and colour, to celebrate our wonderful Gymnastics for All community.

Once they arrive, participants will take their seats in the 22,000-seat stadium, with each Federation assigned specific seats together. Two representatives from each delegation will enter the field to march into the stadium with the country's official flag.

While the flags are being marched in, each participant will get another chance to be part of the Opening Ceremony. When their country's name is announced, they will perform a 40-second team

song, dance or chant from their seat, together with the entire Federation.. This will be shown on huge screens projected all over the stands, with a digital link from the pitch to the seats welcoming each participant to loud applause, with cheering from Albania to Zimbabwe.

Instructions for the flag parade

For each country, there are two representatives. One representative will walk carrying the country's flag on a pole, and the other representative will walk next to the flag bearer. Both representatives will be dressed in traditional outfit/sports/gymwear appropriate to the country. Please submit a 20-second video clip + a 40-second to 1-minute music clip for each country no later than 22 May. Videos and music can be submitted to Rianne Veldhuizen.

Video:

must be delivered in .MOV or .MP4 (16:9) format without sound. The video can be about what you would like to show of your country. It can be a video of the group practising, or images of your country and culture. It is entirely up to you!

Music

Music clips must be in .WAV or .MP3 format (minimum 192 kbps). It does not have to be a performance song. You can choose a tune that suits your country and culture well.

Please note that the video & music fragment must not contain any political or religious statements.

Rehearsal

We would like to rehearse with all flag bearers on Sunday, 30 July. The rehearsal will take place at the Olympic Stadium from 1:00 pm.

NEW



PERFORMANCES

NEW

Group Performances

Location: RAI Convention Centre

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

Duration: 10 – 15 mins

Capacity spectators: 1.000 per stage

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 – Thursday, August 3rd

Duration: 15 mins

Capacity spectators: 22.000

Large Group Performances 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 Performances

Location: RAI Convention Centre

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

Duration: 1,5 hours

Capacity spectators National Performance 1 :

4000 – 4250

Capacity spectators 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 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.

NEW



City Performances

Amsterdam is a fantastic venue in many ways. To fulfil the ambition of getting people more involved in sport, organising performances in the city is a must. Beautiful stages will be set up at three locations in the city where performances will take place from Monday to Thursday. All three stages will be covered.

All Federations have indicated their interest in City Performances in FLIP. We would like to remind you to add the music and necessary equipment to this if this has not already been done. The deadline for submitting technical specifications is May.

Please note that there will be a limited number of apparatus available based on the request from locations A and C!

Location A: RAI

Many wonderful performances will take place within the RAI's enclosures. We will place venue A on the RAI's outdoor area. This is to show passersby what is happening in the RAI during the week and to present the diversity of Gymnastics for All to Amsterdam. This venue will be the only location where we will also schedule City Performances in the evening. This venue will have most of the apparatus and a set of (show) light and sound.

Stage dimensions are 14x14m and a minimum height of 5m.

Location B: Vondelpark

In the Vondelpark stands the Vondelpark Open Air Theatre. This is an almost complete setting where we like to hold the second location with City Performances. The Vondelpark is a beautiful green spot in the middle of the city where many tourists and Amsterdammers enjoy the surroundings. The perfect place to introduce

people to Gymnastics for All. This location will be used for gymnastics and dance performances, no apparatus will be available at this location. A basic set of light and sound will be available for the performances.

The dimensions of the floor are 8 x 6.40m.

Location C: Olympic Stadium

For venue C, we have found a great spot near the Olympic Stadium, where the Opening and Closing Ceremonies and Large Group Performances will also be held. At this venue, apparatus will be available for the performances and a basic set of light and sound will be available.

Floor dimensions are 14x14m and minimum height 5m.

Participation City Performances

We are delighted to be able to organise City Performances in our beautiful city of Amsterdam. Participation in a City Performance is possible for all groups.

If you want to participate in the City Performances, you and your group will perform at least once, in one of the three venues. If you would like to perform more than once, please let us know. If the schedule allows, the LOC will make multiple slots available.

In May, the LOC will share more information on the specifications of all City Stages, on-site registration, warm-up and more.

Location A & C



Location B

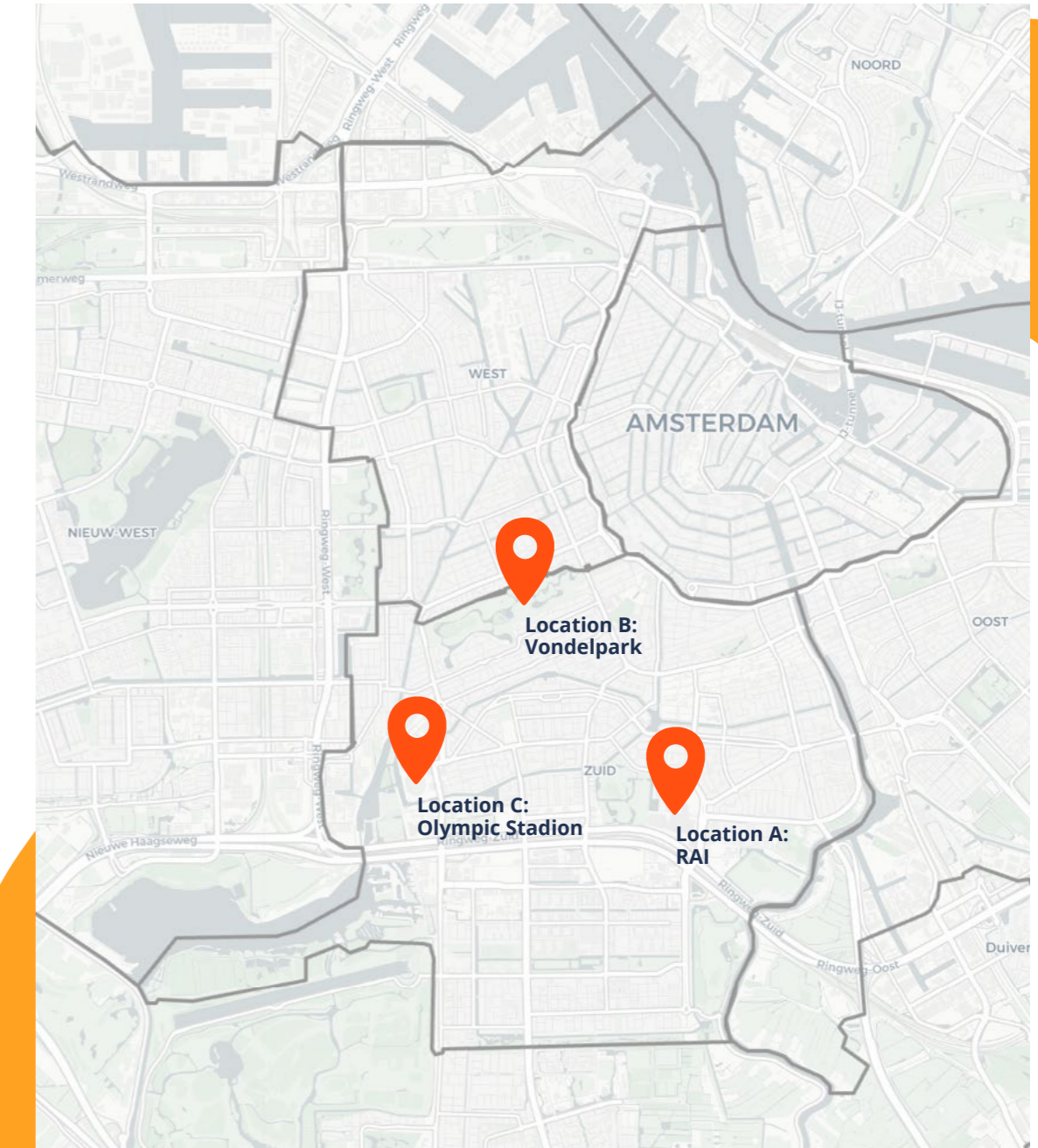
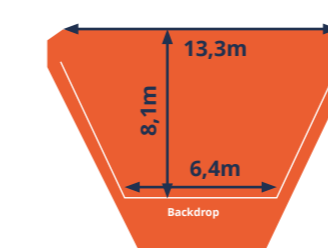


FIG GALA

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: 21.00 - 22.30
- 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.

