



BOOK OF ABSTRACTS



FIG

**GYMNASTICS
FOR ALL**

COLLOQUIUM 2025

BAKU, AZERBAIJAN

UNDER THE PATRONAGE OF



AGF
AZƏRBAYCAN GİMNASTİKİ
FEDERASIYASI





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INTRODUCTION

The 2025 *Book of Abstracts* is the official publication of the Gymnastics for All (GfA) Colloquium, an annual international event organized by the Fédération Internationale de Gymnastique (FIG), in close partnership with a designated Local Organizing Committee. In 2025, the honor of hosting was granted to the Azerbaijan Gymnastics Federation, which welcomed the global GfA community to the city of Baku for a remarkable edition held under the esteemed patronage of UNESCO.

The GfA Colloquium is a knowledge-sharing forum that brings together delegates from all five continents to discuss the growing relevance of Gymnastics for All in promoting health, social cohesion, inclusivity, and active lifestyles. As a dynamic platform for international dialogue and collaboration, the event serves as a confluence of academic reflection, grassroots innovation, and institutional commitment. The 2025 edition was marked by a renewed emphasis on the social impact of gymnastics, aligned with the broader educational and communicative goals of UNESCO.

The *Book of Abstracts* reflects the intellectual and practical richness of the Colloquium. It gathers a wide array of presentations delivered during the event, encompassing research papers, institutional case studies, programmatic overviews, and educational strategies from across the world. Each contribution bears witness to the transformative potential of GfA, whether implemented in schools, clubs, universities, elderly centers, or high-level federative systems.

Among the central themes addressed in this edition, special attention was devoted to the intersection of GfA and public health, the role of gymnastics in aging societies, and the design of inclusive models capable of reaching populations historically marginalized from sports practices. Many contributions celebrated the power of movement and expression in reinforcing community identity, rebuilding self-esteem, and fostering intergenerational connection.

This 2025 Colloquium also reinforced the importance of safeguarding, sustainability, and communication within the GfA ecosystem. Sessions dedicated to these topics encouraged the development of ethical guidelines, environmentally conscious event practices, and new formats



of dissemination—such as newsletters, podcasts, and video testimonies—to broaden the reach and understanding of the movement.

Educational development remained a foundational pillar. The FIG’s ongoing efforts to offer the “Foundations of Gymnastics” courses, expand digital learning platforms, and support the design of national development models. The Abstracts also capture a growing interest in cross-sector collaboration, including partnerships between federations and universities, government bodies, and health institutions.

As a tangible outcome of the Colloquium, this *Book of Abstracts* offers a lasting archive of the ideas, methodologies, and experiences shared during the gathering. It is an example to the FIG’s commitment to dialogue, equity, and innovation, and an invitation for all readers—coaches, educators, researchers, and policy-makers—to engage actively in shaping the future of Gymnastics for All.

For further details on the 2025 Colloquium and its highlights, please refer to the official releases by the International Gymnastics Federation:

- [Looking ahead to the 2025 Gymnastics for All Colloquium](#)
- [Colloquium highlights power of Gymnastics for All](#)

As this vibrant international movement continues to grow, the 2025 *Book of Abstracts* stands as a symbol of the collective aspiration to make gymnastics truly for everyone—fun, inclusive, lifelong, and transformative.

Rogério Valério

President of the Gymnastics for All Committee of the International Gymnastics Federation



PROGRAM

DAY	TIME	ACTIVITY
1/04/2025		Arrival day
	19:00 – 21:00	Welcome function
2/04/2025	08:00 – 09:00	Breakfast
	09:00 – 09:30	1. Official Opening
	09:30 – 10:00	2. New cycle – Future perspectives
	10:00 – 10:30	3. World Gym for Life Challenge
	10:30 – 11:00	Coffee Break
	11:00 – 11:15	4. Last cycle highlights
	11:15 – 12:00	5. GfA Manual 2025 update
	12:00 – 12:30	6. Group discussion: Safeguarding
	12:30 – 14:30	Lunch
	14:30 – 15:00	7. Follow up Colloquium 2023: Sustainability
	15:00 – 16:00	8. Follow up Colloquium 2024: Sport Universities
	16:00 – 16:30	Coffee Break
	16:30 – 17:00	9. World Gymnaestrada 2027
	17:00 – 18:00	10. GfA events: Bid process procedures & requirements
	19:00 – 21:00	Dinner in the City
	07:00 – 09:00	Breakfast
3/04/2025	09:00 – 09:15	1. Opening and Recap
	09:15 – 10:30	2. GfA Social Impact: in general
	10:30 – 11:00	Coffee Break
	11:00 – 11:30	3. GfA Social Impact: an age group
	11:45 – 12:30	4. Group work
	12:30 – 14:00	Lunch
	14:00 – 15:00	Transfer by bus to <i>Gymnastics Arena</i>
	15:00 – 18:00	Cultural, Social & Gymnastics activities
	18:00 – 19:30	Dinner & Cultural evening
	20:00 – 21:00	Transfer by bus back to hotel
4/04/2025	07:00 – 09:00	Breakfast
	09:00 – 09:15	1. Opening and Recap
	09:15 – 10:30	2. GfA Social Impact: Cultural perspective
	10:30 – 11:00	Coffee Break
	11:00 – 12:00	3. GfA Azerbaijan
	12:00 – 12:30	4. GfA around the World
	12:30 – 14:00	Lunch
	14:30 – 16:00	5. GfA around the World
	16:00 – 16:30	Coffee Break
	16:30 – 17:30	GfA all around the World
	17:30 – 18:00	Recap and Closing
	19:00 – 22:00	Closing Dinner
5/04/2025		Departure day



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GYMNASTICS FOR ALL: HIGHLIGHTS OF THE 2022-2024 CYCLE

Rogério Valério; Jérôme Huebscher; Monika Siskova

FIG Gymnastics for All Committee

This presentation reviewed the key achievements and developments of the 2022–2024 Gymnastics for All (GfA) cycle, a period marked by challenges (COVID-19 and the World Gym for Life Challenge cancelled) and significant progress. Despite being a shorter cycle, it featured an intensive agenda with 21 meetings involving committee members and GfA leaders, including 12 online and 9 face-to-face gatherings. Notable updates include the expansion of GfA guiding principles from four to five—Fun, Fitness, Fundamentals, Friendship, and Forever—and the revision of both the GfA Manual and the Heads of Delegation Guidelines. Education and development initiatives were a central focus, with the “Foundations of Gymnastics” Academy Course delivered across four continents (RSA, VEN, KUW, BRA, ARU, FIJ, NEP, HON) and supported by a growing e-learning platform for pre-course theory. The “Join GfA Activities” workshops held in Mongolia and South Korea, alongside observations of national and continental events, contributed to a strengthened global exchange. The participation of 18,743 individuals from 55 national federations in the XVII World Gymnaestrada in Amsterdam/Netherlands. Highlights also included the Gymnastics for All Colloquium editions held in Lausanne (2022), Athens (2023), and Aracaju (2024), each advancing key themes from lifelong participation to the role of universities. Furthermore, the “Worldwide Experiences” e-book project documented the historical and educational evolution of GfA initiatives and good practices across continents. Finally, the cycle witnessed a record number of registered participants in the World Gym for Life Challenge and concluded the bid process for the 2027 World Gymnaestrada between Berlin and Lisbon, signaling strong momentum for future GfA endeavors.

