

1st Golden Age Gym Festival 2008

November, 16th – 21st 2008

Maspalomas. Gran Canaria. Spain



1st Golden Age Gym Festival 2008

16. – 21.11.2008

Maspalomas, Gran Canaria, Spain

Information Meeting

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ORGANISATIONAL INFORMATION

To all participants,

Please accept a very warm welcome to the Information Meeting in the 1st Golden Age Gym Festival 2008 in Maspalomas. We wish everyone a pleasant time and great experiences during the weekend.

We would like to ask your attention to the following information in order to ensure friendly and good co-operation.

1. LIST OF PARTICIPANTS

You will find the list showing the participants attending the Information Meeting 1st Golden Age Gym Festival 2008. The meeting for the participants will be held from Friday 23rd, till Sunday 25th, November 2007 in the Conference room at the ground floor of Hotel Beverly Park in Maspalomas, Gran Canaria (Spain).

EUROPA

- | | | |
|----|----------------|--|
| 1 | Belgium | Ilse Arys |
| 2 | Czech Republic | Miroslav Zitko |
| 3 | Denmark | Sanne Honore |
| 4 | Finland | Sonia Hicks |
| 5 | France | Jean-Paul Mahé |
| 6 | Germany | Detlef Mann |
| 7 | Great Britain | Roger Pitmann |
| 8 | Hungary | Gyula Paczolay |
| 9 | Island | Birna Björnsdottir |
| 10 | Italy | Elisabetta Mastrostefano |
| 11 | Lichtenstein | Vreni & Otto Erni |
| 12 | Lituania | Guliverio Keliones |
| 13 | Norway | Torill Aas Sundby |
| 14 | Portugal | Alberto Claudinho |
| 15 | Rusia | Svetlana Yunakovskaja |
| 16 | Slovakia | Monika Siskova, Jan Novak & Alzbeta Durisinova |
| 17 | Spain | Cornelio Ortega & Concha García |
| 18 | Suisse | Rosmarie Wernli & Franziska Streit |
| 19 | Sweden | Margareta Frykman & Tore Green |
| 20 | Turkey | Seyhan Hasirci |

AFRICA

- | | | |
|----|------------|--|
| 21 | Cabo Verde | Maria Eduarda Neves Almeida Vasconcelos (Observer) |
|----|------------|--|

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2 MEETING PROGRAMME

Friday, November 23rd 2007

Arrival by 15:00

16:00 Official presentation

- General Organisation; planning of the week
- Web-site
 - Registration Procedure
 - Workshops / Closing Ceremony
- Tourism Information

19:00 Dinner

Saturday, November 24th 2007

09:00 Visit to the venue for the 1st Golden Age Gym Festival 2008

- Stages for presentations (Shopping Centre Yumbo/Plaza Maspalomas)
- Workshop (Sports area Polideportivo San Fernando)
- Parade itinerary

13:00 Lunch

16:00 Accreditation

- Accommodation
- Transport
- Catering
- City Performances
- Forum

19:00 Dinner

Sunday, November 25th 2007

09:00 Final meeting

- Equipment, Sound & Light
- Medical Assistance
- Insurance

10:00 Questions

Departure from 11:30 onwards.

