



^{16th} **WORLD**
GYMNAESTRADA
2019 DORNBIRN
VORARLBERG
AUSTRIA

7th to 13th July 2019



BULLETIN 4 EN

PUBLISHED IN NOVEMBER 2018

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World Gymnaestrada 2019 in Dornbirn

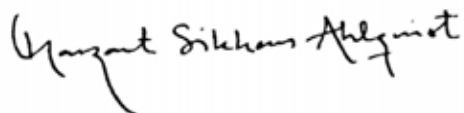
1.1 | Welcome

Everyone is getting ready

We expect many participants at the World Gymnaestrada in Dornbirn 2019 but we know that they are not the only ones, getting ready for this event. The Organising Committee has hundreds of people getting ready and the people living in Vorarlberg are also getting ready for the big event.

It is exciting to think about how many people are affected by this week in July. With all this energy spent on getting ready we must make sure to make it a very special week. From early morning to late evening we can do or watch gymnastics. At the same time we will meet new friends and be inspired of what we experience.

This event, which started in Rotterdam 1953, has brought many thousands of gymnasts together to be part of this special atmosphere. In this 16th edition new gymnasts will, for the first time, experience what we try to explain in words, photos and films. They will be there and then they will understand, just like I did at my first World Gymnaestrada in Zürich 1982. I lived it and understood and never left.



Margaret Sikkens Ahlquist
FIG Gymnastics for All Committee President



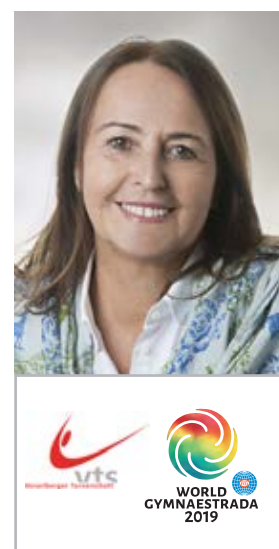
Vorarlberg as a reflection of gymnastics' diversity

Gymnastics has its own particularities and shapes in different regions and continents—the gymnasts from Vorarlberg possess specifically advanced knowledge of this. Scandinavian TeamGym, Swiss group gymnastics, acrobatics with Brazilian influences, show dance, artistic gymnastics, rhythmic gymnastics, trampoline and much more ... All of these are practised with enthusiasm; the World Gymnaestrada 2007 has led to a great enrichment of the local gymnastics scene.

The clubs and volunteers of the Vorarlberg Gymnastics Association are highly motivated to facilitate the best possible requirements for athletically enriching shows and friendly contacts. Their experiences with gymnastics ensure affinity with the guests from near and far. Vorarlberg is a good base for gymnasts from all over the world, the anticipation of the hosts is great, all preparations are well on the way. We are ready! We look forward to your visit!



Monika Reis
President Gymnastics Federation Vorarlberg



1.2 | News

Since the publication of Bulletin 3 in March 2018, eight months have gone past and a lot has happened in that time.

Bulletin 4 – everything at a glance

Bulletin 4 is based on Bulletin 3 and is supplemented with additional information. What does that mean? Again, our new Bulletin contains all information. This has an advantage as it means that the previous version can be

ignored. No more need to look something up, no need to compare, no need to search as all information is available in the latest edition of the Bulletin.

New in Bulletin 4

Specific schedule of National Performances, list of the chosen FIG Gala groups, updated information on the World Team as well as on the transport arrangement (esp. link between railway and the Trade Exhibition Centre), update on the list of countries in need of visa and on the list of countries having entered a Notification of

Interest/Participants, information on allergens related to the daily menus, additional benefits of the Participants Cards, information on the availability of tickets, announcement of the host broadcaster, update on the handling of press accreditations and – last but not least – the list of our partners!

Continuation of the ideas from Helsinki – World Team and Special also in Dornbirn

In July 2015, 20,473 participants from 53 nations took part in the last World Gymnaestrada in Helsinki. What made the event so successful was not just the perfect and exemplary organisation but also the two new ideas: The Midnight-Sun Special and the World Team. The concepts were developed by the Finnish organisation team and the premieres were celebrated at the 15th World Gymnaestrada in Helsinki. Over 2,000 gymnasts from five continents took part in the World Team and all expectations were

exceeded. We, in Dornbirn, would like to continue the success of both concepts here in Dornbirn, so that means there will be a World Team and a Special (Dornbirn Special). Details can be found on page 58 and 59.

At this point, we would like to congratulate the Helsinki Organisation Team for their future-oriented new ideas and at the same time a hearty thank you for all the cooperation on the joint further development! Kiitos!



Evaluation Meeting, November 2015 in Dornbirn.



Premiere of the World Team at the WG 2015 in Helsinki with more than 2,000 participants from five continents.



World Team Meeting: exchange of ideas between the Finnish and Austrian choreographers in February 2017 in Helsinki.

FIG Committee

Elections took place in November 2016, during the 81st FIG Congress in Tokyo. Morinari Watanabe was elected as the new FIG President, succeeding Bruno Grandi and the existing and well proven »Gymnastics for All Committee« was re-elected. Congratulations to the President Margaret

Sikkens Ahlquist and the committee members Monika Šišková, Rogério Valério, Araki Tatsuo, Marco Antonio Bortoletto, Ruedi Steuri and Flemming Knudsen.

We look forward to working together as a team!



FIG-Committee at the Joint Meeting in November 2016.

Joint Meeting

Almost the entire FIG Gymnastics for All committee paid a visit to Dornbirn in February 2018. During the three-day joint meeting, many plans were conceived and important decisions for the further planning and organisation of the World Gymnaestrada 2019 were made. While the

committee could get a detailed insight into the current status of the LOC preparations for such a big gymnastics event, many LOC members took the chance to exchange their thoughts and ideas with their committee contact persons.



1.3 | World Gymnaestrada

What is the World Gymnaestrada?

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

The event is organised by a FIG Member Federation, in collaboration with a city and awarded by the FIG Council as stated in the Statutes. The FIG Member Federation awarded by the FIG Council, acts as the organising body, establishing their own organising structure, including a Local Organising Committee (LOC).

The responsibility for the World Gymnaestrada rests with the FIG Gymnastics for All Committee in cooperation with the appointed FIG Member Federation and their LOC. The roles and responsibilities between these parties are specified in the formal agreements established for the event.

Detailed regulations on the World Gymnaestrada can be found on the FIG website www.gymnastics.sport. These regulations are written for both participating and organising FIG Member Federations and can also be used for a national and/or continental Gymnaestrada.

What is Gymnastics for All = GfA

Gymnastics for All offers a variety of activities suitable for all genders, age groups, abilities, and cultural backgrounds. Gymnastics for All activities contribute to personal health, fitness and well-being – physical, social, intellectual and psychological.

The focus of Gymnastics for All activities is Fun, Fitness, Fundamentals, and Friendship and can involve:

- Gymnastics with or without apparatus
- Gymnastics and Dance

Gymnastics for All can be showcased through either demonstration, performance (e.g. »World Gymnaestrada«) or competitive team events (e.g. »World Gym for Life Challenge«).

Gymnastics for All offers aesthetic experiences in movement for participants and spectators while providing the opportunity to focus on items that are of particular interest in a national and cultural context.

» *The World Gymnaestrada plays an important role in promoting a world view in society where the focus is less on being better than somebody else, but about celebrating diversity, cooperation and community both on a social (age, gender, nationality) and physical (skills, forms) level.* «

Prof. Dr. Angela Wichmann

Lecturer at the Fresenius University of Applied Sciences in Munich. As a gymnast, she had often taken part in the World Gymnaestrada and has studied the effects of belonging to a group in the form of a qualitative dissertation. This doctoral dissertation is published on www.wg2019.at.

2007 and 2019 in Dornbirn

Already in 2007, we hosted the World Gymnaestrada in Dornbirn. It was a tremendous success and gave us the courage to submit another application for the year 2019.

The excitement that we had won the bid to host the World Gymnaestrada 2019 was overwhelming throughout the whole province!

Vorarlberg Hospitality

It is definitely something beautiful, the scope of anticipation from so many people in so many different areas, that we have experienced. It is not just the Vorarlberg Gymnastics Association and the organisation team, who

are thrilled, but the whole of the Vorarlberg population is already full of anticipation and delight and cannot wait to welcome all the participants and to let them experience our hospitality for this special week!

Volunteers and Partners

More than two years before the Gymnaestrada we have already had numerous registrations from volunteers who want to be part of the Gymnaestrada and with their involvement are making an amazingly valued contribution. Also the city of Dornbirn, the province of Vorarlberg and those responsible in the Ministry of Sports, as well as

numerous partners from industry and commerce, who have realised the value of the Gymnaestrada will partake, sponsor and want to be involved and have already promised their support. For us it is a great pleasure to see all this enthusiasm in the preparations from everybody.

Not a copy of 2007 and ambitious new goals

Thanks to the success of 2007 we can draw on our wealth of experience and the positive atmosphere and count on the population of Vorarlberg for their support again. This gives us a safety net but at the same time ample and fascinating scope to find new ideas and incorporate them. The World Gymnaestrada 2019 should not be a copy of its predecessor but to use the bonus of 2007 and to improve

it. We are aware that there are great expectations after the last success, so we have set ourselves ambitious goals for 2019. The first goal is that there should be participants from over 50 nations. We hope that you all will want to be here, as only in such way, we can achieve that and make our slogan »come together. show your colours« reality.



1.4 | Our Guideline 2019

Motto – come together. show your colours!

The motto of the World Gymnaestrada 2019 is our guideline on the way to the event and the event week itself. This is displayed visually in communication as well as in the dramaturgy and choreography.

This motto is a reminder of the motto used for the World Gymnaestrada 2007 – *come together. be one*. Although it is a reminder, it has room to offer new ideas for 2019.

The first part *come together* for 2007 remains unchanged and reminds us of the coming together of all people and nations to celebrate a peaceful sports festival.

The second part *show your colours!* shows the variety and wide colour range of the world wide gymnastics community.

By word, *show your colour* means to show ones' true nature. With *colours* this is an invitation to all participants to perform at their best, to *present colourful shows*. Also it is an invitation to all of the World Gymnaestrada family to *show their variety, to make this a colourful festival*. Even for the organisation team, all volunteers and the local people this is an invitation to *show the world their hospitality and delight* in greeting all the visitors from all over the world!

come together.
show your colours!

Logo – a colourful spiral

The yellow spiral on a blue background typified the World Gymnaestrada 2007 and is still a symbol for this successful event. The logo for 2019 should remind us of this successful experience and also introduce new aspects and ideas.

A new shape and colour scheme was consciously sought – a very colourful five radial »spiral galaxy«. Possibly associated with: rotation, fireworks, beauty, harmony, symmetry, choreography, the meeting of five continents, unification.



Guidelines and rules for usage of the WG2019 logo

1. Principles and aim

The present usage guidelines are established and applied by the **Weltgymnaestrada 2019 gemeinnützige GmbH**, hereafter WG2019-GmbH, holder of all the event's rights

»16th World Gymnaestrada 2019«
(hereafter »WG2019«)

The aim of the present guidelines is to promote and guarantee the unity and coherence of the verbal and visual identity of the WG2019.

2. Users

Three different uses of our logo:

2.1. To promote the event (using flyers, stickers, magazines, internet sites, etc.)

The logo may be used freely, if it respects our graphics charter.

2.2. For the official clothing of delegations

The logo may be used freely, if it is accompanied by the name of the group, of the federation or the country and that it respects our graphics charter. However, its usage by itself is not allowed.

2.3. For sales made in Austria and on the internet

Same guidelines as under 2.2.

We ask you to send us a copy of your proposal for approval before the beginning of the event, to the email address mentioned in point 4.

3. 2019 brands

Only the verbal designations and graphic signs (logos) described below may be used. No other form, nor any other derivation, declination, extrapolation or interpretation is authorised.

The associated verbal denominations (texts) are exclusively the following:

- 16th World Gymnaestrada 2019,
Dornbirn Vorarlberg Austria
- 16th World Gymnaestrada 2019
- World Gymnaestrada, Dornbirn 2019
- WG Dornbirn 2019
- WG2019
- WG-2019

The event's official logo is exclusively the following:



For declinations (colour version, black/white version, portrait/landscape orientated version) we ask you to refer to our graphics charters which is available for National Federations via Gymnaplana. Access link:
<http://dornbirn.gymnaplana.org/login/>

4. Approval

A. General rule

The approval process applies to all the official products.

Authorised users cannot initiate the production of or have an official product made before obtaining the WG2019-GmbH's approval, in line with the present approval process.

The proposal should be sent by email only to the WG2019-GmbH at the following address: office@wg2019.at

If a proposal is not approved, the user can submit a new proposal for approval, after corrections or modifications that conform with the indications of the WG2019-GmbH have been made.

B. Basic Guidelines for obtaining approval

Logo orientation: The portrait variant of the logo (logo above, text below) is to be preferred. The landscape variant (logo left, text right) is nevertheless accepted when the available space makes the portrait variant impractical to use.

Logo size: The size of the official logo must not be less than 20 x 22 mm (portrait variant) or 33 x 12 mm (landscape variant).

Logo colour: The colour version is to be preferred. Black and white variants are accepted when the supporting elements colour makes the resulting variant illegible or simply not very attractive. When placing the logo on a photograph, use a white box surrounding the colour logo first (like an attached »label«), before considering the negative or positive logo variant.

Panorama band – the backdrop

An additional design element is the panorama band which derives from the Alpine world around Dornbirn and the Rhine Valley and offers a stage for the World Gymnaestrada.

Significance and possible associations

- Backdrop and stage of the World Gymnaestrada 2019
- The way to the World Gymnaestrada 2019
- A gymnastics apparatus (ribbon/cloth)
- A depiction of a sequence of movement



Colours – the great variety

A great variety, radiant colours and a vitality also from inside the colour areas characterises the event as multifaceted, happy and full of energy.

The main colour of the World Gymnaestrada 2019 is »colourful« as it again mirrors the variety of the event. No individual colour is preferred.



The Figures – the messengers of the World Gymnaestrada

The figures symbolise the participants who are visiting us in 2019 – sportsmen and women in all varieties of expression, happiness and ability. They are ambassadors, messengers, guides, decorative elements and a visible symbol of the anticipation for the 2019 event.



Our mascot »Dorli« – a colourful cow!

A real Vorarlberg lady, sporty, active and open-minded – that's how the mascot of the World Gymnaestrada 2019 should be. We finally decided on a colourful cow as a symbol for the world's biggest Gymnastics for All festival.

As Marc Brugger, responsible for marketing and sponsorship, said »We have made the decision which animal should represent the World Gymnaestrada 2019 – and to be honest: it was not an easy one. What was important to us was that the mascot is the visual image of the event – regionally and at the same time being open-minded«. The cow, an animal that is often found in pastures and on mountains in Vorarlberg, is a clear reference to our region.

Based on the motto of the World Gymnaestrada 2019 »come together. show your colours!«, this is not a classical brown cow but has a very colourful appearance – a symbol of the diversity of the over 20,000 participants from all over the world who will be visiting the gymnastics festival in 2019.

The name of our mascot was chosen via a competition in which 5,029 persons from 18 nations took part (by the way, the main prize went to Brazil!). With 1,925 votes »Dorli« could win that race and did already a great job at recent representative events.



