



5th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
22-26 July 2025



OFFICIAL GUIDE // WORK PLAN

[Version 2 _ 14.07.2025]



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Welcome





Message from the Secretary of State for Sports

Dear Gymnastics Friends,

It will be a great honor to host The World Gym for Life Challenge in Portugal next year. In July 2025 Lisbon will host more than 2000 gymnasts from all over the world for the 5th edition of the World Gym for Life Challenge.

This is a global event that encourages people of all ages and fitness levels to participate in physical activities. With the aim of promoting health, wellness, and community involvement, participants can showcase their skills in different categories such as aerobics, dance, and other fitness routines.

World Gym for Life Challenge is an example that encourages healthy lifestyles and that the Government of Portugal applauds.

We believe that this will be an excellent opportunity to promote the practice of sports and the values of sport.

We all know the importance of sport and not only in the physical aspect, it brings us positive values and makes it possible to promote a culture of dialogue across borders.

It will be a honor to welcome the sports family to Portugal.

Pedro Dias





Message from the Mayor of Lisbon

Dear friends,

The World Gym for Life Challenge is getting closer and closer. From one year on we will welcome you all in Lisbon, and we couldn't be happier after waiting strenuously for four years for this to happen in our city.

This four years' waiting made us even more eager to have you here. First, because the WGfLC shares our city's spirit. A city made for all to see, to feel, to live, just like the WGfLC brings the magic of gymnastics to all – allowing that magic to be seen, felt, and lived by everyone. This is what we will see during those 5 days in July 2025: participants from all over the world sharing the magic of gymnastics in Lisbon.

But the WGfLC isn't limited to gymnastics. It will also be an opportunity to discover Lisbon: the European capital of innovation, a capital of tourism, a capital of culture. Take the time to discover the unforgettable riverfront, to see the city through our castle, to walk by the Belém district... There is a lot to discover in this extraordinary millennium old city. Make the best of it!

See you all in 2025!

Carlos Moedas





Message from the FIG President

Dear friends,

Welcome to Lisbon and to the 5th World Gym for Life Challenge!

This is more than an event, it's a celebration of movement, creativity, and friendship. Here, every performance tells a story, and every shared moment builds new connections across borders.

Lisbon, with its open skies, vibrant streets, and timeless charm, is the perfect place for this gathering. May its energy inspire you, and its warmth stay with you long after you leave.

Above all, may the memories you create here stay with you for life, just like the spirit of this event.

Enjoy every moment, and make it count!

Morinari Watanabe





Message from the FIG Gymnastics for All Committee President

The year of the event has arrived.

The beautiful city of Lisbon, Portugal will be hosting the second largest FIG event.

After the cancellation in 2021 due to the world pandemic, the Gymnastics For All community is excited to experience this unique event where all participants are equal winners but their group performances will be evaluated by experts.

The evaluation will look into the “entertainment value” of the show, discovering its “innovation, originality and variety” supported by the correct “technique, quality and safety” according to the gymnasts capacities. And the whole performance is brought together through the “overall impression”.

Be ready to impress everyone at the Challenge and share your joy of performing at the city stages.

We are looking forward to enjoying this unique event to celebrate the beauty of Gymnastics For All with every participant.

Take the opportunity to inspire us all with the best show ever!

Rogério Valério





Message from the Gymnastics Federation of Portugal President

Dear gymnastics friends.

When, in 2021, the pandemic crisis caused by covid-19 did not allow us to receive you in Lisbon, we were sad but focused right away on the new goal; on the new date: July 2025 World Gym for Life Challenge.

All this waiting has motivated us even more to create the best challenge ever!

From July 22 to July 26, 2025 you are invited to visit Lisbon and Portugal. A country that despite having a temperate climate has 300 days of sunshine a year. We are the fifth safest country in the EU and the sixth in the world. One of the main touristic destinations in the world where you can combine sport and leisure, while enjoying the fantastic sports facilities available.

Held every 4 years, the World Gym for Life Challenge is the second major gymnastics event for all, with thousands of participants taking part in groups from all over the world. We look forward to you entertaining us with your fantastic performances, showing innovation, originality, variety, technique, quality and safety.

We want to see all of that, we want to see all of you. Your color and your magic.

See you soon.

Luís Arrais



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Overall event schedule



M	T	W	T	F	S	S
21	22	23	24	25	26	27
Arrival of the Delegations	- Practice - Open Ceremony	- Practice - Contest - Show Performance	- Practice - Contest - Show Performance	- Practice - Contest - Show Performance	- Workshops - Practice - Gala - Closing Ceremony	Departure of the Delegations

The organising committee is very happy with the high number of groups and participants from all continents registered.

