



3<sup>RD</sup>  
**EUROPEAN GYM  
FOR LIFE CHALLENGE**  
9<sup>TH</sup> JULY 2022



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## LEGENDS

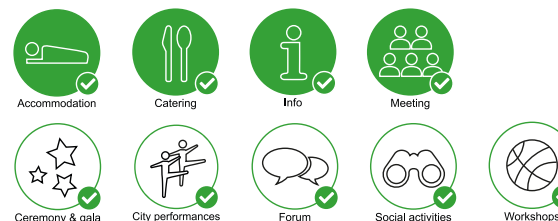
### CATEGORIES' COLORS



### INFRASTRUCTURES



### ACTIVITIES



### MOBILITY



# TRANSPORT - COME BY PLANE



Slide # 1/2

Shiny GYM TIME ★★★

## SWISS AIRPORTS

- Travel itineraries, schedules and means of transport will be announced once groups have registered.
- Transfer tickets from the airport to Neuchâtel and return will be ordered and paid for upon final registration, as well as all extra costs.
- Coordination and train reservations by LOC.
- Welcome by volunteers in train stations located in Geneva and Zurich airports, at Basel airport and in Neuchâtel train station.
- Train tickets (transfer) will be sent to groups flying to Switzerland.
- Emergency phone number in case of flight delay.
- Follow the itinerary from the train station to Maladière Plaza.
- Luggage deposit possible at the Aula of the University (day of arrival) and in the Ceremony Indoor Skating Rink (day of departure).
- Accreditation in the Welcome Tent on the Maladière Plaza.

## EXTRA COST (EURO/CHF)

Individual rates up to 9 people	< 16 years old or 1/2 Fare Travelcard	> 16 years old
Transfer airport - Neuchâtel (from / to)		
Genève Aéroport	48	96
Basel EuroAirport	47	94
Zürich Flughafen	58	118
Group rates from 10 people	< 25 years old or 1/2 Fare Travelcard	> 25 years old
Transfer airport - Neuchâtel (from / to)		
Genève Aéroport	34	68
Basel EuroAirport	33	66
Zürich Flughafen	42	83



### Travel times by train to Neuchâtel from :

Geneva airport	1h 26min
Zürich airport	1h 48min
EuroAirport Basel-Mulhouse-Freiburg	1h 53min

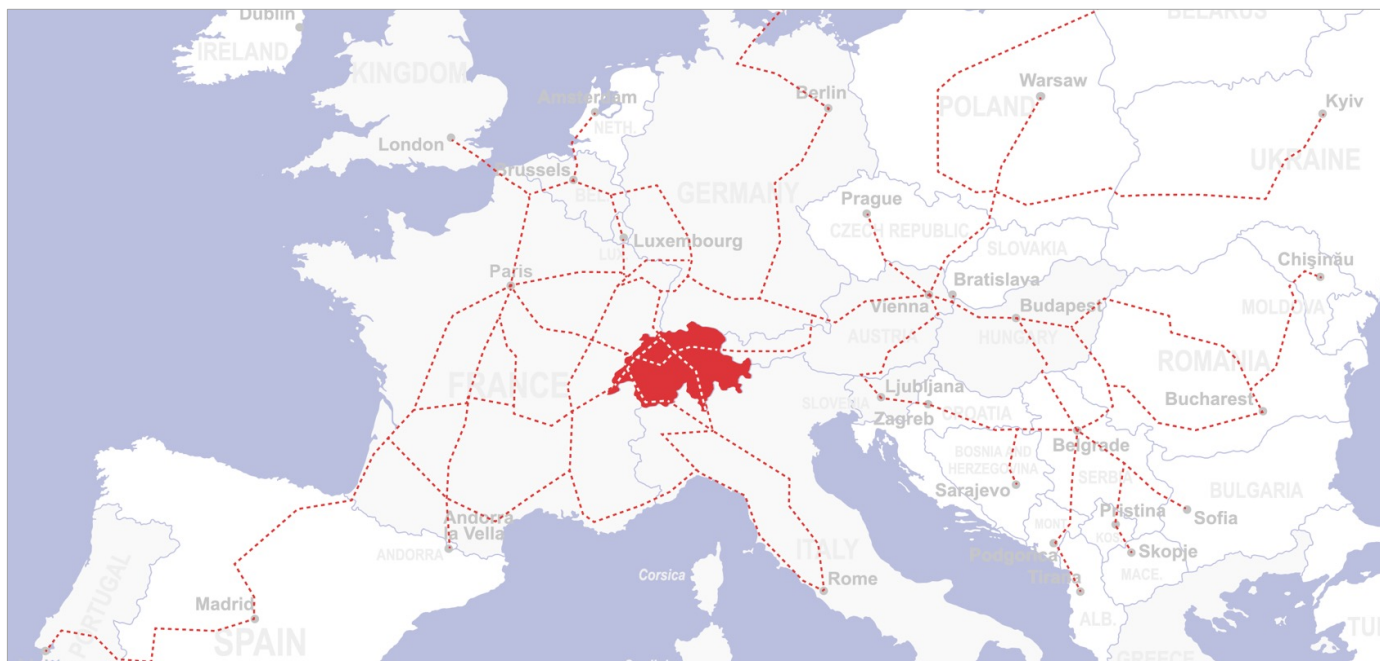


# TRANSPORT - COME BY TRAIN



## RAILWAY NETWORK – Main European railway axes

- Travel itineraries, schedules and means of transport will be announced once groups have registered.
- Reservation of train tickets made by the registered groups.
- Travel summary to be given by the organiser to LOC for coordination purposes.
- Welcome by volunteers at Neuchâtel train station.
- Emergency phone number in case of train delay.
- Follow the itinerary from the train station to Maladière Plaza.
- Luggage deposit possible at the Aula of the University (day of arrival) and in the Ceremony Indoor Skating Rink (day of departure).
- Accreditation in the Welcome Tent on the Maladière Plaza.