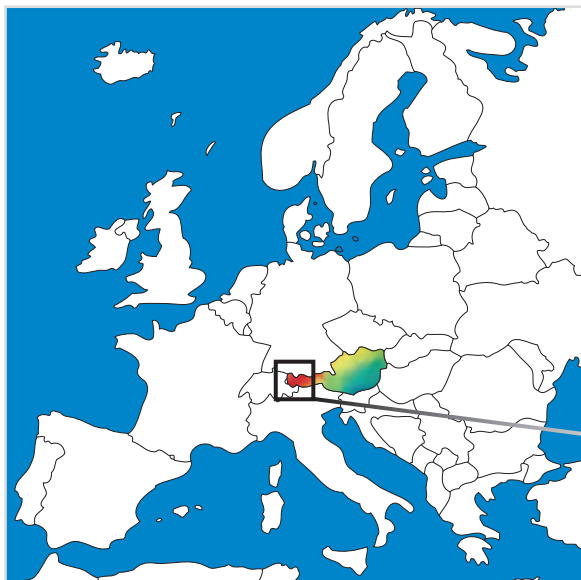
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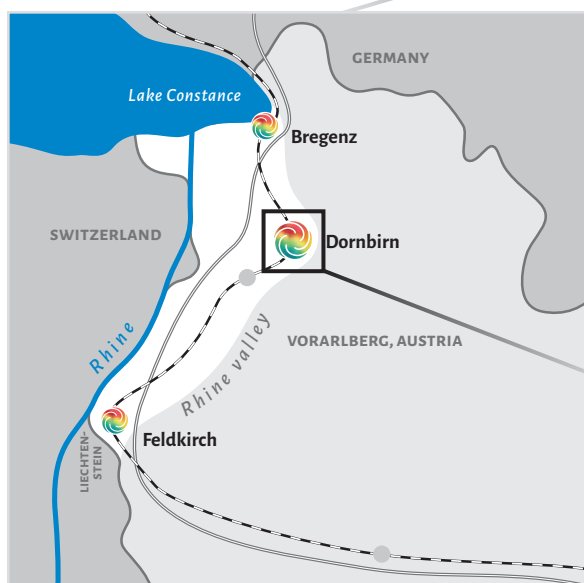
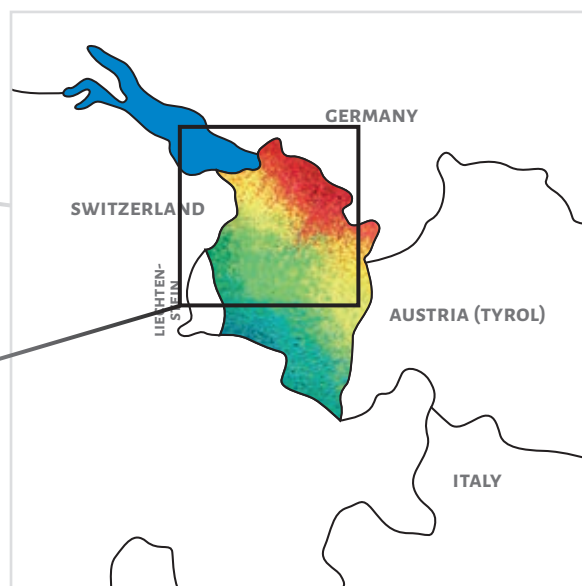
Host Country

2.1 | Location

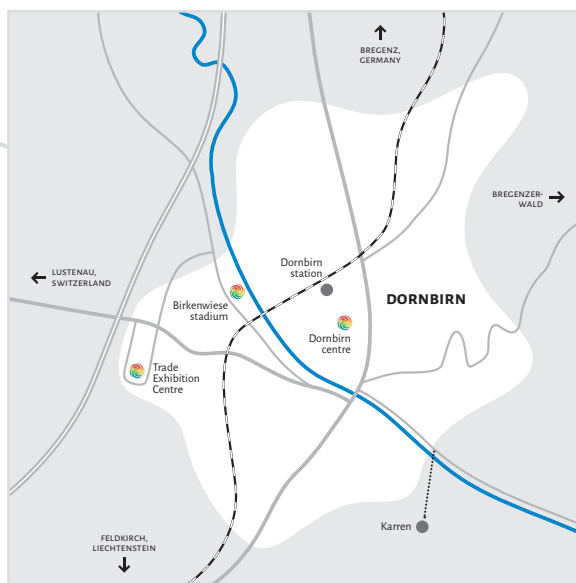
Austria is a European country, member of the EU and geographically located in the heart of Europe.



Vorarlberg is one of nine Austrian provinces. It is the western most province and borders on to Switzerland, the Principality of Liechtenstein and Germany.



The Rhine Valley is an elongated valley, which is located east of the River Rhine, which forms the border to Switzerland.


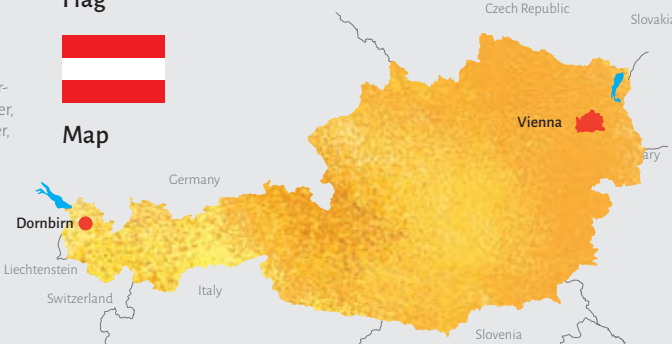


Dornbirn is the biggest town in Vorarlberg, lies in the northern part of the Rhine Valley and has a population of almost 50,000.

2.2 | Austria – Vorarlberg – Dornbirn

Austria

It is the country in the heart of Europe with a long history and great tradition in gymnastics. The premiere of the World Gymnaestrada was back in 1965 in Vienna, and after Dornbirn 2007, the 16th World Gymnaestrada will be again in Dornbirn / Vorarlberg, the western most region of Austria, from 7th to 13th July 2019.

Facts & Figures	Flag	Map
Neighbouring countries Germany, Italy, Liechtenstein, Switzerland, Slovakia, Slovenia, Czech Republic, Hungary		
Official language German	Famous Austrian Sports persons David Alaba, Andreas Goldberger, Marcel Hirscher, Anne Marie Moser- Pröll, Anita Wachter, Franz Klammer, Niki Lauda, Arnold Schwarzenegger, Dominic Thiem	
Capital city Vienna	Highest mountain Großglockner (3,798 metres)	
Population 8,7 million	Proud of Mozart, Haydn, Strauß, Schiele, Klimt, Kokoschka	
Currency EURO (€)		

Vorarlberg

Vorarlberg is because of its geographical position an ideal location to stage the World Gymnaestrada. The immediate neighbouring countries are Germany in the North and Switzerland in the West, both with long traditions in gymnastics. Vorarlberg with its favourable location to these countries has easy access to international airports like Zurich (CH) or Munich (D).

The Vorarlberg landscape plays a big role for the participants of the World Gymnaestrada 2019. The towns and villages as well as the event locations are surrounded by naturally beautiful scenery, whether it is Lake Constance, over the idyllic and natural reed lands right up to the impressive mountains of the Alps. The beauty of the landscape, the cultural offerings, historical sights and the varied gastronomy offers the participants impressive experiences daily.



Facts & Oddities

A special feature for sure is the Vorarlberg dialect, even those who speak perfect German, have to reckon on asking some words to be repeated again. For instance, on Austrian Television texts from Vorarlberg are often dubbed with German subtitles, so they can be understood throughout the whole of Austria. Thank goodness, English is the official Gymnaestrada language and what the hey ... we can always communicate sportsmanlike with our hands and feet!

Lake Constance, which borders on Vorarlberg belongs to Austria, Germany, and Switzerland. There are no clear borders and the lake is peacefully and jointly controlled by all three countries. If the question is asked to whom the fish belong ... let's just say – everybody!

Vorarlberg has a great gymnastics tradition and the Vorarlberg clubs have over 9,500 members. This means every 40th resident of Vorarlberg is into gymnastics!

Dornbirn and the Rhine Valley

During the World Gymnaestrada, Dornbirn will be the centre of events. The Sports and Trade Exhibition town with a population of almost 50,000 excels with a good transport infrastructure, abundant schools and hotels as well as the Trade Exhibition Centre as the central venue for the World Gymnaestrada 2019.

Dornbirn is the largest town in the province of Vorarlberg but not the capital, which is Bregenz, located directly by the Lake of Constance. During the World Gymnaestrada the Large Group Performances will be held there. Bregenz is only twelve kilometers from Dornbirn and can easily be reached by train in only ten minutes.

Preparations for this gigantic gymnastics festival are also being made in other towns and villages in the Rhine Valley; there will be open-air stages in eight communities to thrill and delight the audience. The Vorarlberg Rhine Valley has many other communities in addition to Dornbirn and

Bregenz with charming landscape characteristics, well-known for their hospitality.

On the basis of these conditions, it is for us a big objective to show the closeness and solidarity to the World Gymnaestrada participants. So the care and accommodation of the participants as in 2007, will be happening in the respective communities in a very personal atmosphere. With the creation of the so-called »National Villages« personal contact generates between the participating nations and the host towns and villages resulting in personal friendships and experiences. For many gymnasts it will be a »return to friends«, as in 2007 national villages were organised in this manner and easily led to many friendships.

Wishes and ideas of the participating nations regarding accommodation for 2019 will be taken into consideration as far as possible.



2.3 | National Villages

The participating countries will be accommodated in National Villages. The creation of National Villages was an idea that was implemented for the first time in Vorarlberg

in 2007 and worked very well. For that reason, this concept will be used again in 2019.

What are National Villages?

All participants from the same country will be accommodated together. For instance in 2007, the Dutch were all accommodated in the area of Haselstauden in Dornbirn. The population of Haselstauden had concentrated on preparing Dutch signposts and menus. The gymnasts could all communicate with each other and their head of delegation was also in the same place. This concept was of great benefit for all participants, the group leaders, the head of delegation and also for the population, who gave their

best to ensure their nation would feel welcome.

With the creation of the »National Villages« in 2007, many friendships and personal relationships were formed between the participating nations and their host towns and villages, which enabled the stay to become a personal experience. For many gymnasts in 2019 it will be like a »return to old friends«, so that's why we are trying to retain the structure from 2007.

The locals are really delighted

The population is really delighted and full of anticipation for the event. We have already had numerous requests from various towns and villages who would like »their« nation back, as participants and population became close-knit and the participants brought a sparkle and colour with them and the locals provided the local welcoming atmosphere! All participants are welcome in Vorarlberg and the Vorarlberg population is already full of anticipation and delight and cannot wait to be your hosts again!

Far away?

At first, it maybe sounds as if a long distance is involved, when all the participants are accommodated in different towns and villages. No, that is not the case! The Rhine Valley where all our participants will be accommodated is approximately the same size as Helsinki and with the very efficient public transport that we provide, you can reach all event venues from your accommodation in about 30 minutes.

Ideas and requests from our participating nations concerning accommodation for 2019 will naturally be taken into consideration when possible.



2.4 | Accommodation

School dormitories – the classic

Most of the participants will be accommodated in schools. The classrooms become dormitories and per classroom there will be adequate sleeping arrangements to have enough space for both sleeping facilities (mattresses) as well as personal belongings. Sufficient toilets and washing facilities will be provided and cleaned daily. For a nice

comfortable sleep inflatable mattresses, pillows and bedding will be on offer and can be ordered via Gymnaplana. Details and prices can be found below. Breakfast, according to the criteria of the regulation manual will be served in the schools.



Sleeping-Sets for the school dormitories

For the best possible comfort of the Gymnaestrada participants two different sleeping-sets are on offer.

Products need to be ordered at the Definitive Registration up to the 7th January 2019.

Orders cannot be cancelled and ordered items cannot be returned. The WG2019 logo will be printed on all items except the mattresses. All products are of superior quality and those included in the Sleeping-Set »DELUXE« are even more outstanding.

Sleeping-Set »DELUXE«

The products included in our Sleeping-Set »DELUXE« are of outstanding quality and made by well-known companies such as Bestway, David Fussenegger and Hefel Textil. David Fussenegger and Hefel Textil are local manufacturers and we are extremely proud to be working with them.



The Sleeping-Set »DELUXE« contains the following items:

AIR BED »Bestway«:

Flocked air bed of high quality and comfortable size.

- size: 188 x 99 x 22 cm
- sturdy pre-tested vinyl
- rapid inflation / deflation screw valve
- flocked surface for a sound night's sleep



BLANKET »Deluxe«:

Lightweight and very cosy blanket in Gymnaestrada colours with Gymnaestrada logo produced by local manufacturer David Fussenegger.

- size: 140 x 200 cm
- 85 % cotton.



TRAVEL PILLOW »Deluxe«:

Foldable lightweight travel pillow produced by local manufacturer Hefel Textil.

- unfolded pillow size: 25 x 43 x 11 cm
- folded pillow size: 12 x 24 cm
- soft, comfortable and long-lasting



PILLOW COVER:

Pillow cover with Gymnaestrada logo

- size: 25 x 44 cm
- 100 % cotton



Price per set »DELUXE«

€109,-

Sleeping-Set »BASIC«

The products included in our Sleeping-Set »BASIC« are of good quality and hard-wearing.



The Sleeping-Set »BASIC« contains the following items:

AIR BED »Bestway«:

Flocked air bed of high quality and comfortable size.

- size: 188 x 99 x 22 cm
- sturdy pre-tested vinyl
- rapid inflation / deflation screw valve
- flocked surface for a sound night's sleep



BLANKET »Basic«:

Nice fleece blanket with small Gymnaestrada logo.

- size: 140 x 200 cm
- 100 % knitted polyester fleece



TRAVEL PILLOW »Basic«:

Foldable lightweight travel pillow produced by local manufacturer Hefel Textil.

- unfolded pillow size: 24 x 42 x 12 cm
- folded pillow size: 15 x 25 cm
- soft and comfortable



PILLOW COVER:

Pillow cover with Gymnaestrada logo

- size: 25 x 44 cm
- 100 % cotton



Price per set »BASIC«

€ 79,-

Hotels – with comfort

Vorarlberg is a tourist area and knows exactly what hospitality means. A lot of the hotels are family-owned and managed and charm you with their individual flair. Since the last World Gymnaestrada in 2007 a lot has happened in the hotel sector and many new hotels have been built so in 2019 we can offer you hundreds more beds as in 2007: Now that is comfortable!

We would like to point out here that National Federations have to make all hotel bookings for their participants via our partner Bodensee Vorarlberg Tourismus (BVT). BVT's contact details are as follows:

e-mail: accommodation@wg2019.at
or phone: +43 5574 43443-23

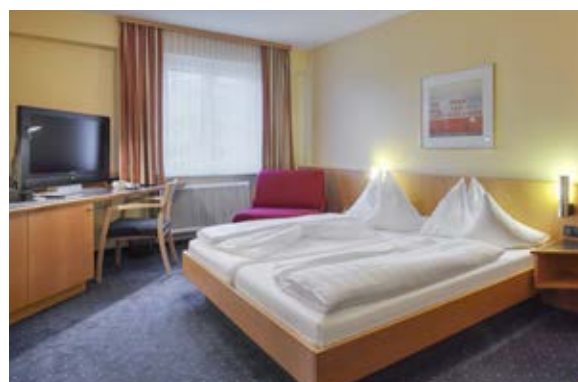
Only when booking via BVT we can offer the prices as negotiated for the World Gymnaestrada and at the same time co-ordinate the national villages.

Hotel rates

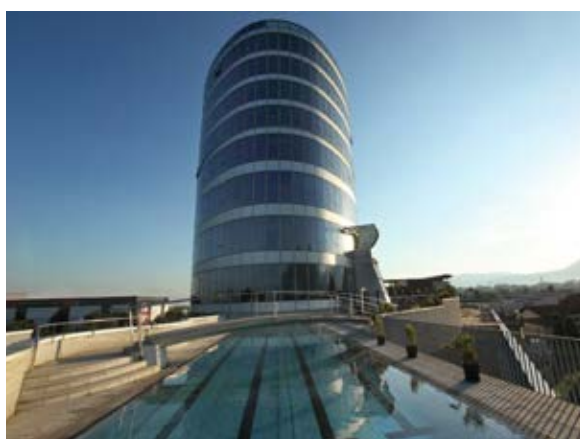
Category A	€ 80,— to 100,—
Category B	€ 50,— to 80,—
Category C	€ 40,— to 50,—
Youth hostel	€ 30,— to 40,—

Prices are per person and night in a double room incl. breakfast. Reduction for booking of rooms with three or more beds, supplement for single rooms. Subject to minor modifications. Alternative possibilities for accommodation on request.

Please note: Tourists, guests etc. without Participant Cards for the World Gymnaestrada who are searching for an appropriate hotel accommodation may contact office@bodensee-vorarlberg.com for assistance.



© Hotel Krone | Dornbirn



2.5 | Catering

With Seidl Catering we have a highly-experienced partner on board for the catering of the World Gymnaestrada 2019 participants, having been the official caterer for the Austrian House during the last three Olympic Games. For the choice of the offered meals the main focus has been on regional fresh products, healthy, nutritious meals especially created for athletes and the integration of both national and international specialties.

The lunch menu contains:

- a menu of the day (alternatively vegetarian menu)
- a mixed salad
- variable fruit and dessert offering
- a beverage (mineral water, fruit juice)

All meals are offered on porcelain plates with proper cutlery in Hall 11, being the exclusive area for serving lunch for the entire duration of the World Gymnaestrada, with seating arrangements for 3,400 persons. In order to avoid waiting times, there will be recommended lunch times for all participants who have pre-ordered lunch. We kindly ask you to follow such given time slots.



Menu overview

Date	Menu of the day	Vegetarian menu
7 th July	Pulled chicken burger with coleslaw, BBQ sauce and mini hash browns	Austria-style pasta »Schupfnudeln« with fresh goats cheese, cranberries, walnuts and parsley
8 th July	Pasta with stir-fried beef, basil pesto and pomegranate	Pearl barley risotto, spinach, chard and alpine cheese
9 th July	Prime veal with sage and lime juice, fried potatoes and cress breadcrumbs	Fried potato and vegetable dumplings with tomato ragout
10 th July	Lemon chicken with caramelised heritage carrots, onions, olive oil and hazelnut polenta	Stir-fried noodles with vegetables Asian style and soy sauce
11 th July	Organic braised beef, chilli mayo, green beans and sesame »Spaetzle« – Austrian home made pasta	Sesame »Spaetzle« – Austrian home made pasta with mixed mushrooms, roasted quinoa and wild garlic
12 th July	BBQ style turkey steaks, basil yoghurt, grilled vegetables and rice with lentils	Fried potato filled with herb cheese, grilled vegetables and basil pesto
13 th July	Tomato pasta with chorizo meatballs, arugula and cottage cheese	Austrian chopped pancake – »Kaiserschmarrn« – with plum compote

We reserve the right to slightly modify our menu ingredients in case of short-term changes in the market offering e.g. due to non-availability on the market or substantially increased supply prices.

With more than 13,000 requested menus per day it is simply impossible to respond to all of the existing allergies and to offer a selection of food that meets everyone's requirements. Instead, the focus is on a selection between the menu of the day and a vegetarian menu as alternative. In this respect please note that for a couple of years already it is legally binding in Austria to declare any allergens on the menu card. This will certainly also be implemented at the World Gymnaestrada 2019. Below-mentioned please find the complete list of allergens, relating to the respective WG menus for your further convenience.