Below is the general schedule for the event:

22.JULY		
09:00	HEAD OF DELEGATION MEETING	MEO ARENA AUDITORIUM
08:00 – 13:30	REHEARSAL – GYMNASTICS AND DANCE, SMALL GROUPS	MEO ARENA
16:00 – 17:00	PARADE (GATHERING AND START) - UPDATED	TEATRO CAMÕES
17:00 – 18:00	PARADE - UPDATED	MEO ARENA
18:00 – 19:00	OPENING CEREMONY - UPDATED	MEO ARENA
23.JULY		
09:00	HEAD OF DELEGATION MEETING	MEO ARENA AUDITORIUM
08:00 – 12:15	REHEARSAL – GYMNASTICS AND DANCE, SMALL GROUP	MEO ARENA
09:00 – 13:00	SHOW PERFORMANCES	PALA PAVILHÃO DE PORTUGAL
13:30 – 21:50	CONTEST – GYMNASTICS AND DANCE, SMALL GROUP	MEO ARENA
22:15	AWARD CEREMONY	MEO ARENA
24.JULY		
09:00	HEAD OF DELEGATION MEETING	MEO ARENA AUDITORIUM
08:30 – 12:30	REHEARSAL – GYMNASTICS ON/WITH LARGE APPARATUS, LARGE GROUP - UPDATED	MEO ARENA
11:30 – 14:00	REHEARSAL – GYMNASTICS ON/WITH LARGE APPARATUS, SMALL GROUP - UPDATED	MEO ARENA
09:00 – 13:00	SHOW PERFORMANCES	PALA PAVILHÃO DE PORTUGAL
15:30 – 19:00	CONTEST – GYMNASTICS ON/WITH LARGE APPARATUS, LARGE GROUP - UPDATED	MEO ARENA
19:10	AWARD CEREMONY	MEO ARENA
19:45 – 21:10	CONTEST – GYMNASTICS ON/WITH LARGE APPARATUS, SMALL GROUP - UPDATED	MEO ARENA
21:20	AWARD CEREMONY	MEO ARENA
25.JULY		
09:00	HEAD OF DELEGATION MEETING	MEO ARENA AUDITORIUM
08:15 – 14:30	REHEARSAL – GYMNASTICS AND DANCE, LARGE GROUP	MEO ARENA
09:00 – 13:00	SHOW PERFORMANCES	PALA PAVILHÃO DE PORTUGAL
15:30 – 21:45	CONTEST – GYMNASTICS AND DANCE, LARGE GROUP	MEO ARENA
22:10	AWARD CEREMONY	MEO ARENA
26.JULY		
09:00	HEAD OF DELEGATION MEETING	MEO ARENA AUDITORIUM
09:00 – 13:00	WORKSHOPS	MULTI PLACES
10:15 – 13:15	REHEARSAL – GALA	MEO ARENA
17:00 – 19:05	GALA WORLD GYM FOR LIFE CHALLENGE	MEO ARENA
19:15	AWARD CEREMONY & CLOSING CEREMONY	MEO ARENA
20:00 – 21:00	FAREWELL PARTY	MEO ARENA



Chronological performance schedule



3.1. Rehearsal & Contest



3.2. Rehearsal & Gala



3.3. Show performances Schedules



3.4. Workshops Schedules



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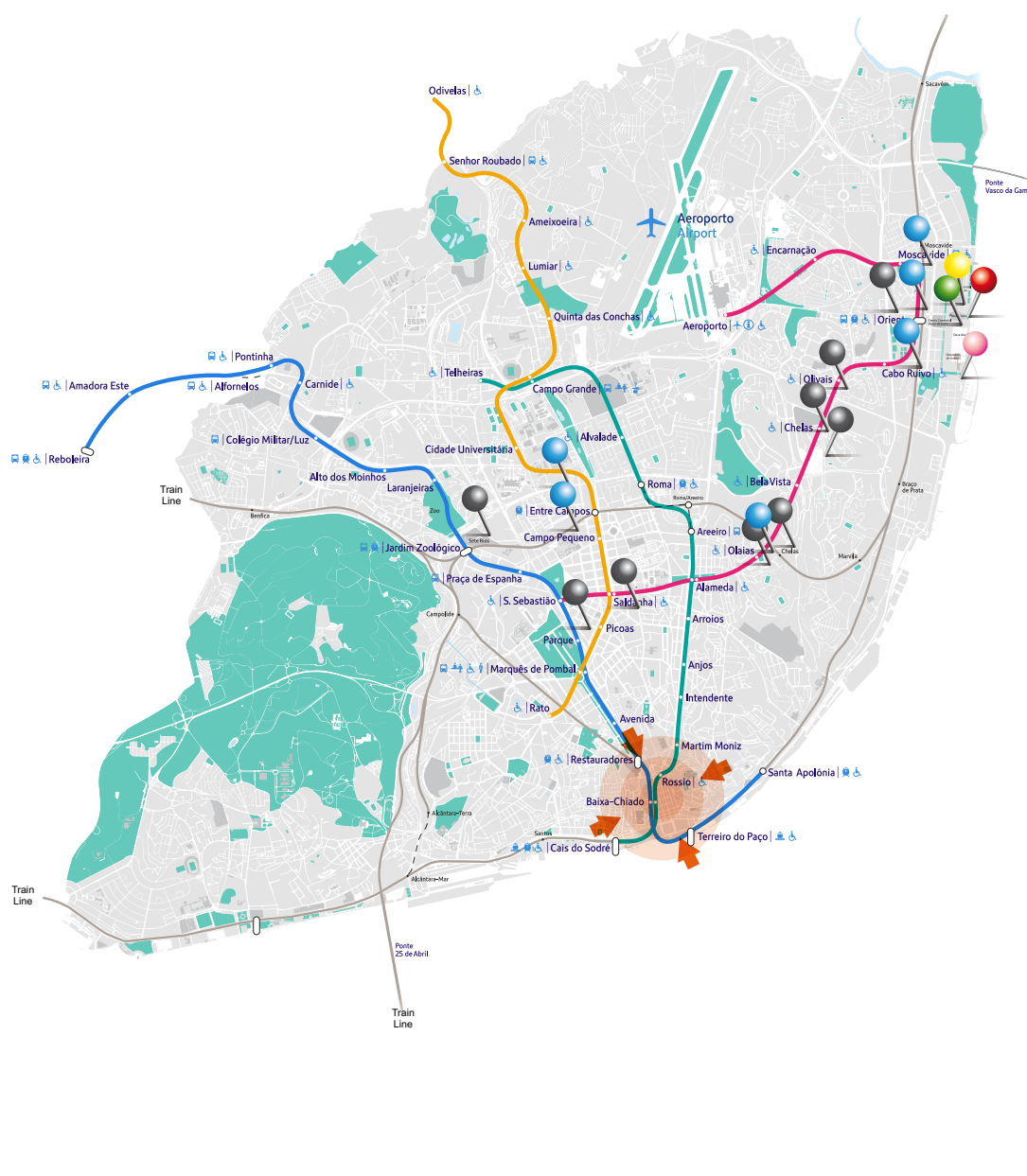
Map of all venues