Keywords: FIG; Gymnastics for All; Management.



FUTURE PERSPECTIVES OF THE GYMNASTICS FOR ALL: CYCLE 2025-2028

Rogério Valério; Jérôme Huebscher; Christopher Muchatuta; Yumiko Itoh; Monika Siskova;
Lori Laznovsky; Michele V Carbinatto
FIG Gymnastics for All Committee

The presentation outlined the strategic direction and future perspectives of the Gymnastics for All (GfA) Committee for the 2025–2028 cycle. Grounded in the five guiding principles—Fun, Fitness, Fundamentals, Friendship, and Forever—the vision emphasizes the inclusive, supportive, and lifelong nature of GfA. The program aspires to ensure that gymnastics is accessible for everyone, promoting values such as sharing, support, and mentorship across all levels of participation. To meet these goals, some priority actions have been identified. Firstly, the presentation stresses the need for greater engagement at the national level, encouraging more active federations and increased participation of gymnasts in GfA activities. This requires both grassroots development and a more robust institutional commitment to non-competitive forms of gymnastics. The update of key institutional resources, including the GfA Manual and the World Gym for Life Challenge regulations, is planned to better reflect the evolving identity of GfA and to align with the new branding guidelines of the International Gymnastics Federation (FIG). These updates will serve as foundational tools for improving program delivery and coherence across member federations. Education emerges as a cornerstone of future development, advocating for an expansion in the availability and geographic reach of educational opportunities, including the implementation of more GfA courses across all continents. Additionally, Colloquium will be organized globally to foster dialogue, share best practices, and advance the academic and practical knowledge base of GfA. In terms of communication, the goal is to enhance the program’s digital presence. Strategies include increasing visibility on social media platforms and exploring innovative formats for content dissemination. Planned publications, such as E-book Volume #2 and the Colloquium Book of Abstracts, aim to document and share knowledge produced by and for the GfA community. Looking ahead to flagship events, the World Gymnaestrada is positioned as a central moment for international celebration and exchange. The ambition is to match the number of participating federations with the anniversary year of the event (74th), reflecting both growth and unity within the global GfA movement. Finally, the presentation highlights the importance of closer collaboration with Continental Unions and the GfA Committee, reinforcing regional networks and ensuring that GfA strategies resonate with local contexts while adhering to global principles. In summary, this future-oriented framework lays out a comprehensive and inclusive vision for Gymnastics for All, aiming to strengthen structures, enhance education and communication, and foster global participation through shared values and collaborative development.

Keywords: FIG; Gymnastics for All; Management.



GYMNASTICS FOR ALL MANUAL UPDATE

Rogério Valério

FIG Gymnastics for All Committee

This presentation focused on the latest updates to the Gymnastics for All (GFA) Manual, a key reference document for organizing and participating in international GFA events. The revised manual emphasizes user-friendliness, particularly for first-time participants and host organizations, and integrates new references related to apparatus and large group ground markings. Updates also align the manual with the evolving structure of the World Gymnaestrada, including adjustments to the official program - such as including City Performance as official performance, registration procedures, coordination deadlines with the World Gym for Life Challenge. Additional modifications address payment logistics, which may now be anticipated, and reinforce participant requirements such as coaches holding a valid FIG ID and Heads of Delegation and staff completing the FIG Safeguarding Course. The manual further includes updated guidelines for the FIG Gala and clarifies the bid process and event scheduling. These comprehensive revisions aim to enhance accessibility, improve organizational coherence, and ensure alignment with the broader strategic developments of the GFA movement.

Keywords: FIG; Gymnastics for All; Manual; Education; Regulation.



WORLD GYM FOR LIFE CHALLENGE: LISBON GEARS UP TO HOST THE WORLD GYMNASTICS CHALLENGE

Ricardo Lima

PORTUGAL

Lisbon, Portugal is set to host the highly anticipated World Gym for Life Challenge 2025 from July 22nd to 26th. This prestigious international gymnastics event will transform the Portuguese capital into a vibrant hub for the sport, welcoming a remarkable 3800 participants comprising 142 groups from 32 countries, representing all five continents. The diverse range of activities and performances will take place across two of Lisbon's most iconic venues: the MEO Arena and the Pavilhão de Portugal. These state-of-the-art facilities will serve as the primary stages for the various gymnastic displays, workshops, and challenges throughout the event. The festivities will kick off on Tuesday, July 22nd, with a spectacular parade that will weave its way through the heart of Lisbon, connecting two of its most emblematic squares: from Praça do Rossio to Praça do Comércio. This vibrant procession will culminate in the official Opening Ceremony, an immersive 45-minute show held in the historic Praça do Comércio. This unique performance is designed to bring the spirit of gymnastics directly to the streets of Lisbon, offering an unforgettable experience for both participants and the public, and setting the stage for a week of breathtaking displays and cultural exchange. The World Gym for Life Challenge 2025 promises to be a true celebration of gymnastics, athleticism, cultural diversity, and global unity, showcasing the joy and artistry of the sport against the stunning backdrop of Lisbon.

Keywords: Events; Sporting Events; Gymnastics.



SAFEGUARDING IN GYMNASTICS FOR ALL

Christopher Muchatuta; Michele Viviene Carbinatto

FIG Gymnastics for All Committee

During the Colloquium, we conducted a group discussion centered on the theme of Safeguarding within the context of Gymnastics for All (GFA). To initiate the dialogue, we utilized Mentimeter with the prompt: *"What comes to mind when we say Safeguarding in GFA?"* Participants highlighted key concepts such as respect, protection, ethics, positive environment, and the shared responsibility of everyone involved. These responses set the tone for an engaging and reflective discussion about the collective role in ensuring safe practices. Following this, participants were asked to prioritize specific situations and locations where safeguarding concerns are most critical. The results pointed to school accommodation, coaches, volunteers, and backstage areas as the highest priorities, followed by managers, public transport, medical staff, other participants, and hotel accommodation. This prioritization exercise emphasized the diverse and complex environments that require careful safeguarding measures, underscoring that risk is present in both formal and informal settings linked to GFA activities. In addition, we surveyed the group using a Likert scale to assess the perceived importance of safeguarding education. The responses revealed an average score of 4.3 out of 5, reinforcing the consensus that safeguarding education is not only essential but must be extended to all members involved in GFA, with a particular emphasis on staff, coaches, volunteers, and officials. Participants further stressed that safeguarding is a shared responsibility between the International Gymnastics Federation (FIG), National Federations, and all individuals participating in events and activities. Overall, the discussion reaffirmed that safeguarding is a foundational element for ensuring a positive, ethical, and safe environment for all participants, and that comprehensive, inclusive educational initiatives are vital for strengthening the safeguarding culture across all levels of GFA.