*The dimensions of the floor are subject to change.

-  **Austria**
-  **Australia**
-  **Brazil**
-  **Canada**
-  **Chile**
-  **Denmark**
-  **Finland**
-  **Germany**
-  **Greece**
-  **Italy**
-  **Japan**
-  **Portugal**
-  **The Netherlands**
-  **Sierra Leone**
-  **Sweden**
-  **Switzerland**
-  **United States of America**
-  **Zimbabwe**

FIG Gala team:

Jérôme Huebscher & Tatsuo Araki - GfA C

Michiel Maas - Managing director

Stanley Burleson - Show director

Maurice Wijnen - Creative director

Patricia Khemili - Kok - Executive producer

Rianne Veldhuizen – Event manger / secretary

Raymond Weeda – Technical support

Roxanne Wilders – Executive producer

Important:

- Before rehearsing the choreography, it is good to know that the main direction of the stage is on the short side of the stand.
- It is important to note that the FIG act can only be seen during the FIG Gala. So this performance cannot be seen during any of the other parts (Group Performances, City performances, etc.)

NEW



WORLD TEAM & CLOSING CEREMONY

NEW

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.

Instructions and information for participants will be shared [here](#). This year's choreographers are: Danique van 't Erve & Anouk van 't Erve. The group will do a performance to the music of Lady Gaga. The song 'Born this Way' symbolises 'Gymnastics for all'.

"I'm beautiful in my way, I'm on the right track, baby. I was Born This Way".

A song to eliminate prejudice against others and allow everyone to be themselves. When we think of Amsterdam, we think of a diversity of cultures. A place where everyone can be who they want to be and where inclusion is very important. At the World Gymnaestrada we can all be ourselves and appreciate the World Team.

Lady Gaga says:

"The nexus of 'Born This Way' and the soul of the record reside in this idea that you were not necessarily born in one moment. You have your entire life to birth yourself into becoming the ultimate potential vision that you see for you. Who you are when you come out of your mother's womb is not necessarily who you will become. 'Born This Way' says your birth is not finite, your birth is infinite."

Props:

Specific prop and a World Team T-shirt will be organised by the Dutch Federation. The cost for the T-shirt and prop is €12.50 per participant. Furthermore, we ask participants to wear black trousers.

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

May 2023: Third and also final choreography will be shared on the website.

May 2023 – Final meeting with National Federations



NEW

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.



TICKETING

Ticket Sales information

Most events taking place within the World Gymnaestrada week are included in the price of a participant ticket. This applies to the Opening & Closing Ceremony and all (Large) Group Performances. Not included in the participant ticket are the National Performances and the FIG Gala. Separate tickets will need to be purchased for these, see prices below:

Ticketing Information

- The option to order tickets through the ticket shop has been open since February. [Click here](#) to go to the ticket shop.
- Children under 4 can enter for free on the day of the event. There are no price differences for children, adults, students and or senior citizens.
- The availability of tickets for the Opening and Closing Ceremonies depends on the final number of participants. When tickets become available, it will be at a later date. Keep an eye on the website for more information.
- As soon as the programme is final we will mention it on the website and the official channels of the World Gymnaestrada.
- May 2023 is the deadline for full payment (of tickets) **
- Prices are the same at all stages.
- Prices include VAT but exclude service charges *

* Service fee is €1 per ticket (this does not apply to ticket requests from Federations via the ticket request form)

** Once the Federation has paid the invoice, tickets will be sent out. More information on this will follow later.

TICKETS

AMSTERDAM 2023 (incl. TAX)

Day ticket Group Performances	€16,50
Day ticket Large Group Performances	€12,50
Weekticket Group Performances	€65,00
Ticket Opening Ceremony	€25,00
Ticket Closing Ceremony	€17,50
National Performance ticket Cat. 1	€35,00
National Performance ticket Cat. 2	€28,50
FIG Gala Cat. 1	€40,00
FIG Gala Cat. 2	€35,00

PUBLIC TRANSPORT

NEW

You will receive a GVB Multi day pass for 7 days valid during the event dates, from Sunday 30 July (12.01 am) to Saturday 5 August (11.59 pm). We understand that for some participants it would be nice to be able to travel even a few days before the World Gymnaestrada starts. There is an option to purchase a pass also for the days before the start of the Gymnaestrada on 30 July. Please ask your Federation how to purchase this.

Where can you travel:

With all GVB trams, (night) buses and metros in Amsterdam, Diemen, Duivendrecht, Amstelveen, Schiphol and Weesp. The best public transport routes in Amsterdam can be found online via the [GVB Journey planner](#) or via the [GVB Travel app](#) for your mobile phone. Note: make sure to tick 'only show travel options with GVB lines' under additional options. The train (NS) is not included

in your GVB pass.

When you can travel:

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

Transport company: GVB

Own bus/car - where to park & costs:

There are several car parks near the Olympic Stadium and the RAI. Parking costs vary between €3/€4.50 per hour. Parking in Amsterdam is very expensive. We do not recommend parking your car near the schools or venues. Loading and unloading is of course possible, but for parking your car we recommend a spot outside the city or in a Park and Ride. More information on what Park and Ride is can be found [here](#).

Note: Only "clean" vehicles with at least a Euro6 engine are allowed in the city of Amsterdam, this includes the area around the Rai congress centre.

Airport Transfer

We would like to assist World Gymnaestrada participants in booking a transfer from Amsterdam Airport Schiphol to the school or hotel and back. We are therefore working with a local transport company that will carry out the transfers.

Transfers can only be booked for participants staying in accommodation booked through the LOC. For groups larger than 10 people, the cost is €32.70 per person per transfer incl. VAT. For individual transfers, the cost is €49.05 per person per transfer incl. VAT.

Transfers can be booked before and after the official event days. Please note that transfers can only be booked from the accommodation to Amsterdam Schiphol Airport. Not from the RAI or Olympic Stadium.

These transfers can be booked at the reopening of FLIP. Detailed information about the transfers will be sent via our newsletter.

NEW

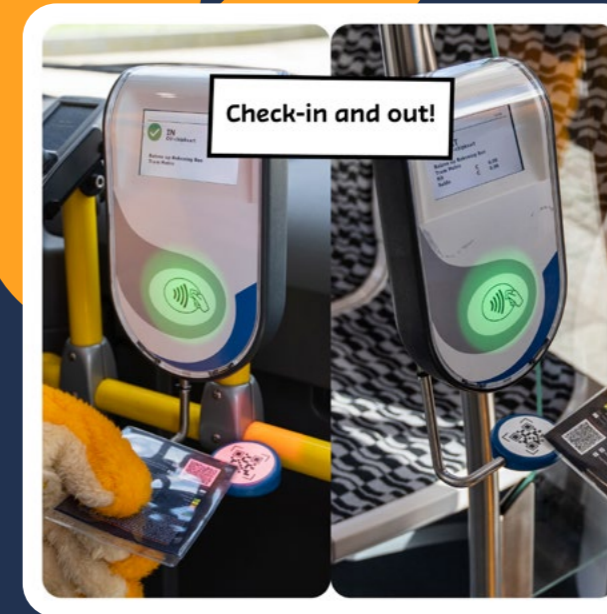
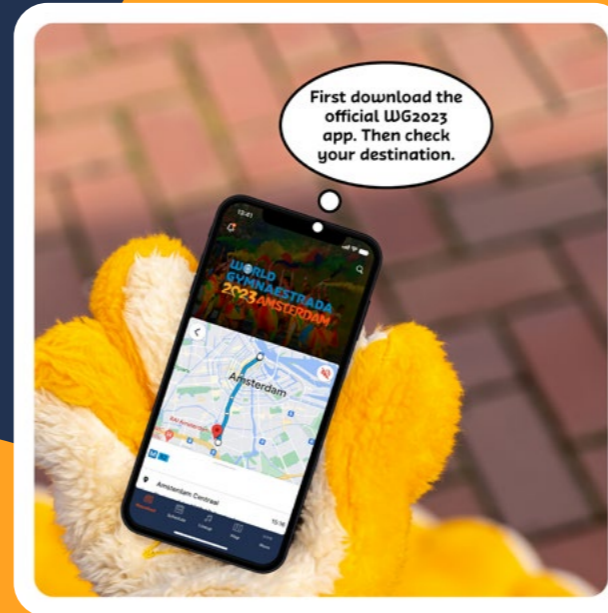


