



WORLD GYMNAESTRADA 2023 AMSTERDAM

30 July - 5 August 2023

Bulletin 3.0

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 FIG GYMNASTICS FOR ALL COMMITTEE

The big Gymnastics events are back in our lives!

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

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

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

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

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

Looking forward to meet you all there!

Rogério Ualério
*FIG Gymnastics for All Committee –
President*



Femke Halsema

Mayor of Amsterdam

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

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

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

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

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

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



AMBASSADORS

Epke Zonderland

Olympic Champion 2012
World Champion 2013, 2014 & 2018

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



Sanne Wevers

European Champion 2018
Olympic Champion 2016

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



Lieke Wevers

Winner European Games 2015

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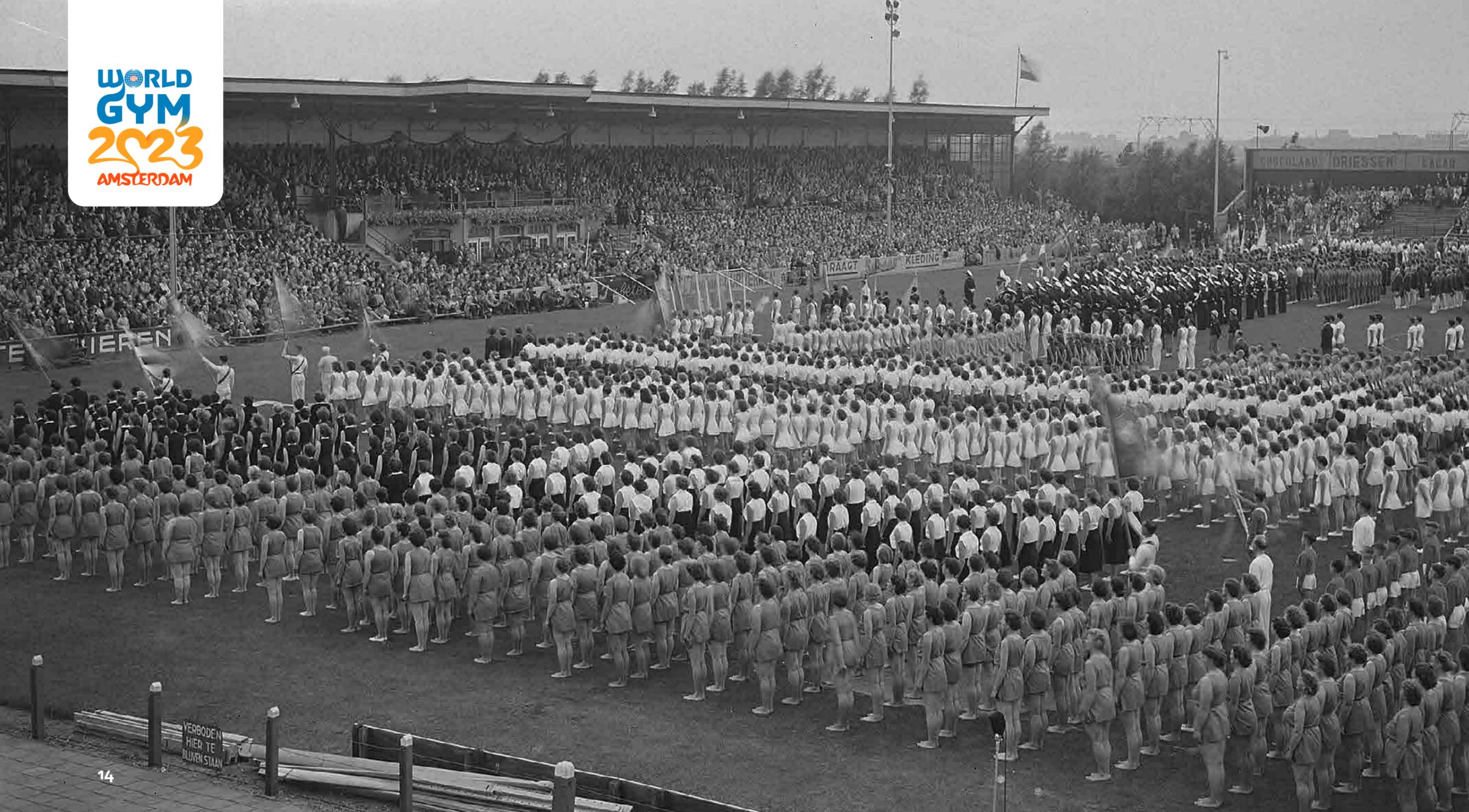
ABOUT WORLD GYMNAESTRADA