Keywords: *Safeguarding; Ethics; Education*



SUSTAINABILITY AND GYMNASTICS FOR ALL

Jerôme Huebscher; Lori Laznovsky

FIG Gymnastics for All Committee

This presentation explores sustainability initiatives within the field of gymnastics, focusing on environmental, social, and economic dimensions. Presented during the 2023 colloquium in Athens, it highlighted practices from Finland and Switzerland aimed at “greening” gymnastics events. Key strategies include integrating environmental management into event planning, promoting public transport and vegetarian options, and encouraging digital alternatives to printed materials. Notable examples, such as the Swiss Gymnastics Festival, showcased stringent sustainability requirements, including the elimination of printed accreditations, use of eco-friendly transport, and rejection of unsustainable partnerships. The presentation also emphasized the importance of inspiring others through theses, training programs, and toolkits like the “sustainability coach.” Future directions include developing carbon calculators, localized strategies, communication support, and incentives for sustainable practices, ultimately aiming to leave a lasting green legacy in the gymnastics community.

Keywords: *Sustainability in Sports; Environmental Management; Green event practices.*



SWISS GYMNASTICS FEDERATION & UNIVERSITY PARTNERSHIPS

Cédric Bovey

SWITZERLAND

The presentation outlines a collaborative initiative between the Swiss Gymnastics Federation and technical high schools and universities, focused on merging academic research with the advancement of gymnastics. The central themes include historical analysis, modern partnerships, inclusive sports innovation, and the development of a future-oriented sports-academic ecosystem. 1. Academic Foundations: The presentation emphasizes the deep historical roots of gymnastics in Switzerland. It explores how gymnastics played a vital role in shaping national identity between 1853 and 1914. The Federal Gymnastics Society is portrayed as a key institution in the nationalization of sport, serving as a platform for fostering unity and discipline. Furthermore, the creation of the Bureau des Fédérations Européennes de Gymnastiques between 1863 and 1913 illustrates how gymnastics served as a diplomatic and cultural bridge across Europe. Another historical narrative explored is "The Gymnast and the Shepherd," which symbolizes the invention of national sports traditions in Switzerland, reflecting a balance between urban modernity and rural heritage. 2. Strategic Partnerships: The initiative seeks to strengthen collaborations between academia and sports institutions. One of the main goals is to develop a new inclusive scoring system that allows fair and equitable ranking across all levels and abilities. In addition, technical high schools are engaged in the design and creation of trophies, blending craftsmanship with sports recognition. Further partnership efforts focus on analyzing and improving accessibility to gymnastics events. This includes physical access to venues as well as creating inclusive experiences for individuals with disabilities or from underserved communities. 3. Building a Sports-Academic Ecosystem: The ultimate vision is to create a "sports valley"—a hub where education, innovation, and athletic excellence intersect. This involves fostering a sports-academic ecosystem, encouraging interdisciplinary collaborations among educators, athletes, designers, and engineers. The initiative is supported by digital platforms and resources, including media like YouTube and SmartMove.ch, which help disseminate knowledge and build international visibility. Conclusion: The Colloquium 2025 in Baku aims to showcase how Switzerland is bridging historical legacy with future innovation in the field of gymnastics. Through strategic academic partnerships, inclusive sports practices, and ecosystem development, the initiative sets a precedent for how sports can drive both cultural heritage and forward-thinking education.

Keywords: Higher Education; History of Gymnastics.



GYMNASTICS FOR ALL AS A BASIS FOR THE DEVELOPMENT MODEL FOR GYMNASTS FROM OTHER SPORTS IN BRAZIL

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BRAZIL

This paper aims to present the influence of the material from the “Foundations of Gymnastics” course by the International Gymnastics Federation (FIG), particularly in the Gymnastic for All (GfA) discipline, on the development of the document “Development Model for Rhythmic Gymnastics Athletes in Brazil”. This document, created by four researchers hired by the Brazilian Olympic Committee in partnership with the Brazilian Gymnastics Federation (BGF), was developed based on a collective effort involving coaches, researchers, and managers with extensive experience in the field. The authors of the document are: Camila Ferezin Resende, coach of the Brazilian Rhythmic Gymnastics group team; Márcia Regina Aversani Lourenço, member of the Rhythmic Gymnastics Technical Committee of BGF and FIG; Roberta Gaio, professor and researcher at the University of Vale do Sapucaí (UNIVÁS); and Ieda Parra Barbosa Rinaldi, professor and researcher at the State University of Maringá and the Joint Postgraduate Program in Physical Education UEM/UEL, and member of the Technical Committee of Gymnastics for All of the BGF (author of this paper and participant of the FIG “Foundations of Gymnastics” course. The proposal to incorporate the principles and content of the FIG course into the development model was readily accepted by the other authors, recognizing the importance of comprehensive and multifunctional training of gymnasts from early childhood. The structure of sports development proposed by the Brazilian Olympic Committee is divided into seven stages. The first four, focused on participation sport, cover age groups up to 15 years: 1) Explore and Play (up to 7 years old); 2) Play and learn (7 to 10 years old); 3) Learn and train (9 to 12 years old); and 4) Train and compete (10 to 15 years old). In these initial stages, the content is strongly based on GfA, with 70% of the first stage and between 60% and 40% of the second, emphasizing a broad, playful and formative approach. The last three stages are characterized as performance sport: 5) Compete and win (16 to 19 years old); 6) Win and inspire (18 to 24 years or older); and 7) Inspire and Reinvent yourself (from 24 years of age). Even in the high-performance phases, the foundations of GfA remain present, especially in technical aspects such as body elements (based on the FIG’s Gymnastics Movement Patterns), body expression, apparatus handling and group work. Furthermore, the document recommends the incorporation of the FIG’s 5Fs at all phases of development: Fun, Fitness, Fundamentals, Friendship and Forever, reinforcing the importance of a joyful, safe, inclusive, and long-lasting training experience. The document was sent to all 26 Brazilian state federations and will be disseminated through training sessions for coaches, with the expectation that its guidelines will be widely implemented. Considering that Rhythmic Gymnastics is the discipline with the highest number of affiliated practitioners in the CGB (25 of the 26 federations), and with over 10,750 registered gymnasts, the potential impact of the model is significant.

Keywords: *Gymnastic for All; Athletes training; Sport.*



GYMNASTICS FOR ALL AND SCIENTIFIC PRODUCTION

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BRAZIL

This presentation highlighted the critical role of scientific production in shaping and supporting *Gymnastics for All* (GfA) initiatives in Brazil, particularly in the context of international events such as the World Gymnaestrada. The discussion emphasized how academic research intersects with grassroots practice and institutional frameworks, fostering more inclusive, sustainable, and meaningful engagement with gymnastics. We examine the Brazilian Gymnastics Federation's efforts to document and analyze national participation in the World Gymnaestrada, paying special attention to the voices and perceptions of participating groups. These narratives provided insight into how experiences at the Gymnaestrada shape identities, promote cultural exchange, and reinforce the value of community-based movement practices. Additionally, the presentation explored how principles of long-term athlete development and rhythmic gymnastics, when aligned with the inclusive ethos of GfA, can broaden access and redefine the objectives of sport. Ultimately, we argue that science not only legitimizes GfA within institutional and public spheres but also provides essential tools for planning, evaluation, and advocacy. By bridging research and practice, GfA in Brazil continues to grow as a dynamic field of movement, culture, and expression—one that values participation over performance and shared humanity over competition.

Keywords: FIG; *Gymnastics for All*; Science; Research.