4.1. General Map

In the heart of Parque das Nações and 10 minutes from Lisbon International Airport you can find this multipurpose facility with a set of rooms prepared to receive the most diverse events.

Built with the aim for being the stage for music, sports, art and culture it is the biggest concert hall in the country where the big events gain a new life. It's the Arena where all will want to be.



Main venue



Show Performances



Workshops



Opening ceremony



Hotels and hostel



Schools



City Center



Subway lines



Train lines

5

Participating nations



5.1. Definitive Registration

28 countries, from all continents, with a total of 3.729 participants representing 140 groups are taking part at the World Gym for Life Challenge 2025. This number of participants taking part in the World Gym for Life Challenge 2025 will be a record.

Currently the list of Federations who have entered the Definitive Registration includes the following updated list:

NOC	NAME	PARTICIPANTS	GROUPS
			CONTEST
ALB	Albania Gymnastics Federation	18	1
AUS	Gymnastics Australia	36	2
AUT	Turnsport Austria	75	3
AZE	Azerbaijan Gymnastics Federation	25	1
BEL	Fédération Royale Belge de Gymnastique	127	7
BRA	Brazilian Gymnastics Federation	24	1
BUL	Federation Bulgare de Gymnastique	34	2
CZE	Czech Gymnastics Federation	21	1
DEN	Danmarks Gymnastik Forbund	219	8
EST	Estonian Gymnastics Federation	14	1
FIN	Finnish Gymnastics Federation	59	4
GBR	British Gymnastics	158	7
GER	DTB - Deutscher Turner-Bund	747	25
GRE	Hellenic Gymnastics Federation	622	19
IRL	Gymnastics Ireland	59	2
ITA	Federazione Gimnastica Italia	141	7
JPN	Japan Gymnastics Association	26	2
KEN	Gymnastics Federation of Kenya	18	1
LTU	Lithuanian Gymnastics Federation	22	1
MAS	Malaysian Gymnastics Federation	16	1
MEX	Federacion Mexicana de Gimnasia	1	0
MLI	Federation Malienne de Gymnastique	4	0
NOR	Norwegian Gymnastics Federation	13	1
POR	Federação de Ginástica de Portugal	717	27
ROU	Federatia Romana de Gimnastica	3	1
SLE	Sierra Leone Gymnastics Federation	6	0
SRI	National Gymnastic Association of Sri Lanka	75	2
SUI	Schweizerischer Turnverband	378	10
SVK	Slovak Gymnasticka Federacia	48	1
SWE	Svensk Gymnastik	10	1
THA	Gymnastics Association of Thailand	2	0
TUR	Turkish Gymnastics Federation	1	0
ZIM	Gymnastics Zimbabwe	10	1
33		3729	140



Information about activities



6.1. Contest layout



[Rossio dos Olivais, 1990-231 Lisboa](#)



6.2. Parade and Opening Ceremony

The Opening Ceremony will be organized in the vicinity of the Meo Arena, in the Parque das Nações area with the following schedule:

- 16:00** – Meeting point or gathering at Passeio de Neptuno, near Teatro Camões. When arriving at the place participants should look for the place of their country along the street in the meeting point. For each Country there will be a specific place and the order will be alphabetical in English Language, Portugal will occupy the last position. There will be volunteers in place in order to help all participants in finding their own place.
- 17:00** – Start of the Parade.
- 18:00** – Opening Ceremony at Meo Arena: When arriving at the Meo Arena participants will be conducted to their place in the seating area. The flag bearers will be escorted down to the Warm Up area in order to present their country during the Ceremony. After their part in the Ceremony they can join their delegation in the stands.



Important Information:

- Due to security reasons participants should leave their bags in the schools and take the minimum personal belongings with them.
- Each country should appoint one person to carry the country flag



[Passeio Neptuno, 1990-193 Lisboa](#)