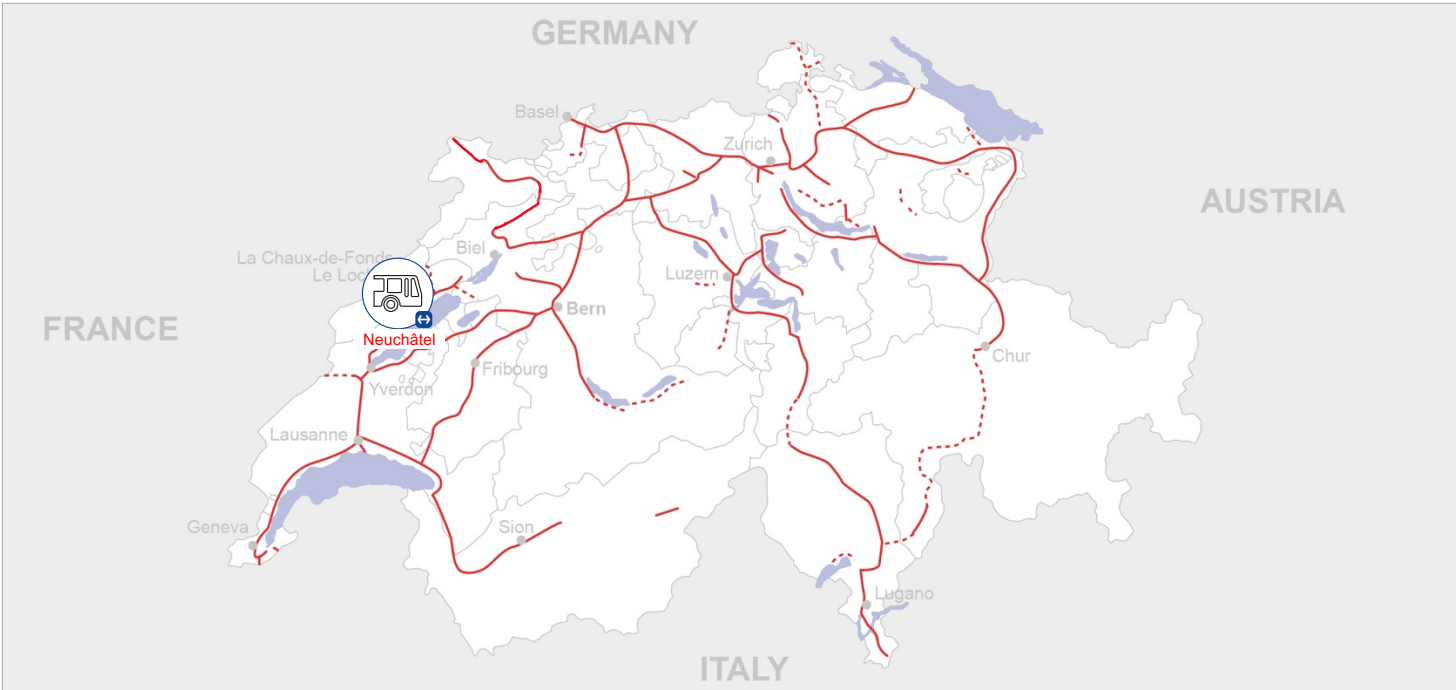


# TRANSPORT - COME BY BUS



## SWISS HIGHWAYS - Motorways and semi motorways

- Travel itineraries, schedules and means of transport will be announced once groups have registered.
- Reservation and bus booking made by the groups.
- NB: it is necessary to have a Swiss motorway vignette (sticker) on the vehicle to be allowed to use the highways. It can be bought at custom posts and petrol stations for CHF 40.-. Valid for the whole year.
- Travel summary to be given by the organiser to LOC for coordination purposes.
- Groups will disembark at La Maladière Plaza.
- Bus parking on the outskirts. It will be forbidden to use these buses during the week (drivers off).
- Luggage deposit possible at the Aula of the University (day of arrival) and in the Ceremony Indoor Skating Rink (day of departure).
- Accreditation in the Welcome Tent on the Maladière Plaza.



# NEUCHÂTEL – ON FOOT AND BY BUS

## ON FOOT

- The walking routes will be signposted
- At the train station, take the FUNI to go down to the Maladière, every 5 minutes, then on foot, about 800 m. to reach the Maladière Plaza

## BY BUS

- From July 10<sup>th</sup> to 15<sup>th</sup> : transport on site is free with presentation of the Neuchâtel Tourist Card (NTC) that you will receive with your package
- A user-friendly bus network map will be prepared just for you
- Bus TransN App and mobile CFF App to download
- A QR code opens the buses timetables on the website



## “EUROGYM IS THE BIGGEST EUROPEAN GYMNASTICS EVENT FOR YOUNG TEENAGERS”

The event is organised every two years. The 2022 edition has been attributed to Switzerland by the European Gymnastics Executive Committee and will take place in Neuchâtel from July 7<sup>th</sup> to 15<sup>th</sup>.

The program focuses on sports activities, fun, exchanges and encounters. An opening ceremony, a gala and a closing ceremony are also planned as well as sightseeing excursions that will allow participants to discover the Neuchâtel region, its lake and mountains.

The gymnasts will present their productions to the public on several stages in the city, take part in various workshops and will be engaged in cultural and recreational activities. In the first part of this great gymnastics festival, the 3<sup>rd</sup> European Gym for Life Challenge (EGFL) will reward all participating groups on July 9<sup>th</sup>, 2022.

The event is open to people with disabilities.



## KEY FACTS

- 5000 gymnasts from 12 to 18 years old from more than 20 nations
- 500 accompanying adults (parents, friends) who follow the gymnastics productions while taking advantage of tourism in the region

## NEUCHÂTEL'S PARTICIPATION IN THE 4 PREVIOUS EDITIONS

- 2012 Coimbra - Portugal
- 2014 Helsingborg - Sweden
- 2016 Ceske Budejovice – Czech Republic
- 2018 Liège - Belgium

## VENUES

- A stadium with 10'000 seats for the opening ceremony
- Sports halls and outdoor areas dedicated to workshops
- 3 stages for City performances
- 1 indoor skating rink with 3200 seats for the Gala
- 1 sports hall with 1250 seats for the EGFL

## ACCOMMODATION

- 5'000 places in high schools for gymnasts
- Accommodation in hotels in the region for officials
- Choice of accommodation (hotel, B&B, camping) for accompanying persons

## CATERING

- 5000 meals (lunch and dinner) in the EAST indoor skating rink
- Breakfast
- Canteens for accompanying persons

## TRANSPORTS

- By train from the airports to Neuchâtel (at the participant's expense)
- On foot and by bus between the sites to the accommodation (included in the accreditation card)



# EUROGYM – FOR PARTICIPANTS

## REGULATIONS

The gymnasts should be between 12 and 18 years old; but it is allowed to register 10% of under-aged gymnasts of 10 and/or 11 years old and/or older gymnasts (19 and/or 20 years old). Exceptions are not allowed, neither are participants below 10 years and/or above 20 years old.