WORLD GYMNAESTRADA 2027

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PORTUGAL

The World Gymnaestrada is much more than a sports event; it is a celebration of human diversity and creativity, free from the pressures of competition, allowing participants to express their emotions and creativity through performances that capture the true spirit of gymnastics. Held every four years since 1953, the 2027 edition, which will be the 18th World Gymnaestrada, will take place in Lisbon from July 11th to 17th. The notification of interest, open until July 11th, 2025, is the first step for organizers to estimate the number of countries and participants. Registration for the FIG Gala, to be held at the Meo Arena, will open after the Information Meeting. National Performances will occur from Monday, July 12th, to Thursday, July 15th, with two shows each day at 18:30 and 21:30, also at the Meo Arena. Large Group Performances are scheduled at the University Stadium of Lisbon on Tuesday, July 13th, Wednesday, July 14th, and Friday, July 16th. Any participant can join the Connecting the World Team, with a maximum duration of 15 minutes per show. Group Performances will take place at the FIL - Lisbon Exhibition and Congress Centre from Monday, July 12th, to Friday, July 16th, in seven performance areas measuring either 30m x 20m or 20m x 20m, with shows lasting 10 or 15 minutes. City Performances are estimated to occur at three open-air stages in popular Lisbon squares from Monday, July 12th, to Friday, July 16th, with a maximum duration of 15 minutes per show. The Opening and Closing Ceremonies are planned at Restelo Stadium, which has a seating capacity of 24,000. Solutions for accommodation, meals, and transport are being tested during the World Gym for Life Challenge 2025 and will be evaluated for scaling to the World Gymnaestrada. An Information Meeting for National Federations will be held on September 18th, 2025, with two options for attendance, at 10:00 CET or 18:00 CET, allowing federations to choose the most convenient time.

Keywords: Lisbon; World Gymnaestrada.



BIDDING ON GYMNASTICS FOR ALL INTERNATIONAL GYMNASTICS FEDERATION EVENTS

Lori Laznovsky; Jerome Hubscher; Monika Siskova

FIG Gymnastics for All Committee

During Day 1 of the *Gymnastics for All Colloquium*, a presentation of the FIG GFA Events was conducted to inform the participants of opportunities of hosting GFA Events on a worldwide stage. The impact of hosting these events was shared and included exposure to the International Community, Networking, raising the profile of GFA throughout the world, increasing local participation, economic impact and being a part of history. The GFA Colloquium is a great opportunity for federations who are still developing and might not yet be ready for a large-scale event. The World Gym for Life Challenge and the World Gymnaestrada are large events, and both are available to bid on. Information regarding the timeline for bidding, the bid process, the requirements, and guidelines can all be found the GFA Manual. Information regarding the Economic Opportunities and Impact of hosting the World Gymnaestrada was also shared. The World Gymnaestrada is the largest FIG event with 18,000-22,000 participants. It's typically 80% female participants and the age range is 1 year old to 100. This event can have a large impact on taxes and leave a legacy with programming and engagement for local clubs. The event is 7 days, and this is very attractive for host cities due to the number of hotel rooms needed, meal, tourism packages and merchandising opportunities.

Keywords: FIG; Events.



HOW SOCIAL INVESTMENT IS CREATING POSITIVE SOCIAL IMPACT

Dave Marshall; Sarah Parker

GREAT BRITAIN

There is a problem in the UK, where only 21% of boys and 16% of girls aged 5-15 achieve the UK recommended physical activity levels (60 mins per day). We need to find ways to increase physical activity levels and as a foundation sport, gymnastics is the obvious choice. Positive gymnastics experiences have the power to develop physical literacy and create habits for life, contributing to improved physical and mental health. In order to measure this social impact, we focus on gymnast progress through Rise Gymnastics Programme and Award Scheme. The 'C' system is threaded through this programme, focusing on the holistic development of children and how gymnastics provides so much more than just physical activity. To tackle this societal issue in the UK, we secured investment government and social investors who believe in the power that gymnastics has as a foundation sport. This investment is being used to create new dedicated gymnastics spaces so that more children have access to our sport. The impact of the investment is being measured through membership growth and their physical development which is shown through Rise Gymnastics Programme and Award Scheme. So far we have invested in 40 facilities that will provide opportunities for 30,000 more people to access gymnastics opportunities. Over half a million children have had the opportunity to progress through Rise and receive an award scheme medal. Each project must focus on inclusion and accessibility for all.

Keywords: *Impact; Gymnastics.*



ITALY AND GYMNASTICS FOR ALL SOCIAL IMPACT

Fábio Gaggioli

ITALY

One of the most important topics accompanying this Colloquium highlights a crucial aspect of Gymnastics for All (GfA). In Italy, many coaches struggle to understand how GfA activities can be so interesting and engaging for both coaches and athletes, mainly because they do not involve competition; however, the answer to their skepticism is simple: “You have never participated in a GfA event, otherwise you wouldn’t talk like that.” We carry a great responsibility, as we are educators before being coaches or teachers, working with “human material” — with individuals who are citizens of the world. Last year in Italy, a new program called “Trofeo RecuperAbile” was launched by the gymnastics equipment company GeoGym®, aiming to engage people with disabilities in completing gymnastics equipment (including special facilitating equipment) and recovering waste materials to create gadgets or reuse them for other purposes. Participants are also involved in gymnastics performances using this facilitating equipment. This year, the Italian Gymnastics Federation included the initiative in the National Gymnaestrada, dedicating a special award to groups that include athletes with disabilities. Additionally, Italy is developing the SSG Project (Socializing Sports Goal), which promotes participation in group events, particularly in the Gymnaestrada.

Keywords: FIG; Events.



SOCIAL IMPACT OF GYMNASTICS FOR ALL IN SOUTH AFRICA

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South Africa, a multicultural country with 12 official languages including sign language and an 80% African black population, faces socio-economic challenges such as high unemployment, poverty, social inequality, inadequate service access, and lack of safety and security, making sport a powerful tool for fostering inclusive, peaceful, and resilient societies as recognized by UNESCO. Through Gymnastics for All, we align with sustainable development goals to end poverty, promote healthy lives and wellbeing, ensure inclusive and quality education, empower women and girls, stimulate economic growth and employment, build inclusive and safe communities, and promote just, peaceful, and inclusive societies. Special needs coaches like Wellington Magwaza, Sport Administrator of the Year 2024 from rural Kwa-Zulu Natal, who impacts 5,300 learners including over 200 special needs children, and Allan Chadwick from urban Pinetown, who coaches world champion Charles Phillips and integrates special needs children into regular classes, highlight the social impacts of safety, security, belonging, success, and simplicity. Empowerment of athletes like Leigh Damoense and Latika Mc Anda, young role models from Floors Gymnastics Hub who have represented South Africa at national and international events, fosters equality, education, expansion, exposure, expression, and esteem. The Young Leaders Project, featuring 27 leaders under the age of 27 like Andiswa Nxumalo from Pietermaritzburg, emphasizes accessibility, academic improvement, ability, assistance, ambition, and adaptability by equipping young coaches with skills and resources for community development. Participation stories, such as Sandra Carelse, a single mother and grandmother who began gymnastics at 55 and now competes internationally with Bemur Gymnastics Club, showcase how gymnastics enhances participation, physical fitness, power, passion, purpose, and positivity across generations. Truly, gymnastics embodies the 5 Fs: Fun, Fundamentals, Fitness, Friendship, and Forever, demonstrating that "Sport has the power to change the world... It speaks to youth in a language they understand" as Nelson Mandela so powerfully said.