FOLLOW GYMBA

NEW



NEW



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



EXCURSIONS AND GUIDED TOURS

During the World Gymnaestrada, participants have the opportunity to explore Amsterdam. This list has been compiled to include the best attractions, tours and museums to visit. From 14 December, it is possible to book both group and individual outings at competitive prices through the World Gymnaestrada website. You can use the discount code Gymba10 for a discount on the World Gymnaestrada top 5. It is also possible to get your tickets on location during the event week. Please note that attractions, tours or museums may be fully booked, so make sure you buy your tickets on time!

WORLD GYMNAESTRADA TOP 5	Adult	Child*
1. Countryside & Windmills tour: Classic	€ 24,75	€ 12,38
2. Body Worlds	€ 19,35	€ 12,15
3. The Upside Down Amsterdam	€ 22,46	€ 22,46
4. Canal Cruise Lovers	€ 13,50	€ 7,20
5. City Sightseeing Amsterdam	€ 21,60	€ 10,80

CRUISES	Adult	Child*
Cruise Like a Local	€ 15,00	€ 8,00

MUSEUMS	Adult	Child*
Stedelijk Museum	€ 23,00	€ 0,00
Straat Museum	€ 17,50	€ 8,50
Rembrandt House Museum	€ 15,00	€ 6,00
Rijksmuseum	€ 20,00	€ 0,00
Moco Museum - Banksy and More	€ 17,50	€ 14,50
National Maritime Museum	€ 16,50	€ 8,00
Youseum	€ 18,95	€ 11,50

* Children's rate applies up to 12 years.

ATTRACTIONS	Adult	Child*
City Bike Tour (3hr)	€ 29,50	€ 14,75
Countryside Bike Tour (4hr)	€ 34,50	€ 17,25
Giethoorn & Enclosing Dike	€ 75,00	€ 37,50
Vox city Tour	€ 19,50	€ 10,00
Amsterdam Icebar	€ 26,50	n/a
Artis Amsterdam Royal Zoo	€ 25,00	€ 21,00
Artis + Micropia combi	€ 29,50	€ 24,50
Heineken Experience	€ 21,00	€ 14,50
Madame Tussauds	€ 22,00	€ 18,00
Molen Zaanse Schans	€ 5,00	€ 2,50
This is Holland	€ 18,50	€ 11,00
Our House	€ 24,95	€ 14,00
WONDR experience	€ 24,50	n/a
Jewish Cultural Quarter	€ 16,00	€ 8,50
Mesdag Collectie	€ 9,00	n/a
Micropia	€ 16,00	€ 14,00
Nemo Science Center	€ 17,50	€ 17,50
Ripley's Believe it or not!	€ 21,50	€ 13,50

TOP 5 IN AMSTERDAM



1. Half day Marken & Volendam

A lovely day out to picturesque Volendam and the beautiful Marken peninsula.

Volendam is known worldwide for its beautiful harbor and many famous Dutch artists. It is not for nothing that it is praised as the pearl of the

Zuiderzee. Not much has changed on Marken. The former island still radiates an oasis of tranquility. A walk along the drawbridges and narrow alleys shows the real charm of the peninsula.

The Wooden Shoe Factory Marken has been making unique wooden shoes on the (former) island of Marken for over 50 years. But is more than just a clog store. They have a wide range of Dutch quality products, and we ship them all around the world. Because of their many years of experience making wooden shoes, they are experts when it comes to clogs. They also have a lot of experience with other typical Dutch souvenirs. In addition to the unique clog collection, they have an extensive range of Delft blue, Dutch kitchen towels, wooden tulips and much more. Cheese Factory Volendam is an all-in-one museum

and cheese shop that offers demonstrations and cheese tastings. Do you know how cheese was discovered? Or how many liters of milk we need for 1 kg of cheese?

A visit to Woltje's Bakery in Volendam is a must for anyone who visits Volendam. Not only because there is much to experience here, but mainly because there are many good treats to be found. This bakery is no ordinary bakery, but an authentic stroopwafel bakery. In addition to the store, you will also find the bakery itself, where you can attend demonstrations. Moreover, there is a nice museum where you can go all the way back to the way people used to live. You will find the Bakery of Woltje at the harbour in Volendam, on the middle of the dike, where you will find many other interesting sights.

2. Body Worlds: The Happiness Project

BODY WORLDS Amsterdam will take you on a fascinating journey through the human body. The exhibition displays real plastinated bodies, giving you a unique peek into our anatomy and how our bodies work. This original attraction has enjoyed international success all over the world, with tours in more than 100 cities in Europe, America, Africa, and Asia. It has drawn more than 40 million visitors since it began in 1995. Are you ready for an unforgettable experience? Book a visit to the fantastic BODY WORLDS Amsterdam exhibit in Amsterdam right now!

The BODY WORLDS Amsterdam exhibitions have undergone significant changes and taken on different incarnations throughout the years. From the effects of health, sports, and diet to the anatomy of animals, BODY WORLDS Amsterdam has been reinventing itself over and over again and educating people in novel ways since its conception. The exhibitions are the creation of Dr. Gunther von Hagens, who invented the process of plastination in the University of Heidelberg in 1977. The original exhibitions have been the subject of

imitation by countless copycats, but they remain unmatched in terms of quality and innovation. The current theme in Amsterdam is named The Happiness Project and focuses on the effects of happiness on our well-being.

This exhibit has more than 200 real anatomical models on display, which will give you a greater insight into how our mood can affect our health. Discover the secrets of the body and learn about how it functions from a unique perspective. BODY WORLDS Amsterdam is an essential educational attraction and an unforgettable experience. The exhibition is within walking distance from Central Station, on the lively street Damrak.

3. The Upside Down Amsterdam

The biggest interactive museum of Europe. Surprise your brain and tickle your senses.

The Upside Down Amsterdam Museum

Is the largest, interactive Instagram museum in Europe, where you set the rules. It's a fantastic mix of a museum, an amusement park, a nightclub and the perfect backdrops. Take a journey to a whole

new dimension where you can get further than you ever imagined!

New Dutch culture

The Netherlands is known worldwide for our windmills, clogs and tulips, but we have so much more to share with the world! The Upside Down Amsterdam does not focus on traditional Dutch culture, but on our current culture. Think of everything we are proud of, such as our diversity and inclusivity, the best Dance music and our abnormal (according to some) preference for chocolate and sweets.





Get inspired

Find inspiration by stepping out of your current reality and into a new fantasy world. In this mind-blowing world, you are inspired to create, to do things you never dreamed of and to have fun. You can touch everything in the rooms and decors and go all out.

4. 1 hour Canal Cruise Amsterdam

Enjoy your spectacular holiday in Amsterdam and complete the experience with a fantastic Amsterdam canal cruise!

Explore this lively city from a different perspective and relax as you cruise through the beautiful canals past the iconic sights. The Amsterdam Canal Cruise offers a one-hour sightseeing boat trip past some of the city center's famous landmarks, with audio commentary available in 19 different languages. Don't miss out on this great opportunity.

Discover the city's best on a canal boat cruise, Amsterdam!

A fun Amsterdam canal cruise is a great way to get to know one of Europe's most popular tourist

destinations. Some of the most famous attractions include the Anne Frank House Museum, the Red-Light District, and the old Heineken factory. There are more than 100 kilometers of waterways that run through the city's neighborhoods. Some of the most well-known districts are 'de Pijp', 'de Wallen' and 'Jordaan'.