Please check the regulations and the table below, as these numbers will be checked ! A copy of a valid passport will be asked at the registration.

- Each group should include at least 6 gymnasts.
- The European Gymnastics and Technical Committee for Gymnastics for All recommends to have a minimum of 2 group leaders, 1 coach, as well as 1 Head of Delegation.
- But if the group exceeds 12 gymnasts, it is recommended to have 1 group leader for 12 gymnasts.
- **The registration can only be done through your National Federation.**

# participants per group		# participants allowed that are younger and/or older
From ...	Until ...	
6	9	0
10	15	1
16	25	2
26	35	3
36	45	4
46	55	5
56	> 56	6

## ACCREDITATION

- Participants according to the definition above
- Coaches
- Group/team leaders
- Head of delegation

Coaches may not take part in a performance as gymnasts. Accompanying persons are not allowed in the schools and will not get an accreditation.

## PROGRAM

### OPENING CEREMONY, 10<sup>th</sup> JULY, 16:00 – MALADIÈRE STADIUM

All delegations must participate in sportswear.

### GROUP PERFORMANCES, 11<sup>th</sup> to 13<sup>th</sup> JULY – AFTERNOON

The groups should present their performance at least twice during the week.

### EDUCATIONAL FORUM, 11<sup>th</sup> AND 12<sup>th</sup> JULY

The FORUM for coaches is held for educational opportunities to learn about technical issues and to share their own experiences.

### WORKSHOPS, 11<sup>th</sup> to 14<sup>th</sup> JULY – MORNING

Every participant must be able to take part in 4 workshops.

### CULTURAL AND SOCIAL ACTIVITIES, 10<sup>th</sup> to 14<sup>th</sup> JULY

Excursions and social activities can be found in the detailed program for participants and accompanying persons.

### GALA, 14<sup>th</sup> JULY – ICE ARENA WEST

All groups that wish to be in the gala can apply through their national federation (European Gymnastics provided the NFs with an application form). The maximum duration of one Gala-performance is 3 minutes. The TC-Gfa will decide which groups can participate in the Gala no later than 3 months prior to the event.

### CLOSING CEREMONY, 14<sup>th</sup> JULY – ICE ARENA WEST

The closing ceremony will take place at the end of the gala, in the presence of all the EUROGYM participants, in sportswear.

### DAILY MEETINGS


























10<sup>th</sup> from 14:00 to 15:00 for HoD, coaches, choreographers for the gala

11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> at 8:00 for HoD



# DETAILED PROGRAM




		EGFL 7 to 10 July 2022				EUROGYM 10 to 15 July 2022					
		TH 07.07	FR 08.07	SA 09.07	SU 10.07	MO 11.07	TU 12.07	WE 13.07	TH 14.07	FR 15.07	
Espace Facchinetti	 	Meeting HoD and coaches				Meetings (HoD, coaches, choreographers for the gala) 14:00 - 15:00	Meetings for HoD 08:00	Meetings for HoD 08:00	Meetings for HoD 08:00	Meetings for HoD 08:00	
Ceremony Indoor Skating Rink	 							Silent Party (to confirm)	Silent Party	- Gala EG - Closing ceremony	
Catering Indoor Skating Rink <small>*Schedules will be given to groups</small>	 	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	Catering* - Breakfast 06:30 - 08:30 - Lunch 11:00 - 13:00 - Dinner 17:30 - 19:00	
Lakeshore	 					Sofa lounges	Sofa lounges	Sofa lounges	Sofa lounges	Sofa lounges	
Maladière Plaza <small>- Welcome Tent (info, meeting point)</small>	  	- Info desk 7:30 - 19:30	- Info desk 7:30 - 19:30	- Info desk 7:30 - 19:30 - Evening entertainment 19:30 - 21:30	- Info desk 7:30 - 19:30	- Info desk 7:30 - 19:30 - City performances 13:30 - 18:30 - Social activities - Evening entertainment 19:30 - 21:30	- Info desk 7:30 - 19:30 - City performances 13:30 - 18:30 - Social activities - Evening entertainment 19:30 - 21:30	- Info desk 7:30 - 19:30 - City performances 13:30 - 18:30 - Social activities - Evening entertainment 19:30 - 21:30	- Info desk 7:30 - 19:30 - City performances 13:30 - 18:30 - Social activities - Evening entertainment 19:30 - 21:30	- Info desk 7:30 - 19:30	
Maladière Stadium	 	Arrival of EGFL groups		Arrival of EG groups (part 1)	Departure of EGFL groups	Arrival of EG groups (part 2)	- Parade - Opening ceremony				Departure of delegations
Place du Port (harbour)	  	Big air bag		Big air bag		Big air bag	- City performances - Big air bag - Evening entertainment 19:30 - 21:30	- City performances - Big air bag - Evening entertainment 19:30 - 21:30	- City performances - Big air bag - Evening entertainment 19:30 - 21:30	Big air bag	
Quai Ostervald	  						- City performances - Evening entertainment 19:30 - 21:30	- City performances - Evening entertainment 19:30 - 21:30	- City performances - Evening entertainment 19:30 - 21:30		
Riveraine	  	Rehearsals	(EGFL)	- EGFL - Swiss Parkour Series Speed	(EGFL)		Parkour site	Parkour site	Parkour site	Parkour site	
Several sites							- Workshops 08:30 - 09:45 10:15 - 11:30 - Excursions 08:00 - 12:00 13:30 - 18:00	- Workshops 08:30 - 09:45 10:15 - 11:30 - Excursions 08:00 - 12:00 13:30 - 18:00	- Workshops 08:30 - 09:45 10:15 - 11:30 - Excursions 08:00 - 12:00 13:30 - 18:00	- Workshops 08:30 - 09:45 10:15 - 11:30 - Excursions 08:00 - 12:00 13:30 - 18:00	
University Hall	 						Educational forum 09:00 - 11:00	Educational forum 09:00 - 11:00			




# INFRASTRUCTURE VIDEOS


WATCH ON WEBSITE :  
[www.eurogym2022.ch/#videos](http://www.eurogym2022.ch/#videos)




Maladière plaza




Maladière Plaza




Maladière stadium




Maladière Stadium




Place du Port (harbour)




Place du Port (harbour)