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

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

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

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



WORLD GYMNAESTRADA IS COMING HOME

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

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



CORPORATE IDENTITY

NEW

Brand identity

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



Logo

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



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



NEW

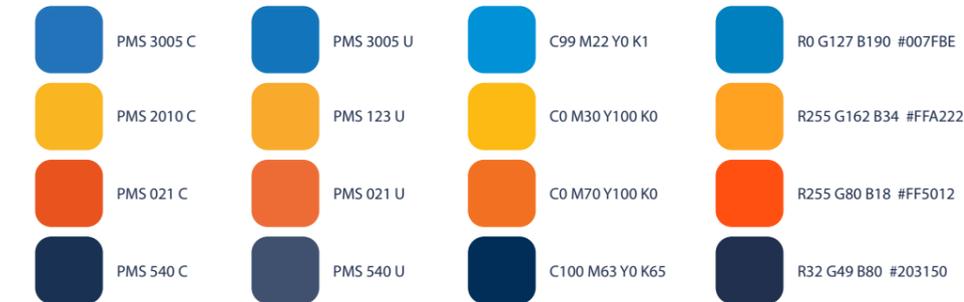
Hi all, I am Gymba!

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



Colour palette

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



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

WORLD GYMNAESTRADA AMSTERDAM 2023

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

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

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

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

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

Space for
25.000
participants

Accommodation in schools -
18.000
beds

Public transport card for
the entire week for every
participant

Schools and hotels
are close to the venue

Festival in
front of
the RAI

RAI Convention Centre
21.000
grandstand seats

Olympic Stadium:
22.500
grandstand seats

RAI CONVENTION CENTRE

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

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



FLOOR PLAN RAI



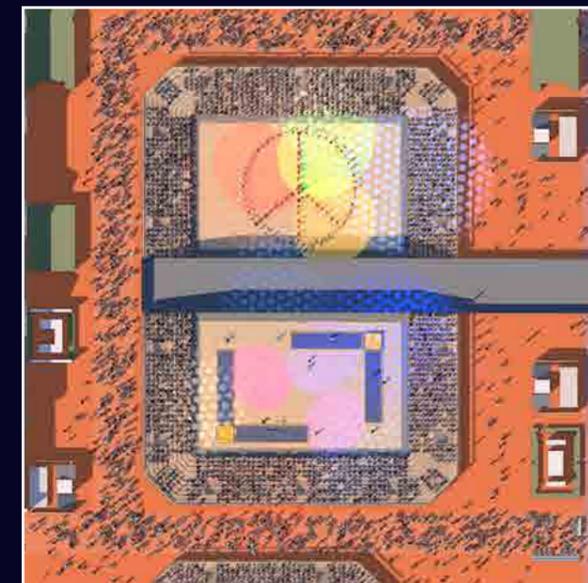
- 1 Group Performance hall**
- 2 National Performance hall**
- 3 FIG Gala & National Performance hall**