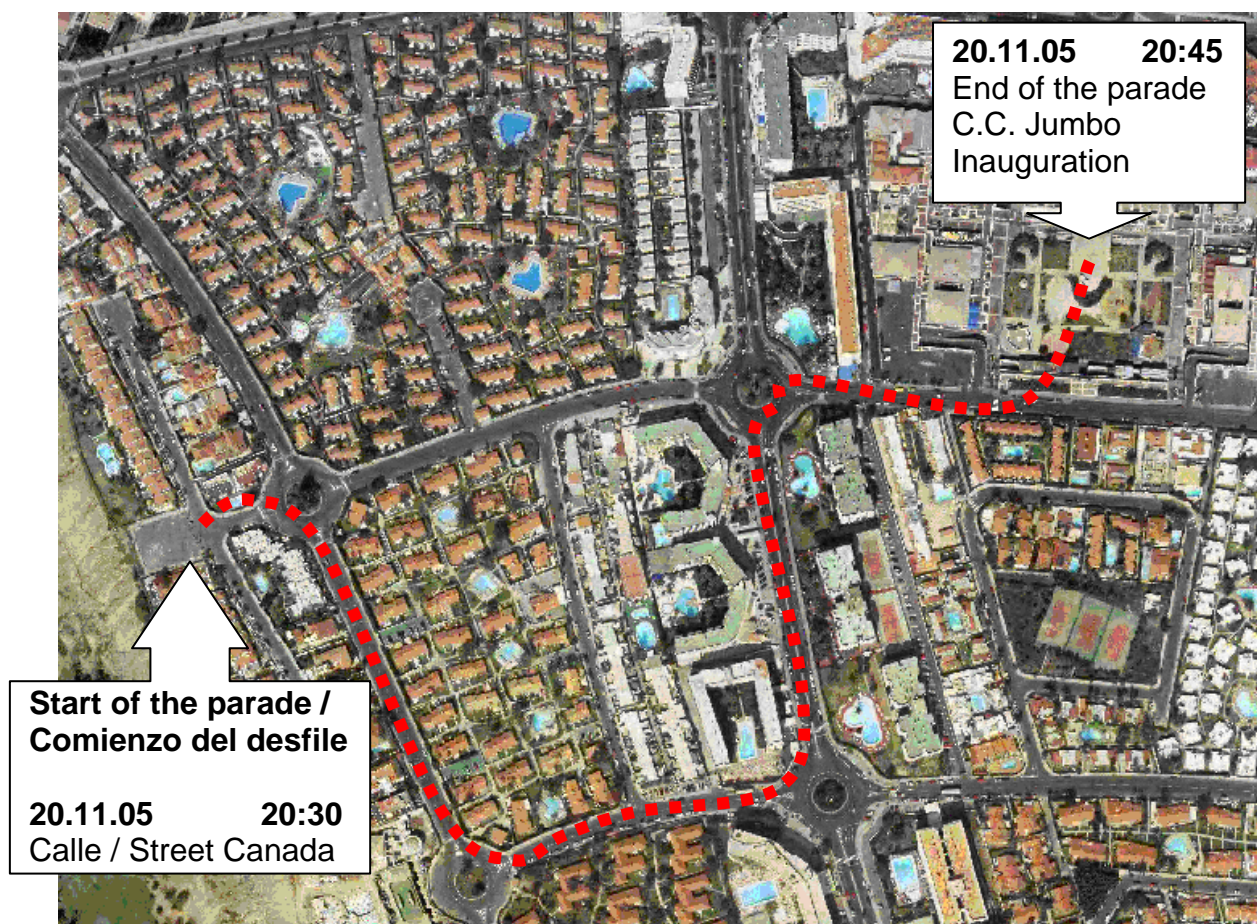
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3 OPENING CEREMONY



20.00 Meeting for the parade in the Street Avenida EEUU (Estados Unidos) / Canada

- groups will be organised by OC in alphabetical order of the French names of their countries
- each national federation must provide a flag bearer and one representative for the countries' name boards

20.30 - 21.00 Parade through the city centre

- the parade will go along the city centre to Centro Comercial Jumbo (1.5 km) groups may present themselves with own performances or typical presentations of their countries during the parade

21.00-22.00 Programme at Centro Comercial Jumbo

- after the fanfare all the national flags will arrive on the stage
- official speeches by the President of the UEG and the President of the Organizing Committee
- the UEG flag and the Spanish flag will arrive and the Spanish national anthem will be played
- performances by local groups
- after the programme the groups will be guided to their accommodation or be given directions

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- the band will play for 2 hours finishing the evening

4 GROUP PERFORMANCES

- The Time schedule for the group performances start everyday day late in the afternoon (20:00H). The group performances should last a maximum of 10 to 15 minutes each, including time for preparing the stage. Sound equipment, including a microphone and CD and cassette players, is provided on both areas.

4.1 “CENTRO COMERCIAL JUMBO”: SHOPPING CENTRE IN PLAYA DEL INGLES



Size: 14 m x 14m
Stage Height: 1,70m
Material: Carpets 12x12x0,03 m
(optional) on wooden floor
Spectators: one side

Time schedule

Monday	17.11.2008	20:00
Tuesday	18.11.2008	20:00
Wednesday	19.11.2008	20:00

4.2 “PLAZA MASPALOMAS”: SHOPPING CENTRE IN PLAYA DEL INGLES,



Size: 12 m x 18 m
Stage Height: 0m (at-grade)
Material: Carpets 12x12x0,03 m
(optional) on stone floor
Spectators: four sides

Time schedule

Monday	17.11.2008	20:00
Tuesday	18.11.2008	20:00
Wednesday	19.11.2008	20:00

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4.3 “PARQUE SAN FERNANDO”: CITY PARK IN PLAYA DEL INGLES



Stage Height: 0m (at-grade) & stage
(height 1,20m)
Material: Carpets 12x12x0,03 m
(optional) on stone floor
Spectators: one side

Time schedule

Monday	17.11.2008	20:00
Tuesday	18.11.2008	20:00
Wednesday	19.11.2008	20:00

Size 12 m x 12 m

5 GALA GOLDEN AGE

At 20h00 on Thursday the 20th, November 2008 will start the Gala Golden Age at the stage “Centro Comercial Yumbo”.