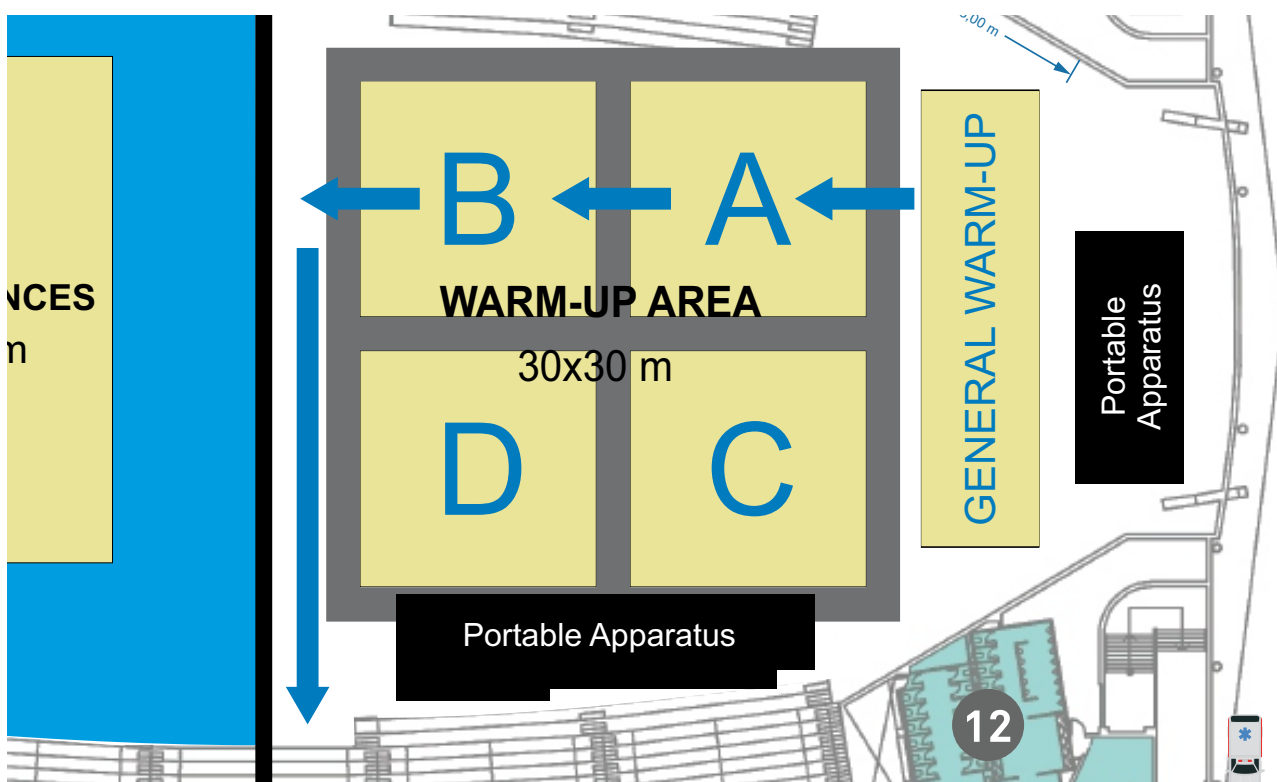


Each group should check in at the warm up 15 minutes before their start time. Groups will not be allowed to enter the warm up are before this time!

General warm up will start in the specified area and it will have 7 or 9 minutes duration (depending of the category).

After the warm-up, teams will go to a waiting area for 7 or 9 minutes before entering the Performance area.

After their rehearsal or performance teams will return to the warm up area, collect their belongings and can go for the stands to watch other group performances. Entering the main hall should be done on the top of the stands near the warm up area. This door will only allow participants to leave the warm up area, no entry in the performance area will be allowed through this door.



The group performance evaluation starts and ends inside the official performance area. Anything performed outside this area is not evaluated.

Each group is responsible for the setting up and setting down of the necessary equipment / apparatus for their performance and has to respect the transition time.

The feedback is not mandatory. The feedback will be provided at the MEO auditorium during the following block of presentations.

6.3.1. Award ceremonies [\(UPDATE\)](#)

During awards ceremonies a maximum of 5 participants per group will be present in the performance area. All the others stay in the seating area in pre-determined places.



6.4. Workshops

According to the information that was published in the Newsletter #5, the LOC will offer 4 different Workshops for all the participants that have registered their specific interest.

We have tried to fulfil, as many as possible, the first or second choice of each group.

The list and locations of the Workshops are as follows:

- **Acrobatic Gymnastics WS 1:** António Damásio Secondary School
- **Acrobatic Gymnastics WS 2:** Meo Arena – Warm up Area
- **Circus Art:** Portugal Pavillion
- **Traditional Portuguese Games:** Portugal Pavillion
- **Traditional Portuguese Dance:** António Damásio Secondary School

Groups are assigned to the workshops and schedules according to the published lists.

Each Group should be present 15 minutes in advance of their schedule time.

Participants should use sports clothes and sports shoes.

Orienteering Workshop

We're thrilled to invite you to a unique and engaging orientation workshop designed to celebrate gymnastics through art and movement! This is an interactive and self-guided adventure through some of the most beautiful spots in Lisbon's **Parque das Nações**.

Workshop Details

Date: July 26th

Time: Self-paced, between 9:30 AM and 1:00 PM

Location: Various strategic points within Parque das Nações

This workshop offers you the flexibility to explore at your own pace and on your own schedule within the designated timeframe. You'll navigate through key locations in Parque das Nações, discovering its artistic and architectural highlights while embracing the spirit of gymnastics.

Your Mission

At each designated point along the route, your group will be challenged to create an **original group photograph**. These photos should embody the theme of "gymnastics with art and movement." Be creative, be expressive, and have fun!

Important: When sharing your fantastic photos, please use the hashtag: [#GinasticaPortugal](#)

We can't wait to see your creativity in action as we celebrate gymnastics through this engaging and artistic exploration!