- 101 Catering hall**
- P Entertainment**

*Subject to change

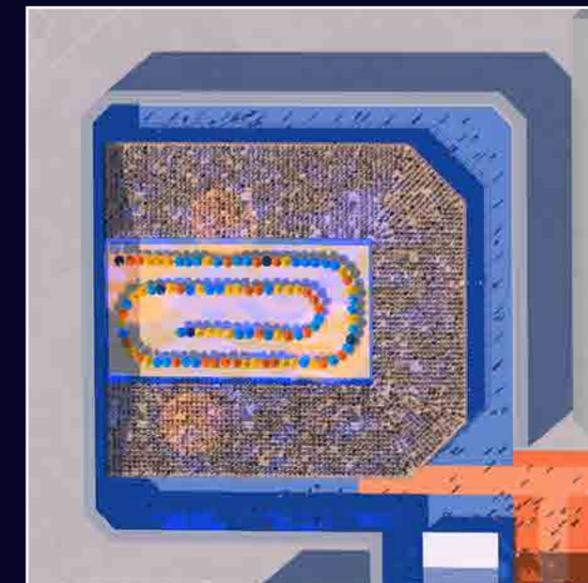
NEW

NEW



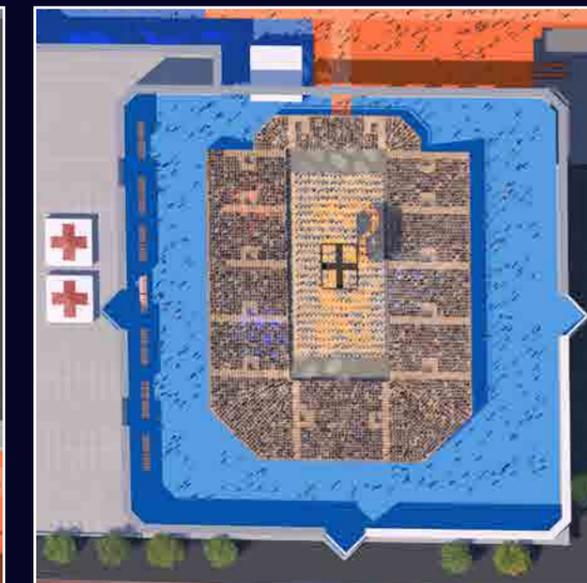
1 GROUP PERFORMANCE HALL

In Hall 1 the Group Performances will take place. There will be eight stages in total in these halls. Six of these stages will have a performance floor of 20m x 20m (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.



2 NATIONAL PERFORMANCE HALL

Hall 2 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.



3 FIG GALA & NATIONAL PERFORMANCE HALL

Hall 3 will also be equipped for National Performances, just like Hall 2. This hall will also be used for the FIG Gala. In this hall will be a performance floor of 40m x 20m (800m²) with grandstand on three sides of the floor. These grandstands will have a total capacity of 6.900 spectators.

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.



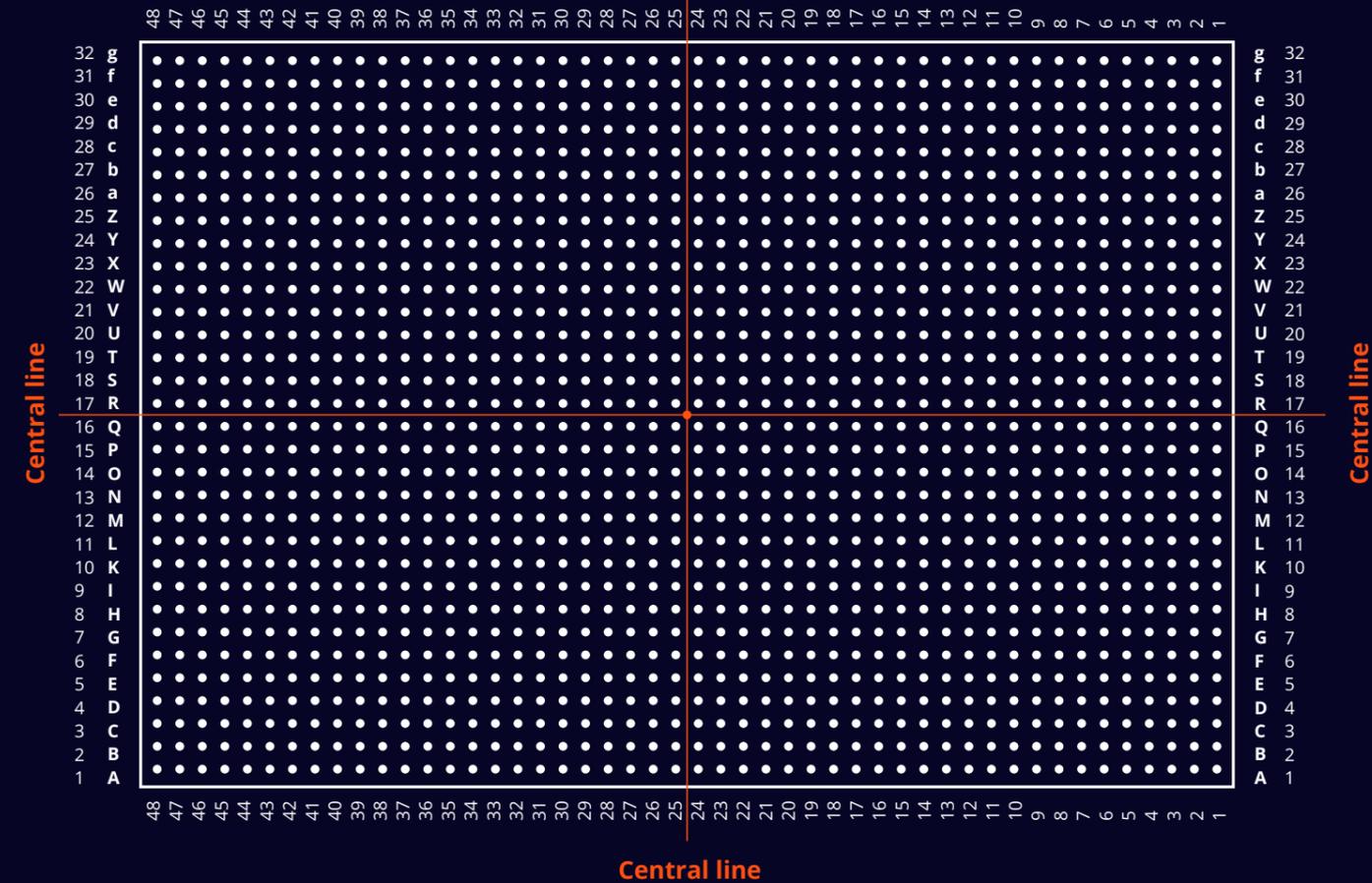
After a tense period in the late 1990s, just before the planned demolition of the building, the status of 'national monument' was granted. The stadium was then rapidly renovated. In the year 2000 the Olympic Stadium was reopened. Now millions of visitors use the Olympic Stadium and its various facilities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