The group performances should last a maximum of 5 minutes each, including time for preparing the stage. The participation of the groups will follow the UEG Regulations and groups will be selected by the UEG Committee General Gymnastics.

The National Federations with at least 3 participating groups can nominate one group to perform. The UEG Committee General Gymnastics can invite further groups.

6 CLOSING CEREMONY

Closing ceremony programme

- The rehearsal timetable will be given to all the performing workshop groups (rehearsals 17.30-19.30).
- Participants will be asked to choose a workshop to perform in by Wednesday 19th, November.
- At 20h00 on Friday the 21st, November 2008 will start the Closing Ceremony Golden Age at the stage “Centro Comercial Yumbo”.
- All the national flags will arrive on the stage with the representatives of the national delegations
- closing speeches by the President of the OC and the President of the UEG
- performances by the workshops
- after the lowering of the UEG flag the national flags will march out
- the Band will play during the final party

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7 OC OFFICE IN HOTEL BEVERLY PARK



The Info point 1st Golden Age Gym Festival 2008 will be situated at Hotel Beverly Park, street Hamburgo Nr. 2 in Maspalomas, the main accommodation of the Festival. The telefon number is + 34 928 77 40 42. The OC's main office and info point will be there. The OC will also have notice board for daily information in the Polideportivo San Fernando in Maspalomas.

Each group will receive a summary of all that they have ordered from the OC **1st Golden Age Gym Festival 2008** at the OC office in Hotel Beverly Park. From the summary you will find everything you have ordered and paid.

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8. OFFICIAL PROGRAM

Domingo / Sunday	Lunes / Monday	Martes / Tuesday	Miercoles / Wednesday	Jueves / Thursday	Viernes / Friday
16.11.2008	17.11.2008	18.11.2008	19.11.2008	20.11.2008	21.11.2008
Desayuno / Breakfast	Desayuno / Breakfast	Desayuno / Breakfast	Desayuno / Breakfast	Desayuno / Breakfast	Desayuno / Breakfast
Llegada de participantes / Arrival of participants	(09:00 - 10:45) Workshops A Pol. San Fernando (10:45 - 11:15) Reunion con los Jefes de delegacion / Meeting of Delegation leaders (11:15 - 13:00) Workshops B Pol. San Fernando	(09:00 - 10:45) Workshops A Pol. San Fernando (10:45 - 11:15) (11:15 - 13:00) Workshops B Pol. San Fernando	(09:00 - 10:45) Workshops A Pol. San Fernando (10:45 - 11:15) (11:15 - 13:00) Workshops B Pol. San Fernando	(09:00 - 10:45) Workshops A Pol. San Fernando (10:45 - 11:15) (11:15 - 13:00) Workshops B Pol. San Fernando	(09:00 - 10:45) Workshops A Pol. San Fernando (10:45 - 11:15) (11:15 - 13:00) Workshops B Pol. San Fernando
Almuerzo / Lunch	Almuerzo / Lunch	Almuerzo / Lunch	Almuerzo / Lunch	Almuerzo / Lunch	Almuerzo / Lunch
(14:00) Reunión con los entrenadores de los grupos / Meeting of Group leaders (20:00) Preparación del desfile / Preparation parade (20:30) Comienzo del desfile / Start of the parade	Actividades culturales Recorrido playa Cultural activities Beach walk	Actividades culturales Recorrido playa Cultural activities Beach walk	Actividades culturales Recorrido playa Cultural activities Beach walk	(17:30) Entrenamiento Gala Golden Age / Rehearsal Golden Age CC Jumbo	(17:30) Entrenamiento Clausura / Training Closing Ceremony CC Jumbo
Cena / Dinner	Cena / Dinner	Cena / Dinner	Cena / Dinner	Cena / Dinner	Cena / Dinner
(21:00) Inauguración del 1er Festival Europeo Edad de Oro / Opening Ceremony 1st Golden Age CC Jumbo	(20:00) Presentaciones grupos Group Presentations 1. Plaza Maspalomas 2. CC Jumbo 3. Parque San Fernando	(20:00) Presentaciones grupos Group Presentations 1. Plaza Maspalomas 2. CC Jumbo 3. Parque San Fernando	(20:00) Presentaciones grupos Group Presentations 1. Plaza Maspalomas 2. CC Jumbo 3. Parque San Fernando	(20:00) GALA Goleen Age CC Jumbo	(20:00 - 22:00) Clausura / Closing Ceremony CC Jumbo (22:00) Fiesta Final / Final party for all participants