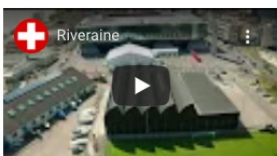
Quai Ostervald




Quai Ostervald



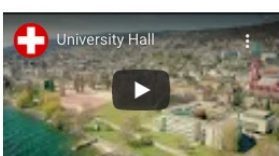
Riveraine




Riveraine



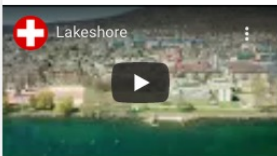
University hall




University Hall




Lakeshore



Lakeshore



Ceremony Indoor Skating

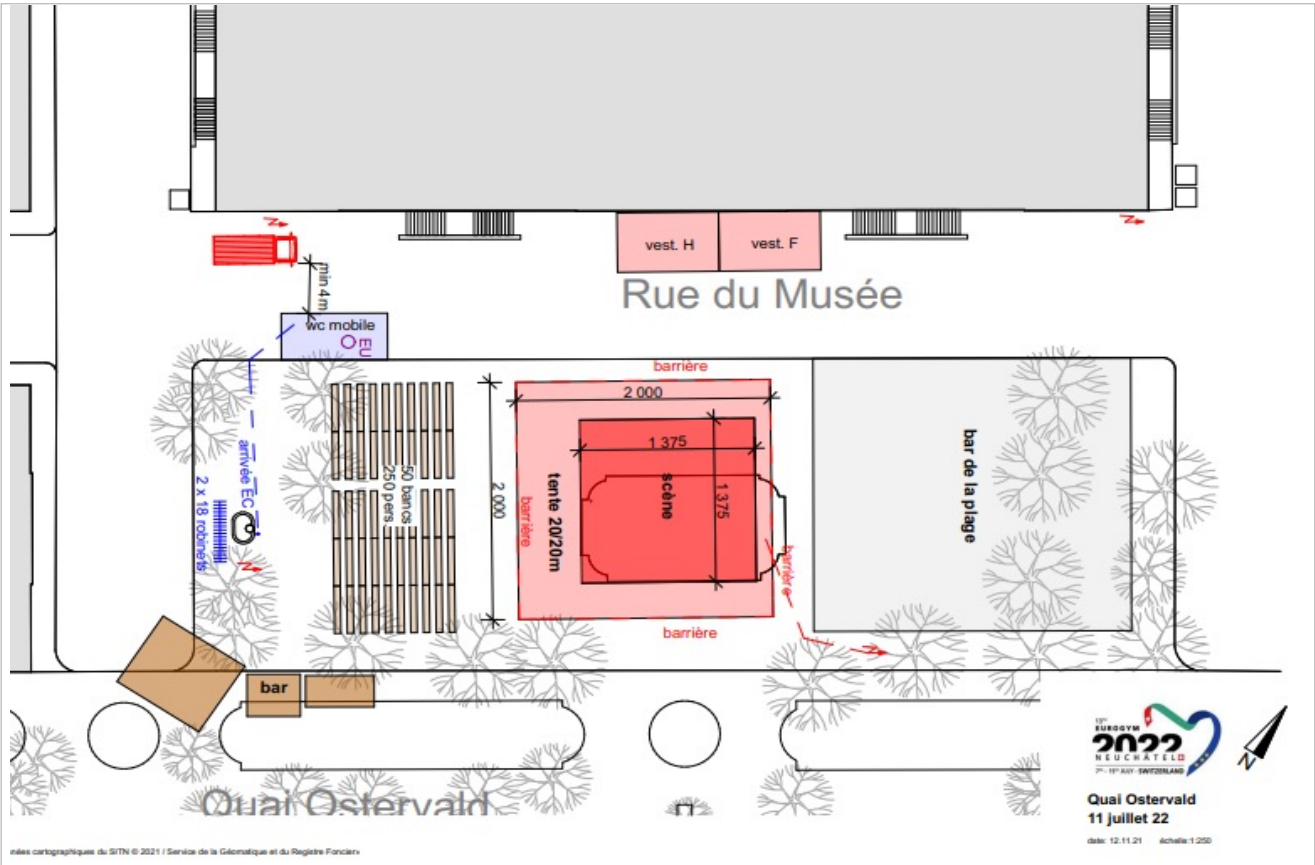


Indoor Skating Rinks

# MAP : MALADIÈRE PLAZA (PROVISIONAL)

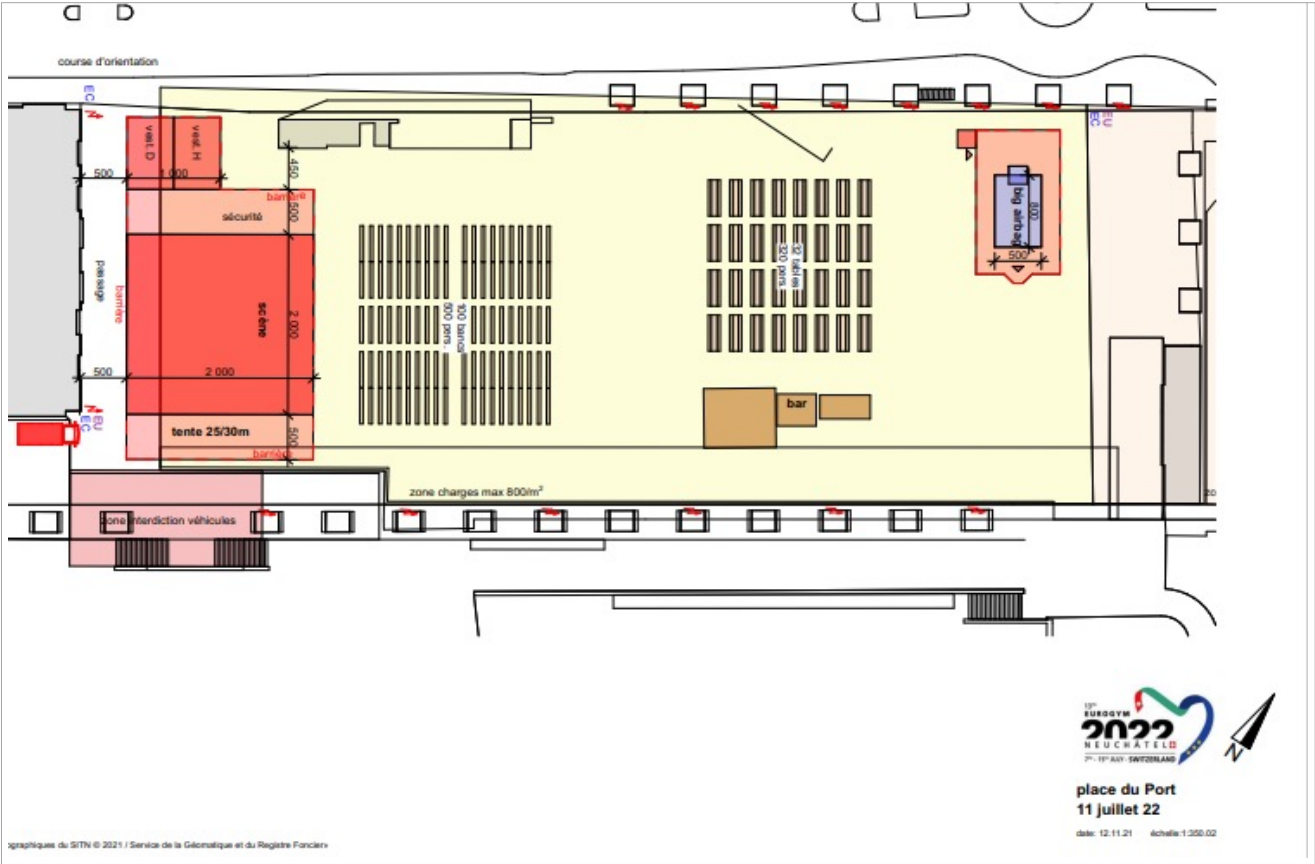


# MAP : QUAI OSTERVALD (PROVISIONAL)

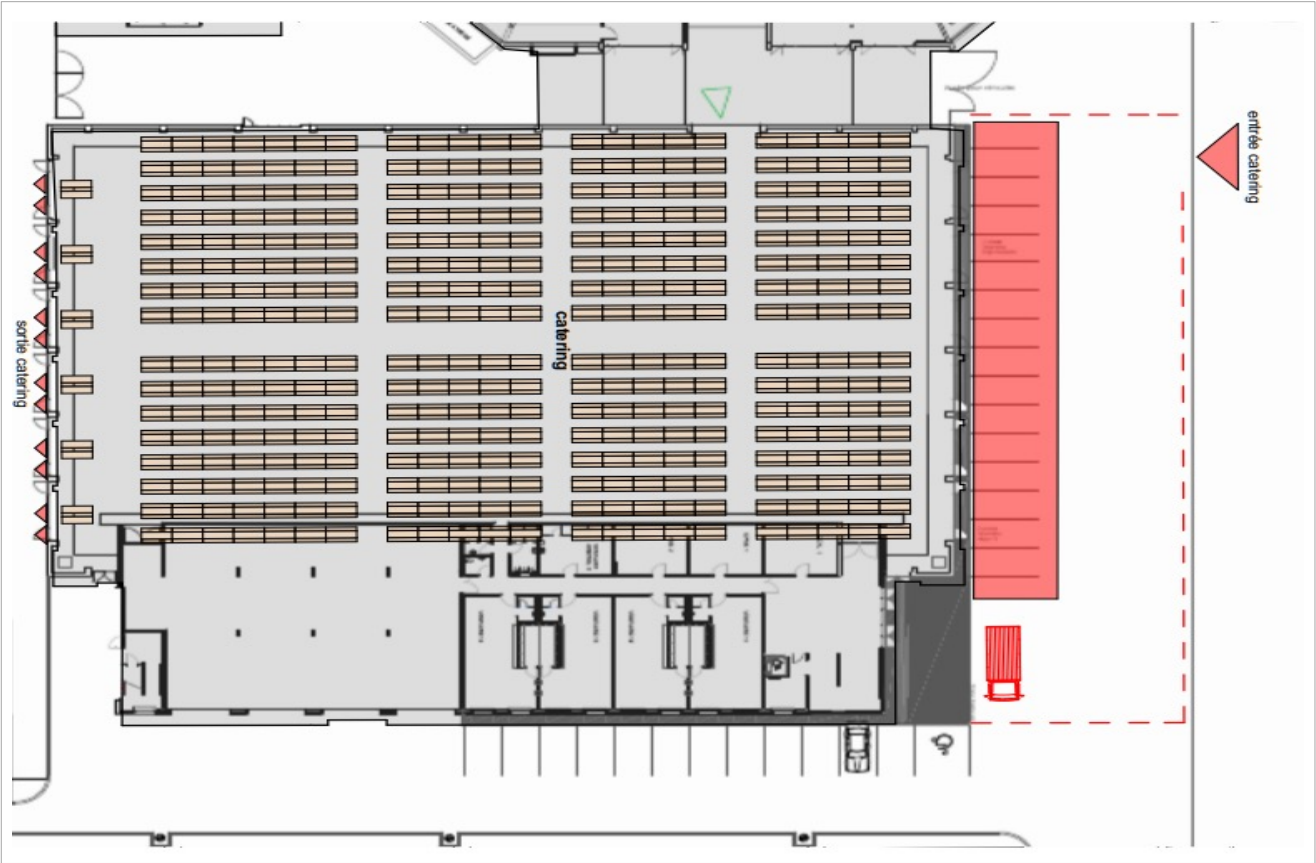




# MAP : PLACE DU PORT (PROVISIONAL)



# MAP : CATERING IN INDOOR SKATING RINK (PROVISIONAL)





OPENING CEREMONY



MALADIÈRE STADIUM





# OPENING CEREMONY



Slide # 1/2

## MALADIÈRE STADIUM - 10'000 SEATS

### Sunday 10<sup>th</sup> July – 16:00

The opening ceremony will take place on the first day of EUROGYM at the Maladière stadium. The opening ceremony officially announces the start of EUROGYM.

The opening ceremony **"Back to Life"** will tell the story of our life before, during and after the pandemic. After seeing the parade, the nations will take their places in the stands of the Maladière stadium. The show will be animated by gymnastics clubs from all regions of the country who will present the different facets of gymnastics practiced in Switzerland.

### WITH THE PARTICIPATION OF

Acrobatics Gymnastic	ACRO Genève
Artistic Bikes	Vanessa Hotz
Bars & Dance	Wetzikon
Bars beam airtrack hoops ribbon	Artistic, GR, ACRO Neuchâtel
Bir Air Floor Acrobatics	Welsh Master Team
Circus	Circo Bello
Floor Gymnastics	Yverdon Amis Gym
Jump Production	Neuchâtel
Swing Rings	Fribourg/Vevey Ancienne
Swing Rings	TV Ziefen/TV Siebnen
Parkour	Kaiko Parkour
Jump ! Jump ! Jump !	All participants
Flashmob EUROGYM 2022	All participants

In case of bad weather, the Opening Ceremony will be moved to the Ice Arena West in a reduced form.