6.5. Show Performances

The show performances will be presented on the 23rd, 24th and 25th in the morning, according to the defined Schedule, at the Portugal Pavillion in the following location:



Each group should check in at the warm up area 30 minutes before their start time. Groups will not be allowed to enter the warm up area before this time!

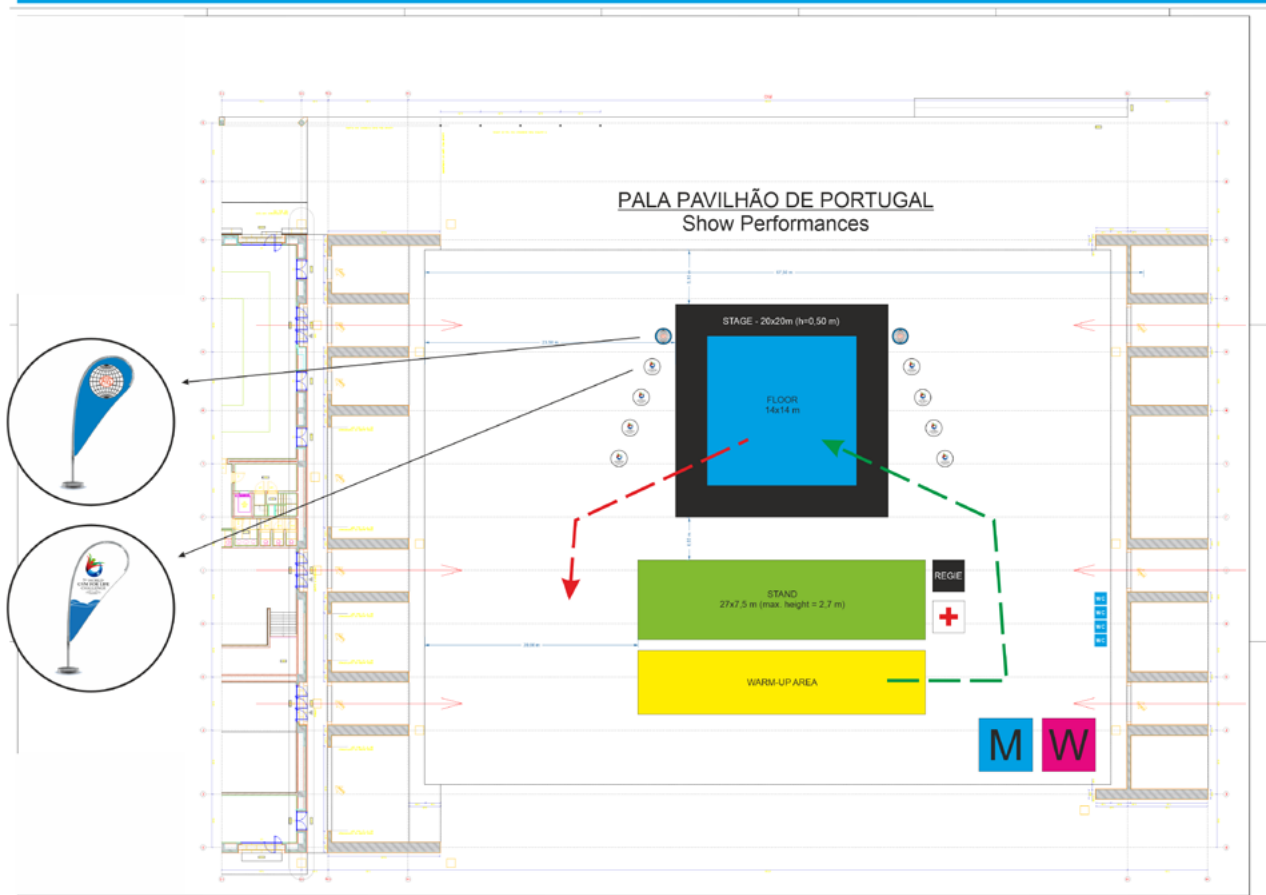
Group participants should keep their belongings, LOC will not take responsibility for this.

General warm up will start in the specified area and will share it with other groups.

Show performances are organized in slots of 30 minutes, groups should be ready to start at any moment during their assign slot, respecting the starting order.

In the warm up area **NO MUSIC** will be allowed.

RIVER SIDE



6.6. World Gym for Life Gala and Closing Ceremony

After the last day of contest the information of all Gala participants will be released, according to the GfA Manual *“All groups awarded Gold and 2 wild cards will participate in the Gala. Their performance during the Gala will be evaluated.”*

The number of gold awards by category will be communicated by the FIG GfA Committee in due time.

The Gala Choreographer, Bruno Oliveira, is responsible for the Gala Line up.

The participation in the rehearsal for the Gala is compulsory for all groups.

Gala rehearsals will start at 11:00 am in the same venues as the contest. Please note that warm up will start earlier in the warm up room.

The first performance for the Gala will happen at 17:06

After the all Gala presentations are finished and the results are ready we will start the Closing Ceremony where the Winner of the Burno Grandi Trophy will be announced.

All participants from all Gala performing groups are welcome in the floor.

For the evaluation of the Gala every delegation with participating groups has to nominate one delegate to evaluate the Gala.

This nomination has to be done at the HOD meeting of 24th July.



Information about services



7.1. Security

There will be one private company providing security services both in schools and at the venues.

Schools:

Participants accommodated in schools will have a code on their accreditation indicating which school they are allowed to access. Only those participants accommodated in a specific school will be allowed to enter and each participant will be required to present their accreditation at the entrance.