Menu overview

Date	Menu of the day	Vegetarian menu
7 th July	A, B, C, E, F, H, L, M, N, O, P	A, C, G, H, L, M, O
8 th July	A, C, L, M, N	A, C, G, L, M
9 th July	A, C, L, M	A, G, L, M
10 th July	A, G, H, L, M	A, C, D, F, L, M
11 th July	A, C, G, L, M, N	A, C, E, G, L, M
12 th July	A, C, G, L, M, N	G, L, M
13 th July	A, C, G, L, M	A, C, G, O

Dressings

Yoghurt dressing: C, G, L, M

Italian dressing: L, M

List of allergens to declare

- | | |
|--|--|
| A Cereals containing gluten (wheat, rye, barley, oats, spelt, kamut or their hybridised strains) and products thereof | L Celery and products thereof |
| B Crustaceans and products thereof | M Mustard and products thereof |
| C Eggs and products thereof | N Sesame seeds and products thereof |
| D Fish and products thereof | O Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as SO ₂ |
| E Peanuts and products thereof | P Lupin and products thereof |
| F Soybeans and products thereof | R Molluscs and products thereof |
| G Milk and products thereof (including lactose) | |
| H Nuts i. e. almond (<i>Amygdalus communis</i> L.), hazelnut (<i>Corylus avellana</i>), walnut (<i>Juglans regia</i>), cashew (<i>Anacardium occidentale</i>), pecan nut (<i>Carya illinoensis</i>), brazil nut (<i>Bertholletia excelsa</i>), pistachio nut (<i>Pistacia vera</i>), macadamia nut and queensland nut (<i>Macadamia ternifolia</i>) and products thereof | |

2.6 | Public Transport

In the region where the World Gymnaestrada 2019 takes place, there is an excellent public transport system with buses and trains running regularly every 15 minutes. During the World Gymnaestrada this system will be extended according to the actual requirements and as a result this will further increase passenger capacity!

More modern new trains will be coming into service and also the region's fleet of buses has been continuously con-

verted within the last few years to articulated buses which allows a large number of passengers to be transported on a regular basis.

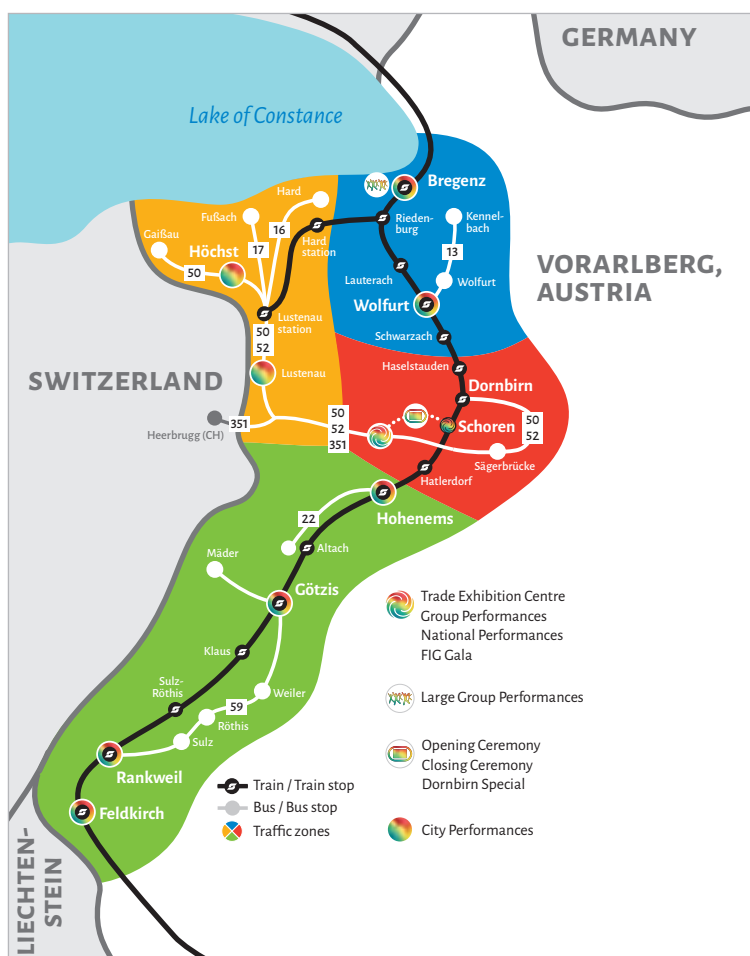
The World Gymnaestrada 2007, which took place in the same region, brought in a great deal of new impulses for public transport. For instance, more modern and efficient railway stations have been built meanwhile.

The very successful traffic concept of 2007 will be adopted

The region will be divided into four colour zones, which will allow the participants to travel easily and without language barriers. Every participant will receive his/her personal travel plan, which shows the best and easiest way from his/her accommodation to the venues. In addition with the use of an »intelligent infrastructure«, the flow of the participants can be followed and additional buses can be efficiently deployed when needed.

Please note that the public transport concept shown in Bulletin 3 has been modified: While we formerly planned

that two shuttle bus services connect the railway to the Trade Exhibition Centre (railway station »Schoren« for trains coming from the north and »Hatlerdorf« for trains coming from the south), there is now only one shuttle bus service to and from the railway station »Schoren« for both connections. The simple reason for this change is that every express train (no matter whether it is coming from the north or south) will stop at the railway station »Schoren«, which makes it the perfect hub for the shuttle bus connection between the railway and the Trade Exhibition Centre.



Schedule for the Trade Exhibition Centre

Regular bus lines

7.00 to 23.30
minimum 15-minute cycle

Shuttle bus to train station Schoren

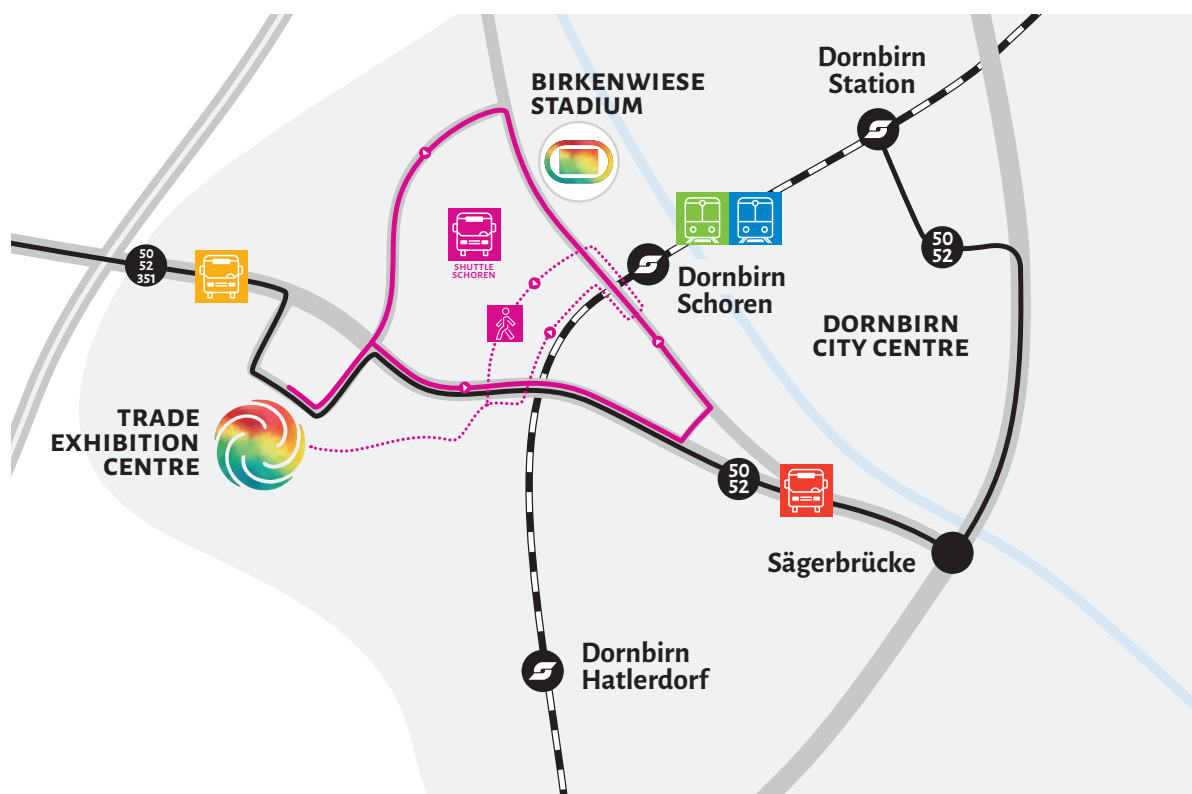
7.30 to 23.30
5-minute cycle

Trains

7.00 to 23.30
four connections per hour in both directions (north and south)

Trade Exhibition Centre public transport

A shuttle service commutes between the train station Dornbirn-Schoren (blue and green zone) and the east entrance of the Trade Exhibition Centre. The regular bus lines (red and yellow zone) are routed to the main entrance of the Trade Exhibition Centre.



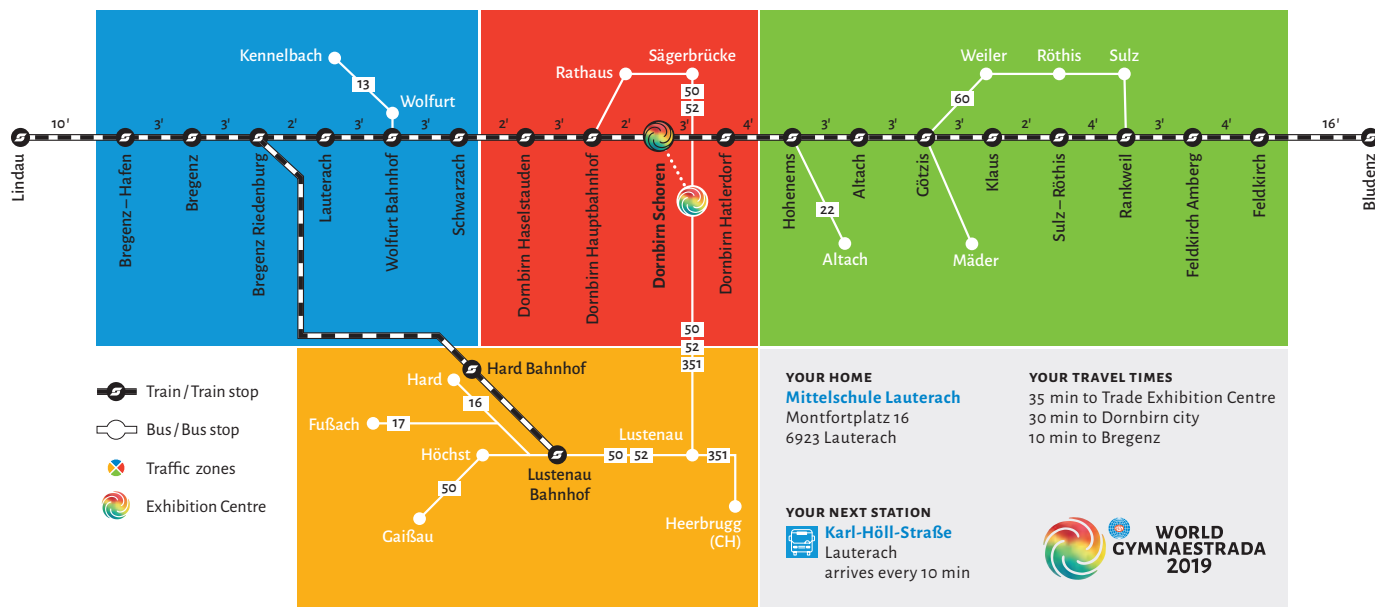
There are well-marked walking paths between the train stations and the Trade Exhibition Centre. Additionally local visitors can make use of a bike parking area right next to the Trade Exhibition Centre.



Personal traffic plan

All participants staying in school dormitories will get a personal plan showing their station, as well as the travelling times and best connections to and from the venues.

This personal traffic plan will also be available on the upcoming World Gymnaestrada-App.



2.7 | Excursion destinations

Tourism offers

So that we can bring you closer to the beauty and traditions of our region as well as of our neighbours in Germany, the Principality of Liechtenstein and Switzerland we have compiled a few ideas for sightseeing outings. We will gladly arrange the outings for you, or do you have any special wishes? Would you like to see some other places of interest in our region?

If you wish we can arrange this programme to be carried out within the framework of a Pre- or Post-Convention. Simply just tell us what we can do for you!

Contact

Bodensee-Vorarlberg Tourismus GmbH

Römerstraße 2 | 6900 Bregenz | Austria

Tel. +43 (5574) 434430

Fax +43 (5574) 43443-4

office@bodensee-vorarlberg.com

www.bodensee-vorarlberg.com

**Bodensee
Vorarlberg**

Half-day outings (2– 4 hours duration)

Rappenloch Gorge & Alploch Gorge (Dornbirn, A)

© Dornbirn Tourismus



These twin gorges are two of the largest in Central Europe and have been slowly carved out of the rugged limestone by the flowing waters of the River Dornbirner Ach over hundreds of thousands of years. Today a series of adventurous walkways lead through these wonders of nature, passing extraordinary rock formations. These safe and well-signed walking trails are an ideal excursion destination for World Gymnaestrada participants.

www.rappenloch.at

Karren Cablecar (Dornbirn, A)

© Dornbirner Seilbahn GmbH



For those wanting to rise above it all, the Karren mountain is just the thing. In less than five minutes the cable car transports its passengers to a height of 976 metres. From the summit station, there are fabulous views of the Rhine Valley, to the Swiss mountains and across the German border. On the twelve metre long Karren ledge, the visitor has the feeling of standing on almost nothing and experiencing close up the surroundings. The Panorama Restaurant delivers what it promises, allowing simultaneous indulgence in panoramic views and excellent food. In addition, the Karren is the starting point for numerous walking and hiking trails.

www.karren.at

Art Gallery Bregenz – KUB (Bregenz, A)

© Matthias Weissengruber | Kunsthaus Bregenz



The KUB, a building with an unmistakable architecture for exhibitions of international contemporary art, opened in 1997.

www.kunsthau-bregenz.at

Pfänder - the mountain at the lake (Bregenz, A)

© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH



The Pfänder Mountain (1,064 m high) is the most well-known lookout point of the Lake Constance region. The spacious panorama cable car will take you to the top in just six minutes. The walk to the Alpine wildlife park and around the eagle observatory starts near the restaurant Berghaus Pfänder.

Capacities: 80 persons per cabin,
928 persons per hour

www.pfaenderbahn.at

Festspielhaus (Festival Hall) Bregenz—Stage on the Lake (Bregenz, A)

© Karl Forster | Bregenzer Festspiele



Get to know the world's largest stage on a lake. In 2019, Giuseppe Verdi's opera »Rigoletto« is on the programme and with the romantic setting of the sun on the lake, this will surely enchant the spectators. The Bregenz Festival is only a five minute walk from the Casino Stadium where the Large Group Performances will be held.

www.festspielhausbregenz.at

Rolls-Royce Museum (Dornbirn, A)

© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH



The world's largest Rolls-Royce Museum has the jewels of automobile history including the Rolls-Royces of the »Queen Mum«, King George V, the dictator Franco or Prince Ali Khan in an exhibition area of over 3,000 m². A very successful programme highlight is the personal guided tour with a Rolls-Royce expert, including a visit in the own restoration centre.

www.rolls-royce-museum.at

inatura – Interactive natural history museum (Dornbirn, A)

© inatura – Erlebnis Naturschau



Nature, humans and technology. inatura museum in Dornbirn offers something for everyone, and does this in a particularly unusual way, because here touching is expressly encouraged. The main focus is on trying, playing, experiencing and understanding. The journey takes you through the different habitats that are characteristic of Vorarlberg: mountain, forest and water. In the final section of the museum, we go beyond the realms of possibility and in the truest sense of the word, go inside ourselves. inatura makes it possible to actually visit our bodies.

www.inatura.at

Jewish Museum (Hohenems, A)

© Dietmar Wälder | Juedisches Museum Hohenems



The Jewish Museum documents the history of Jews who lived in Hohenems, their religious and daily life in a mainly Catholic region.

www.jm-hohenems.at

Schattenburg Castle Museum (Feldkirch, A)

© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH



Hugo I of Montfort started building the Schattenburg Castle around 1200. It still gives a good insight into the world of the early 16th century. The gothic castle chapel is beautifully decorated with frescoes. A number of works of art from local and other artists can be found in the former quarters of the stewards.

www.schattenburg.at

Bregenzerwälder Cheesehouse (Andelsbuch, A)

© Das Bregenzerwälder Käsehaus Spezialitäten GmbH



The Cheese house that opened in May 2001 is the place where you can experience shopping and local cuisine at the same time. It is a very interesting and eventful way from milk to the »birth of a cheese«, when the cheese-maker lifts the cheese in the cloth out of the cheese vat. You will enjoy the delicious flavour of these famous Alpine and mountain cheeses even more once you have seen how they are made.

For groups from 20 to 55 persons

www.kaesehaus.at

Boat trips on Lake Constance and a visit to the Isle of Lindau (D)

© Vorarlberg Lines



You reach the charming town Lindau on the island, within a few minutes on a passenger ship of the Lake Constance white fleet. Enjoy a concert on the promenade or wander through the narrow streets and alley ways of the old town. The Bodensee-Schiffahrt (Lake Constance passenger-ship company) offers round trips or special boat trips (boat trips at dusk, three-countries boat trip, summer night boat trip, etc)

www.bodenseeschiffahrt.at

Excursions to Liechtenstein

The Liechtenstein Museum of Fine Arts



© Martin Walser | Liechtenstein Marketing

The Liechtenstein Museum of Fine Arts is a state-run museum showcasing modern and contemporary works of art.