Maladière stadium



Disabled access

*Shiny* GYM TIME ★★ ★



# OPENING CEREMONY



Slide # **2/2**

*Shiny* GYM TIME ★★★

## GENERAL PROGRAM

09:00 to 11:00	Maladière stadium	General rehearsal + warm-up at La Maladière
12:00 to 13:00	Catering at La Maladière	Meals for participants, volunteers, background artists / extras, bands

**14-15:00 (tbc)**      **Gathering of the gymnasts by nation in waiting areas**  
 14-15:00 (tbc)      Gathering of Neuchâtel banner carriers

**1<sup>st</sup> part**      **Parade**  
**16:00**      **Beginning of the Opening ceremony**

- Parade of flag throwers and Neuchâtel banners to take place on the stadium podium
- Parade and presentation of officials to the public before taking their seats in the SOUTH stands
- Parade of nations with national flags. Breakdance, Circo Bello, parkour, jumps, rope skipping entertainment in the stadium
- Parade of Swiss gymnasts, with flag throwers, bells, Swiss folk music
- Parade of two motorcycle trials for the entry of LOC and European Gymnastics Presidents
- LOC President's speech
- European Gymnastics President's speech
- European Gymnastics flag Ceremony, accompanied by the European anthem
- Swiss flag Ceremony, accompanied by the Swiss national anthem

**2<sup>nd</sup> part**      **Opening ceremony show**  
 16:30      Opening ceremony show (performances)  
 17:35      FINAL Jump ! Jump ! Jump ! and Flash Mob Shiny GYM TIME  
 17:45      End of the ceremony  
**18:00 to 19:00**      **Espace Facchinetti**      **VIP hospitality (Aperitif)**  
**17:30 to 19:00**      **Dinner**  
**Evening**      **On Maladière Plaza** - Event's beginning celebration with a «party for everyone»



Maladière stadium



Disabled access

*Shiny* GYM TIME ★★★

# TAGLINE « SHINY GYM TIME »

*Shiny* GYM TIME ★★★

## THE LAKE, THE SUN.... AND YOU !

Whether you are a gymnast or a spectator, or both, it is you who will illuminate the various stages set up on the shores of Lake Neuchâtel in July 2022. Nothing will be too shiny or too bright for this resolutely convivial, sporting and festive week.

To understand our region, let's turn these few days into "Shiny GYM TIME". In Neuchâtel, we are indeed in the cradle of Swiss watchmaking. Our hearts beat to the rhythm of our watches. And at EUROGYM 2022 | NEUCHÂTEL, it is together that we will follow the beat to keep an unforgettable memory of this 13<sup>th</sup> edition.

We look forward to welcoming you and sharing this week of "Shiny GYM TIME" with you.

*Shiny* GYM TIME ★★★

**WATCH ON WEBSITE :**  
[www.eurogym2022.ch](http://www.eurogym2022.ch)



## SHARE YOUR GYMNASTICS EXPERIENCES

# #eurogym2022



## LINKS TO FOLLOW US

**FACEBOOK :** [facebook.com/EUROGYM2022](https://facebook.com/EUROGYM2022)



**INSTAGRAM :** [instagram.com/eurogym2022](https://instagram.com/eurogym2022)



**TIK TOK :** [tiktok.com/@eurogym\\_2022](https://tiktok.com/@eurogym_2022)



**WEBSITE :** [eurogym2022.ch](http://eurogym2022.ch)





## MONDAY 11<sup>TH</sup> TO WEDNESDAY 13<sup>TH</sup>

City performances will take place at different venues in the heart of the city, at the place where the inhabitants of Neuchâtel are used to walk. Groups must be composed of a minimum of 6 active performers. Each performance must not last longer than 6 minutes (including preparation of the venue and marching in and out). The groups will have the opportunity to check out the stage before the start of the performances (size, layout, equipment).

The following **equipment** will be available: Gymnastic benches, mats 1m x 2m x 10cm, mini-trampolines, landing mats 2m x 3m x 30cm, vaulting boxes, vaulting boards. The groups have to ask for extra equipment at registration: Air track - Extra landing mats - Vaulting table - Double mini trampoline.

Volunteers will be present to handle the gym material, to control the access, to work with sound equipment. Qualified first aid.

### VITEOS ARENA - MALADIÈRE PLAZA

Stage 20 x 20 m. Closed on 3 sides.

Surface area 30 x 25m.

Roof height : 6,70m. 0,40m. above the ground floor



Maladière Plaza

### BONHÔTE ARENA - QUAI OSTERVALD

Stage 14 x 14 m. Closed on 3 sides.

Surface area 22 x 18m.

Roof height : 5,70m. 0,50m. above the ground floor



Quai Ostervald

### PLACE DU PORT

Stage 20 x 20 m. Closed on 3 sides.

Surface area 30 x 25 m.

Roof height : 6,70m. 0,40m. above the ground floor



Place du Port (harbour)

#### All

- Workshops in the morning
- City performances in the afternoon
- Welcome Tent (info, meeting point)
- DJ on the stage
- Parkour Site
- Evening entertainment

#### All

- Workshops in the morning
- City performances in the afternoon
- Evening entertainment

#### All

- Workshops in the morning
- City performances in the afternoon
- City Orienteering starting point
- Big Air Bag on the square
- Evening Shows





## INDOOR - OUTDOOR - POOL & LAKE (provisional list)

08:30 to 09:45 + 10:15 to 11:30

EUROGYM participants

14:00 to 17:00

EUROGYM KIDS open to the public

- **Duration** : 75 minutes, break 30 min. Purpose : avoiding too many trips
- **Per morning** : 2 workshops (if possible). 4 workshops per group. One morning free.
- Update on the Instructor – instructor meeting
- Website (through QR code) gives weather and other updates, WK cancellation will be notified to groups leaders

### GYMNASTICS

- Acrobatic gymnastics
- Aerial silk
- Aerobics
- Apparatus gymkhana
- Artistic gymnastics
- Flow tonic
- Flying Trapeze
- Gymnastics with apparatus
- Gymnastics without apparatus
- Judo and wrestling games
- Rope skipping
- Special Choreography
- Swing rings
- Sumo /Slackline
- Tai Chi
- T-Bow
- Yoga