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9. WORKSHOPS

The following workshops run by experienced instructors will be offered in the mornings from Monday to Thursday in Polideportivo San Fernando in Maspalomas following the Time Schedule: 09:00 – 10:45 and 11:15 – 13:00. Below you can see the list of workshop leaders and a short description of their background and experience. On the next pages you can see the workshop arrangement and the schedule for every group. You can find a map of the workshop area.



WS 01 Fitness Aqua Gym

Sabrina Hernandez Spain

Piscina English /Spanish

Sports dancer and Gymnastics instructor for the City Council Maspalomas. International studies in Denmark, England, Italy and France.

Since 1998 responsible for the Aqua activities (Aqua Fitness, Aqua Gym & Aquatonic) and the gym work with adults as Aerobox, Step, Salsastep, Aerobic & Cardio.

Aqua Gym

You are gonna get fun and ready to move all your body in the water, doing easy and funny excersices with nice music.



WS 02 Fun HydroBic

Karoliina Hokka Finland

Piscina Finnish /English

Karoliina Hokka started gymnastics when she was three years old. When she finished her career as an aesthetic group gymnast, she started leading children's gymnastics groups. Soon she continued to adults' groups and for now she's been leading many different groups at different ages. Currently she leads mostly groups of HydroBic (water gymnastics) but also fit ball, stretching and gymnastics with sticks. Karoliina is very interested in moving Golden Age-people as well as people who haven't done physical exercise a lot. Karoliina works as a special education teacher.

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WS 03 Alexander Technique

Agneta Bächlin

Sweden

Sala Gimnasia 1 Swedish /English / German

The Alexander Technique educates the sense of kinesthesia. This sense is used to calibrate the internal body location and to judge the effort necessary for moving. Alexander Technique believes that we have a built-in blind spot. According to Alexander teachers, giving up troublesome activities are not required if a learner is willing to change their old ways of doing them. By preventing these sorts of small cumulative stresses, many painful health concerns related to limited movement ability can be mitigated, improved or completely outgrown.

Ideas for the use of different kinds of bags in order to create different aims in class. Ideas for the use of bin bags, yellow sacks, paper bags are given under different aspects: fitness – gymnastics – performance.



WS 05

Fit-Ball Wellness

Sanne Honore

Denmark

Polideportivo

English /Danish

Starting from the different training forms (Fieldkrais, Pilates, Yoga) it is oriented to a mix of intensive exercises. Balanced and fit with the Chi-Ball method. A new corporal sensation with harmonic movements. Theoretical introduction and the practical movements with Chi-Ball are relevant.



WS 04 FFF; Fit, Fun & Fifty

Christiane Kleinke

Germany

Pista Patinaje

English /German

Full of fantasy – by interesting tasks of movement,

Fit with different gymnastic-material: ropes, balls, cudgels, sticks and hoops

Funky – with selected music

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WS 06 TaiChi-Chuan – Qi Gong

Rita Rattey Germany

Parque San Fernando English / German

Rita Rattey is student of Toyo Kobajashi and teaching Tai Chi since 1997. She is member of the German association for gymnastics and teaches sports for health.

TaiChi-Chuan is a gentle art of moving, which is practised as a series of unhurried and flowing movements, improving our well-being, relaxation and mental concentration. The graceful movements increase strength, perception as well as the circulation of life force energy “chi”. During the workshop, we will practise short sequences of movements, which help us to feel the inner expression of the body and mind. This inner attention makes us aware, how we can strengthen the muscles and how we can keep chi flowing.



WS 07 Health & Fitness

Jane Sorensen Denmark

Pista Patinaje

English /Spanish

Teacher in gymnastic for adults since 30 years. Education through DGI and supplemented with different training course through DGI and DGF. Besides in several years she has been a part of board of directors in her club, Randers gymnastiske Forening (R.g.F).

Movement, Health & Fitness for the club with coordination and flexibility activities, combined with dance and folklore.



WS 08

Latin Aerobic

Angela Orozco

Colombia

Polideportivo

English /Spanish

Latin music is easy to listen to – they move body and soul. They are melodies which you can dance easily, which are well known, which you feel comfortable with – and so the moving begins.