Keywords: Safety; Equality; Accessibility; Purpose



SOCIAL IMPACT IN SWITZERLAND

Cédric Bovey, Beni Boos; Jérôme Hübscher

SWITZERLAND

This presentation explores the broad social impact of gymnastics clubs in Switzerland, showing how they contribute far beyond physical training. 1. The Role of Gymnastics Clubs: Gymnastics clubs are deeply rooted in Swiss society. Despite limited professional coaching (mostly in elite sports), they operate successfully through strong volunteer engagement. These clubs are structured and widespread, serving as key community anchors. 2. A Lifelong Journey: Participation spans all ages—children, parents, adults, and seniors. Members often stay involved for life, becoming honorary members or mentors. The club becomes a “gym family,” offering continuity, identity, and long-term belonging. 3. More Than Gymnastics: Clubs provide more than training. Activities like ski weekends, trips, and social events build leadership, strengthen personal development, and create professional networks. Members gain skills in organization, finance, and teamwork—useful in all areas of life. 4. Sharing the Passion: Annual gym shows and training camps connect generations and communities. Former members return year after year. Camps offer kids unique opportunities to grow and gain independence, often their first time away from home. These events preserve tradition while encouraging innovation. 5. Education and Community Support: Clubs offer standardized coach education and programs for youth through national systems like “Youth + Sport.” They also act as social safety nets—helping members avoid isolation and risky behaviors. Strong bonds are formed: friendships, partnerships, even weddings within the club. It truly becomes an extended family. 6. A Sport for Everyone: Gymnastics is affordable and accessible—averaging CHF 200 per year. Most clubs train in local school gyms, lowering barriers to entry. This makes gymnastics the most cost-effective sport in Switzerland, open to people from all backgrounds. 7. Impact on Society: Cities like Lucerne recognize the social value of sport. They support clubs financially, provide facilities, and run youth programs. Sport is seen not only as healthy, but as a tool for social cohesion, inclusion, and community development.

Keywords: *Impact; Sporting Events; Gymnastics.*



COMMUNICATING THE IMPACT OF GYMNASTICS FOR ALL

Lori Laznovsky; Michele V Carbinatto

FIG Gymnastics for All Committee

A group discussion was held with the purpose of identifying effective strategies to communicate the scope, diversity, and impact of Gymnastics for All (GfA) activities. The conversation brought together participants committed to strengthening the visibility and engagement of GfA initiatives across multiple audiences. The group emphasized the need for consistent, creative, and inclusive communication that reflects the values of GfA. A key outcome was the proposal to establish a quarterly newsletter coordinated by the GfA Committee. This publication would serve as a central platform to disseminate content such as explanations of GfA events, apparatus used, country showcases, changes in the GfA Manual, personal experiences, interviews (including with elderly participants), and statistical data about people involved in the movement. Information about deadlines and opportunities would also be included. To go further in outreach efforts, the group proposed the development of multimedia and interactive strategies such as documentaries, podcasts, and social media-based actions like photo challenges. These initiatives aim to deepen engagement and highlight the diversity of participants and practices within GfA. The discussion also addressed the need to streamline communication logistics by maintaining an updated contact list, creating a single official WhatsApp group, and ensuring that the newsletter is uploaded and distributed regularly. A unified communication template was also recommended to support clarity and consistency. Throughout the session, participants reaffirmed the message that *Gymnastics is for everyone*—regardless of age, background, or ability—and committed to fostering a more connected and visible GfA community through collaborative and creative communication efforts.

Keywords: FIG; Gymnastics for All; Communication.



THE SOCIAL IMPACT OF GYMNASTICS FOR ALL IN SENIOR AGE GROUPS

Monika Siskova

FIG Gymnastics for All Committee

Our society is undergoing a profound demographic shift. According to the World Health Organization (WHO), by 2030, one in six people globally will be aged 60 years or older. By 2050, the world's population of individuals aged 60 years and above is projected to double, reaching an unprecedented 2.1 billion. Of these, those aged 80 years or older are expected to triple from 2020 to 2050, totaling 426 million. These figures highlight the urgent need for strategies to support healthy aging and enhance the quality of life for our aging population. Physical activity, as prescribed by the WHO, plays a pivotal role in this. The recommendation of 150–300 minutes of moderate-intensity physical activity per week for individuals aged 18–64 is mirrored by their guidance for older adults, underscoring the universal importance of staying active. However, for senior age groups, the benefits of physical activity extend beyond physical health. Gymnastics for All, a form of inclusive, low-impact physical activity, holds immense potential to transform the lives of seniors. It is not merely an avenue for improving flexibility, strength, and balance, but a powerful tool for fostering social connections. In a world where many older adults face isolation and loneliness, participating in gymnastics creates opportunities to meet friends, engage in meaningful interactions, and experience the sense of belonging that comes from being part of a community. The social impact of gymnastics for seniors is profound. It bridges generational gaps, reduces feelings of alienation, and strengthens community bonds. By promoting inclusivity, it empowers older adults to lead active, fulfilling lives, thereby contributing to their overall well-being and societal integration. As we continue to navigate the challenges of an aging population, it is imperative for policymakers, healthcare providers, and community leaders to recognize the dual benefits of gymnastics for seniors—both physical and social. Investing in programs that encourage participation in Gymnastics for All is not just an investment in health but an investment in building stronger, more connected communities.

Keywords: *Elderly; Gymnastics.*



GOLDEN AGE GYM FESTIVAL – GYMNASTICS FOR ALL SOCIAL IMPACT: AN AGE GROUP

Ricardo Lima

European Gymnastics

The Golden Age Gym Festival is a significant event organized by European Gymnastics, designed to promote physical activity and well-being among older adults. Here's a breakdown of its key aspects: Focus: It's a "Gymnastics for All" event, specifically catering to participants aged 50 and over. The festival emphasizes the importance of maintaining an active and healthy lifestyle during the "golden years." Activities: The event features a variety of gymnastics-related activities, including workshops, performances, and social events. It provides opportunities for participants to improve their physical abilities, learn new skills, and engage in social interaction. Purpose: To encourage older adults to participate in physical activity. To foster a sense of community and promote social connection. To showcase the benefits of gymnastics and other forms of exercise for healthy aging. Organization: The festival is organized by European Gymnastics, with each edition hosted by a different European city, every two years. Next edition, the 10th Golden Age Gym Festival will be held in Les Sables d'Olonne, France in October of 2026. Impact: It creates a positive and inclusive environment where older adults can celebrate their vitality and enjoy the benefits of physical activity. It also helps to break down stereotypes about aging and promotes the idea that it is possible to live a very active life in older age. In essence, the Golden Age Gym Festival is a celebration of active aging, promoting health, social connection, and the joy of movement.