### DANCE

- Agility Dance
- BodyActiv/Pilates
- Breakdance
- Cuban Salsa
- Pole dancing
- Popping

### MISCELLANEOUS

- Aikido
- Archery
- Body Fight
- Circus
- Discovery of the Alphorn
- Fencing
- Indoor climbing
- Massage
- Let's play together with our differences
- Throwing the flag

### OUTDOOR

- Big Air Bag/Slackline
- Big Air Floor Acrobatics
- Bungypump dynamic walking
- Parkour
- Petanque (bocce)
- Target Sprint
- Trailfit

### GAMES

- Badminton
- Beach Volley
- Bubble soccer
- Flag football
- Let's play !
- Parkour Matball
- Kin-ball
- Tchoukball
- Unihockey

### POOL

- Diving
- Mermaiding
- Water aerobics in deep water

### LAKE

- Paddle board
- Rowing
- Water jump



Disabled access





## ALLOCATIONS

Dojo Parcs 38, Neuchâtel	Judo and wrestling games
Jeunes Rives, lawn and trees	Sumo and slackline
Allée des Peupliers	Pétanque / Bocce
Beauregard	Indoor climbing
Colombier circus	Flying Trapeze
CPLN	Discovery of the Alphorn
CPLN, gym hall	Parkour Matball
Dojo Maillerfer 11d, Serrières	Aikido
Forest	Trailfit
Jeunes Rives	Throwing the flag
Jeunes Rives	Beach Volley
Jeunes Rives	Agility dance
Jeunes Rives	Bubble soccer
Jeunes Rives	Yoga
Jeunes Rives	Bungypump dynamic walking
Jeunes Rives	Introduction to massage
Jeunes Rives	Target Sprint
Jeunes Rives	Flag football
Lake	Rowing
Pole club	Pole dancing
Mail, Dojo	Taï Chi
Mail, Swimming pool	Water aerobics in deep water
Mail, hall 1 and 2	Badminton
Mail, hall 3	Apparatus gymkhana

Maladière 1	Circus
Maladière 2	Aerial silk
Maladière 3	Special Choreography
Maladière 4	T-Bow
Maladière 5	Popping
Maladière 5ème ping-pong	BodyActiv Pilates
Maladière, gym hall	Artistic gymnastics
NEM, salle de gym	Let's play !
Patinoire 1	Unihockey
Patinoire 2	Kin-ball
Patinoire 3	Big Air Floor Acrobatics
Patinoire 4	Rope Skipping
Patinoire 5	Tchoukball
Patinoire 6	Let's play with our differences
Piscine Nid du Cro	Mermaiding
Piscine nid du Cro	Diving
Place du Port	BigAirbag/Slackline
Place du Port, stage	Cuban Salsa
Maladière Plaza, stage	Breakdance
Dock	Mini-trampoline in the lake
Promenade OUEST, gym hall	Flow tonic
Promenade EST, gym hall	Body Fight
Quai Ostervald, stage	Aerobics
Riveraine 1	Swing rings
Riveraine outdoor	Parkour
Fencing club	Introduction to fencing
Serrières, gym hall	Acrobatic gymnastics
St-Blaise or Piscine du Nid du Crô	Paddle board



## All EUROGYM participants will take part in four workshops

In principle guaranteed by the choice of the groups. The workshops will take place in and around Neuchâtel and will be related to gymnastics and other sports and activities.

It is important for Switzerland to present some of its specific sports disciplines and traditional folklore to other European nations.

The workshops will take place indoors, outdoors, pool and lake. The groups will choose their workshops at the time of the definitive registration.

The final locations of the workshops will be communicated at the same time as the schedules.

## GYMNASTICS

### Acrobatic gymnastics

- Discover the basics of acrobatic gymnastics.
- Flexibility, strength, coordination, balance and courage !
- Presentation and learning of different pyramids.
- Short choreography with the tried and tested pyramids.

### Aerial silk

- Introduction to different ways of climbing.
- Learning of some static poses and first drops.

### Aerobics

- Dynamic and expressive class, combining cardio and muscle strengthening to lively music.

## Apparatus gymkhana

- Discover a gymkhana course with apparatus and relay.

## Artistic Gymnastics

- Introduction to the various apparatus of this Olympic discipline.

## Flow Tonic

- Endurance-strength-mobility exercised in a lively and playful training.
- Work on the stabilisation of the whole body.

## Flying trapeze

- Learn about the flying trapeze, one of the circus arts disciplines.

## Gymnastics with apparatus

- Discover a specific Swiss practice of simple exercises on apparatus such as parallel bars, high bar, swinging rings, mini-trampoline jump, floor.

## Gymnastics with/without hand apparatus

- Discover an expressive sport discipline practiced to music with or without conventional (hoop, ball, etc.) or non-conventional (hat, umbrella, scarf, etc.) hand-held devices and a studied choreography.

## Judo and wrestling games

- To confront, challenge and compare one's strength through wrestling games.
- To encourage the development of body perception and the management of emotions.



## Rope Skipping

- Rope Skipping is more than just skipping.
- Combination of artistic jumps according to creativity.
- Learn a few tricks individually or in a group jump.

## Special choreography

- If you want to work with your team, practice your team routine, get inspired and receive feedback, this is your workshop.

## Sumo / Slackline

- Small fights between friends disguised as Sumo !
- In parallel and to wait, initiation to the slackline.

## Swinging rings

- Discover the swinging rings, a typically Swiss discipline of gymnastics on the ring apparatus.

## Tai Chi

- Chinese martial art practiced as meditation in motion.

## T-Bow

- T-Bow combines endurance and strength while working on coordination and balance.
- Exercises are performed in a stable, unstable and moving manner.
- Each muscle is exercised down to its deepest fiber.

## Yoga

- Introduction to Hatha Yoga.
- Learn some basic poses, breathing, meditation/relaxation exercises.
- Introduction to Yin Yoga and Yoga Flow.

## DANCE

### Agility Dance

- Discover the Agility concept developed by dancer Raphael Berkane.
- Acro Dance, floorwork, balance, flow...
- Welcome to the world of unleashed movement !

### Body Active / Pilates

- Dance fitness including aerobics.
- Strengthening of all muscle groups.

### Breakdance

- Introduction to the basic moves of Breakdance.
- Discover and get acquainted with the music specific to this dance.