Venues:

Each participant will have their accreditation checked at the Meo Arena. For Show Performances there will be limited access only to the warm up area.

Additional security measures may be implemented at any time during the event under the direction of the local Police Authorities.

This may include screening bags. It is advised that all participants only carry necessary items with them to the venues.



7.2. Safeguarding

From the event's official date of arrival until the official day of departure, participants (gymnasts, coaches and any other delegation members) have the opportunity to contact by phone or email a Safeguarding Officer in case of harassment or abuse of any type or if they are worried or do not feel comfortable.

There will be one LOC Safeguarding Officer as well as one person from the FIG.

The FIG contact number is: Mr. Patrick RODRIGUES [+41 79 483 34 58](https://wa.me/351794833458) (whatsapp number) and will be reachable from the accreditation day as well as via WhatsApp.

The LOC Safeguarding contact is: Mrs. Vera LEITÃO [+351 937 653 177](https://wa.me/351937653177)

In addition, posters of the "10 Golden Rules of Gymnastics" – the FIG campaign to raise awareness about youth protection in gymnastics - will be displayed in several locations, including training and warm-up halls and public zones.

7.3. Transportation

To promote an easy flow of participants, the following measures have been implemented:

Arrivals – Lisbon International Airport

Welcome Desk: Those who have arranged a transfer with the organization should go to this area, which is clearly signposted and located in the arrivals area. A team from the organization will be there to guide you to the transfer to your accommodation. The welcome desk will be at the airport on 20th and 21st of July. On the other days, someone from the organization will be present to direct you to your transfer.

On the 21st of July, the official arrival day, when more than 80% of participants with transfers arrive in Lisbon, there will be a support team in the reserved areas, luggage areas and passport control to assist delegations if needed. The team will be clearly identifiable as being part of the event.

Departures – Lisbon International Airport

Transfer: There will be a transfer from the accommodation to Lisbon International Airport for those who have requested this service from the LOC. Departure times will be coordinated with the respective HOD to ensure all necessary travel procedures are followed.



Daily transport

Delegations accommodated with the LOC will receive a ticket for daily travel on public transport, including the Metropolitano and CARRIS networks. This ticket allows participants to travel by public transport between their accommodation and the MEO Arena, as well as around the city of Lisbon and it will be valid from the 21st to the 27th of July.

Further information on the Metropolitano de Lisboa and CARRIS networks can be found at the following links:

<https://www.metrolisboa.pt/en/travel/>

<https://www.carris.pt/en/>

Public transport is the primary means of getting around the event as sustainability is one of the fundamental principles of organising World Gym for Life 2025.

7.4. Catering

Lunch and dinner

Will be served in Tagus Hall, located at Meo Arena, and is available for those who have booked in advance and have vouchers:

- **Lunch:** 11:30 - 14:30
- **Dinner:** 18:30 - 21:00

We have a highly experienced partner with us to give to all one excellent gastronomic experience. All the meals are nutritious, varied, healthy and prepared with fresh local products. You will be introduced to a variety of traditional Portuguese dishes.

We offer, as main courses, typical Portuguese dishes, pasta dishes and a great variety of vegetarian dishes for those who have reserved in advance.

Please note that the official menu includes soup, meal, salad, bread and butter, juice or water, and fruits.

Menus

	22	23	24	25	26
Lunches					
Soup	Cream with vegetables and pumpkin	Caldo verde (chorizo on the side)	Cauliflower cream	Vegetables juliette	Green beans soup
Main course	Chicken in Spanish sauce, Vegetable, rice	Roasted pork, roasted rustic potatoes (with skin)	Meat lasagna	Turkey stroganoff, Rice	Creamed codfish
Pasta	Penne with tomato sauce, basil and grated cheese	Penne with sautéed vegetables	Vegetables and mushroom tagliatelle	Cold pasta with tuna, boiled egg, peas, corn and carrots (mayonnaise on the side)	Fusilli a la Matriciana
Vegan	Black beans stew with tofu, carrots and savoy cabbage with rice	Chickpeas curry with vegetables and rice	Black bean and rice chili with basmati rice (seitan on the side)	Vegetables in coconut milk with rice	Soy pie
Fruit	Apple or banana	Watermelon or pear	Fruit Salad	Fruit salad or pineapple	Grapes or banana

*all meals will be also served - Bread, Butters, Salade (lettuce, corn, grated carrot and vinaigrette)

	22	23	24	25	26
Dinners					
Soup	Carrot cream with mint	Spinach soup	Leek soup	Beans and spinach soup	Vegetables cream
Main course	Breaded fish fillets, rice	Roasted turkey breast (sliced) with citrus sauce	Meatballs in tomato sauce, Mashed potatoes	Beef stew with carrots, Rice	Meat loaf, Rice
Pasta	Fusilli with mushrooms, white sauce and herbs	Vegetables lasagna	Spaghetti Carbonara	Spaghetti with tomato sauce or white sauce	Mac and cheese
Vegan	Lentil stew with mashed potatoes	Chickpeas stew with mushrooms and spinach	Falafel with quinoa and vegetables	Baked sweet potato with sautéed vegetables	Sautéed quinoa with mushrooms and sautéed vegetables
Fruit	Peach or grapes	Melon or apple	Grapes or banana	Melon or apple	Fruit Salad

*all meals will be also served - Bread, Butters, Salade (lettuce, corn, grated carrot and vinaigrette)

Dietary requirements

Of course, we will take allergies and dietary requirements into account in the catering concept.