The museum's collection covers works from the 19th century up to the modern day and includes important pieces – in particular sculptures, objects and installations – created by well-known artists. Solo exhibitions are regularly organised, as well as special exhibitions showing pieces from the Collections of the Princes of Liechtenstein.

www.kunstmuseum.li

Going through Vaduz by Segway



© FahrSpass GmbH | Liechtenstein Marketing

Take a guided Segway tour through the Principality of Liechtenstein and enjoy gliding effortlessly along on two wheels! During the tour, the participants will learn about the interesting history, the monarchy, political system, country and the people of this country. So to make your stay something really unforgettable enjoy a Segway tour!

www.segway.li

Treasure Chamber of the Principality of Liechtenstein



The Treasure Chamber of the Principality of Liechtenstein in Vaduz, the only museum of its kind in the Alps, focuses primarily on exhibits belonging to the Princes of Liechtenstein and other private collectors.

The exhibition entitled »The Principality, the World and Outer Space« shows a selection of items from the Princely Collections, including historic weapons, opulent presents and works of art made out of precious materials, belonging to rulers such as Prince Friedrich II of Liechtenstein and Emperor Joseph II of Austria.

www.tourismus.li

Organised excursions by bus

All prices given are based on a 50 seater bus. Prices valid as from February 2018 (subject to changes in 2019). In case there are not enough passengers for a certain route, smaller busses may be used (subject to availability) or alternatively smaller groups may be put together.

Silvretta-High Alpine Road (Montafon, A)



© Achim Mende | Silvretta-Hochalpenstraße

The Silvretta Hochalpen Strasse (Silvretta High Alpine road) – is not just world famous because of its numerous breathtaking curves: It is one of the destinations of this most varied and interesting bus journey that takes us almost through the whole Province of Vorarlberg. But first the journey leads us via Feldkirch and Bludenz to Schruns in the Montafon Valley, where in 1925 and 1926 the famous American writer and Nobel Prize winner Ernest Hemingway enjoyed his ski holidays with his friends. Schruns is also the place, where he wrote »Fiesta«, his first successful novel. Only a few kilometres to the south lies Partenen – and here the famous Hochalpenstraße begins, only 18 kilometres long we »climb« up in our bus an incredible 1,000 metres to the final altitude of 2,000 metres to the so called »Bielerhöhe« with its magnificent view of the major peaks and glaciers of the Silvretta mountain

range – and here you can see Vorarlberg's highest mountain the Piz Buin. (3,312 m).

The Silvretta is an extraordinary mountain range – it has in fact two faces. The larger part of the massif is on the Swiss side. But for mountaineers and tourists the Austrian part is the more popular and well-known. The highest peak of the Silvretta is Piz Linard, which is also in Switzerland and can only be climbed from there. From the mountaineers point of view the Austrian part with its very large glaciers is much more attractive and most of the Alpine huts providing catering and accommodation are also on the Austrian side. Some parts of the Swiss side seem to be very far away and difficult to reach.

It's difficult to believe but it is true: On the Silvretta reservoir there is a motor boat and you can enjoy a boat trip at an altitude of 2,000 metres and that is an absolute record in Europe. If you wish you can book a round-trip on the boat (optional) – and from this lake the view of the peaks surrounding the lake is even more impressive.

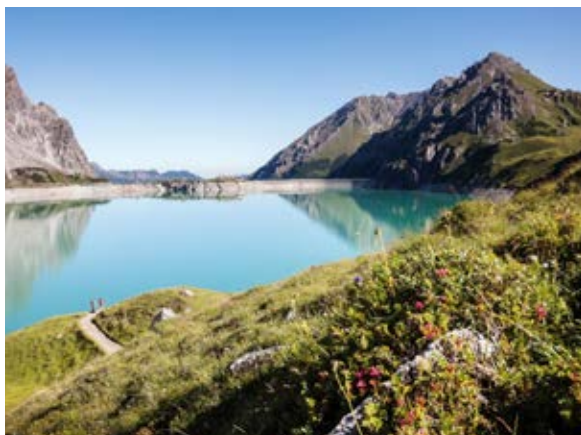
The journey afterwards down through the Tyrolean Paznaun valley is as beautiful as the journey up to the Vorarlberg mountains. The Paznaun valley became tragically famous a few years ago because of the many massive snow avalanches – but today there is nothing to remind us of this natural disaster: the beautiful villages of Galtür and Ischgl are flourishing as never before. The return journey is over the Arlberg Pass, one of the most important alpine passes which have been used by the Romans and many crowned heads of state to go from east to west and from west to east.

Prices

Full-day bus reservation	€ 850,–
Silvretta road toll (per person)	€ 4,–

Around Vorarlberg (A)

© Dietmar Wälsch | Vorarlberg Tourismus



Vorarlberg has many different faces: majestic mountains, lovely valleys and wide spaces. This big »Around Vorarlberg« excursion gives you a real comprehensive impression of the »Ländle«. (Ländle or small country is the name the locals call this province).

Prices

Half-day bus reservation	€ 595,—
Full-day bus reservation	€ 850,—

Swarovski Crystal Worlds (Wattens, A)

© Swarovski Kristallwelten



Wattens is a small town in Tyrol, where the world-famous crystal-glass manufacturer Swarovski and the unique Crystal Worlds are situated. To mark the 100th anniversary of the founding of the Austrian Swarovski Crystal Company in 1995, the famous Austrian artist André Heller was commissioned to design a virtual museum around the theme crystal at the company headquarters in Wattens. Together with renown artistes like Brian Eno, Susanne Schmögner, Paul Seide and others, André Heller created a kaleidoscope of magic with nine inspirational chambers of wonder inside an artificially built water-spouting giant. Since then the Swarovski Crystal Worlds has become one of the biggest attractions in Austria and with approximately 500,000 visitors per year it is now the number two museum after the Schönbrunn Palace in Vienna. This outstanding success led to the creation of another seven Chambers of Wonders in 2003. We return to Vorarlberg via Inntal, Landeck and Klostertal.

Prices

Full-day bus reservation	€ 1,200,—
	+ entrance fee € 17,— (p. p.)

Mainau Island (D)



© Achim Mende

A place with links to the Swedish royal family and an unforgettable ambience changing its appearance and colours with the seasons, a »feast of flowers« for your eyes! Explore the parks and gardens, nature and botany of the island with all your senses: enjoy the palm trees, oranges and other exotic treasures and the orchid show in the palm house. The butterfly house, the largest in Germany, is an Eldorado for those who love butterflies.

Prices

Bus reservation to max. six hours	€ 625,-
Full-day bus reservation	€ 895,-
	+ entrance fee € 16,50 (p. p.)

Zeppelin Museum (Friedrichshafen, D)



© Michael Fischer | Zeppelin Museum

The Zeppelin Museum in Friedrichshafen has the world's greatest collection of objects concerning the history and technology of airships, from its beginning up to the new Zeppelin NT. The museum's main attraction is the reconstruction of a 33 metre long section of the LZ 129 Hindenburg where visitors can actually walk through.

Prices

Bus reservation to max. six hours	€ 595,-
Full-day bus reservation	€ 800,-
	+ entrance fee € 8,- (p. p.)

Säntis-Cablecar (Appenzell, CH)



© Säntis-Schwebebahn AG

Ride to the top of the Säntis mountain (2,052 m) in a modern cable-car and enjoy the breathtaking panorama view. A very special attraction is a visit to the exhibition »Mountain and Rescue« (admission is free) as well as »Säntis – the Weather« or the Säntis / Schwägalp Nature Discovery Park with its high moor and a great variety of rare mountain plants and animals.

Prices

Full-day bus reservation	€ 695,-
	+ cablecar € 27,10 (p. p.)

King's Castles (Schwangau / Bayern, D)



© Thomas Wolf

King Ludwig II – he was a great romantic but also an important and committed reviver who was always misjudged during his lifetime. Only in the last few years historians have become aware of the true significance of this monarch. Like no other monarch he was filled with ambition and did not hesitate to put the bulk of his private wealth towards the building of Königsschlösser in Füssen, which are now world famous.

The journey itself from Vorarlberg via the German Quer-alpenstraße (a well-known alpine road), past Oberstaufen, a famous spa, along the big Alpine lake, the Alpsee to Immenstadt, Wertach, Nesselwang and Pfronten, it's a wonderful and romantic experience. After a bus journey of about two hours we arrive in Füssen at the foot of the King's palace »Neuschwanstein«, which attracts millions of people from all over the world each year.

According to a letter to Richard Wagner dated 15th May 1868, King Ludwig II wanted to have the castle ruins »Vor-

derhohenschwangau«, rebuilt »in the true style of the ancient German knight's castle«. Ludwig II was motivated to build this castle by early plans of his father and especially after his journey in 1867 to Eisenach where he visited the Wartburg together with his brother Otto I, King of Bavaria. The Knights' Baths and the Minstrels Hall of the Wartburg were used as leitmotifs. It was not only the architecture and art of the German Middle Ages that inspired Ludwig II, but also the Moorish culture that had developed in Spain as well Richard Wagner's world of old German sagas. The architect Eduard Riedel also had to process ideas based on stage sets designed by the Munich scene painter Christian Jank.

The huge building site »fed« a whole region for two decades: Virtually every day at least 200 masons, bricklayers and other labourers and craftsmen worked on the site – this figure does not include all the suppliers, shops, etc. Official statistics of the years 1879/1880 prove that an enormous amount of building material was used: 465 tons of Salzburg marble, 1,550 tons of sandstone, 400,000 bricks and 2,050 cubic metres of timber for the scaffolding.

The Neuschwanstein castle can only be visited by participating in a guided tour (languages German or English) – it takes about 35 minutes (165 steps up and 181 steps down). In addition to that you can also visit the castle using an Audio-Guide. This also takes 35 minutes and the languages available are Japanese, French, Spanish, Italian, Czech, Slovenian, Russian, Polish, Chinese, Portuguese and Hungarian.

After a lunch in Füssen we travel back to Vorarlberg via Kempten, Isny and Lindau.

Prices

Full-day bus reservation

€ 995,-

+ entrance fee € 12,90 (p. p.)

Abbey Library St. Gallen (CH) – UNESCO list of global cultural heritage sites

© Sandro Reichmuth | St. Gallen



The Abbey Library of the former Benedictine monastery of St Gall is one of the oldest libraries in the western world. The library was built between 1758 and 1767 as a reading and study room for the monks and is the most beautiful rococo hall in Switzerland. There are over 150,000 books in the library but its real treasures are the 2,000 manuscripts and incunabula dating back to the 5th century. The library is of inestimable importance to the entire world of art and history.

Prices

Bus reservation to max. six hours € 545,–
+ entrance fee € 11,60 (p. p.)

Rhine Falls Schaffhausen (CH)

© Rhenfall



The largest waterfall in Europe, offers a spectacular natural showpiece to visitors and is worth a visit at all times of the year. You can combine watching the Rhine falls with a boat trip or you can observe this attraction from a footpath which goes around. The Rhine Falls in Schaffhausen is open all year around and there is no admission fee.

Prices

Full-day bus reservation € 950,–

Pilatus Railways (Lucerne, CH)

© Pilatus Bahn



The famous Swiss town Lucerne on the Vierwaldstättersee (Lake Lucerne), is the starting point of the unique »Golden round-trip« experience a romantic boat trip over the Vierwaldstättersee (90 min.). The ascent with the world's steepest cog and pinion railway up to the Pilatus Kulm mountain (30 min.), the »silent« ride on the aerial cableway (5 min.) and return to Lucerne with the panorama gondola (30 min.).

Prices

Full-day bus reservation € 1,200,–
+ cablecar € 66,80 (p. p.)

Glacier Express (Chur, CH)

© glacierexpress.ch



Travel through the majestic high Swiss Alps from Chur to Zermatt in the slowest »express« train. The train will take you in an unhurried fashion from highlight to highlight with a splendid view of crystal clear mountain lakes and majestic glaciers to Zermatt, where you can admire the incredible Matterhorn mountain (4,478 m) with your own eyes, after a journey of almost six hours. Travelling over the Oberalpaß 2,033 m and 291 bridges. Enjoy a night in Zermatt and return the following day to Chur (good choice of over-night stays in Zermatt).

Prices

Journey to Chur and return € 850,—
+ ticket from € 188,— (p. p.)

Specials

Luxury steamboat trips on the »Hohentwiel« (Lake Constance)

© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH



Enjoy the unforgettable experience of a steamboat trip on Lake Constance in the classic style of the 1900s. This package includes lunch, adventure and gourmet trips with live music. Enjoy the idyllic scenery of Lake Constance and the fabulous ambience on the ship.

Prices

Bus reservation to max. four hours € 450,—
+ boat rent

Sightseeing flights with the Zeppelin (D)

© Achim Mende



More than 60 years after the end of commercial aviation with Zeppelins the Zeppelin NT was re-built in Friedrichshafen. Enjoy the fascination of this flight from a bird's-eye view in the largest operating airship in the world today. Cabin capacity: twelve passengers.

Prices

Bus reservation to max. six hours € 625,—
+ zeppelin ticket from € 245,— (p. p.)

3



Venues

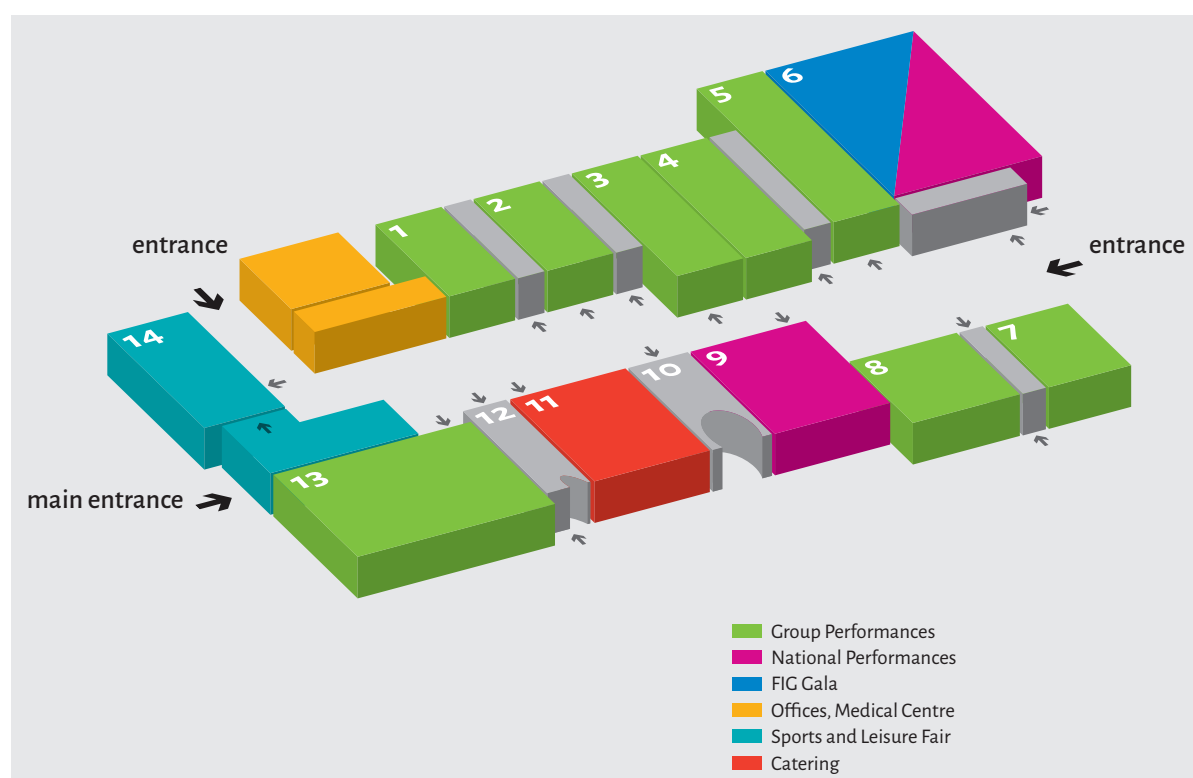
The venue locations for the World Gymnaestrada 2019 are spread throughout the Vorarlberg Rhine Valley and are easily reached by public transport. Those of you who were here in 2007 know that the distances are well manageable. While the Large Group Performances were held in Lustenau in 2007, now for 2019 they will be in Bregenz

next to the Lake of Constance. The Opening and the Closing events as well as the Dornbirn Special will be in the Birkenwiese Stadium Dornbirn and the Group Performances as well as almost all the evening events will be in the Trade Exhibition Centre Dornbirn. Also in different towns and villages open-air stages will be built.

3.1 | Trade Exhibition Centre Dornbirn

The Trade Exhibition Centre Dornbirn is the heart of the World Gymnaestrada, as here all Group Performances, the National Performances and the FIG Gala will take place. Catering, social gathering and entertainment are provided by the catering hall and the Gymnaestrada Mile. The whole area comprises of an exhibition and event area

of 34,000 m² in 14 halls as well as an outside area of 18,000 m². At the moment building work is being undertaken and by 2019 another new, modern hall will be available where the World Gymnaestrada will surely be the first big event experienced there.