Dance on your own but yet in adaptation with others in the room and in the formation. Learn dancing by dancing – that's the motto. On the way to achieving dance formations there will be moving tasks and playing forms used to enable delightful dancing, to widen your repertoire of movement, one's initiative, communication and to exercise the feeling for rhythm. Joy and fun for Music and movement are the priorities.

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WS 09 Line Dance

Christiane Kleinke Germany

Pista Patinaje English /German

Sport and gymnastics instructor during 1968 and 2000 at the sportschool of the NTB-Gymnastics Federation in Melle. Responsible for the dance- and gymnastics group of NTB, teacher for gymnastics and sport, representing in national and international courses. Long years responsible for education, further education and curricula in gymnastics and dance for the German Gymnastic Federation.

Dancing to the sound of different kinds of music, Special knowledges are not necessary. just having fun to move. The music from Abba, easy and current movements, to the Country – music movements from Line – Dance. Just dance and get fit.



WS 10 Flow Gym

N.N. Finland

Polideportivo Finish/English

Rhythm, balance and movement combined



WS 11 Chrisrobic $\frac{3}{4}$ time

Christiane Kleinke Germany

Pista Patinaje English /German

Walzer & Aerobic, is it possible to combine? Do you want to experience Walzer in a different way – full of power and intensity, keeping the correct rhythmus? Try it applying the of the $\frac{3}{4}$ flowing rhythmus!



WS 12 Simple exercises at apparatus & several exercises for at home

Miroslav Zlatko Czech Republic

Cancha Balonmano English /Spanish

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WS 13 Acrobatics 50plus

N.N. Great Britain

Sala Gimnasia 1 English / Spanish

British knowledge for the basic movements in acrobatics.



WS 14 Flamenco dance

Amparo Navarro Spain

Sala Gimnasia 2 English

Flamenco is a Spanish musical genre with strong, rhythmic undertones and is often accompanied with a passionate style of dance characterized by its powerful yet graceful execution, as well as its intricate hand and footwork. Flamenco embodies a complex musical and cultural tradition. Although considered part of the culture of Spain in general, flamenco actually originates from one region: Andalusia.



WS 15 Folklore Canary Islands

Antonio Sanchez Spain

Polideportivo English / Spanish

Introduction in the local folk dance



WS 16 Baile Salsa

Jose Luis Spain

Sala Gimnasia 2 English

Starting early the gymnastics and until today working in the world of gymnastic as a coreograf of dancing, instructor and trainer for artistics gymnastic for men/women.

He took part at big events and several championships of the Royal Spanish Gymnastics Federation. Until today he loves to teach and actual he is instructor at the Gimnasio Blume Gran Canaria

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WS 17 Nordic Walking

Sanne Honore Denmark

Polideportivo English /Danish

Meeting point at the reception OC office in Polideportivo San Fernando

Nordic Walking was originally developed as a summer-training for professional skiing athletes. It is essentially a power-training for speed-performance and increasing perseverance combined with body-building. Nordic Walking uses poles for propelling the body forward. Poles are fixed and not adjustable.

vascular system, agility and the general physical condition. Stick walking alleviates the body-weight-load on legs, knees and feet and trains co-ordinate arm-leg-motion. The making-sport-easy-effect helps to prolong sport exercises and thus to burn extra calories. Poles are adjusted to personal fit.



WS 19 Beach Volleyball

N.N. Spain

Beach English /Spanish

Rules and Tactics? No, just play & fun!



WS 18 Stick Walking 1. Beginners & 2. Experts

Marina Wolff-Bühning Germany

Polideportivo English /German/Spanish

Meeting point at the reception OC office in Polideportivo San Fernando

Stick walking is the low-impact everyday workout focussing on strengthening the cardio-



WS 20 Mensana

David West Great Britain

Sala Gimnasia 1 English /Spanish

Active relaxation acts for increasing the ability for introspection and own reflection. Through enhancement of the body sensibility in everyday life single-sided strains and inner or outside-stress factors should be realized earlier. Not only the body needs time for regeneration but also the soul needs it..