Here you will find the lovely canals, historic bridges and picturesque merchant houses that give the town its charming and iconic character. Don't miss out on any of this with a fun-filled canal boat cruise. On your canal boat cruise through Amsterdam you might see the Westerkerk church, the Negen Straatjes ('Nine Streets') district and the Magere Brug ('Skinny Bridge') on the Amstel river. There is no better way to take in these sights than with a laid-back Amsterdam Canal Cruise. Just hop on the boat and enjoy a one-hour trip through the iconic canals of Prinsengracht, Keizersgracht, and Herengracht. Don't forget to bring your camera as

you sit back and relax during this amazing canal boat cruise, Amsterdam.

5. City Sightseeing Amsterdam: Bus Tour

The best city sightseeing experience!

Hop On Hop Off Bus Amsterdam is the most convenient way to see the city's best without wasting time or going over your budget. Hop On Hop Off Bus Amsterdam is the perfect city sightseeing experience: you set your own pace and design your own program! Just hop on and off the red City Sightseeing bus whenever and wherever you like, without any additional costs. The modern City Sightseeing buses are equipped with panoramic windows and a GPS guide in several languages which will provide you with interesting information about the sights along the way. On top of that, free Wi-Fi is also available while traveling.

- See all the best highlights in Amsterdam
- GPS Audio Guide in 18 languages
- Panoramic roof for the best view
- Free WiFi available on all buses and boats

- Free Mobile app available
- Free City map included
- Discount tickets for museums and attractions available

Descriptions of the other attractions and museums outside the top five can be found in the following [brochure](#)



ACCOMMODATION

NEW

NEW

SCHOOLS AND SPORTS HALLS

After final registration closed, over 13,000 participants of the World Gymnaestrada Amsterdam 2023 have chosen to stay from 29 July - 6 August in school accommodations in the Council of Amsterdam. During your stay, all accommodations will have sufficient sleeping, shower and toilet facilities. A contact person will be present during the World Gymnaestrada and a daily cleaning round will be organised in the schools and sports halls.

To ensure that all participants have a comfortable place to sleep during the World Gymnaestrada, various sports accommodations within the Council of Amsterdam will be used in addition to schools. To ensure that all participants have a good quality night's sleep, the sports accommodations will be divided into smaller compartments within the sports hall.

BREAKFAST

All participants will have the opportunity to take advantage of breakfast in the morning. Breakfast will take place at the accommodation or at the Olympic Stadium and RAI for venues less than 10 minutes' walk away. This way, everyone can start the day full of energy.

SLEEPING PACKAGES

To ensure that everyone has a good night's sleep, a sleeping package is offered, containing an air mattress, pillow and bedding. All requests for sleeping packages have already been made through FLIP before the final registration. It is no longer possible to order additional sleeping packages.

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

PILLOW COVER

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

BLANKET

- Cosy single person blanket with the World Gymnaestrada 2023 logo
- 135 x 200cm
- Made of 100% quality polyester



MAP SCHOOLS AND SPORTS HALLS

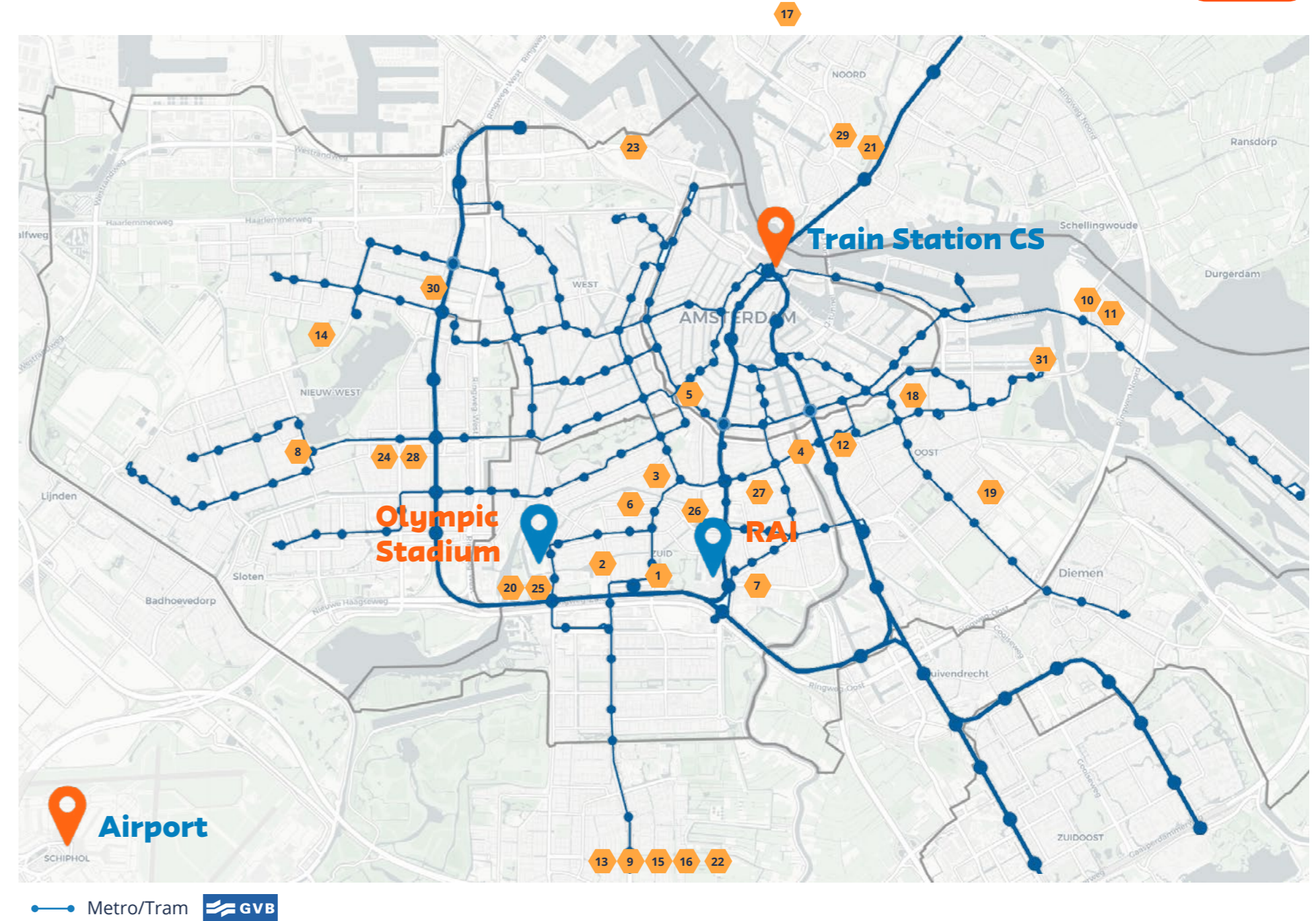
NEW

All sleeping accommodations of the World Gymnastrada are located within the Council of Amsterdam. Due to the extensive GVB public transport network, all accommodations are accessible with the GVB pass that is part of the participants' card.

The allocation of accommodations to delegations will be done in April. All delegations will hereby be told in which accommodation they will stay during the event. Upon allocation, the Federation will be notified by email with the allocated accommodation and related information.