Performances in the Trade Exhibition Centre

- Group Performances
- National Performances
- FIG Gala

Technics

Group Performances (Hall 1 | 2 | 3 | 4 | 5 | 7 | 8 | 13)

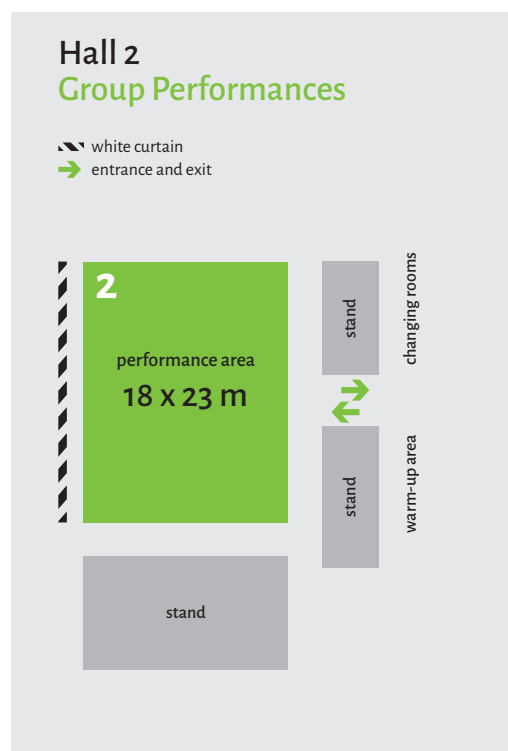
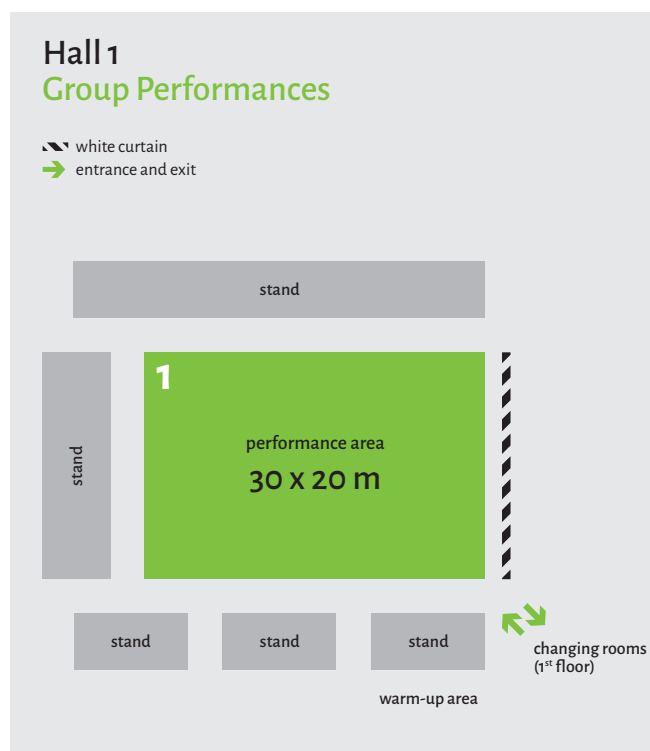
Lighting	Static white light
Audio	Sound system and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Video	No
Radio Microphone	Yes

FIG Gala (Hall 6) | National Performances (Hall 6 | 9)

Lighting	Show light, follow spot, fog
Audio	Sound system and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Video	Videowall, DVD or USB Stick
Radio Microphone	Yes
Intercom	Yes

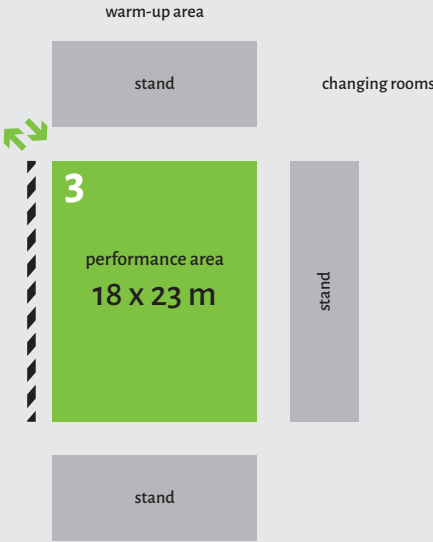
3.1.1 | Hall Plans

Hall plans for Group Performances



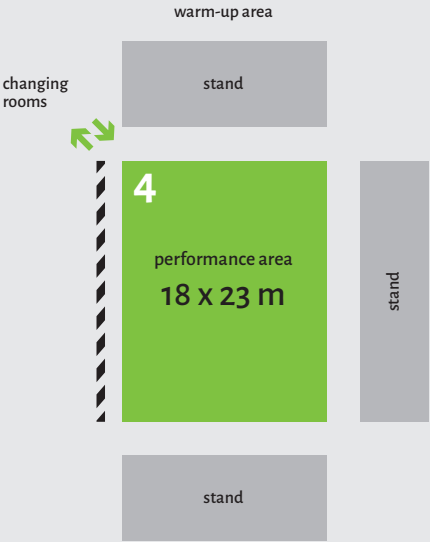
Hall 3 Group Performances

white curtain
entrance and exit



Hall 4 Group Performances

white curtain
entrance and exit



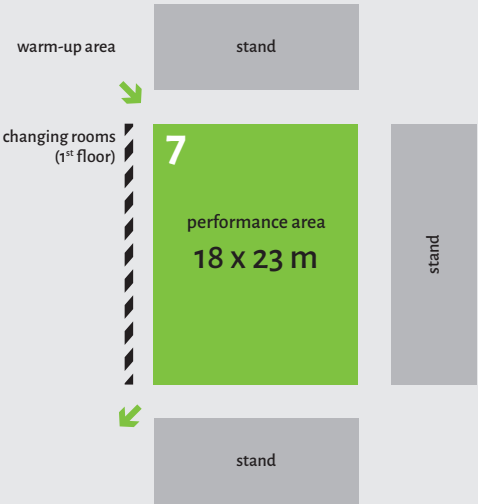
Hall 5 Group Performances

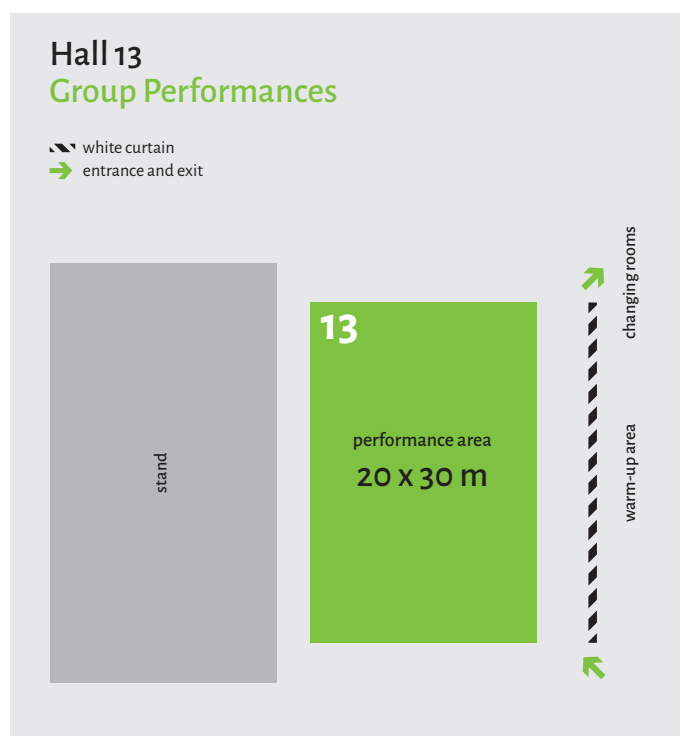
white curtain
entrance and exit



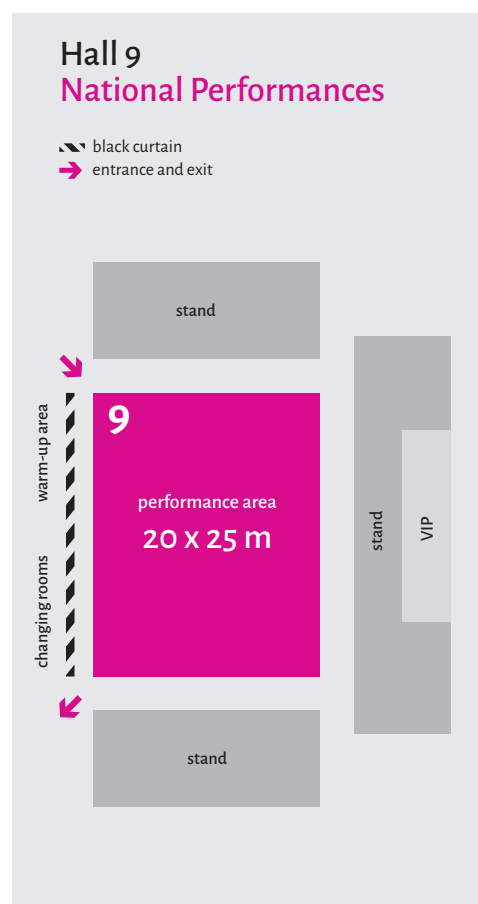
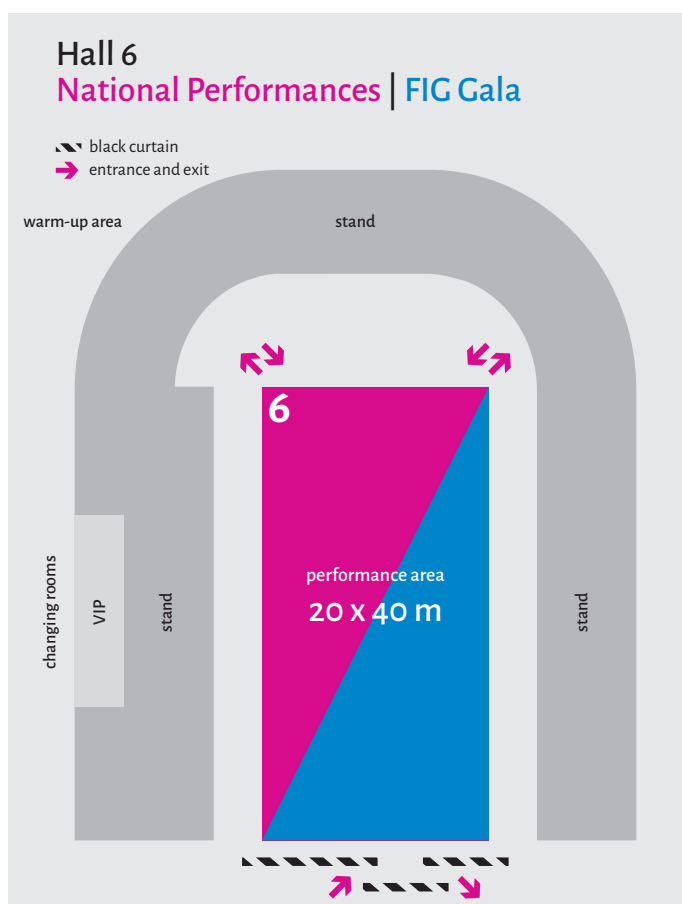
Hall 7 Group Performances

white curtain
entrance and exit





Hall plans for National Performances and FIG Gala



3.1.2 | Gymnastic Apparatus

The complete Gymnastic Apparatus which will be provided by SPIETH Gymnastics, Eurotramp and various clubs of the gymnastics federation of Vorarlberg will be sold at special rates after the Gymnaestrada. Prereservations can be made at any time via the LOC (marc.brugger@wg2019.at).

Apparatus

Parallel Bars

Pommel Horse

Springboard

Vaulting table

Airtrack

Balance beam

Magnesium stand

Mushroom

Minitrampoline

Grand Master Trampoline

Gymnastic Bench

Vaulting Box

Mats

Rollable mat

School mat

Landing mat

Competition landing mat

Foam core landing pit

We reserve the right to use alternative models of apparatus and mats in case of availability of a new product line by our suppliers. However, both key dimensions and functionality will certainly be identical to the apparatus and mats featured in this Bulletin.

Kindly supported by:



Description of the apparatus

Parallel Bars Champion »Stuttgart«, silver

FIG certified, ORIGINAL REUTHER. With stable steel frame, patented two-fold secured clamping jaw lock. Plywood rails, length 350 cm, with three glass-fibre inserts. Height adjustment in steps of 5 cm from 160 to 210 cm. Width adjustment from 41 to 61 cm.



Transport trolleys Parallel Bars (per pair)

For parallel bars »Champion Stuttgart«. New construction with large firm swivel rolls to clip to the face ends of parallel bars. Per pair available.

Pommel Horse, silver

FIG certified, ORIGINAL REUTHER. Two-leg base with height adjustment from 95 to 125 cm, body professionally upholstered with cowhide leather. Equipped with two hygroscopic aluminium pommels, tie-down chain with tension shackle for floor anchoring, four built-in retractable swivel rolls and outside lever control.



Springboard »Moskau 5«, orange

FIG-certified, ORIGINAL REUTHER. Competition springboard (soft version according to FIG-norms) equipped with revolutionary »Whisper Spring System«. With improved dynamic properties of the springboard's lower end. Carefully and precisely calculated positions of five conical tempered steel springs, passivized with golden color. Surface is made of hybrid carbon fiber sandwich, with 20 mm high density foam and with comfortable long-lasting needle fleece.



Vaulting table Pegases »TeamGym«

Height adjustment from 125 to 165 cm according to the Team Gym competition requirements.



Airtrack III »Superior« (15 m, 30 cm)

The airtrack Superior is super silent thanks to glued and sealed seams. Once the airtrack is inflated, which takes less than two minutes, the blower stops and will only turn on if the pressure gets too low. A versatile, flat track ideal for every club with recreational or starting gymnasts as well as schools and kindergardens.

Blower for Airtrack Superior

Blower with 250 mBar maximum pressure and maximum flowrate 1,700 l/min. For rapid inflation and deflation. Easy to transport. Fitted with a thermal cut-out. Two blowers are recommended for an Airtrack. Weight: 1,7 kg.

Run-up »SPIETHway« (10 x 1 m)

Size of each element 200 x 100 cm, with rollable floor exercise mat »TRIFLEX« 25 mm thick, thus having the same height as the airtrack.

Landing area »SPIETHway« (600 x 300 x 30 cm)

Landing area for Airtrack III »Superior«.

Size: 600 x 300 x 30 cm, with yellow and red marking of the landing area of 400 x 200 cm.

**Balance beam »Barcelona«, silver**

FIG-certified, ORIGINAL REUTHER. The 500 cm non-warping beam made of special light metal profile with elastic top padding. Running surface is additionally stabilized, upholstered with hygroscopic synthetic leather. The end cushions of the balance beam are made of PUR foam. Two-legs base with built-in damping elements providing high peak force reduction. Height adjustment from 70 to 125 cm by means of a slide rail. The legs are equipped with nonmarking foot pads for more stability. The legs construction ensures the mats consistent position at all height settings of balance beam.

**Magnesium stand »München«, silver**

Plastic shell on a metal base, with additional tray.



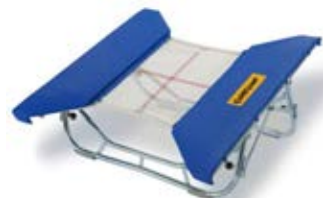
Mushroom, silver (Ø 60 cm, height approx. ca. 48 cm)

Mushroom on a wooden base, without pommel. Body with 60 cm diameter, covered with a seamless hygroscopic PUR-foam for maximum grip. Height: 48 cm.



Eurotramp Minitrampoline »Premium«

Frame: Flat-oval steel tube, galvanized, adjustable in height, jumping bed made of 6 mm wide weaved nylon bands, shock absorbing and stable frame pads



Eurotramp Grand Master Trampoline

Frame: Flat-oval steel tube 520 x 305 x 108 cm made of special steel; galvanized. Legs: Round tube made of special steel, strengthened by brace; galvanized. Jumping bed (426 x 213 cm) with 13 mm or 45 mm wide weaved nylon bands. 118 steel springs (length 235 mm, Ø 30 mm); galvanized. Shock absorbing and stable frame pads. Total weight: 220 kg



Gymnastic Bench

The multi-laminated, selected pinewood bench. Legs are made from hardwood, multi-laminated. The balance beam is 10 cm wide. Attachment ledge on one end of the bench to attach the bench to wall bars or vaulting boxes. All legs have non-slip, nonmarking rubber protectors. Length: 400 cm.



Vaulting Box

With cowhide leather cover, including built-in-casters, five sections 150 x 50 x 110 cm.



Description of the mats

Rollable mat FLEXI-roll, spiethblue (14 x 2 m, 40 mm)

Innovative, quick roll up and roll out without turning over.
No roll-up core needed. Available in spiethblue colour.



School mat (200 x 100 x 6 cm)

High-quality gymnastics mat, anti-slip, fabric-reinforced PVC cover, foam material in top quality.



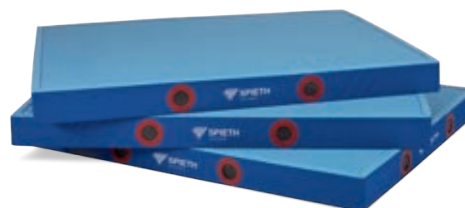
Landing mat »Happy Landing« (400 x 200 x 10 cm)

PVC cover, blue, with zipper



Competition landing mat, spiethblue (300 x 200 x 20 cm)

FIG certified in 20 cm. ORIGINAL REUTHER. Specially built up shock absorbing landing mat with special latticed polyester material integrated between the different foam layers, additional edge stabilization, patented handy grips at the sides and non-slip bottom for better footing, covered with velour carpet in spiethblue colour.