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9.1. WORKSHOPS SCHEDULE

Lunes / Monday	Martes / Tuesday	Miercoles / Wednesday	Jueves / Thursday	Viernes / Friday
17.11.2008	18.11.2008	19.11.2008	20.11.2008	21.11.2008
Desayuno / Breakfast	Desayuno / Breakfast	Desayuno / Breakfast	Desayuno / Breakfast	Desayuno / Breakfast
(09:00 - 10:45) Workshops A Pol. San Fernando	(09:00 - 10:45) Workshops A Pol. San Fernando	(09:00 - 10:45) Workshops A Pol. San Fernando	(09:00 - 10:45) Workshops A Pol. San Fernando	(09:00 - 10:45) Workshops A Pol. San Fernando
(10:45 - 11:15)	(10:45 - 11:15)	(10:45 - 11:15)	(10:45 - 11:15)	(10:45 - 11:15)
(11:15 - 13:00) Workshops B Pol. San Fernando	(11:15 - 13:00) Workshops B Pol. San Fernando	(11:15 - 13:00) Workshops B Pol. San Fernando	(11:15 - 13:00) Workshops B Pol. San Fernando	(11:15 - 13:00) Workshops B Pol. San Fernando

Workshops Alternatives

- WS 21 Mountainbiking
- WS 22 Senderismo
- WS 23 Volleyball
- WS 24 Petanque
- WS 25 Becher stapeln
- WS 26 Dynamic Tennis
- WS 27 Boule
- WS 28 Other games at the beach

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10. FORUM

The Forum gives educational opportunities for the group leaders and coaches and other interested participants to learn about technical issues, about technical issues, about teaching seniors and share their own experiences.

The topics proposed for the 1st Golden Age Gym Festival are described as follows:



F1 Important words for GA GF 2008

Marina Wolff-Bühning

German / English / Spanish

Conference Hall Beverly Park

Language workshop dealing with the daily live at GA festival and sports related themes. There is only a need to moderate this workshops – it's not necessary to be an translator.

F2 Health sports for 50plus?

Regina Beeler / Antonio Palomino

English / German / Spanish

Casa de la Cultura

Gymnastics/sports and related activities taught as fitness for health or: the relationship between physical aging and daily fitness activities.

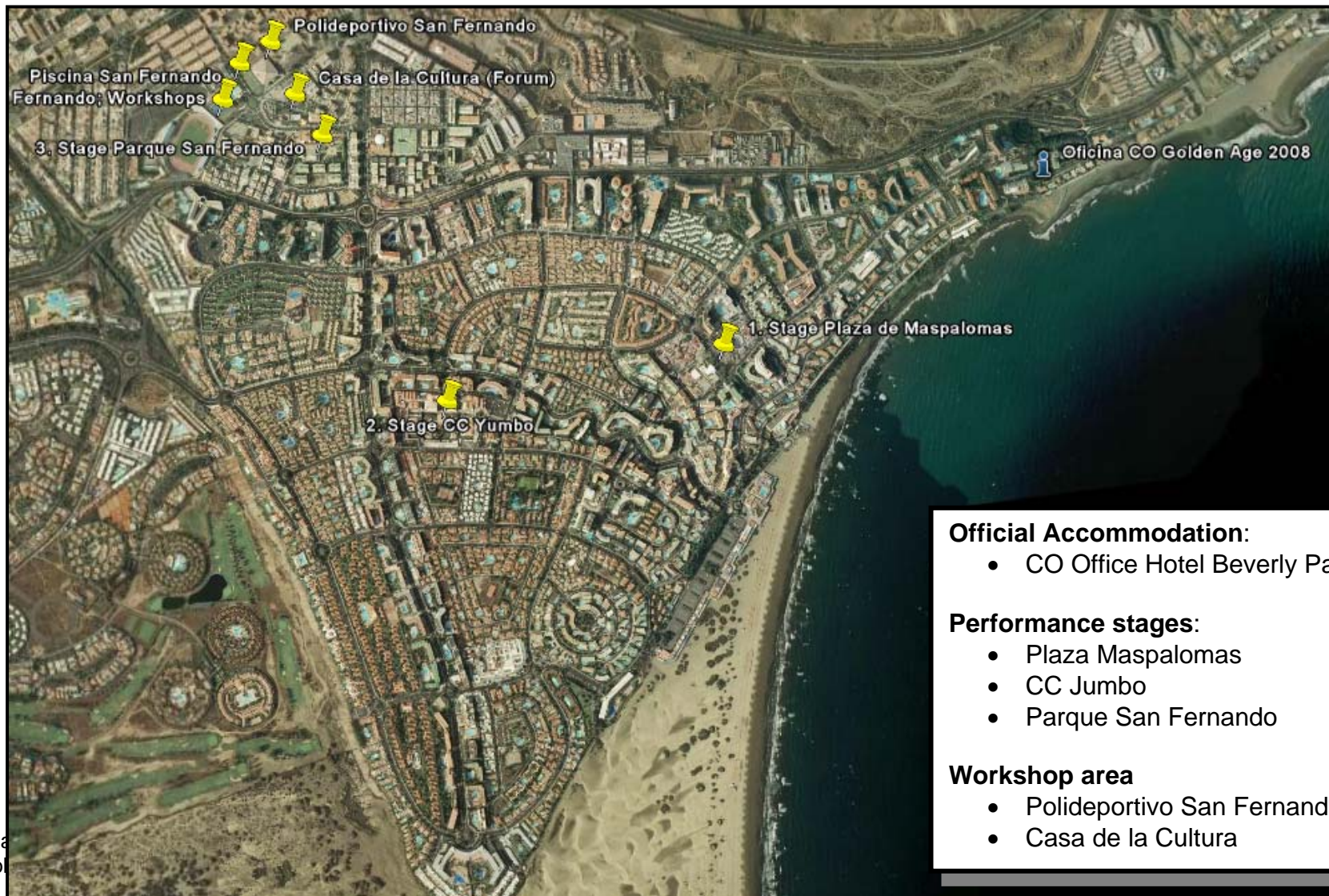
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11. SPORTS FESTIVAL AREA / WORKSHOP LOCATIONS