FIELD PLAN

Mark distance
2x2m

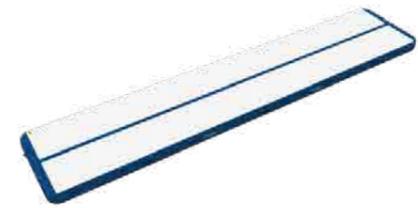
Total measurement of marks:
92x64 cm



APPARATUS

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

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.



12. ERGOTRAMP

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



13. BENCH

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



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.

NEW



15. SAFETY MAT 300 X 200 X 30

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



16. TRADITIONAL MAT 300 X 200 X 20

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



18. ROLLABLE MAT

Rollable mat 600cm x 120cm 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.



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 426x213 cm with 4x4 mm wide woven nylon straps. Shock-absorbing and stable frame padding 32 mm. (FIG ID: 1495023)

NEW

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	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.



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 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

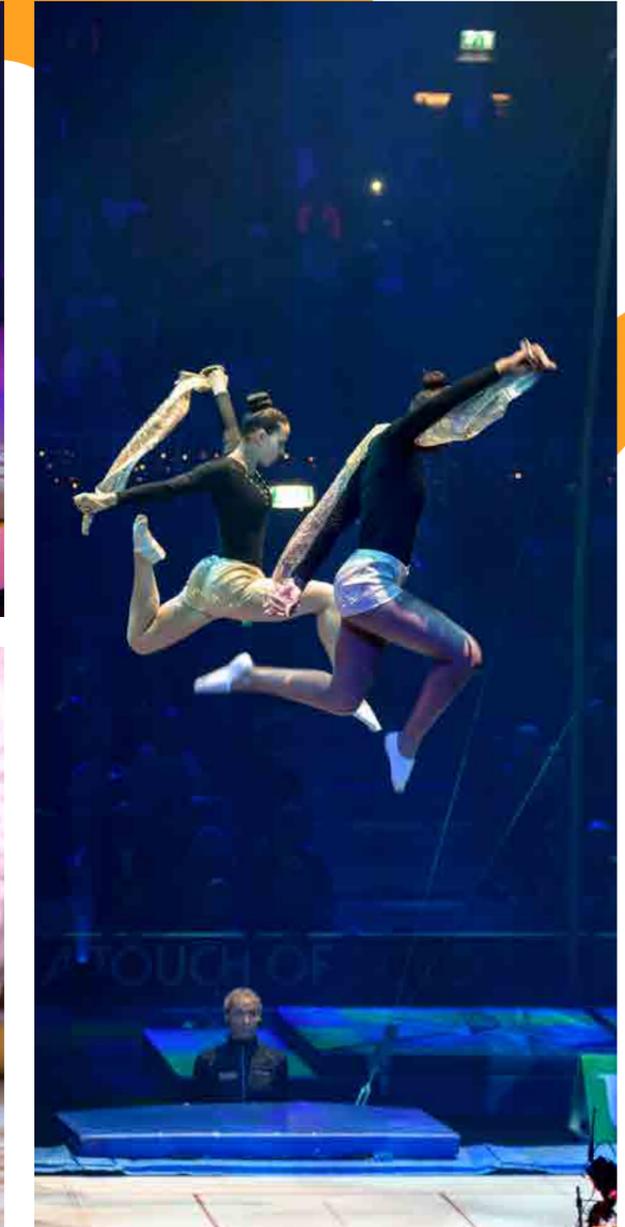
The FIG Gala is presented by the FIG to show the diversity of 'Gymnastics for All' and how the FIG interprets that in this artform.

