



WELCOME TO YOGYAKARTA

Your Official Visitor Handbook for the 1st Asian Gym for Life Challenge 2026.



1st ASIAN GYM FOR LIFE

We are happy to invite you to the cultural capital of Indonesia for an unforgettable week of joy, performance, and international friendships.



Dates : October 15 - 19, 2026



Host : Indonesia Gymnastics Federation (IGF) in collaboration with Asian Gymnastics Union (AGU)



Discipline : Gymnastics for All



Venue : Gelanggang Inovasi dan Kreativitas, Gajah Mada University (GIK UGM)

Our World-Class Venue: GIK UGM

The Gelanggang Inovasi dan Kreativitas at Universitas Gadjah Mada perfectly blends modern infrastructure the Indonesian cultural aesthetics.

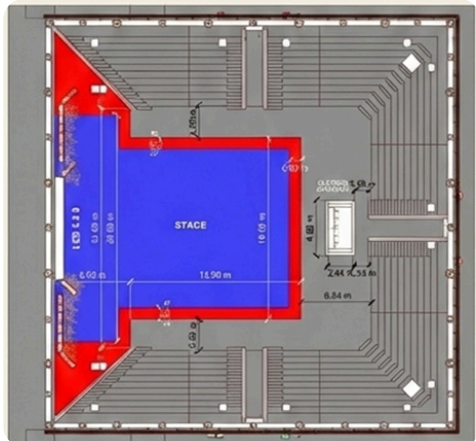
Located less than 3 km from the official hotels, venue is designed to facilitate spectacular performances in a seamless comfortable environment.



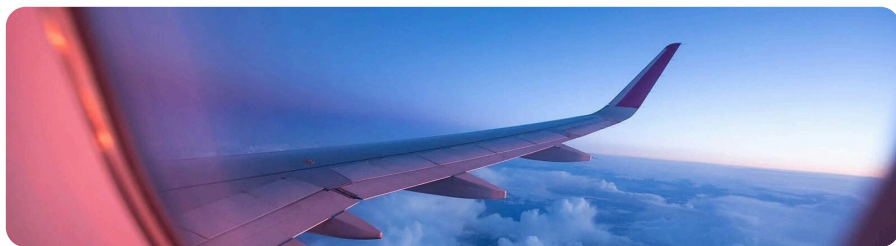
The Joglo Stage Layout



A precise look at the Field of Play to help your team prepare their ultimate performance.



- **Stage Dimension:** 15.00m x 16.00m (Performance Area)
- **Evaluator Platform:** 4.88m x 2.44m (Elevated for optimal feedback viewing)
- **Seating:** Tiered spectator grandstands surrounding the vibrant blue FOP with red borders.



Smooth Skies To Yogyakarta

Navigating international travel into Indonesia is simple when you know the ideal routes.

Yogyakarta International Airport (YIA) is your final destination, located approximately 60 minutes from the official hotels.

Pro Tips for Arrival

Transit Hub:

Connect effortlessly through major hub like Singapore, Kualalumpur, or Jakarta.

The Jakarta Insider Tip:

If connecting through Jakarta's Soekarno-Hatta International Airport, do ensure your flight transfer from/ to Terminal 3 for the smoothest domestic connections. (Allow a 3 hour layover for immigration and baggage.

Preferred Airlines:

Recommend flying with prioritized Indonesian carriers.

Terminal 3: Garuda Indonesia & Pelita Air, Terminal 1C: Citilink;

Terminal 2: Air Asia, Batik Air.



Navigating The Culture Capital

Whether you are heading to the venue or exploring the city, Yogyakarta offers a mix of modern convenience and traditional charm.



Airport Train

The fastest route from Yogyakarta International Airport to the city center. Please make sure to book the ticket prior to arrival.

Trans Yogya Bus

Efficient, air-conditioned public transit. Flat fare of just IDR3.600,- with cash or emoney per-ride.



Ride-Hailing (Gojek/Grab)

Download the Grab or Gojek Apps for affordable, transparently priced car and motorcycle rides anywhere in the city.

Traditional (Becak & Andong)

For short leisurely trips, negotiate a ride in a traditional pedal-powered Becak or horse-drawn Andong.



A photograph of an outdoor lounge area. In the background, there is a bar with a green and brown patterned front and several wooden stools. The bar is under a dark overhang with green vines hanging from it. In the foreground, there are wicker lounge chairs with white cushions and blue and white striped towels. Small round tables with potted plants are scattered around. The sky is a mix of blue and orange, suggesting sunset or sunrise.

Your Home Away From Home

The LOC provides official accommodation to ensure your comfort and convenience.

All officially booked rates include breakfast, applicable taxes, and crucial shuttle transportation to the venue.

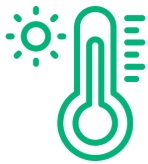
★ **Category 1:** UC UGM
(**Note:** heritage building without elevators).

★ **Category 2:** MM UGM Hotel.

★ **Category 3:** Porta by Ambarukmo

Packing Smart for The Tropics

Yogyakarta enjoys a warm, tropical climate year-round. Pack to stay cool during the day, but come prepared to respect local Javanese customs.



Climate Ready: temperature average 26-30°C. Bring breathable fabrics, hats, sunglasses and a light jacket for air-conditioned venues.



Cultural Modesty: When visiting sacred sites like Borobudur or the Sultan's Palace, modest clothing is required. Ensure your shoulders and knees are covered



Footwear: Comfortable, laced-toe walking shoes are essential for climbing steep, uneven stone steps at the temples.

Health, Safety, and Peace Of Mind

Your well-being is our highest priority.

Yogyakarta is a very safe city, and world-class medical facilities are on standby for all delegates.



Essential Contacts & Medical Care

- **Panti Rapih Hospital:** A well-established private hospital near UGM providing reliable medical services for local and international visitors (600 m)
- **RSUP Dr. Sardjito:** The region's premiere referral hospital (850 m)
- **JIH Yogyakarta:** Highly rated, family-friendly international hospital pioneering medical tourism (4.7 km)



Security Protocol

- Always carry your official Participant ID Card.
- Keep your passport or official national ID secure but accessible.
- LOC Safeguarding Officer will available 24/7 for any concerns.

The Reward Beyond Gym: Culture & Heritage

Your trip is not complete without experiencing the ancient wonders and living arts that make Yogyakarta, the soul of Indonesia.

● Borobudur Temple

The world's largest Buddhist monument, a breathtaking 9th-century marvel. (Tip: book early for the exclusive sunrise access).

● Prambanan Temple

A magnificent 9th-century Hindu temple complex famous for its towering architecture.

● Kotagede Batik Workshops

Dive into living heritage by visiting traditional Batik and silver workshops in historic Kotagede district.

● Merapi Jeep & City Tour

A thrilling off-road experience exploring the dramatic slopes of Mount Merapi.





Savoring The Sweetness Of Jogja

Yogyakarta's culinary identity is deeply rooted in sweet and savory flavor profiles that distinguish it from the rest of the archipelago



Gudeg

The city's legendary signature dish. A sweet jackfruit stew slow-cooked with coconut milk, palm sugar, and spices

Bakpia

A popular sweet pastry filled with mung bean paste, chocolate, or cheese, the perfect souvenir to take back home.





SEE YOU IN

YOGYAKARTA

We cannot wait to welcome you to the 1st Asian Gym for Life Challenge.

Prepare your routines, pack your bags, and get ready to make history in Indonesia.

For the latest updates, official schedules, and to manage your registrations, please contact (+62) 817122929 or visit our official website: inagfl.or.id