Official Accommodation:

- CO Office Hotel Beverly Park

Performance stages:

- Plaza Maspalomas
- CC Jumbo
- Parque San Fernando

Workshop area

- Polideportivo San Fernando
- Casa de la Cultura

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12. ACCOMMODATION

The participating groups will be accommodated mainly in the official hotels and bungalows near the festival area, situated within walking distance or on local bus routes which offer a good service and can be used free of charge by the Golden Age participants.

The groups will be accommodated in Hotel Beverly Park:



- Situated in Playa del Inglés.
- Just 100 metres from a sandy beach.
- 300 metres from Tropical Shopping Center.
- About 1,5 Km. from the center of Playa del Inglés and Shopping Center Plaza Maspalomas & Jumbo
- 28 Km. from the Airport.
- 50 metres from the bus stop

3 large swimming pools for adults (one heated in winter), 2 children's pools and children play-ground, and Mini Club, terrace with sunbeds and umbrellas, terrace with two jacuzzis sunbeds and umbrellas, mini-golf, one tennis courts and Shuffleboard area, all of this inside subtropical gardens.

Restaurant Buffet offering select international cuisine, snack & pizzeria, poolbar, games room (offering table tennis, billards and games machines) and dance room.

Type	Accommodation	Costs per person/night (Halfboard)	Costs per person/night (Fullboard)	Costs per person/ 6 nights (Fullboard)
H3 (double room & 1 supplementary bed)	Hotel	27 €	35 €	210 €
H2 (double room)	Hotel	31 €	39 €	234 €
H1 (single room)	Hotel	41 €	49 €	294 €

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13. TRANSPORT / ARRIVAL / DEPARTURE

13.1. FLIGHTS – ARRIVAL / DEPARTURE

The international airport of Gran Canaria is Gando and attends more than 10 Mio passengers per year and is the 4th biggest in Spain. The distance to Maspalomas/Las Palmas is approx. 25 km and by car means 20 min.

Gran Canaria offers more than 40 direct connections to european cities and the main international hubs are via Madrid or Barcelona (approx. 2 hours flight). As an information for the delegations you will find in the table the price scale for internet flights in 2007:

Code	Nation	Airport	Price Internet 2007
ALE	Deutschland	München, Berlin, Hamburgo, Düsseldorf, Münster, Stuttgart, Bremen, Leipzig, Dresden, Saarbrücken	280 €
AUT	Österreich	Viena, Salzburgo	280 €
BEL	Belgien	Brüssel, Ostende, Brügge	280 €
CZE	Czech Republic	Praga, Dresden	298 €
DEN	Dänemark	Copenague	275 €
EST	Estland	Helsinki	229 €
FIN	Finnland	Helsinki	229 €
FRA	France	Paris, Lyon	280 €
GRE	Griechenland	Atenas	230 €
GBR	Großbritannien	Belfast, Leeds Bradford, Newcastle, Manchester, Londres	190 €
IRL	Irland	Dublin	175 €
ISL	Island	Reykjavik - Londres	406 €
ITA	Italien	Pisa, Venecia, Napoles, Palermo, Roma, Verona	210 €
LET	Lettland	Helsinki	229 €
LIT	Litauen	Helsinki	229 €
NED	The Netherlands	Amsterdam	190 €
POR	Portugal	Lisboa, Porto	190 €
RUS	Russland	St. Petersburg, Moscu	358 €
NOR	Norwegen	Oslo	456 €
SVK	Slowakei	Praga, Viena	298 €
SUI	Schweiz	Zürich, Genf, Basel	280 €
SWE	Schweden	Estocolmo, Malmö	394 €
TUR	Turkey	Atenas	230 €

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13.2. TRANSPORT & TRANSFER

When arriving to Gran Canaria there will be a **1st Golden Age Gym Festival 2008** welcome desk in the arrival lounge. Our Golden Age staff members will guide those groups that have ordered the bus transport from the OC to their buses. Please find the **1st Golden Age Gym Festival 2008** welcome desk when you arrive so you can get answers to your first and most important questions.