Foam core landing pit (300 x 200 x 30 cm)

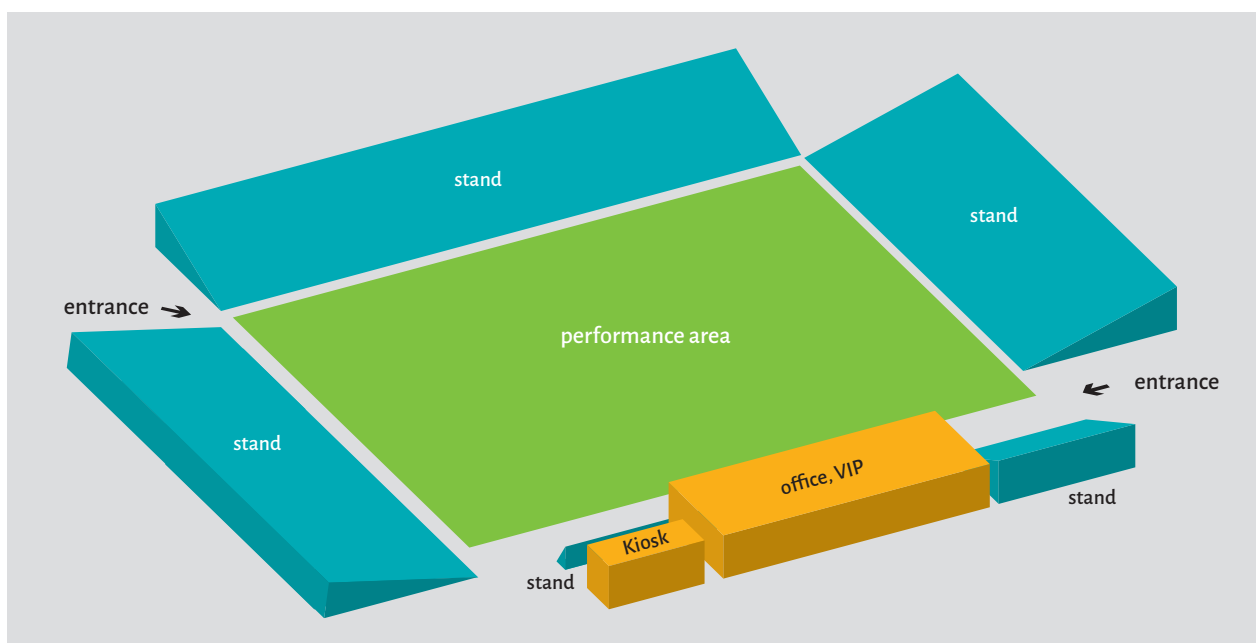
With PVC cover and zipper consisting of two different foams.



3.2 | Birkenwiese Stadium Dornbirn

The Opening and Closing Ceremonies will take place at the Birkenwiese Stadium in Dornbirn as well as the Dornbirn Special of the World Gymnaestrada 2019. With ideal transport connections to the whole of the Rhine Valley,

it has standing tribunes for 25,000 spectators, with the nearby recreational area of the river Dornbirner Ache, it's an ideal location for the happy starting, finishing and the Dornbirn Special of this world gymnastics festival.



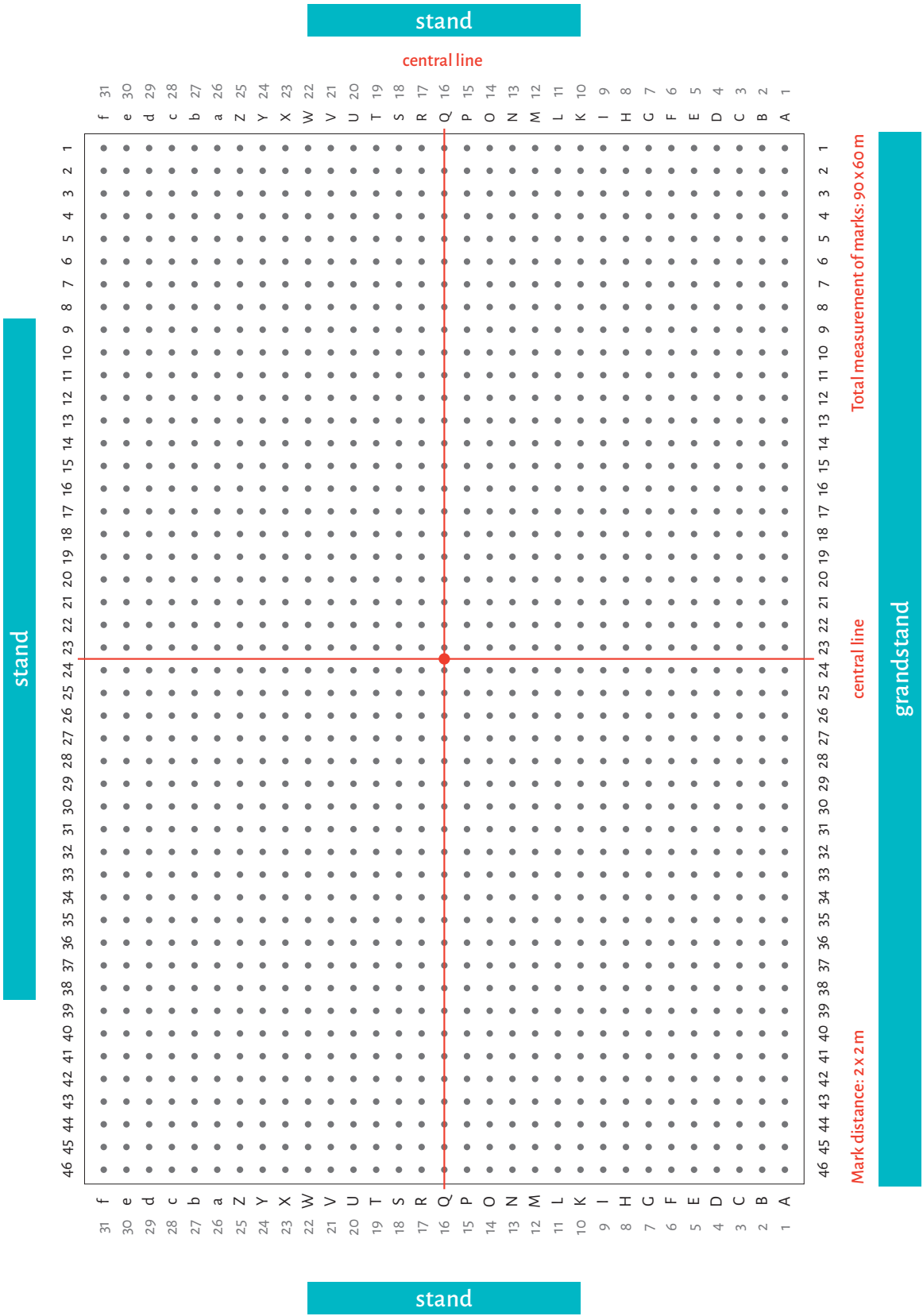
Performances

- Opening Ceremony
- Dornbirn Special
- Closing Ceremony

Technics

Audio	Sound system and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Radio Microphone	Yes
Radio	Yes
Intercom	Yes

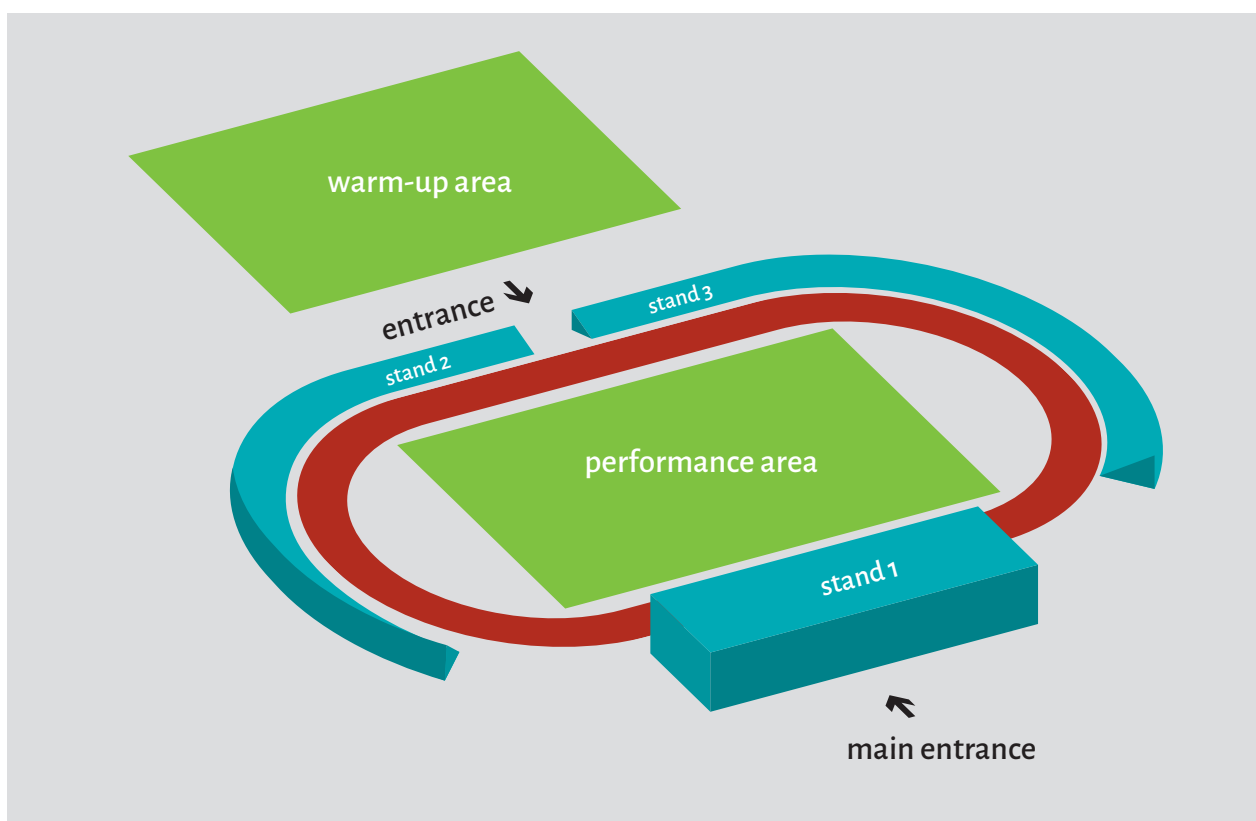
Groundmarks at the Birkenwiese Stadium Dornbirn



3.3 | Casino Stadium Bregenz

The Casino Stadium in Bregenz has a 6,800 m² playing area, with seating for 2,600 (1,000 seats are roofed) and terraces for 7,600. It is located near the railway station, the

lake and the city centre and so fulfils many requirements of the Large Group Performances taking place there.



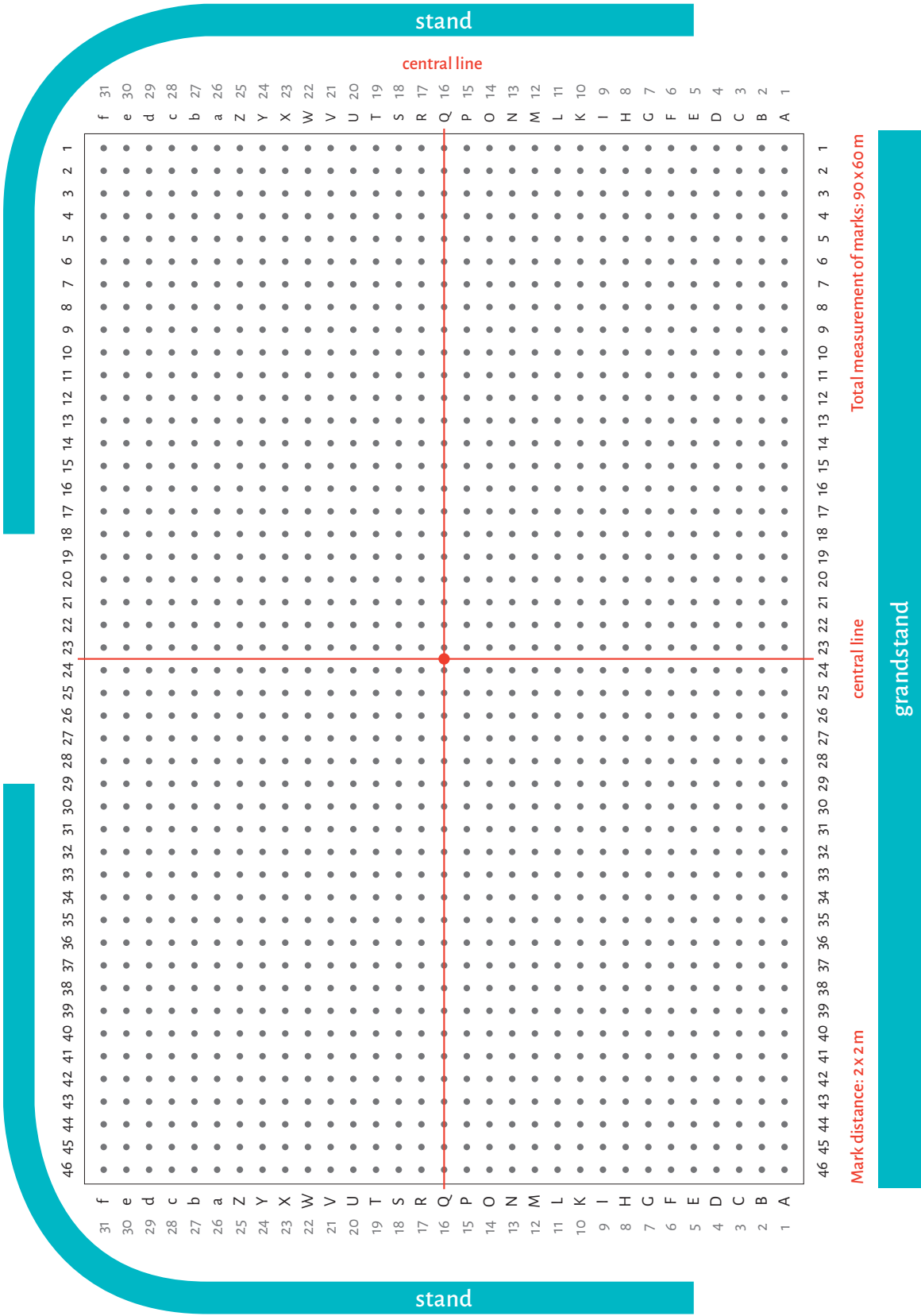
Performances

- Large Group Performances

Technics

Audio	Sound system and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Radio Microphone	Yes

Groundmarks at the Casino Stadium Bregenz



centre mark



3.4 | Open-air stages

In the centres of eight different towns and villages in Vorarlberg open-air stages will be built. The World Gymnaestrada is coming to the heart of the towns and it is certain the performances will thrill the spectators, as they will be close to the action, whether it is a planned visit or

just by chance. Old and young, business people, families and pensioners, all passing through the centres of the towns and the World Gymnaestrada will be the middle point of this encounter.

The other way around

With the open-air performances, the Vorarlberg people are not coming to the World Gymnaestrada, but the World Gymnaestrada is coming to the people of Vorarlberg. This is a highlight that together with the National Villages is

not just for the spectators but also for the participants to celebrate the World Gymnaestrada 2019 motto – »come together. show your colours!«

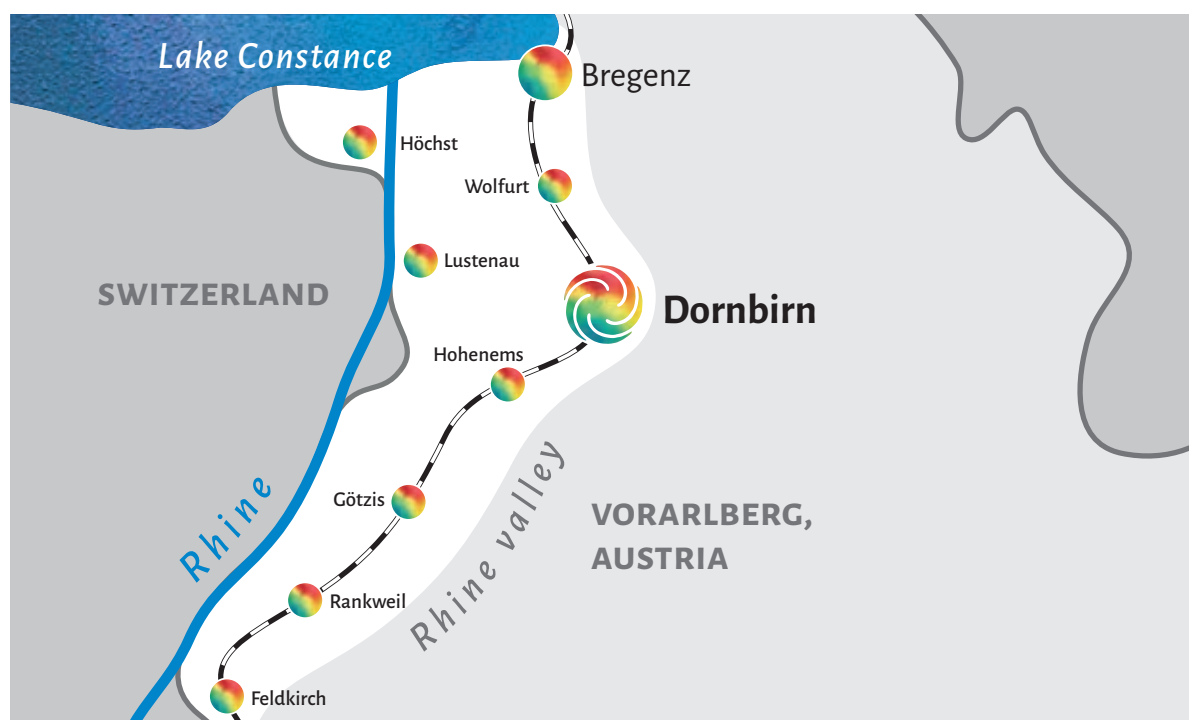
City Performances – the icing on the cake of your group performances

With the outdoor atmosphere at various »hotspots« within the Gymnaestrada region, performances on an open-air stage offer unique possibilities at attractive venues for every group which is interested in adding one or two extra shows to their three group performances at the Trade Exhibition Centre. And with the offered set-up (adequate dimensions of the performance area, completely covered stage to have both rain protection as well as sun-

screens, easily reachable via the public transport system) there should not be any excuses for not performing at an open-air stage. Even more, the LOC can offer two stages (Wolfurt and Hohenems) which are equipped with a substantial number of gymnastic apparatus and will also assist in case of any transport needs between the Trade Exhibition Centre and the open-air stages.