1	St. Nicolaaslyceum	9 min	17	OBS Twiske	30 min
2	Spinoza Lyceum	14 min	18	Havo De Hof	22 min
3	Jan des Bouvrie College	13 min	19	College De Meer	21 min
4	IVKO	16 min	20	Frans Otten Stadion	16 min
5	Barlaeus gymnasium	10 min	21	VONK Amsterdam	23 min
6	St. Ignatiusgymnasium	16 min	22	Nieuwe Bankrashal	28 min
7	MBO College Zuid	6 min	23	Het 4e Gymnasium	27 min
8	Calandlyceum	30 min	24	Calvijn College Amsterdam	22 min
9	Amstelveen college	30 min	25	Sporhallen Zuid	11 min
10	ALASCA	28 min	26	Apollohal	26 min
11	Sporthal Zeeburgereiland	30 min	27	Sportcentrum De Pijp	15 min
12	Cygnus Gymnasium	21 min	28	Sporthal Calvijn	22 min
13	Panta Rhei	27 min	29	Sportpark Elzenhagen	27 min
14	HvA Dr. Meurerhuis	27 min	30	Sporthal Laan van Spartaan	20 min
15	Hermann Wesselink College	36 min	31	Sporthal Zeeburg	30 min
16	Keizer Karel College	32 min			

NEW



HOTELS

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.

After the hotel request, the federation will receive a rooming list in which you can indicate the room type and roommates for the hotel.

HOTEL RATES

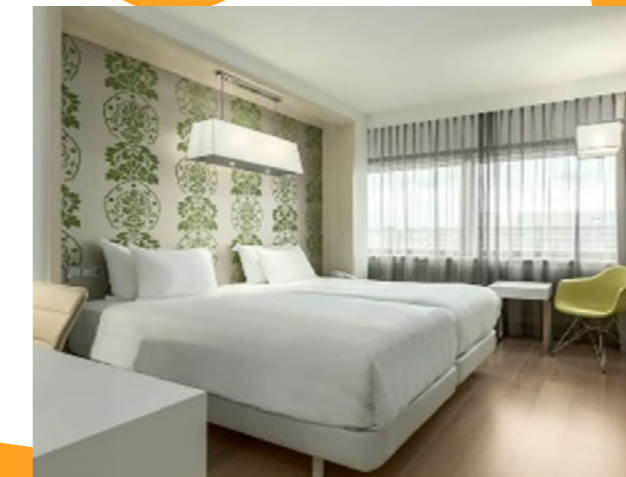
Categories	Price range*
Category A	€85,00 to €100,00
Category B	€75,00 to €85,00
Category C	€60,00 to €75,00

NEW



* Prices are based on a minimal 8-night stay in the period 29 July – 6 August 2023. Prices are per person and night in a double room incl. breakfast and City taxes 7% + €3 p.p.n. Reduction for booking of rooms with three or more beds, supplement for single rooms. Subject to minor modifications.

* In case of governmental amendments or tax adjustments (such as city taxes, cultural taxes and others), the contracted prices can be changed without prior notice.



NEW

MAP HOTELS

All official World Gymnaestrada hotels are located in the city of Amsterdam. All hotels are within 30 minutes travel distance by public transport (GVB pass) from the Amsterdam RAI Convention Centre. Below is an overview of all hotels.

Payment terms

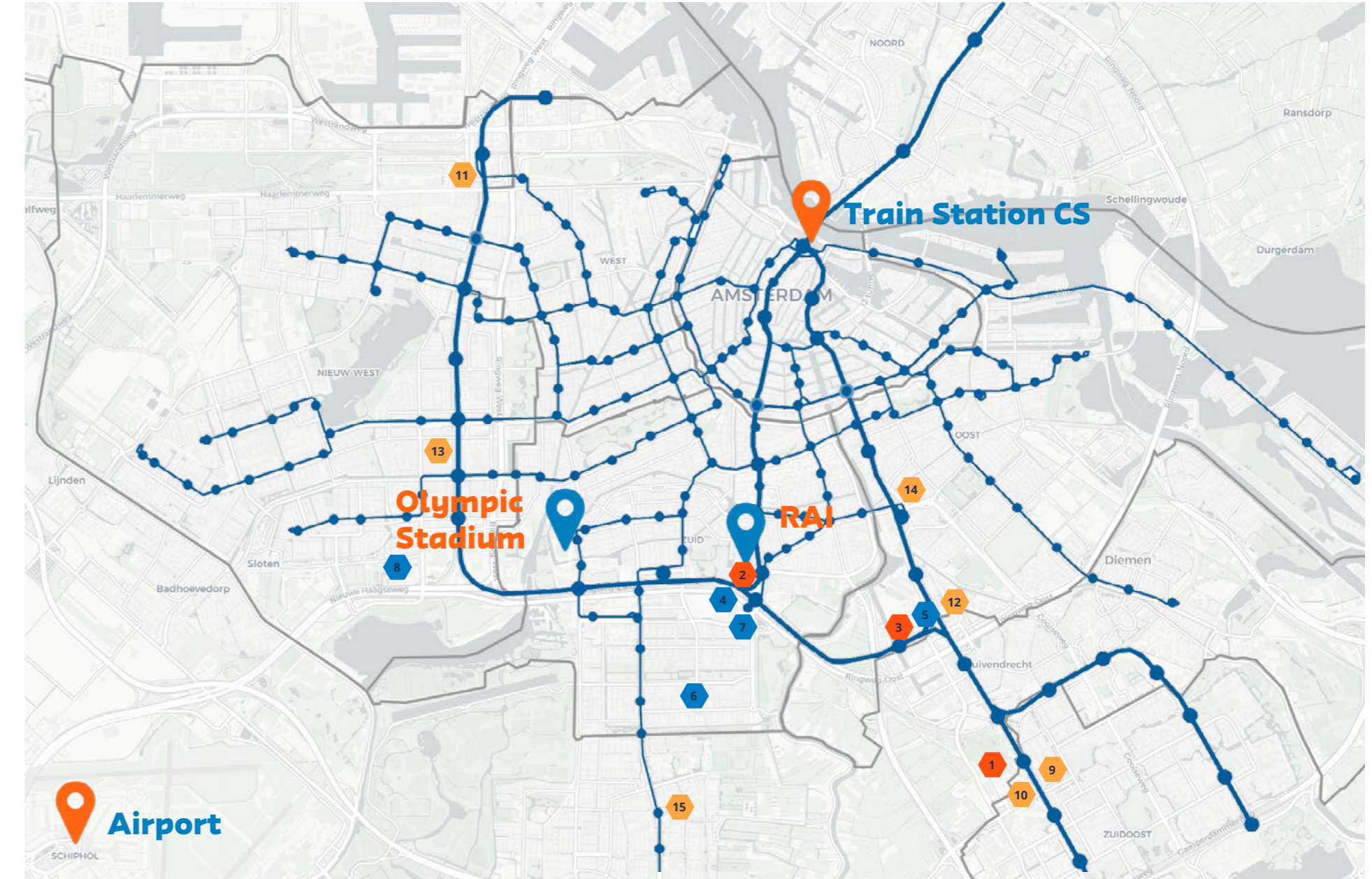
The deadline for hotel payment is 30 May 2023 (2 months before the start of the event). Hotel fees must be paid in full (100%) by then.

Cancellation policy hotel room

When cancelling hotel rooms, the following cancellation conditions apply.

	Hotel	Address
CAT 1	1 Jaz in the City Amsterdam	De Passage 88, 1101 AX Amsterdam
	2 NHow Amsterdam RAI	Europaboulevard 2b, 1078 RV Amsterdam
	3 Leonardo Royal Hotel	Paul van Vlissingenstraat 24, 1096 BK Amsterdam
CAT 2	4 Mercure Amsterdam City	Joan Muyskenweg 10, 1096 CJ Amsterdam
	5 Postillion Hotel Amsterdam	Paul van Vlissingenstraat 9 - 11, 1096 BK Amsterdam
	6 NH Amsterdam Zuid	Van Leijenberghlaan 221, 1082 GG Amsterdam
	7 Novotel Amsterdam City	Europaboulevard 10, 1083 AD Amsterdam
	8 Dutch Design Hotel ARTEMIS	John M. Keynesplein 2, 1066 EP Amsterdam
CAT 3	9 Hampton by Hilton Amsterdam Arena Boulevard***	Hoekenrode 1, 1102 BR Amsterdam
	10 Holiday Inn Express Amsterdam Arena Towers***	Hoogoorddreef 66, 1101 BE Amsterdam-Zuidoost
	11 Holiday Inn Express Amsterdam Sloterdijk***	Zaventemweg 3, 1043 EH Amsterdam
	12 Bastion Hotel Amsterdam Amstel***	Verlengde van Marwijk Kooystraat 30, 1114 AC Amsterdam
	13 Best Western Amsterdam***	Voorburgstraat 250, 1059 VD Amsterdam
	14 Hotel Casa***	Eerste ringdijkstraat 4, 1097 BC Amsterdam
	15 Ibis budget South**	Prof J H Bavincklaan 1, 1183 AT Amstelveen

Cancellation terms	Cancellation fee
Hotel allocation - 20 April 2023	25% of the booking value
20 April - 15 May 2023	50% of the booking value
15 May - 15 June 2023	75% of the booking value
Annulering na 15 juni 2023	100% van de boekingswaarde



Metro/Tram GVB

CATERING

NEW

To spread out crowds, we use time slots for both lunch and dinner:

Lunch: 11:00 am - 02:00 pm

Dinner: 05:00 pm - 08:00 pm

Please note that due to the Opening and Closing Ceremony, dinner times will vary slightly on these days.