However, with so many participants it is impossible for the organization to meet all dietary requirements.

The following dietary restrictions will be considered:

Gluten | Peanuts | Nuts | Milk | Vegetarian | Vegan

Water

Portugal has excellent quality tap water, and it's completely safe to drink.

Food for sale

Around the Meo Arena it is easy to find lot of places to eat and drink.



7.5. Accommodation

Accommodation is provided in Schools, Youth Hostels and Hotels according to the national federation choices.

All national federations will receive the accommodations rules.



[Rules for using schools](#)

We ask all national federations to make sure to leave all accommodation in the same conditions that they received it. Each national federation will be responsible for the costs of the damages that might be caused.

Breakfast will be served in the same location, except in the case of the Students residence where all participants should have their breakfast in the Youth Hostel located across the street.

Showers will be provided inside the premises, except for groups staying in S3 (Viscondessa dos Olivais) where showers are located in the school next door, S1 (António Damásio).



Breakfast in schools will be served everyday in the following Schedule:

07:00-09:00

The Breakfast will be composed of the following:

- Mixed bread with butter / cheese / jam / marmalade
- 1 piece of seasonal fruit

Drinks

- Cold drink (juice)
- Hot drink (white milk)
- Flavored yogurt
- Tea
- Instant coffee mix (in a thermos, for adults)

Buffet

- Chocolate powder
- Barley
- Oat flakes
- Muesli
- Cereals (mixed chocolate and honey corn flakes)

Youth Hostels

Code, name and location on google maps

Y1 [Pousada de Juventude Lisboa-Centro](#)

Y2 [Pousada de Juventude Lisboa-Parque das Nações](#)

Y3 [Residência de Estudantes Eng. Duarte Pacheco](#)

Breakfast at the Youth Hostels will be served everyday in the following Schedule:

07:30-09:30

Breakfast composition:

- Semi-skimmed white milk
- Lactose-free white milk
- Soya drink
- Natural yogurt
- Yogurt flavors (strawberry, banana, tuti-fruti, coconut)
- Orange juice
- Water (jug)
- Yogurt 0% LACT STRAWBERRY
- Bread
- Sliced cheese/ham
- Butter with or without salt
- Strawberry and Peach jam
- Berry jam
- Corn Flakes
- Corn Flakes S/ Gluten
- Chocolate cereal
- Muesli
- Oat flakes
- Various teas
- Hot drinks (coffee, cappuccino, chocolate milk)
- Honey
- Various fruit (apple, banana, orange)
- Tomato
- Cucumber
- Olive oil



HOTELS

[Hotel Ramada by Windham Lisbon](#)

[Hotel Olissippo Oriente](#)

[VIP Executive Art's Hotel](#)

Buffet Breakfast at the Hotels will be served everyday in the following Schedule:

[Ramada and Olissippo Oriente:](#) 6:30-10:30

[VIP Arts:](#) 7:00-10:00



Information about medical services



8.1. Official Hospital

The Official Hospital is Santa Maria University Hospital, located at

 [Av. Prof. Egas Moniz MB, 1649-028 Lisboa](#)

8.2. Schools - First aid kit

Each school will be equipped with one first aid kit for eventual needs that will be equipped with the following basic contentes:

For cleaning and protecting wounds:

- Disposable nitride gloves
- Sterile gauze pads of various sizes
- Bandages of different sizes
- Roll of adhesive tape
- Antiseptic solution
- Saline solution
- Scissors
- Tweezers



For controlling pain and bleeding:

- Bandages
- Compresses
- Heating blanket (to protect from cold and heat)
- Other essential items:
- Thermometer
- Garbage bags for disposing of used materials
- Burn ointment
- Antihistamine ointment (for insect bites)
- Ointment for relieving muscle pain
- Cotton swabs

8.3. Medical number - how to proceed in case of accident or events

There are 3 types of accident/events:

1. NON-SERIOUS SITUATIONS

Call to the internal safety/security number that belongs to the organization.

+351 939 185 047

Examples: Minor injuries (cuts, scrapes, mild bleeding); Mild headaches; Mild muscle aches; Flue symptoms; Occasional nausea or vomiting.

2. SERIOUS SITUATIONS

Call 112

What to say:

- What is the type of accident/ events (the main symptom or reason for the call);
- Localization – The name of the event and your localization;
- Age and Sex of the victim;
- Your contact number (in case they need to call you back).



Inform the internal safety/security number that belongs to the organization.

Examples: Major injuries (deep cuts); Persisting nausea or vomiting; A fall with severe pain and inability to move - suspected of fracture; Mild breathing difficulties and chest pain; Anaphylactic shock (difficulty breathing or swallowing, swelling of the throat and tongue, wheezing, dizziness, and skin reactions like hives).

3. SEVERE SITUATIONS

Call 112

What to say:

- What is the type of accident/ events (the main symptom or reason for the call);
- Localization – The name of the event and your localization;
- Age and Sex of the victim;
- Your contact number (in case they need to call you back).

Inform the internal safety/security number that belongs to the organization.

Examples: Major injuries with bleeding non controlled; Bone fractures; Intense Breathing difficulties and chest pain; Choking; Altered state of consciousness; Severe burns or burns in sensitive areas.

This procedure does not apply during the daytime, during the activities, since there is a medical team and paramedics present at the event.