Keywords: *Active life; Promote physical activity; Elderly people*



SOCIAL IMPACT OF GYMNASTICS FOR ALL IN THE ELDERLY: IN CASE OF JAPAN

Yumiko Itoh; Tatsuo Araki

JAPAN

As you know, Japan is a super-aged society. The number of elderly people is increasing every year. This presentation is divided into 2 main sections. Firstly, it is the current situation of the elderly in Japan, and secondly, it is the efforts of the Japan Gymnastics Association (JGA). In Japan, the definition of elderly people is categorized by age. One is the early stage elderly, it is from 65 to 74 years old. The other one is the late stage elderly, it is 75+. In 2024, the number of elderly people in Japan was 36.25 million. This is an increase of 20,000 people compared to the previous year. The ageing rate in Japan is 29.3%. This is the highest ever. In 2024, the population of people aged 100 and over in Japan is approximately 100,000. 30 years ago, it was 6,000, but now it is 100,000. We also explained about the ageing rate for each country in the world. Japan has the highest ageing rate in the world, then Martinique, Puerto Rico, Italy and Portugal. The total population of Japan is in decline, and the rate of aging is likely to continue to rise in the future. Then, we explained the health promotion program for the elderly in the Japan Gymnastics Association. Elderly Health Project started in 2017. We made a qualification system. The aim of this course is to train instructors who can support the health of elderly people. This course is 7 hours online. It can learn basic theory of gymnastics, teaching methods, characteristics of the elderly, dementia and so on. It is a comprehensive program of theory and practical exercises. Also, we introduced the exercise program TAISO. The Japan Gymnastics Association will continue to support the health of the elderly people.

Keywords: *Elderly; Gymnastics for All; Health promotion*



KEY MILESTONES AND POSITIVE IMPACTS FOR DISABILITY GYMNASTICS IN IRELAND

Angel Griffin; Aimi Baker
IRELAND

At Gymnastics Ireland (GI), we are proud to introduce the GymABLE Team, dedicated to disability inclusion in gymnastics. Our approach is built on several key milestones, demonstrating our commitment to embedding inclusion across all levels of the organization. Key Milestone 1: Governance: To ensure maximum effectiveness of our disability and inclusion programme, we have prioritized integration into all GI strategies — from the overall Gymnastics Ireland strategy to specific areas like Participation, High-Performance, and Events. In parallel, we created the *GymABLE Disability Inclusion Policy* (2024) to provide a focused perspective on disability within gymnastics. An important development was the establishment of the *Club Lead* role, mandatory in all affiliated clubs, ensuring direct communication and sustained development at the grassroots level. Partnerships with external organizations, such as Active Disability Ireland (ADI), have been instrumental in aligning our practices with broader inclusion standards through programs like the Xcessible Awards. Key Milestone 2: Visibility: “If you can’t see it, you can’t be it.” Representation matters. We developed a *Disability Digital Communications Action Plan* to increase the visibility of gymnasts with disabilities. By integrating athletes into all campaigns and social media, we normalize and celebrate diversity in gymnastics. Key Milestone 3: Education: Recognizing education as a foundation, we reviewed all aspects of our coach and judge education pathways to enhance availability, accessibility, and content. Under our upcoming Coaching Framework, disability gymnastics will be embedded across all coach and judge education, ensuring systemic impact. Key Milestone 4: Club Development and Support: In 2023, we invested significantly in upgrading our website to offer tailored resources that assist clubs in developing disability gymnastics programmes from both administrative and technical perspectives. We also launched *Gymnast Awards*, a “physio-fun” initiative designed in collaboration with Clare and Neil Sheehan, encouraging children with physical disabilities to develop strength, mobility, and confidence through progressive physical challenges. Key Milestone 5: Events: Gymnastics Ireland has developed a fair and inclusive competition pathway within the *GymSTART Floor & Vault Competition*. Adaptations include disability-specific levels, updated judging criteria, and supportive logistical innovations such as Zoning, Grouping, and dedicated Family Support Services. In our most recent competition (March 2025), Family Support Zones and designated support officers were introduced, providing emotional support and accessibility enhancements for participants and their families. Looking Ahead: Our goal is to expand the disability-inclusive pathway within our GfA flagship event, *The Floor* (Gymnastics Ireland’s Gymnaestrada). We are eager to collaborate with other federations nationally and internationally that have pioneered similar initiatives. We warmly invite questions and dialogue regarding our GymABLE programme and the future of inclusive gymnastics. For more information: Gymnastics Ireland Website: <https://www.gymnasticsireland.com/> and Active Disability Ireland: <https://activedisability.ie/>

Key-words: Disability; Disability Gymnastics in Ireland



SOCIAL IMPACT OF INCLUSIVITY IN GYMNASTICS FOR ALL

Lori Laznovsky

USA

Gymnastics for All can have a profound social impact on participants giving them a feeling of equal, opportunities to travel and meet new people, an opportunity to be healthy and participate in fitness, increased self-confidence, improved social skills, and participation can serve as a positive energy outlet. GfA can also have a big social impact from the audience perspective. The audience will learn that everyone can participate, they may have an opportunity to interact with new and unique people, they can gain perspective from people with different abilities, ages and backgrounds and the audience may even gain confidence to try something new. A social impact can also be felt by the family members of participants. Family members may see additional contributions that the participant can make to society. A support system is also created with shared understanding and shared mutual challenges. Including participants with all types of abilities leads to a positive impact on our society.

Keywords: FIG; Events; Inclusivity; Social Impact.



GYMNASTICS FOR ALL AND SOCIAL IMPACT: CULTURAL PERSPECTIVE

Justin Hayes

AUSTRALIA

This presentation explores how Gymnastics For All (GFA) is used in Australia to make a positive impact on the lives of First Nations people, through accessibility, health and wellbeing, educational outcomes and employment readiness and pathways. It is also used to increase awareness and understanding of Indigenous culture in the broader community. The two key projects highlighted are: a. Northern Territory Remote Community Project; b. PCYC Nations of Origin – Sports & Culture event. The Northern Territory Remote communities project is Government funded and is designed to increase the health and wellbeing of First Nations people living in the remote communities of Northern Territory. The project sees the provision of basic equipment to the community, along with instructors for an intensive training period, engaging the children and older generation in GFA activities. The project aims to inspire the community to be active, remove the accessibility barriers, and motivate community leaders to continue regular programs with training and resources. The evolution of the program has seen the engagement of gymnastics coaches in other regions of Australia to support the project, broadening their understanding of Indigenous culture and the challenges of remote community living. The PCYC Nations of Origin Event has been running since 2013 in NSW and is a sporting and cultural event for young people in New South Wales. The event sees teams of Young People from local communities training together over a 12-month period, with the aim of participating in the event representing their local Indigenous nation. The Young People must meet a minimum school attendance and are supported by the local Police officers in the community. The aims of the event are to use GFA to improve health and wellbeing, increase school attendance, reduce crime and anti-social behaviour, and improve social cohesion in local communities. The sporting event includes many cultural elements, aimed at educating people on First Nations culture, and celebrating Indigenous Traditions and excellence in young people. The event is expanding to include teams from communities outside of NSW.