Sunday, 30 July

Dinner: 06:30 pm - 09:00 pm

Saturday, 5 August

Dinner: 06:00 pm - 09:00 pm

A recommended lunch time per National Federation will be used. This is an advice and not an obligation. Of course, we do ask you to stick to it as much as possible to avoid waiting times.

We have a highly experienced partner on board for the catering of the World Gymnaestrada 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. The Menu can be found on the next page.

Water

Several water taps will be placed in and around the official venues and in the catering hall for use; all participants and staff can get fresh drinking water free of charge. Water in these cups or drinking bottles greatly promotes the sustainable aspect of our organisation at this event. We recommend bringing your own reusable bottle.

Allergies/ Dietary requirements

We naturally take allergies and dietary requirements into account in the catering scheme. However, with so many participants, it is impossible for the organisation to meet all dietary requirements.

We have taken the following allergies into account:

Gluten* | Peanuts* | Nuts* | Milk | Vegetarian** | Vegan

Also, no pork will be served.

* Food may contain traces of nuts and gluten.

** Keep in mind that the menu for vegetarian is vegan. Therefore, in FLIP you will only be able to select vegan.

Lunch and dinner vouchers

The majority of participants bought meal vouchers. This means that you can be sure of a good and healthy meal, together with the friends and family of WG2023! We can also understand if you want to wait until the programme is ready to know when you will be at the venue. Maybe you want to book one of the activities from Tours & Tickets, visit the Rijksmuseum or take a canal cruise and don't know if you'll be back in time, we get that.

That is why we offer the option of ordering individual meals. Easy online via our webshop [here](#). Both lunch and dinner vouchers are on sale per day for 22.50 euro (incl. VAT and ex 1 euro service charge). You will receive an email with an e-ticket, which you can scan at the catering point at the venue during the event. Please note! Individual meals are more expensive than the meal package.

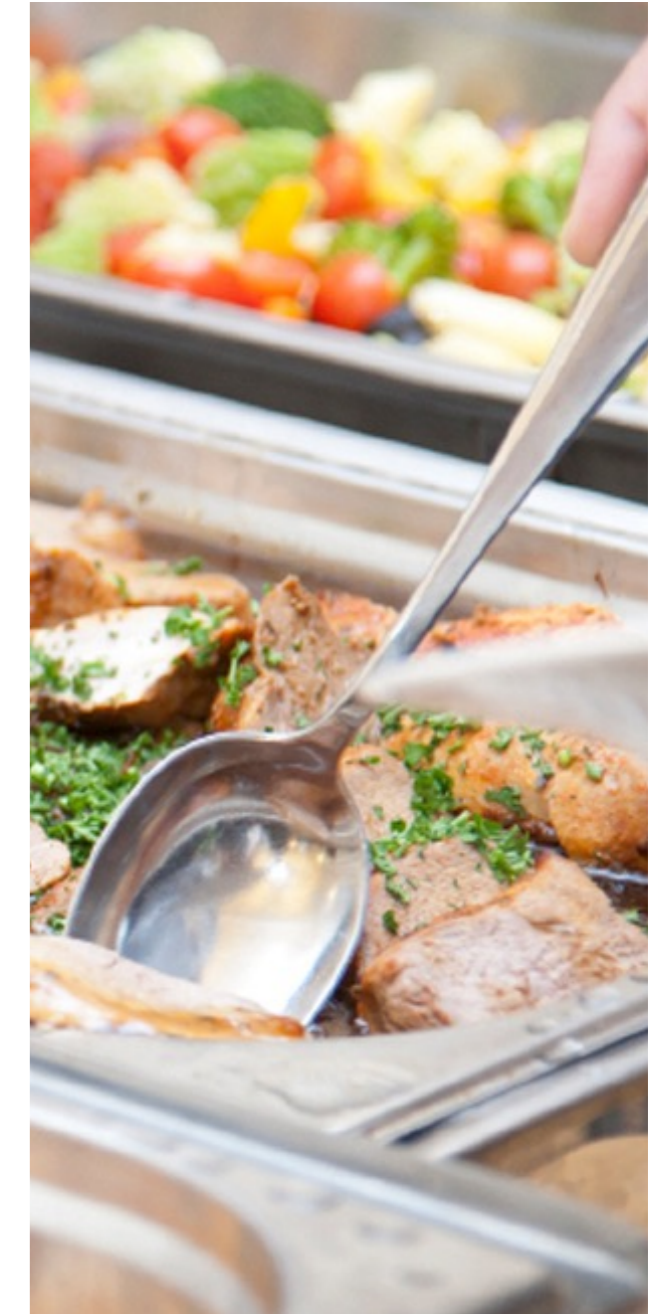
The deadline to order these meal vouchers online is Thursday 1 June or when we have reached

maximum capacity. There will also be other food trucks at the venue for food & drinks.

If you would like to order a meal for more than 20 participants per meal, please contact tickets@wg2023.com.

Restaurants in Amsterdam

If you want to eat somewhere in the city of Amsterdam, we highly recommend thinking ahead and making reservations somewhere early. During the summer season, the city is very busy and a popular destination for tourists from all over the world. In the same week as the World Gymnaestrada, Amsterdam is also the host city of The Pride. Therefore, we expect even more people in and around the city.



NEW

MENU WORLD GYMNAESTRADA 2023*

30 JULY - 5 AUG

NEW

NEW

MENU DAY 1

Lunch

- Chicken ragout with pumpkin, fennel, leek, sage and lemon
- Mushroom ragout with carrot, bulb, thyme, various mushrooms, bay leaf, tomato
- Potato from the oven
- Romanesco vegetable mix

Dinner

- Aloo Bangun (potato-aubergine stew)
- Indonesian curry with chicken thighs
- Nasi
- Beans with bean sprouts

MENU DAY 2

Lunch

- Turkish mince stew
- Chickpea stew with sultanas
- Potatoes with pepper spices
- Braised cabbage

Dinner

- Meatball in gravy
- Roast potato
- Tempeh with Stroganoff sauce
- Peas and carrots

MENU DAY 3

Lunch

- Tunisian tagine with minced meat, chickpeas and harissa spices
- Tagine with sweet potato and peppers
- White rice
- Carrot mix

Dinner

- Vegetable pasta with tomato
- Pasta, chicken, broccoli, sherry tomatoes and lemon sauce
- Braised leaf spinach

MENU DAY 4

Lunch

- Summer vegetable dish
- Chicken simmered in fresh lime sauce
- Wild rice
- Broccoli mix

Dinner

- Chicken thighs with ricotta, basil and spinach
- Broccoli casserole with lentils
- Roasted cauliflower
- Pasta aioli

*Menus subject to change

MENU DAY 5

Lunch

- Wraps, garlic sauce
- Chicken thighs with chimi churrie (Argentine light spicy herb salsa)
- Potato wedges
- Mexican carrot stew with tomato, black beans and corn
- Mexican vegetables

Dinner

- Tender chicken breast with a curry-pumpkin sauce
- Summer vegetable stew with potatoes, spinach and Greek yoghurt
- Coconut rice
- Colourful vegetable mix

MENU DAY 6

Lunch

- Seasoned chicken with butter beans, olives and pumpkin
- Mediterranean vegetable dish with potato
- Pointed cabbage with red pepper and lime
- Tomato rice

Dinner

- Hungarian goulash
- Puy lentil and aubergine stew
- Pasta penne
- Broccoli

MENU DAY 7

Lunch

- Noodles Goreng
- Chicken in soy sauce
- Chickpea curry
- Spicy green beans

Dinner

- Chicken leg
- Puffed potato bantam
- Stew with sweet potato, pepper and fennel
- Red cabbage

ONE DISH IS SERVED PER MEAL, SUPPLEMENTED BY THE FOLLOWING ITEMS;

Lunch

- Choice of fresh hand fruit every day.
- Choice of 5 kinds of soft drinks

Dinner

- Bread
- Dessert
- Choice of 5 kinds of soft drinks

ORGANISATION

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.