They will be at the opening parade, and then at the Meo Arena and the Portugal Pavilion.

During this period, always call the internal safety/security number that belongs to the organization

It does apply during the night or when they are not in the places mentioned above.

8.4. Paramedical support in the venues

In all venues where there will be activity there will be a team of Medical and or Paramedical Staff on site with the following equipment:

Advanced Medical Staff

- Immediate Life Support Team - 1 Doctor + 1 Nurse
- Nurse + 1 Rescue Ambulance Crew
- Emergency ambulance



Advanced Medical Material

- Emergency Car
- Resuscitation Material
- Minor Surgery Material/dressing
- Paediatric Material
- Emergency Drugs
- Oxygen
- Mechanical Ventilator
- Infusion syringe
- Infusion pump
- 2 Defibrillator Monitors with telemetry
- 6 Field Beds; Marchioness (if necessary)
- External Heart Compressor (LUCAS)

With this services we will:

- Ensure medical coordination and manage the pre-hospital environment during the event;
- Planning and operationalisation of a rescue device and differentiated medical care at the pre-hospital level;

- Ensure the human and technical response of the device in situations of pre-hospital medical care, support and evacuation. Integrate doctors, nurses and ambulance rescue crew;
- Provide all available material that is necessary for the performance of its elements.

All victims will be triaged by the medical assistance teams on site, this same triage will be passed on to the CODU to indicate the reference hospital. According to the findings, no hospital is more than 30 minutes from any of the places where the participants are, where some are explained, and the CODU has the autonomy to refer the victim to any other according to the legislation.



Accreditation procedures



Accreditation will take place in the *Room Fernando Pessa*, located next to the Meo Arena:

 [Meo Arena - Room Fernando Pessa](#)

No accreditations will be given without the presence of the HoD.

If groups arrive before their HoD, they will have to wait accordingly.

During accreditation process the HOD must check:

- The number of participation cards
- The meals requested
- Transportation cards (for delegations staying in LOC accommodation)
- Gala Tickets (if requested)
- Provide proof of evidence of valid health insurance
- Check payments
- Check national anthem and flag
- Rules for using the schools

After all as been checked and clarified, the HOD has to sign a form with all included information.

The schedules for accreditation will be according to the information sent to all NF.

Gifts for all participants will be delivered to the HOD or a Group representative. Details concerning the pickup point and the hours of delivery will be given at the accreditation.

Opening hours of the info desk:

From the 22nd to the 25th: from 08:00 to 12:00 and from 14:00 to 17:00

On the 26th: from 09:30 to 12:00 and from 14:00 to 17:00



10

Livestreaming



World Gym for Life Challenge 2025 is a Premium content of Ginástica TV. Only available on pay per view! **Monthly subscriptions do not give access to the event!**

Livestreaming will be available for all contest sessions and Gala in the following addresses:

<https://www.ginastica.tv/gpt-world-gym-for-life-challenge-2025>

or

<https://www.ginastica.tv/#purchase>

The livestreaming will be available in all countries in the World for the following costs:

GINÁSTICA TV

Access	Price
Parade + Opening Ceremony	Free
Contest (1 day)	€4.99
Contest Pack (3 days)	€11.99
Gala	€14.99



Useful information



11.1. Contacts

In case of need this are the useful contacts that participants can use:

LOC: +351 926 242 558

Emergency Number: 112

24 hours Medical Service: +351 939 185 047

Police (PSP) - 40th Station/Parque da Nações: +351 219 021 340

Private Security Company: +351 911 893 443 (Head of Security)
+351 915 673 679 (24 hours service)

11.2. When visiting Lisbon

Temperature

Lisbon has mild to warm, moderated temperatures. Summers are warm to hot, typically average around 30°C (86 °F) maximum in July, but there are records of more than 40°C in some years.

The use of hats and sunscreen is strongly advised to protect from the sun.

Regular hydration is needed during all day.

The use of light clothes is recommended! Linen shirts or cotton shirts, t-shirts, shorts and a light pair of trousers. Sneakers or walking sandals.

Local Currency & Payments

Euro, the official Portuguese currency. The euro has been the official Portuguese currency since January 2002.

1 euro is divided into 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents, and of 1 and 2 euros. The notes are distinguished by their colour and size and have the following denominations: 5, 10, 20, 50, 100, 200 and 500 euros.

In Portugal, payments can be made in cash or by bank transfer, cheque and credit/debit cards.





5th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
22-26 JULY 2025



- 1** MEO ARENA - Contest and Gala
- 2** MEO ARENA - Main Entrance
- 3** MEO ARENA - Participants Entrance
- 4** PALA PAVILHÃO DE PORTUGAL - Show Performances
-  **METRO Exit through the Comercial Area**



Under the patronage of





PAVILHÃO DO CONHECIMENTO CENTRO CIÊNCIA VIVA

15% discount on ticket prices

The Pavilion of Knowledge is a vibrant and interactive space whose mission is to promote scientific and technological education. It is a unique place that offers a variety of interactive experiences that stimulate the mind and curiosity. Adults and children can enjoy a variety of activities tailored to different age groups. Until September 14, "The Science of Pixar" is the featured exhibition.

WGfL25 participants can enjoy a 15% discount on the ticket price (tickets purchased on site, upon presentation of accreditation).

More information at: <https://www.pavconhecimento.pt/>.



5th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
22-26 July 2025

ENJOY!



Under the patronage of



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