Keywords: *Indigenous; Culture; Community*



GYMNASTICS FOR ALL PERSPECTIVES: POPULAR CULTURE AND CANCER INSTITUTIONS STUDIES CASES

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This presentation explored the transformative potential of *Gymnastics for All* (GfA) through two poignant case studies from Brazil, highlighting its intersection with popular culture and the lived experiences of individuals affected by cancer. Drawing from the narratives of participants from Manaus (PRODAGIN/Lionela da Silva Corrêa) and Diamantina (GGD/ Priscila Lopes), it was discussed how GfA becomes a space for identity reconstruction, cultural reconnection, and emotional empowerment. In Manaus, the incorporation of Indigenous influences allowed participants to confront internalized prejudices and rediscover a sense of belonging. In Diamantina, local musical traditions like *vissungos* and the daily labor of *lavadeiras* (washerwomen) infused GfA practices with historical depth and cultural resonance. The presentation also foregrounds testimonies from people living with cancer (Zen Cancer/ Gym for Dream/ Shayanne Fontenelle), illustrating how their involvement in GfA festivals redefined their self-image—from patients to performers, from being pitied to being celebrated. The sense of community, artistic expression, and visibility provided by GfA fostered emotional healing and social recognition. Ultimately, we argue for a broader understanding of gymnastics—not merely as a set of physical exercises but as a deeply human experience that embodies emotion, memory, and self-discovery. This perspective invites federations and institutions to rethink their role in supporting inclusive and meaningful GfA practices that celebrate diversity, preserve memory, and inspire participation.

Keywords: FIG; *Gymnastics for All*; Management.



MEN IN GYMNASTICS FOR ALL

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SWITZERLAND

The presentation explores the issue of low male participation in "Gymnastics for All" programs within the Swiss Gymnastics Federation (STV), which consists of 375,000 members across 2,800 clubs. It emphasizes the importance of attracting boys and men to gymnastics and reflects on gender composition trends over time. Historically, male participation has declined significantly. Comparing numbers from 1980 to 2025, a shift is noted, with women now dominating many gymnastics committees and club activities. This dominance mirrors the reverse situation seen in football, where female inclusion is now actively pursued. The presentation raises the question of whether efforts to attract men in gymnastics should mirror football's strategies for including women. A closer look is taken at one urban club in the city of Lucerne (population ~83,000), which has around 850 members from the city and surrounding areas. The club's demographic data reveal a balanced participation of boys and girls in childhood and youth groups. However, a noticeable drop occurs among young adults, especially men aged 20–40, often due to military service and career priorities. In contrast, women in this age group often stay involved as coaches while raising children. Interestingly, many men return to gymnastics after the age of 40, and again at 60+, motivated by the social environment and camaraderie. The reasons why different age groups do gymnastics are interesting. Young children enjoy the physical activity itself, such as jumping on trampolines, often inspired by older siblings. Teenagers value the social aspects and cite friends and physical fitness (such as muscle building) as key motivators. For adults, especially active members, the shared pursuit of goals - e.g. becoming a champion - and friendship are strong motivators. Critical questions need to be asked: What can be done to attract more boys and men to gymnastics in the future? What innovative ideas or strategies could be developed? We have an open discussion with the aim of reversing the current gender-specific trends and ensuring lifelong participation in gymnastics for all.

Keywords: *Mens; Friendships.*



2024 EURO GYM AND EUROPEAN GYM FOR LIFE CHALLENGE

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European Gym for Life Challenge / Euro Gym / Norway

EUROGYM & EGFL 2024 was a large-scale international gymnastics event hosted in Bodø, Norway, bringing together over 3,500 participants from 18 European countries. Spanning eight days, the event featured 309 performances, 50 workshops, and contributions from 154 teams and 500 volunteers, resulting in over 31,000 hours of volunteer work. The event generated nearly 34,000 overnight stays and served over 56,000 meals. Key success factors included strong local collaboration, effective communication and marketing, a compact and capable host city, and the energy of “yes-people” and young leaders. EUROGYM & EGFL 2024 was truly an event by youth, for youth, demonstrating the power of enthusiasm, inclusion, and community spirit in making large international events a success.

Keywords: Festivals; Gymnastics for All; Management.



HISTORY OF THE DEVELOPMENT OF THE GYMNASTICS FOR ALL IN AZERBAIJAN

Ruslan Eyvazov

AZERBAIJAN

The discipline of “Gymnastics for All” is actively developing in Azerbaijan. To promote this movement, workshops have been organized across various cities and regions for gymnasts and their parents. An annual International Challenge is held each June, with participation reaching 900 gymnasts. As of today, Gymnastics for All classes are being held in 31 cities across Azerbaijan, engaging participants of various ages and skill levels. Dedicated sections for adults have been established, including regular sessions at nursing homes. Azerbaijan also actively participates in international events organized by European Gymnastics and the FIG. Interest in the discipline continues to grow steadily.

Keywords: *Development; gymnasts and parents; nursing homes; International participation*



PAST, NEEDS, FUTURE: THE SECRET OF SUCCESS: CREATING A GYMNASTICS FOR ALL PERFORMANCE

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MEXICO

In Mexico City, a vibrant community of over 140 gymnastics clubs was not participating in Gymnastics for All (GfA) events, not due to a lack of interest but because of a creative block, as coaches struggled to translate their technical knowledge into engaging performances. Recognizing this challenge, a coach with a background in scenic design created the workshop “Creating Performance for GfA,” offering tools and inspiration from the performing arts to help coaches transform ideas into action, direct gymnasts like performers, and design fun, meaningful routines. As a result of this initiative, many coaches began to participate actively in GfA events, leading to the formation of Mexico City’s first team to attend the World Gymnaestrada in Helsinki in 2015. The main takeaway from this experience is that when we listen to the real needs of our community and provide creative, practical support, we empower participation and foster long-term growth in Gymnastics for All.

Keywords: *Creativity, Participation, Inspiration.*



GYMNASTICS FOR ALL IN POLAND

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POLAND

The Polish Gymnastics Association (PZG) actively develops Gymnastics for All (GfA) through inclusive, grassroots programs that prioritize health, well-being, and personal development over competition. Supported by the Ministry of Sport and Tourism, two major nationwide initiatives—“Fit Kids” and “Gymnastics for All”—engage tens of thousands of participants across numerous clubs and training groups. In 2024 alone, over 11,000 people took part in GfA events, and more than 44,000 hours of activities were delivered through 87 clubs. The program includes sports classes, regional and final events, coach education, promotional efforts, and widespread distribution of equipment and materials such as comics, clothing, and gadgets. Funded predominantly by governmental grants, the PZG aims to expand its impact in 2025 through enhanced marketing, corporate social responsibility partnerships, and the launch of the “Gymnastic Zone” mobile app, reinforcing its commitment to reaching broader audiences and deepening the social impact of GfA in Poland.

Keywords: *Gymnastics for All, Poland.*



GYMNASTICS FOR ALL IN BULGARIA

Dzhurova Darina

BULGARIA

The Bulgarian Rhythmic Gymnastics Federation, through its Gymnastics for All (GFA) Committee and affiliated sports clubs, has been actively developing GFA across Bulgaria for over a decade, inspired by the vision of Mrs. Iliana Raeva, President of the BRGF. This initiative involves the formation of GFA groups in kindergartens, schools, universities, and elderly clubs, which regularly participate in national and international festivals and challenges. Since the first national GFA challenge in Sofia in 2014, which included 9 teams from 7 clubs, the movement has grown substantially, with over 60 rhythmic gymnastics clubs and more than 3,000 participants engaged in 2024 alone. To broaden access and enhance training quality, the Federation has launched educational programs for coaches, instructors, and evaluators, distributed informative materials, and prepared a comprehensive training program for all age groups. This program includes a system of exercises—with and without apparatus—dance games, general physical training, composition guidelines, and video materials to support coaching practices. In 2025, Bulgaria will host four national challenges open to both national and international teams, with international participants classified in a separate category. Registration is available one month before each event via gfa@fbgr.org.