The LOC will prepare an official invitation to all countries that require it. If you need this invitation letter, please send an email to info@wg2023.nl.

We will send this letter out 6 months in advance so that visa applications can be submitted immediately.

For countries that require a visa and have not yet started the application, we recommend starting as soon as possible. This is to avoid any disappointments.

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.

SECURITY, SAFETY AND HEALTH AND SAFETY

The LOC will invite all team leaders for a digital information session on security, safety and the medical plan during the WG23, this meeting will be held 6-8 weeks prior to the event. This meeting will take place in June. More details on exact date and meeting invitations will be shared with Federations later.

INSURANCE:

Participating Federations affiliated to the FIG must provide insurance for all members of their delegation. The insurance must cover illness, accidents and repatriation during the entire stay at the World Gymnaestrada. Insurance can be taken out by the National Federation own insurance company or purchased in advance or on arrival through the LOC.

If you buy your insurance in your country, you must provide the relevant details (participant name, insurance number) to your national Federation when you register. A participant without insurance will not receive a participant card and will therefore not be allowed to participate in the World Gymnaestrada.

WORLD GYMNAESTRADA 2023 INSURANCE

Duration of insurance: 29 July - 6 August
Price: € 22.50 incl. VAT

Policy:

1. Personal injury

Accidental death - €100,000

Permanent disability due to accident - €100,000

Medical expenses - €100,000

2. Medical expenses

Repatriation and other urgent travel expenses - € 100,000

Detailed policy conditions can be sent to national federations by request of Head of Delegation.

Please send your request to info@wg2023.nl.

Application can be made by ticking insurance in FLIP to the relevant participant. This can be done during the reopenings of FLIP.

CASHLESS EVENT

No more losing coins or standing in long queues at the issuing point. The World Gymnaestrada Amsterdam 2023 is a cashless event. At the City Stages and the Olympic Stadium, you can only pay with debit or credit card. At the RAI, you can pay by debit card, credit card or the special RAI Card.

RAI CARD

We understand that young children do not yet have a debit card and prefer not to go out with a credit card. For this, the RAI Card is the perfect solution.

You can purchase a RAI Card at the event venue during the World Gymnaestrada Amsterdam 2023. It is a kind of debit voucher you can purchase for 5, 10, 15 or 25 euro.

How it works:

- There will be a sales point at the RAI grounds during the World Gymnaestrada Amsterdam 2023.
- You can choose a cash value of 5, 10, 15 or 25 euro per card.
- The RAI Card can be purchased with cash and pin at the sales point on location.
- The RAI Card can only be used to pay at the RAI's public catering outlets. You cannot use the card to pay for merchandise, tickets or other social programme activities.
- The RAI Card cannot be topped up. Empty = Empty.
- It is possible to pay with several RAI Cards if, for example, there is still a residual value on one RAI Card, but it does not have sufficient balance for the items to be purchased. This can then be topped up with a new RAI Card.
- Please note: we cannot refund any remaining credit.

NEW

EXPO

Commercial

If you are interested in a commercial stand, please send an email to 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.



SOCIAL PROGRAMME

A social programme will be organised during the World Gymnaestrada 2023 in Amsterdam. These are various side events which can be visited in addition to the programme with all performances. All parts of the social programme are recognised by the FIG and the organisation of the World Gymnaestrada 2023 in Amsterdam. Two parts of the social programme are a silent disco and an open-air cinema*. These side events are low-threshold and friendly priced so that everyone can participate in the social programme. Federations have priority status until 1 June to sign up for these activities. Separate ticket sales will also go live in June.

It is possible to participate in pre-registration using the links below:

[Open-air cinema](#)

[Silent disco](#)



Silent Disco**

Location: Rai, Amsterdam

Date: Wednesday 2 August 2023

There will be 2 shifts:

- 06.00 pm to 08.00 pm

- 09.00 pm to 11.00 pm

Each shift can accommodate 1,000 visitors. There will be 3 DJs simultaneously playing different types of music. Visitors can switch channels real-time to enjoy the music of their choice. Of course, we will make sure there are F&B outlets so visitors can enjoy a drink and a snack during the silent disco.

**Activities will be organised if there is enough interest.*

***The information above regarding the silent disco is subject to change.*

****Information about the open-air cinema may change.*

***** Service fee €1 per ticket.*

NEW

Open-air cinema ***

Location: Olympic Stadium, Amsterdam

Date: Friday, 4 August 2023

Two films will be screened:

- 06.00 pm to 08.00 pm, early shift

- 09.00 pm to 11.00 pm, late shift

The open-air cinema at the Olympic Stadium will be covered, allowing the films to go on even when the weather is bad. There will be room for 1,000 visitors per film. Both films will be fun for young and old. Their names will be announced at a later date. We will make sure there will be F&B facilities so that everyone can enjoy snacks and drinks during the film. We will use the seats in the stands and place a 100-square-metre LED screen on the athletics track so that everyone has a good view of the screen.

Price****

Price Silent Disco: €7,50 incl. VAT

Price Open air-cinema: €7,50 incl. VAT

NEW

OFFICIAL WG2023 FAN SHOP



The World Gymnaestrada in Amsterdam is a once-in-a-lifetime event that will stay in your mind forever. To contribute to this, an extensive merchandising range is offered in the run-up to, and during the event. So everyone can take a piece of World Gymnaestrada 2023 home with them.

Sustainability is an important aspect at the World Gymnaestrada Amsterdam 2023 and in particular for the merchandise. In the production of our offerings, we use sustainable, high-quality materials as much as possible and residual production is minimised as much as possible. On 17 April, the [Official WG2023 Fan Shop](#) will be launched, from where all items can be ordered on a pre-order basis. All ordered items can be collected during the World Gymnaestrada Amsterdam 2023 at a specially equipped pick-up point.

During the Gymnaestrada, a special Official Fan Shop will be set up in the expo hall where you can go throughout the week to collect all the items and take them home with you!
























































For special requests, an email can be sent to merchandise@wg2023.nl



PARTICIPATING COUNTRIES

The registration period started in 2021. So far, 55 countries, from all five continents have registered to participate in the World Gymnaestrada 2023 Amsterdam. Together, these 55 countries have a total number of 18,900 participants for the World Gymnaestrada 2023!