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.



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



2,332,773
Population of Amsterdam
Metropolitan Region



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



252
Bridges in the city centre

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

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

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

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

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

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

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

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

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

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



Summary of what to offer participants

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

ACCOMMODATION

NEW

NEW

SCHOOLS

As one of the traditions, a large group of participants for the World Gymnaestrada will spend their nights during the event in the classrooms of the schools of Amsterdam. During their stay, all schools will have sufficient sleeping space (6m²), toilets and showers.

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

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

AIR MATTRESS

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

PILLOW

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

Price per sleeping set: €85,-

PILLOW COVER

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

BLANKET

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



HOTELS

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

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

To be eligible to book via the LOC you must book for a minimum of 8 nights (29 July – 8 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. For special requests, please contact Hotels@wg2023.nl.

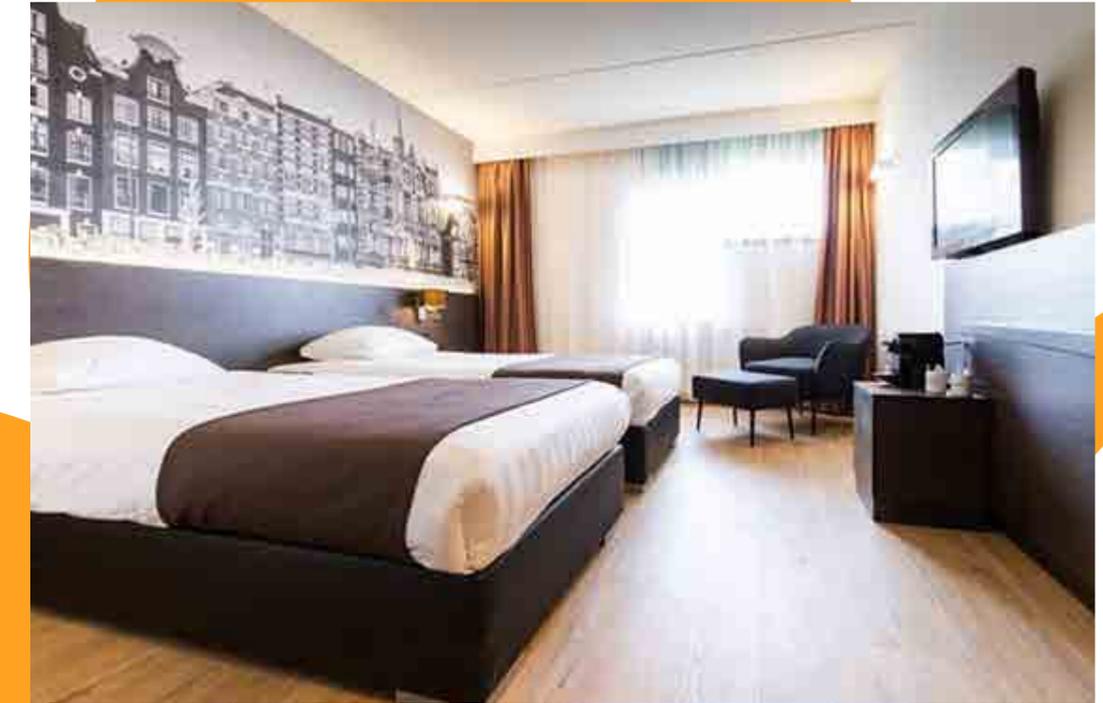
NEW

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

* Prices are based on a minimal 8-night stay in the period 29 July – 8 August. Prices are per person and night in a double room incl. breakfast and City taxes 7% + €3 p.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

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!

TIMELINE

2021

February:

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

July:

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

2022

January:

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

March:

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

May:

Bulletin 3

November:

Allocations of schools

November:

Bulletin 4

March:

Bulletin 5

July:

Second information meeting

July:

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

2023

January:

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

May:

Final payment deadline for all payments (100%)





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