Keywords: *Festivals; Gymnastics for All; Management.*



THE TAISO IN FIJI

Josiemaraya Ryland

FIJI

Professor Araki Tatsuo of the Japan Gymnastics Association (JGA), in collaboration with the Gymnastics Federation of Fiji (GFF), introduced "The Taiso" to schools and communities in the Western Division of Fiji. The initiative aimed to pilot the program in selected locations, with the long-term goal of integrating the Taiso into daily routines and activities, ultimately spreading it throughout all of Fiji. During his one-week visit, Professor Araki and the GFF team engaged with five schools and two non-governmental organizations in the Western Division. They met with head teachers and organizational leaders to introduce the Taiso and appointed leaders and champions, who received specialized training. Following this, Taiso demonstrations were conducted in classrooms, open grounds and halls, with over 1,000 participants taking part. The response was overwhelmingly positive, with enthusiastic participation from everyone. The only challenge faced was unpredictable weather, including heavy rain and extreme heat, but this did not hinder engagement or enjoyment. Moving forward, Professor Araki plans to return later in the year to train teachers and provide them with Gymnastics for All coaching licenses. This will enable them to lead Taiso sessions in various locations, ensuring the program's expansion and long-term success across Fiji.

Keywords: *collaboration; Taiso.*



PAN-AMERICAN UNION ACTIVITIES IN 2024: EXPANDING GYMNASTICS FOR ALL ACROSS THE AMERICAS

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PAN-AMERICAN CONTINENTAL UNION

At the FIG Gymnastics for All Colloquium held in Baku in March 2025, the Pan-American Gymnastics Union (PAGU) presented an overview of its 2024 initiatives aimed at expanding the reach and impact of Gymnastics for All throughout the Americas. The focus was on two core areas: training coaches and building community through inclusive events. A key element of PAGU's 2024 strategy was the organization of specialized training courses for coaches. These were designed to introduce and promote the FIG philosophy of Gymnastics for All, while also encouraging the creation of Technical Committees within national federations. Two in-person training sessions were conducted in Barbados (October) and Costa Rica (December), each hosting an average of 30 participants. As a result of these efforts, new small groups began forming in participating countries, and interest in continuing education—particularly FIG Foundation Courses—saw a noticeable increase. In addition to training, PAGU addressed the significant geographic and financial barriers that limit participation in large-scale Gymnastics for All events across the Pan-American region. To overcome these challenges, PAGU launched the 1st Virtual Pan-American Gymnaestrada in December 2024. This innovative online event brought together 453 participants from 13 countries, organized into 19 groups. The countries represented included Argentina, Barbados, Brazil, Canada, Colombia, Honduras, Mexico, Paraguay, Peru, Uruguay, Venezuela, the USA, and Trinidad & Tobago. Despite initial concerns about engagement and technological limitations, the event was a major success and highlighted the enthusiasm and potential for growth in the region. The Virtual Gymnaestrada served not only as a celebration of movement and community, but also as a proof of concept for future hybrid and in-person events. It demonstrated the importance of accessible platforms and creative solutions in promoting the Gymnastics for All philosophy. Looking ahead, PAGU aims to build on the momentum generated in 2024 by continuing coach education initiatives and working toward the realization of an in-person Pan-American Gymnaestrada. The union remains committed to strengthening networks among its member federations and increasing opportunities for participation at all levels. Through both in-person and virtual initiatives, PAGU's 2024 activities reflect a dynamic and inclusive vision for the future of Gymnastics for All in the Americas—one that prioritizes education, accessibility, and community-building across borders.

Keywords: *Continental Union; Gymnastics.*



6TH ASIAN GYMNAESTRADA

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ASIA GYMNASTICS UNION

The 6th Asian Gymnaestrada was held in Ulaanbaatar, Mongolia, from September 13th to 15th, 2024, after being postponed due to the COVID-19 pandemic. The event gathered approximately 1,000 participants from ten Mongolian teams and nine international delegations, including representatives from Korea, Japan, Malaysia, Azerbaijan, Brazil, Germany, and Denmark. Hosted by the Mongolian Gymnastics Federation, the event featured two days of performances, preceded by a day of rehearsals, and was attended by an audience of around 2,000 people. Meticulous logistical organization ensured seamless transportation, catering, and cultural experiences for the 220 international guests. The event also included a sightseeing tour and a farewell party, contributing to a rich cultural exchange. The presence of FIG President Mr. Watanabe further highlighted the event's significance. Preceding the Gymnaestrada, a GfA training camp (2023) and a national children's contest (May 2024) helped foster local engagement and recognition of Gymnastics for All. An Asian Gym for Life Challenge is scheduled for 2026, marking continued development of the GfA movement in Asia.

Keywords: Sporting Events; Gymnastics for All.



15TH EUROGYM 2026 AND THE 5TH EUROPEAN GYM FOR LIFE CHALLENGE (EGFLC)

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15th Eurogym 2026 and the 5th European Gym for Life Challenge (EGFLC) will take place in Pistoia, Italy, from July 9 to 17, 2026. This major international festival will welcome approximately 5,000 young gymnasts from across Europe for an unforgettable, non-competitive celebration of gymnastics, culture, and community. Located in the heart of Tuscany, just 30 minutes from Florence, Pistoia is a welcoming and accessible city known for its artistic heritage, natural beauty, and green economy. Its size and layout make it ideal for hosting a large-scale event where most venues are within walking distance. The Local Organising Committee (LOC) consists of experienced professionals coordinating logistics, inclusion programs, catering, safety, communication, and volunteer management. Inclusion, well-being, participation, and sustainability are the core pillars of Eurogym. It is an event that celebrates and values every young person, regardless of technical level, and creates a unique atmosphere of sharing, enthusiasm, and mutual respect. Throughout the 8-day event, participants will join workshops, stage performances, and public celebrations such as the Eurogym Parade, Opening Gala, and Closing Ceremony. City performances will take place in Pistoia's main squares, where each group—minimum 6 gymnasts—will perform twice. A wide variety of workshops will be offered, including dance, martial arts, gymnastics, parkour, yoga, and expressive activities, allowing everyone to explore new skills and cultures. Accommodation options include school lodging, with classrooms converted into dormitories, and partner hotels offered at special rates. Meals are provided daily in the central catering area, with vegetarian, gluten-free, and allergy-sensitive menus available. Breakfast is served directly at the schools. Transportation within Pistoia is mostly pedestrian, with enhanced local public transport and dedicated shuttles for airport transfers and specific venues like PalaCarrara, where the European Gym for Life Challenge will take place. The registration process is divided into three phases: Notification of Interest (May–July 2025), Provisional Registration (July–November 2025), and Definitive Registration (November 2025–March 2026). Participation cards include access to accommodation, meals, workshops, performances, and events. Eurogym 2026 will be more than a festival—it will be a joyful, inclusive, and sustainable experience that brings young people together through the universal language of movement in the spirit of *Italian Meraviglia*.

Keywords: *Sporting Events; Gymnastics.*