Locations of the City Performance stages

The City Performance stages will be located in Bregenz, Höchst, Wolfurt, Lustenau, Hohenems, Götzis, Rankweil and Feldkirch.



Open-air stage details

© Dietmar Walser / Pfänderbahn AG



Bregenz

Stage dimensions: 16 x 16 m

Performance area: 14 x 14 m

Stage height: 0.4 m

Distance between stage and roof: 5.5–6.3 m

Stage location: harbour area, right at Lake Constance



Höchst

Stage dimensions: 16 x 16 m

Performance area: 14 x 14 m

Stage height: 1.3 m

Distance between stage and roof: 6.5 m

Stage location: church square, village centre



Wolfurt

Stage dimensions: 16 x 16 m

Performance area: 14 x 14 m

Stage height: 0.5 m

Distance between stage and roof: 6.5–9.5 m

Stage location: next to the event location »Cubus«, village centre

© Marcel Hagen, Lustenau Marketing



Lustenau

Stage dimensions: 20 x 20 m

Performance area: 14 x 14 m

Stage height: 0.6 m

Distance between stage and roof: 5.0–7.4 m

Stage location: in the middle of the sports park, next to park stadium



Hohenems

Stage dimensions: 20 x 16 m

Performance area: 14 x 14 m

Stage height: 0.8 m

Distance between stage and roof: 6 m

Stage location: castle square, city centre



Götzis

Stage dimensions: 16 x 14 m

Performance area: 14 x 12 m

Stage height: 1.1 m

Distance between stage and roof: 6 m

Stage location: next to »Saint Ulrich« church, village centre



Rankweil

Stage dimensions: 18 x 16 m

Performance area: 14 x 14 m

Stage height: 1.1 m

Distance between stage and roof: 6 m

Stage location: market square, village centre



Feldkirch

Stage dimensions: 16 x 16 m

Performance area: 14 x 14 m

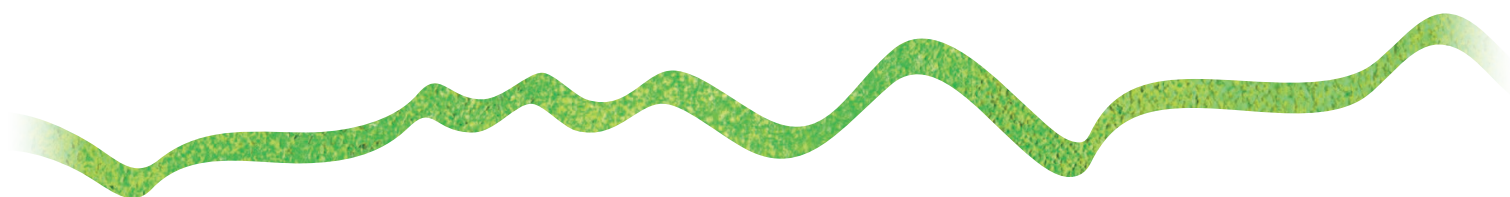
Stage height: 0.5 m

Distance between stage and roof: 6 m

Stage location: Reichenfeld area, close to city centre



4



Programme

4.1 | Provisional Timetable

	7 th Sunday	8 th Monday	9 th Tuesday	10 th Wednesday	11 th Thursday	12 th Friday	13 th Saturday	
9.00		Group Performances	Group Performances	Group Performances	Group Performances	Group Performances		9.00
10.00							FIG-Gala	10.00
11.00							Work-shops	11.00
12.00								12.00
13.00		Large Group Performances	Large Group Performances		Large Group Performances			13.00
14.00								14.00
15.00								15.00
16.00	Opening Ceremony						Closing Ceremony	16.00
17.00								17.00
18.00		National Performances Hall 6	National Performances Hall 6		National Performances Hall 6	FIG Gala		18.00
19.00		Hall 9	Hall 9	Dornbirn Special	Hall 9			19.00
20.00		National Performances Hall 6	National Performances Hall 6		National Performances Hall 6	FIG Gala		20.00
21.00		Hall 9	Hall 9		Hall 9			21.00
22.00								22.00

Dated November 2018. This is a provisional timetable.
Changes may still be made. Rehearsal times will be communicated later.

Dated November 2018: This is a provisional programme outline, changes are possible. More detailed information will be published in Bulletin 5.

4.2 | Opening Ceremony

Location	Birkenwiese Stadium Dornbirn
Date	Sunday, 7 th July
Time	16.00
Duration	2 hours
Capacity	25,000 persons
Theme:	Show your colours!
Note	spectators standing on all sides of the arena
Measure	7,000 m ²



4.3 | Group Performances

Location	Trade Exhibition Centre Dornbirn, 8 halls
Date	Monday, 8 th to Friday, 12 th July
Time	Daily from 9.00 to 17.30
Duration	10 or 15 minutes per show
Capacity	Up to 1,000 persons
Measure	6 halls with 400 m ² 2 halls with 600 m ²



4.4 | Large Group Performances

Location	Casino Stadium Bregenz
Date	Monday, 8 th , Tuesday, 9 th and Thursday, 11 th July
Time	13.00 – 17.00
Duration	max. 15 minutes per show
Capacity	10,000 persons
Measure	6,800 m ²



4.5 | City Performances

Location	Eight open-air stages in centres of different towns and villages
Date	Monday, 8 th to Friday, 12 th July
Duration	5 to 15 minutes per show



4.6 | National Performances

Location	Trade Exhibition Centre Dornbirn, Hall 6 and 9
Performances in Hall 6	<div>  Switzerland Monday, 8th July, 18.00 and 20.30 </div> <div>  Nordic Evening Tuesday, 9th July, 18.00 and 20.30 </div> <div>  Portugal Thursday, 11th July, 18.00 </div> <div>  Japan and Asian friends Thursday, 11th July, 20.30 </div>
Performances in Hall 9	<div>  Austria Monday, 8th July, 18.30 and 21.00 </div> <div>  Germany Tuesday, 9th July, 18.30 and 21.00 </div> <div>  Italy Thursday, 11th July, 18.30 </div> <div>  PAGU – Pan American Gymnastics Union Thursday, 11th July, 21.00 </div>
Duration	1.5 hours each
Capacity	Hall 6 seating for 4,000 persons Hall 9 seating for 2,200 persons
Note	spectators sitting on three sides of the arena, curtain on backside
Measure	Hall 6: 40 x 20 m Hall 9: 25 x 20 m



4.7 | Dornbirn Special

As we loved the idea of the »Midnight Sun Special« in Finland we decided to use this concept ourselves. On Wednesday evening we have now organised a special event for the Large Groups and we have called it the »Dornbirn Special«.

Location	Birkenwiese Stadium Dornbirn
Date	Wednesday, 10 th July
Time	19.00
Capacity	25,000 persons
Note	spectators standing on all sides of the arena
Measure	7,000 m ²



4.8 | World Team

In 2015 the LOC in Helsinki introduced the World Team for the first time and set a new mile-stone for the World Gymnaestrada. 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. There were so many registrations at Helsinki – and over 2,000 people took part in the World Team. The study by Prof. Dr. Angela Wichmann shows which emotions were left behind by the participants.

Participants Voices

Participants describe their impressions in the following words:

- » *It fulfils my old gymnast's heart with pride that we are now doing truly international gymnastics. I would have never dared to even dream about that.*
- » *We speak different languages, we live in different places, we have different cultures, but we are all united by gymnastics and through the dance and the gymnastics we are all speaking the same language. So, it kind of takes down a lot of barriers.*



Prof. Dr. Angela Wichmann
Lecturer at the Fresenius University of Applied Sciences in Munich. As a gymnast, she had often taken part in the World Gymnaestrada and has studied the effects of belonging to a group in the form of a qualitative dissertation. This doctoral dissertation is published on www.wg2019.at.

- » *My God, can you believe that we are out here on the field with 2,000 people from all over the world and we are all dancing together. And it was a huge feeling of unity and inclusion and just very special.*

(Source: Prof. Dr. Angela Wichmann, Participating in the World Gymnaestrada – An expression and experience of a supra-national community, 2015)

Motto

We celebrate all colours from all over the world!

The Programme

The complete choreography has already been presented to the FIG committee in February 2018 at the 2nd Joint Meeting; a further demonstration took place at the GfA course in Ottawa, Canada. Since April 2018 everybody interested is able to download the entire instruction material for learning the World Team choreography from our website www.wg2019.at.

Participation: All World Gymnaestrada participants as well as individuals

Programme: Available via DVD, Internet and written instructions

Rehearsals: Two rehearsals

Performances:

Two performances:

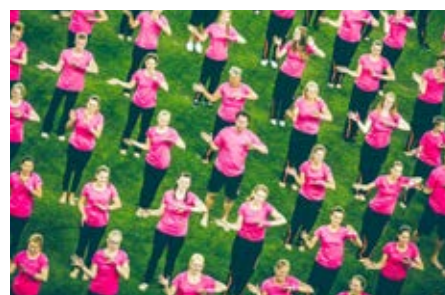
- World Team »Blue«: Dornbirn Special (Wednesday) and Large Group Performances (Thursday)
- World Team »Green«: Large Group Performances (Thursday) and Closing Ceremony (Saturday)

ATTENTION: Due to the high demand for the World Team (we already have pre-registrations for more than 2,500 participants) with, at the same time, limited capacity on the performance area at the Birkenwiese Stadium Dornbirn, the current status in our project plan looks like we are going to split the World Team into two groups, World Team »Blue« and World Team »Green«. This shall ensure that everybody interested can in fact also participate in the World Team.

The allocation of participants interested in the World Team towards Team »Blue« and Team »Green« can only be specified after the Definitive Registration. It needs to be stressed in this respect: With the decision to have a performance of each World Team group on Thursday at the Large Group Performances event in Bregenz, it will be very difficult to consider a participation at a National Federation's Large Group Performance AND the World Team!



© WG 2015 Helsinki



© WG 2015 Helsinki

4.9 | FIG Gala

Location	Trade Exhibition Centre, Hall 6
Date and time	Friday, 12 th July, 18.00 and 20.30 Saturday, 13 th July, 10.00
Duration	Each time 1.5 hours
Capacity	4,000 persons per show
Aim	shows the variety of Gymnastics for All
Note	spectators sitting on three sides of the arena, curtain on backside
Measure	40 x 20 m

The FIG Gala is an event organised by the FIG, which shows the variety of Gymnastics for All and this is shown by their interpretation.

In order to select groups for the FIG Gala, all FIG Federation members have been requested to suggest groups. This was done with films showing the standard and quality of the groups to enable a proper selection. All presentation materials submitted should show the general abilities of the group.

According to the guidelines of the FIG, Siegfried Kernbeiss has been nominated as the coordinator in this area, working together with the two choreographers Marina and Guy Mäder. Unfortunately not all groups could be accepted as the FIG Gala is a choreographed show. This is the reason why a comprehensive application procedure was exercised, including a defined time schedule for the submission of application material, the sequence of the selection procedure and the information concerning the selected groups.

In February 2018 all involved Federations were informed in writing about the selection of the groups. All Federations have meanwhile informed their successful groups accordingly. Subsequently a first information letter with details on the further process of the FIG Gala organisation has been sent out to the involved Federations.

The following nations and groups are represented at the FIG Gala 2019:

Australia	PCYC Gyमारोos Performance Team	Israel	Maccabi Dan
Austria	Novus & The Freaks acrobatics showteam	Italy	Societa dilettantistica gimnastica
Benin	Les super acrobates	Japan	International Old Boys
Canada	Team Saskatchewan	Mexico	Holistica Gimnasia
Czech Republic	Sokol Kampa Trampoline Praha	Norway	Fredrikstad Gymnastics Club
Denmark	Gjellerup	Portugal	Mãe D'Água
Finland	Team Finland	Sweden	Malmöflickorna
Germany	TV Ludwigshafen-Bodensee »Showteam Blues Brothers«	Switzerland	Swiss rings & Welsch Master Team
Greece	Olympiada Thrakomakedonon	United States	Chattooga
		Zimbabwe	Zimgym



4.10 | Workshops

The topic of the workshops is called **»Movement offer for anyone, for all participants and spectators«**

The workshops will take place on Saturday morning in four different halls in the Trade Exhibition Centre where Group Performances are scheduled from Monday to Friday. In addition it is planned to offer outside platforms to participating groups (coaches, trainers) on different days during the week with the intention to also address and involve the local population. Thereby the well-established

initiative »Vorarlberg moves«, focusing on low-threshold offers for sports-interested people will be joining forces with the World Gymnaestrada in order to support the de-centralized workshop offerings. In such way it should be achieved that – just like with City Performances – the Gymnaestrada workshops go out to the audience, to the National Villages.

The way of presentation should be practical for all participants and ensure that as many as possible can take part. Examples for the workshops are:

- Health sports
- Fitness sports
- Typical dances from the participating countries
- Gymnastics for All
- Movement offer for kids
- and so on

All participating countries are invited to contribute something for the workshops »Movement offer for anyone, for all participants and spectators«.

Trade Exhibition Centre:

Saturday, 13th July: 9.30 to 10.30 and 10.45 to 11.45
in Halls 1 – 4

De-centralized workshops:

During week-days at different places of the National Villages (according to availability of coaches, trainers and in agreement with local clubs)



4.11 | Closing Ceremony

Location	Birkenwiese Stadium Dornbirn
Date	Saturday, 13 th July
Time	16.00
Duration	1.5 hours
Capacity	25,000 persons
Note	spectators standing on all sides of the arena
Measure	7,000 m ²



4.12 | Ticket prices

With the purchase of a Participant Card most of the events taking place within the World Gymnaestrada week are included in the price. This applies to the Opening Ceremony, the Dornbirn Special and the Closing Ceremony (each taking place at the Birkenwiese Stadium Dornbirn). In addition, the Participant Card enables free entry to the Group Performances (Monday to Friday) and the workshops (Saturday) in the Trade Exhibition Centre Dornbirn,

to the Large Group Performances at the Casino Stadium Bregenz and, of course, also to the City Performances on the eight open-air stages, where in general no entrance fee has to be paid. On top of that the Participant Card allows the use of the entire public transport system (trains & buses) within the region where the World Gymnaestrada 2019 takes place (colour zones blue, green, red and yellow) – free of charge!

Further benefits of the Participant Card include:

- one free ride with the Karren cable-car in Dornbirn (one time up and down)
- substantial discount for the usage of the Pfänder cable-car in Bregenz, the inatura museum in Dornbirn, all swimming areas within the Rhine Valley, the Rhein-Schauen Association in Lustenau, Vorarlberg Lines Ships in Bregenz and many more
- numerous special offers provided by our partners (list of benefits is continuously extended)
- entry to an official rehearsal of the opera »Rigoletto« at the Bregenzer Festspiele on Thursday, 11th July at the price of just € 10,– (to be ordered by the National Federations between 1st and 31st January 2019 via tickets@wg2019.at)

Holders of a Participant Card have to pay extra costs for National Performances and for the FIG Gala, having the following price categories:

National Performances		FIG Gala	
category 1	€ 28,–	category 1	€ 35,–
category 2	€ 24,–	category 2	€ 31,–
category 3 (standings, only Hall 6)	€ 18,–	category 3 (standings)	€ 25,–

Ticketing

On Monday, 26th November 2018, the official ticket sales have started. World Gymnaestrada participants are covered for most of the events via their Participant Card (which includes the Opening Ceremony, Dornbirn Special, Closing Ceremony, Group Performances, Large Group Performances

and City Performances). At the same time they can apply for tickets for the National Performances and the FIG Gala at the Definitive Registration (to be done by their National Federation via Gymnaplana).

Tourists, visitors, etc. can get hold of tickets via the following sources:

Online via ...

- www.laendleticket.com
- www.oeticket.com
- www.ticketcorner.ch
- www.eventim.de

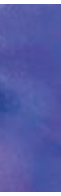
or locally ...

at more than 100 branches of either banking institution »Raiffeisen« or »Sparkasse«.