The OC 1st Golden Age Gym Festival 2008 offers by arrival the transfer from the airport to the accommodation and by departure the transfer from the accommodation to the airport at a cost of 12 € per person. The transfers can be ordered by the teams following the instructions in Bulletin Nr. 2.

During the Sports festivals days each participant will get the transport ticket for the use of the Festival transport network. The Time Schedule for the bus transport will be distributed at the OC office by arrival. The public transport is not included in the transport ticket.

14. CATERING

All meals will be served at the correspondent accommodation. Please follow the reserved options for your own groups. The groups that require extra meals shall order at the reception of the hotel / bungalow. Our experience has proven that the gym groups prefer to order half board.

The Catering Time Table for the official accommodation is as follows:

Breakfast buffet	07.00 - 10.00
Lunch buffet	13.00 - 14.30
Dinner buffet	18.30 - 21.15

15. GOLDEN AGE T-SHIRTS

Those who did not order their UEG **1st Golden Age Gym Festival 2008** T-shirt in advance can get one at the OC Center in Hotel Beverly Park. T-shirts will be on sale at a price of 10 € for the duration of the event. Get yourself a nice souvenir from **1st Golden Age Gym Festival 2008** and Gran Canaria!

16. HEALTH AND ACCIDENT INSURANCE

All registered group members have to prove adequate coverage by a health insurance. The OC 1st Golden Age Gym Festival 2008 offers all groups an insurance at a rate of 1,50 € (<64 years) and 2 € (>64 years) per person/day, covering the time of the Festival event. This will cover the time of the actual event, from 16th to 21st November including the travel to and from Gran Canaria. The insurance is restricted to costs incurred in Spain up to 2500 €. Interested groups can only apply for such insurance under chapter 8 of the Registration Form. Further details will be available in the Final Bulletin.

1st Golden Age Gym Festival 2008

November, 16th – 21st 2008

Maspalomas. Gran Canaria. Spain



17. OFFICIAL CONTACT ADDRESS

OC Golden Age Contact office in Las Palmas

A.D. BLUME – GRAN CANARIA

c. Juan M. Duran 17-5º-D, E-35 007 Las Palmas de GC, Spain

Telefon +34 26 28 15 / 49 44 07 Fax: +34 928 26 28 15

Email: jtelo@blumegc.e.telefonica.net Web page : www.goldenage2008.com

Organiser

European Union of Gymnastics / Union Européenne de Gymnastique

Local organisers

Asociacion Deportiva BLUME – GRAN CANARIA

Partners

Gobierno Autónomo de Canarias

Cabildo Insular de Gran Canaria

Ayuntamiento de San Bartolomé de Tirajana

Real Federacion Española de Gimnasia

Federación Canaria de Gimnasia

Responsible for 1st GOLDEN AGE GYM FESTIVAL on behalf of C GG/UEG

Alberto Claudinho Nunes

Birna Björnsdottir

Organising committee 1st GOLDEN AGE GYM FESTIVAL

President	Jesús Telo Núñez
Vicepresident	Amado Ramos Pérez
Vicepresident	Carlos Gutiérrez Salgado
Vicepresident	Sara Rodríguez Darías
General Secretary	Jesús Telo Rodríguez
Technical Programme	Cornelio Ortega Martínez
Flights & accommodation	Jürgen Klughammer
Performances	Klaus Witte
Workshops	Bärbel Schöttler
Cultural, leisure activities	Nenuca Gonzalez Alonso
Public Relations	Isidro Seco Fuertes
Secretary	Noelia Suárez Fernández
Media	Eckhard Herholz
IT coordinator	Detlef Schmidt & Enrique Fischer
Finances	Carmela Santalla Fernández
Translations	Sara Telo Rodriguez
Infrastructure coordination	Juan Ortega Pérez
Transportation	José & David Correa Canas
Coordinación Local	Rita Ortega León & Paqui Santana Rivero