Currently, the list of Federations that have registered includes the following countries:

- | | | | |
|--|---|--|--|
| 1.  Albania | 16.  Estonia | 31.  Liechtenstein | 29.  South Korea |
| 2.  Argentina | 17.  Fiji | 32.  Lithuania | 15.  Spain |
| 3.  Australia | 18.  Finland | 35.  Malta | 47.  Sweden |
| 4.  Austria | 19.  France | 33.  Mexico | 45.  Switzerland |
| 5.  Azerbaijan | 21.  Germany | 34.  Mongolia | 48.  Thailand |
| 6.  Belgium | 20.  Great Britain | 38.  New Zealand | 36.  The Netherlands |
| 7.  Brazil | 22.  Greece | 37.  Norway | 49.  Trinidad and Tobago |
| 8.  Bulgaria | 23.  Honduras | 39.  Peru | 50.  Uganda |
| 9.  Canada | 25.  Iceland | 40.  Portugal | 52.  United States of America |
| 10.  Cape Verde | 24.  Ireland | 41.  Qatar | 51.  Uruguay |
| 11.  Chile | 26.  Israel | 43.  Sierra Leone | 53.  Uzbekistan |
| 12.  Colombia | 27.  Italy | 46.  Slovakia | 54.  Venezuela |
| 13.  Czech Republic | 28.  Japan | 44.  Slovenia | 55.  Zimbabwe |
| 14.  Denmark | 30.  Latvia | 42.  South Africa | |

VOLUNTEERS

Friends and family can also experience the World Gymnaestrada up close by signing up as a volunteer. We really need their help. Share this information with friends and family, and experience the adventure together!

Experience the World Gymnaestrada in Amsterdam as a volunteer

Did you participate in a previous edition of the World Gymnaestrada and want to give the next generation the chance to experience it? Or do you want to experience the World Gymnaestrada for the first time? Then help out as a volunteer in Amsterdam. The city will be all about the World Gymnaestrada for a week, and you won't want to miss it!

Many volunteers make this event possible in various roles, such as directing the audience, setting up stages, catering, team guidance, and more.

What the volunteer will receive from us:

- Accommodation
- Catering provided for volunteers
- A unique behind-the-scenes look at this fantastic event
- Access to shows outside of shifts
- A nice sports shirt from World Gymnaestrada provided by Craft
- Personal scheduling, clear communication, and a kick-off leading up to the event.

I want to experience the World Gymnaestrada up close as a volunteer

We can use all the help we can get! Do you or does your friend/family have an interest in becoming a volunteer and being a part of this unique event? Or do you want more information? [Click here!](#) For questions, we are also reachable at team@eventmakers.nl



MEDIA

Media accreditation

Registration for media accreditation (journalists & photographers) and communications staff of the countries is open from 6 June to 11 July 2023. Registration should be fulfilled via the FIG's registration platform, which can be found [here](#). During the World Gymnaestrada, there will be a media centre in the RAI with workstations. After registering, you will receive more information on whether or not the application will be honoured.

Promotional materials

For the World Gymnaestrada Amsterdam 2023, a toolkit has been prepared for the participating countries and its participants, containing all key corporate identity elements and promotional materials for the event. It also contains ready-made social media posts, videos and photos. Everyone is free to download and use these on their own social media channels.

App

Around June 2023, the official World Gymnaestrada application will be launched for Apple and Android devices. It will contain all important information both for the participants, the Head of Delegation and the audience that comes to watch. In the app, you can mark various programme elements as favourites to put together your personal programme, you can easily order in advance via the merchandise shop, a map of the venues, a route planner to help you find your way in Amsterdam and much more. This app is always up-to-date, and can also send push notifications to remind you of a gig so make sure you install it. The app is free to download.

FAQ

We have posted a [general FAQ](#) and a specific Federation FAQ on our website.

Follow us!

Always stay up-to-date via our channels:

- [Instagram](#)
- [Facebook](#)
- [TikTok](#)
- Hashtag: #WG2023 #BeAmazed



TIMELINE

NEW

NEW

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:

Bulletin 4

July:

Second information meeting

July:

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

April:

Bulletin 5

April:

Allocation accomodations

May:

Provisional programme

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%)

May:

Technical specifications deadline

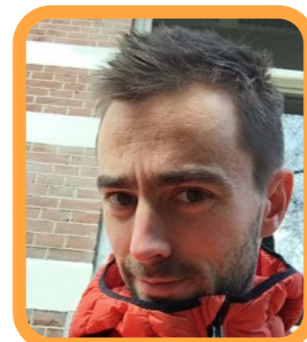




Manon Crijns
President



Bianca Wieman
**Representative Dutch
Gymnastics Federation**



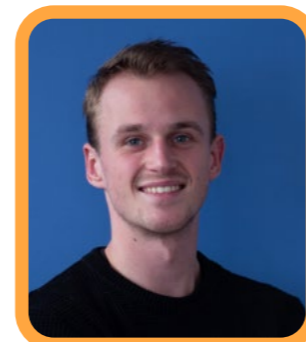
Michiel Maas
FIG Gala Director



Rianne Veldhuizen
World Team



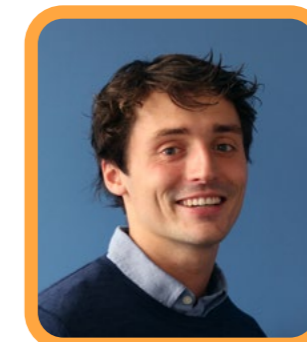
Tim Koldenhof
Opening Ceremony



Tom Wennekes
Apparatus



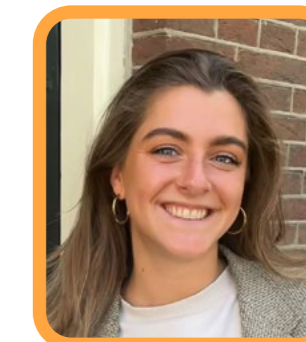
Bas Middelkoop
**Venue Manager
Olympic Stadium**



Jasper van Trigt
**Venue manager
City Stages**



Stefan Hohenkerk
Technical Producer



Danielle Dink
Special Events & Expo
expo@wg2023.nl



José Holster
Project Director



Norbert Chevalier
Partner TIG Sports



Willem Overdiep
Director of Operations



Karen Hanrath
Community Manager
info@wg2023.nl



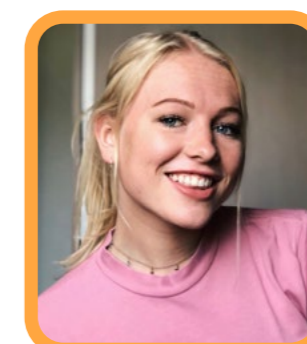
Elsemiek van Erkel
**Partners, Sponsors
& Hospitality**



Ellis Halbmeijer
**Director Marketing
& Communications**



Sabine de Bruyn
Art Director



Julia Annaert
Social Media



Sophie Malefason
Content Manager



Julia Heitmijer
Ticketing
tickets@wg2023.nl



Caroline Stoer
Catering



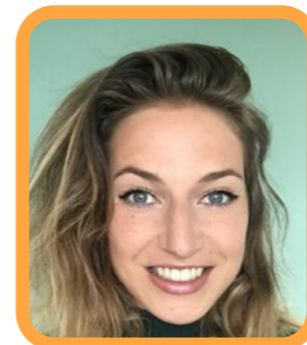
Ramon de Wilde
Catering



Sebastiaan van der Mei
Safety



Henri Dinke
Safety



Iris Lenderink
Transport



Margriet Bos
Registrations & FLIP



Yildiz Turun
Registration & FLIP



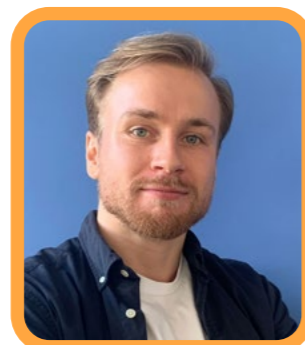
Alexander Atkinson
Volunteers



Eelco Groen
Schools



Renee Faber
Schools



Kevin Heg
Schools



Liza van der Wurff
Hotels



Berdine Schaap
Hotels



Rudy Prickarts
Merchandise



Arjen de Bruijne
Merchandise



Eric Ulieg
Merchandise
merchandise@wg2023.nl

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

LOC website: www.worldgymnaestrada2023.com

FIG - Fédération Internationale de Gymnastique

Alexandre Cola

FIG Sport Events Manager

acola@fig-gymnastics.org

Rogério Valério

FIG GfA Committee - President

rpvalerio@gmail.com

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