For further information on all the available performances and prices please check www.wg2019.at. Just click on »Tickets« in the right menu and secure tickets for your favourite events and groups.



5



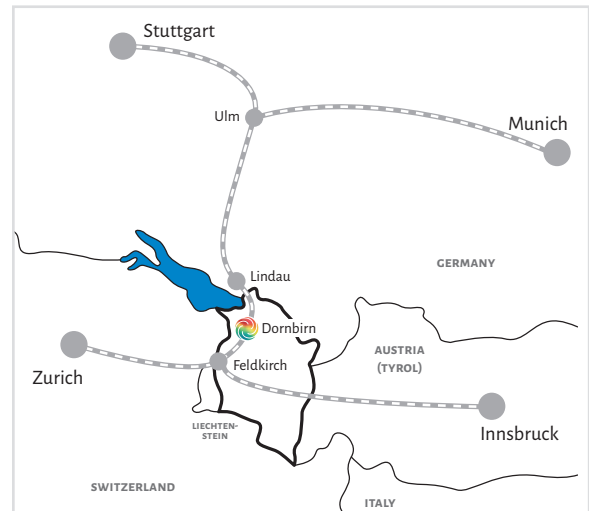
Organisation

5.1 | Arrival

Dornbirn is in the heart of Europe and is easily reachable with different means of public transport.

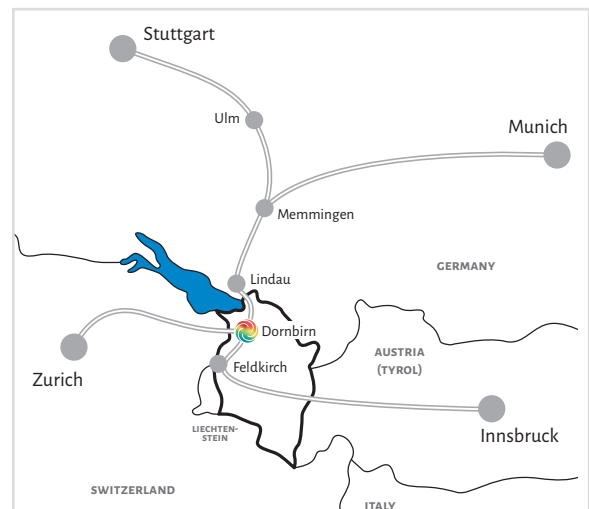
From central Europe by train ...

- Zurich – Feldkirch – Dornbirn
- Stuttgart – Ulm – Lindau – Dornbirn
- Munich – Lindau – Dornbirn
- Innsbruck – Dornbirn
- Vienna – Innsbruck – Dornbirn



From central Europe by bus ...

- Zurich – St. Margrethen – Lustenau – Dornbirn (N13)
- Stuttgart – Ulm – Memmingen – Lindau – Dornbirn (A8, A7, A96, A14)
- Munich – Memmingen – Lindau – Dornbirn (A96, A14)
- Innsbruck – Dornbirn (A12, A14)



From all over the world by airplane ...

- Zurich
- Stuttgart
- Munich
- Innsbruck
- Friedrichshafen
- Memmingen
- Altenrhein



Transfer rates

We are pleased to be at your service for the booking of your transfer from the airport to your accommodation (school or hotel) in your national village. The mentioned prices are per person and transfer (for a return trip you'll have to take the double price):

Zurich airport	€ 30,—
Munich airport	€ 45,—
Memmingen airport	€ 30,—
Friedrichshafen airport	€ 26,—

These transfers can be booked at the definitive registration via our registration platform GYMNAPLANNA.

In addition to such transfer offers we are also at your service regarding your travel arrangements. In this respect we are pleased to have Lufthansa City Center (LCC) as a valuable partner on board, ready to answer all your questions concerning your travel planning for the World Gymnaestrada 2019. Please feel free to get in touch with LCC via travel@wg2019.at

Lufthansa City Center – Who We Are

Founded in 1991, Lufthansa City Center (LCC) is a worldwide travel agency franchiser based in Frankfurt, Germany with 650 offices in 80 countries. We empower independently-owned and operated travel agencies by co-branding with LCC. Our focus on individual, tailor-made customer products for both leisure and corporate customers allows us to combine flexibility and innovation to provide a comprehensive service portfolio. All franchisees are the best at their game in our respective countries. As a global team, we are invincible. Our LCC concept offers a global program with local relevance to nurture the cultural differences and dynamics required in each market. A global presence with local capabilities ensures the best opportunity for delivering exceptional customer service.



Zurich airport



Munich airport



Memmingen airport



Friedrichshafen airport



5.2 | Visa requirements

All nationals from EU countries, the EEA countries (European Economic Area) and Switzerland do not need visas for the Republic of Austria. All other nationals need a visa when travelling to Austria, a member country in the Schengen zone.

This concerns the following countries:

 Afghanistan	 India	 Qatar
 Algeria	 Indonesia	 Republic of Congo
 Angola	 Iraq	 Russia
 Armenia	 Iran	 Saudi Arabia
 Aruba	 Jamaica	 Senegal
 Azerbaijan	 Jordan	 South Africa
 Bahrain	 Kazakhstan	 Sri Lanka
 Bangladesh	 Kenya	 Sudan
 Belarus	 Korea Dem. Pop. Rep.	 Syrian Arab Republic
 Benin	 Kosovo	 Tanzania
 Bermuda	 Kyrgyzstan	 Thailand
 Bolivia	 Lebanon	 Tunisia
 Cambodia	 Libya	 Turkey
 Cameroon	 Malawi	 Turkmenistan
 Cape Verde	 Mongolia	 Uzbekistan
 Cayman Islands	 Morocco	 Vietnam
 China	 Mozambique	 Yemen
 Cook Islands	 Myanmar	 Zimbabwe
 Cuba	 Namibia	
 Dominican Republic	 Nepal	
 Ecuador	 Nigeria	
 Egypt	 Pakistan	
 Ethiopia	 Palestine	
 Fiji	 Philippines	

We will help you at all times in regard to visa applications.

5.3 | Insurance

Participants of the World Gymnaestrada 2019 are offered the following insurance cover during their stay:

Assumption of costs incurred in case of an acute medical condition or accident up to a sum of € 50,000,—
The insurance covers the costs of necessary hospital treatment (both inpatient and outpatient), the transport to and from the nearest hospital, doctor's fees for medical treatment outside hospital and prescription medication.
The extra costs of repatriation are covered by the insurance without maximum rate in such cases where appropriate medical treatment is not possible in Austria.

The insurance cover specified above is valid upon receipt of the personal data and the premium of **€ 20,—** per person (insurance tax included) and basically applies to the duration of the World Gymnaestrada (7th to 13th July 2019). In practical terms, the insurance cover starts with the moment of entering Austria and ends with the moment of leaving Austria whereby the maximum insurance cover period is defined from 1st July 2019 to 1st August 2019. For participants who have booked a transfer from an airport or railway station outside Austria (e.g. Zurich or Munich) to their accommodation and back via the WG-LOC, the insurance cover starts from the moment of reaching such arrival airport/railway station (in-bound)

and ends at the moment of reaching the departure airport/railway station (out-bound). The insurance cover for the agreed services basically refers to Austria, however it is also applicable for the Schengen region (including Switzerland, Germany and the Principality of Liechtenstein) in case of visiting a place of excursion within such countries during the duration of the World Gymnaestrada.

We would like to mention that an insurance, which covers medical cost abroad and for events, is obligatory for all participants. If you purchase your insurance in your country, you have to provide the relevant data (name, insurance number) to your National Federation upon your registration.

In cooperation with
our insurance partner:



5.4 | Notification of Interest/Notification of Participants

So far, no less than 77 National Federations, from all five continents, have expressed their interest in participating in the World Gymnaestrada 2019 in Dornbirn. This is a tremendous credit of trust and motivation for the LOC in its ambition to top the number of federations which have taken part in the World Gymnaestrada back in 2007 (then it was 53 federations). Several National Federations have also expressed their interest to have a National

Performance and the demand of groups to take part in the FIG Gala has been extraordinarily high.

While we highly value such global interest in participating in one or the other way in the World Gymnaestrada 2019 we will continue our efforts in the coming months of attracting additional National Federations to register for a participation.

Currently the list of Federations who have entered a Notification of Interest or a Notification of Participants contains the following countries:

 Afghanistan	 Great Britain	 Peru
 Albania	 Greece	 Poland
 Angola	 Honduras	 Portugal
 Argentina	 Hungary	 Qatar
 Armenia	 Iceland	 Romania
 Australia	 Iran	 Russian Federation
 Austria	 Ireland	 San Marino
 Azerbaijan	 Israel	 Serbia
 Barbados	 Italy	 Singapore
 Belarus	 Japan	 Slovakia
 Belgium	 Kenya	 Slovenia
 Benin	 Latvia	 South Africa
 Brazil	 Libya	 Spain
 Bulgaria	 Liechtenstein	 Sri Lanka
 Canada	 Lithuania	 Sweden
 Cape Verde	 Malaysia	 Switzerland
 Chile	 Malawi	 Tanzania
 Cook Islands	 Malta	 Thailand
 Czech Republic	 Mexico	 Trinidad and Tobago
 Denmark	 Mozambique	 Turkmenistan
 Estonia	 Nepal	 United States of America
 Ethiopia	 Netherlands	 Uruguay
 Fiji	 New Zealand	 Uzbekistan
 Finland	 Nigeria	 Venezuela
 France	 Norway	 Zimbabwe
 Germany	 Paraguay	

5.5 | Merchandising

The first products of the WG2019 collection are available now. More items will be launched gradually before the event starts in 2019.

Sustainability is our priority, even concerning our merchandising products! That is why most of our products are created in cooperation with local companies or social facilities and according to ecological standards. We hope you will love our products!

WE CARE 

Our products

skipping ropes



lip balm



keychain



wristband



lunch box containing
typical local specialties



travel pillow



blanket in
mascot-puppet
»Dorli«



plush figure mascot »Dorli«



pillow cover

frisbee



pin



wooden shoehorn



These and many more items are
available at our online shop:
shop.wg2019.at

For team orders or special inquiries
please contact:
shop.wg2019.at or
+43(0)699 17153083



5.6 | Stands

Exhibition space for both national stands and commercial stands is available in the Trade Exhibition Centre Dornbirn in Hall 14 and in the foyer between Halls 13 and 14. To define the appropriate layout and setting of its stand each National Federation/exhibitor can choose amongst different sizes and an extensive variety of rental equipment.



symbol picture

Federation Stands

Basic Booth: White Profile System wall elements (System Pila), dark grey carpet, name plate 180 x 35 cm and electrical connection including three plugs (220 V).

Size	Price
booth 6 m ²	€ 1,038,—
booth 12 m ²	€ 1,750,—
booth 18 m ²	€ 2,330,—
booth 24 m ²	€ 2,850,—
booth 30 m ²	€ 3,420,—
booth 36 m ²	€ 3,910,—



Federations Booking Area:

<http://dornbirn.gymnaplana.org/login>

Additional rental equipment

Party table	€ 42,—	Trash can	€ 24,—
Bar stool	€ 42,—	Refrigerator	€ 174,—
Meeting table	€ 42,—	Storage room (1 x 1 m) + curtain	€ 216,—
Chair	€ 36,—	Storage room (1 x 1 m), lockable	€ 252,—
Info counter, open	€ 156,—	1 m wall element, 2,5 m high	€ 54,—
Info counter, lockable	€ 180,—	Carpet, dark grey, per m ²	€ 18,—
Brochure holder (DIN A4)	€ 42,—	Capsico coffee machine incl. 100 mixed coffee capsules	€ 199,—

Prices incl. 20 % VAT as per March 2018. Subject to modification.



party table

bar stool



chair

meeting table



info counter, open



info counter,
lockable



brochure holder



trash can



refrigerator



Storage room lockable (different sizes possible)

Commercial Stands

In addition, commercial exhibitors from their country can present themselves at the World Gymnaestrada 2019.



Information on prices can be found via www.wg2019.at
or directly from the responsible LOC person:

Mr. Marc Brugger, MBA

phone: +43 664 2134354

e-mail: marc.brugger@wg2019.at

WG2019

Messeplatz 1

6850 Dornbirn

Austria

5.7 | Media

Media accreditation

Any interested media representatives (journalists, photographers, TV crews) have to submit their accreditation request via the FIG media platform media.gymnastics.sport. Media accreditation will provide the relevant access to the Main Press Centre (MPC) as well as to the media positions

at the different venues. Please note that the registration for media accreditation is planned to open in spring 2019. An update on this topic will be provided in Bulletin 5, to be published in March 2019.

Host broadcaster

At the Second Information Meeting it has been announced that the Austrian Broadcasting Company ORF is going to be the official host broadcaster of the World Gymnaestrada 2019. This cooperation will assure a wide coverage of this FIG Gymnastics for All event not only within Austria, but also on an international scale via different media partnerships. Live coverage of the Opening Ceremony, a FIG Gala as well as the Closing Ceremony has already been deter-

mined; on top of that daily summaries of the most interesting performances were fixed as well. Further negotiations are currently underway in regard to the televising of National Performances. Generally speaking it can be said that with the know-how of the professional ORF sports media team a comprehensive coverage of the World Gymnaestrada 2019, whether on TV, radio or via online reports, is assured!



ORF V

6



General Information

6.1 | FIG Contacts

Fédération Internationale de Gymnastique

Avenue de la Gare 12a
1003 Lausanne, Switzerland

www.gymnastics.sport

Contact person:

Mr. Alexandre Cola

acola@fig-gymnastics.org

Tel. +41 21 321 55 18

FIG Gymnastics for All Committee



Margaret Sikkens Ahlquist
Sweden



Monika Šišková
Slovakia



Rogério Valério
Portugal



Tatsuo Araki
Japan



Marco Antonio Bortoletto
Brazil



Ruedi Steuri
Switzerland



Flemming Knudsen
Denmark

6.2 | LOC Contacts

Weltgymnaestrada 2019 gemeinnützige GmbH

J.-A.-Herrburger Straße 8
6850 Dornbirn, Austria

Office: Messeplatz 1, 6850 Dornbirn, Austria

www.wg2019.at

Contact person:

Ms. Nina Amann

nina.amann@wg2019.at

Tel. +43 5572 93 18 01

Local Organising Committee

Executive Committee



Marie-Louise Hinterauer
President



Monika Reis
President Gymnastics
Federation Vorarlberg



Erwin Reis
CEO



Nina Amann
Office Management and
International Contacts



Nadine Flatz
Office Management Sports



Christina Üblackner-Mäser
Office assistance and
Communication/App



Marc Brugger
Marketing and Sponsoring



Linda bij de Leij
Office assistance and
Ticketing



Eva Thurnher
Consulting and VIP



Herbert Kaufmann
Finances



Thomas Gangl
Finances



Günter Felder
Legal advisor

Sports and Programme



Thomas Bachmann
Head of Sports Group/Large Group/
National Performances, FIG Gala,
Workshops, City Performances



Susanne Dür
Responsibility events at Birkenwiese
Stadium Dornbirn



Britta Hafner
Choreography Opening/Closing
Ceremony, World Team



Anne Thaeter
Choreography World Team



Thomas Koch
Large Group Performances



Peter Simeaner
National Performances Hall 6



Nicole Tschabrun
Dornbirn Special, Austrian Evening



Siegfried Kernbeiß
FIG Gala



Wolfgang Hinteregger
Sports Grammar School



Karin Engstler
Head of Sports Opening/Closing
Ceremony, Dornbirn Special, World
Team, Austrian Evening



Harald Rauch
Responsibility events at Birkenwiese
Stadium Dornbirn



Kerstin Beiter
Choreography Opening/Closing
Ceremony



Günther Schmidt
Group Performances



Klaus Schmid
Large Group Performances



Anita Stanzl
National Performances Hall 9



Susanna Pröll
Austrian Evening



Franz Marte
Workshops

Infrastructure Sports



Werner Stiebinger
Head Infrastructure and Apparatus



Günter Feuerstein
Trade Exhibition Centre
Dornbirn



Jürgen Albrich
Venues Dornbirn



Gerold Perle
Birkenwiese Stadium
Dornbirn



Christophorus Schmid
Security Birkenwiese Stadium
Dornbirn



Herbert Palli
Birkenwiese Stadium
Dornbirn

Public Services



Hans-Peter Ludescher
Head Security



Robert Spiegel
Head Medical Support



Johanna Dreibholz
Medical Support



Ilse Dreher
VIP Hosting



Marc Gächter
Media



Wolfgang Berchtold
Media

Technics



Josef Madlener
Head Light and Sound Engineering



Bruno Hämmerle
Light and Sound Engineering



Herbert Frühwirth
Light and Sound Engineering



Michael Wimmer
Light and Sound Engineering

IT and Design



Lukas Köb
Gymnaplana



Sebastian Nagel
Kapitel 4
Design



Johannes Rinke
IT Consulting and Administration

Accommodation and Catering



Christian Schützinger
Head Vorarlberg Tourism



Urs Treuthardt
Head Bodensee Vorarlberg Tourism



Anja Gunz
Hotel accommodation



Heinz Amann
Head School accommodation



Hanno Ölz
School accommodation



Martin Stiebinger
Catering



Andreas Gstach
Catering

Transportation



Karl-Heinz Winkler
Head Transport



Armin Hinterauer
Coordination VIP Transport



Matthias Frick
VIP Transport

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