



WORLD GYMNAESTRADA 2023 AMSTERDAM

30 July - 5 August 2023

Bulletin 2.0

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

MESSAGE FROM THE INTERNATIONAL GYMNASTICS FEDERATION – GYMNASTICS FOR ALL COMMITTEE

What will bring thousands of gymnasts to Amsterdam, The Netherlands in 2023?

The unique possibility to participate at the 17th World Gymnaestrada. An adventure you never will forget.

In this beautiful city there will be gymnastics performances during a whole week. We hope that many gymnastics groups from around the world will be with us. For those of you that have participated before you know what to expect and therefor many are coming back every

fourth year. For those who never participated, it is time to sign up together with your gymnastics groups.

No competitions, only performances where you are on the stage or you are in the audience, getting inspired by other performances. You are all welcome!

Margaret Sikkens Ahlquist

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.

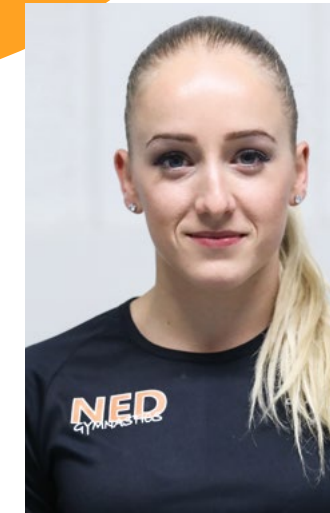


AMBASSADORS

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.

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!

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.



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.



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.



PROGRAMME

The event will be hosted from the 30th of July until 5th of August.

SUNDAY JULY 30 TH	MONDAY JULY 31 TH	TUESDAY AUGUST 1 ST	WEDNESDAY AUGUST 2 ND	THURSDAY AUGUST 3 RD	FRIDAY AUGUST 4 TH	SATURDAY AUGUST 5 TH
Opening Ceremony  Olympic Stadium Amsterdam	Group Performances  RAI Amsterdam	Group Performances  RAI Amsterdam	Group Performances  RAI Amsterdam	Group Performances  RAI Amsterdam	Group Performances  RAI Amsterdam	FIG Gala  RAI Amsterdam
	National Performances  RAI Amsterdam	Large Group Performance  Olympic Stadium Amsterdam	Large Group Performance  Olympic Stadium Amsterdam	Large Group Performance  Olympic Stadium Amsterdam	Large Group Performance  Olympic Stadium Amsterdam	Closing Ceremony  Olympic Stadium Amsterdam
		National Performances  RAI Amsterdam	National Performances  RAI Amsterdam	National Performances  RAI Amsterdam	FIG Gala  RAI Amsterdam	

* Program is still in concept. Activities can change.



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



Population of city
838,338



2,332,773
Population of Amsterdam
Metropolitan Region



Bicycles
881,000

Bicycles recovered from
the canals each year
15,000



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



Canals
165



Canal cruise
boats
110



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



WORLD GYMNAESTRADA WEEK

Group Performances

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 about either 10 or 15 minutes.

Large Group Performances

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

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.

FIG Gala

The FIG Gala is presented by the FIG to show the diversity of the 'Gymnastics for All' and how the FIG interprets that in this artform.

The FIG Gala is designed with selected groups from different FIG Members Federations. The FIG Gala should be a maximum of 1.5 hours.

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.

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

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

July:

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

November:

Allocations of schools

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%)





REGISTRATION PLATFORM

Invitation to the registration

In February, the registration procedure for the World Gymnaestrada 2023 starts. The Federation will receive an e-mail in which you can your request to receive more information about the event.

Account

As soon as you have indicated your request for more information, you can create your account in our new registration system “FLIP”. With this account you will enter your own environment where the registration can be done from start to finish. When creating the account, we ask you to provide the contact details of the contact person of the Federation and the World Gymnaestrada delegation. It is important for us to know who to contact for specific information.

Notification of interest

Until 30th of July 2021 we ask you to 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.

Timeline

In your account you can always find the timeline that shows the steps of the registration. At the top you see the opening of the registration, then a number of important moments with a description and at the bottom you see the date of the World Gymnaestrada 2023.

Of course, we will inform you at every step and guide you through the entire registration process.

WORLD GYMNAESTRADA 2023 AMSTERDAM

Do you, as federation, want to participate in the World Gymnaestrada 2023 in Amsterdam?

30 july – 5 august 2023

[More information](#)

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.
- 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.
- July: Provisional Registration deadline (total number of participants, number and information about participants with special needs).
- November: Associations of schools.
- 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%).
- July 30 to August 5: World Gymnaestrada 2023.

Your estimation

Notification of Interest

Diksha_Federation

Participants

Amount of participants: 1

World Team: 5

Performances

National Performances: Yes No

FIG Gala: Yes No

Group Performances (max 15): 16

City Performances (max 15): 11

Large Group Performances (max 4): 1

[Send](#)



CONTACT

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