### Cuban Salsa

- Steps and moves in solo, and/or couple figures, depending on the configuration of the groups and the wishes of the participants.





## Pole Dancing

- Introduction to Pole Sport, an acrobatic, fun and original discipline practiced around a vertical metal bar.
- Aerial moves combining flexibility, strength and grace.
- A complete discipline that will seduce you for sure !

## Popping

- Dance based on various body illusions, such as Waving and Glides.
- It has inspired some famous artists, including Michael Jackson and Chris Brown.

## OUTDOOR

### Big Air Bag

- Come and have fun and jump from a platform or a slackline

### Big Air Floor Acrobatics

- Acrobatic introduction to the 14 m x 14 m Airtrack !

### Bungypump dynamic walking

- Enhanced Nordic walking.
- Use of poles with a built-in suspension system providing 4 to 10 kg resistance.
- Strengthening exercises.

### Parkour

- Safely pass over urban or natural obstacles, using fast and agile movements. In the footsteps of the Yamakasi !

## Pétanque / Bocce

- A game that needs no introduction...
- Teaching precision shooting and pointing.
- Let's finish with a game !

## Target Sprint

- 400 m running alternating with precision air gun shooting in prone position.
- Based on biathlon.

## Trailfit

- Offers a new sports experience connected to nature.
- Thanks to a special belt, take your gym with you around your waist.
- 100% outdoor.

## GAMES

### Badminton

- Playful warm-up.
- Technique and tactics on the whole court.
- Short games.

### Beach Volley

- Beach Volleyball by the lake
- An air of vacation guaranteed!



## Bubble Soccer

- Equipped with a big inflatable bubble, you will be able to bounce, fall and roll without risks. Fun, laughter and bodychecks for a great time in complete safety!

## Flag football

- What is flag football?
- Explanations and differences with American football.
- Warm-up with focus on joints.
- Workshops on deflagging, catching, throwing.
- Mini game and cool down.

## Let's play !

- For the pleasure of gathering, for the joint challenge, to laugh and share emotions!
- Familiar or less familiar, classic or revisited, competitive or cooperative, a good hour of informal games.

## Parkour Matball

- Game of two teams that compete against each other by running around a room full of obstacles.
- Catch the ball and pass it among the obstacles, while being chased by the other team !

## Kin Ball

- Learn the basics and play Kin Ball.
- Team sport and cooperative game played with a giant ball.

## Tchoukball

- Discover and get an introduction to this sport invented in Switzerland in the 1960s.
- Learn about the rules and techniques of the game.

## Unihockey

- Learn the basics of a fast, dynamic and attractive team sport.

## MISCELLANEOUS

### Aikido

- Martial art of Japanese origin, non-violent and without competition.
- In a real Dojo, discover useful tools to master the body, the emotions and the mind.
- Rolls, breathing and self-defense techniques in a jovial and respectful atmosphere.

### Archery

- Come and try, precision and concentration. Shoot alone and progress in a restricted environment

### Body Fight

- Cardio training and playful full body strengthening.

### Circus

- A workshop to discover and learn about circus arts.
- Juggling, acrobatics, aerial acrobatics (silk, hoop, trapeze) and much more...



## Discovery of the Alphorn

- Presentation of the making of the instrument in video.
- Demonstration of the principle of harmonies.

Exercises of sound production by the participants.

## Introduction to fencing

- Épée handling and footwork exercises.
- Technique and tactics, explanation of combat rules.
- Trial duels with electric scoring devices.

## Indoor climbing

- Discovery of indoor bouldering.
- A fun and safe approach to this sport that requires strength, balance, coordination and reflection.

## Introduction to massage

- Introduction to sports massage (feet, legs, arms, neck, back), working in pairs.
- Demonstration of reflex points on the foot.
- Self-massage.

## Let's play together with our differences

- A day of inclusion with people with disabilities.
- Group games, Rapprochement, chair games, course with special glasses and blindfolds.

## Throwing the flag

- Discover the Swiss custom and learn how to twirl a flag over your head in a series of controlled sequences.

## Diving

- Discover 3D by getting wet !

## Mermaiding

- Immerse yourself as a mermaid...
- Discover dynamic apnea with a single fin and learn the art of being a mermaid !

## Paddle Board

- Come and dance on the water and try stand up paddle.

## Water aerobics in deep water

- Come and discover water aerobics, a fun and physical sport in water with music, focusing on strengthening, cardiovascular and coordination exercises.
- You will be kept on the surface by a buoyancy belt.

## Rowing

- The Neuchâtel Rowing Club will take you out in rowing boats on Lake Neuchâtel.
- Roll up your sleeves and row !

## Water Jump

- Enjoy unbridled jumps from the mini-trampoline with landing in the lake, all under supervision.
- Combine gymnastics on the apparatus with beach fun !

# CITY ORIENTEERING

IF YOU WANT TO TAKE YOUR MIND OFF THINGS  
Only open to accredited participants

The city orienteering is there for a breath of fresh air. Let yourself be guided through two cities to discover free of charge.

## NEUCHÂTEL

Discover the city of Neuchâtel with the help of three different routes to choose from, one of which is guided using the Totemi application. Let's go for a thrilling game of posts in search of the exceptional places of the historical heart of Neuchâtel.

No registration.

## LA CHAUX-DE-FONDS

Fun and adventure with the orienteering course to discover the city of La Chaux-de-Fonds, using a map or an application.  
Estimated duration: 3 hours including free public transport.  
Registration necessary at final registration (15<sup>th</sup> March).

More details on our website.

### City orienteering

www.eurogym2022.ch

#### PARCOURS | RUNDGANG | WALKING TOUR

Neuchâtel à la Belle Époque

Durée | Dauer | Duration: 1.30 heures | Std. | hour

A la découverte des fresques  
Die Fresken entdecken | Discovering the frescoes

- A. Maison du Concert
- B. Temple du Bas
- C. Place Coquillon
- D. Fausses-Brayes 7
- E. Square des Bercles
- F. Funiculaire
- G. Rue des Moulins 51
- H. Restaurant «Chaurfège compta»
- I. Worley-Suchard
- J. Rue de l'ancien-Hôtel-de-Ville
- K. Passage des Corbets
- L. Collège, Tourne d'angle
- M. Restaurant «Chaurfège compta»
- N. Arcades Bar Chariot
- O. Place Pury
- P. Bibliothèque BPU
- Q. Arcades Place Numa-Droz 1
- R. Port-guichet
- S. Port

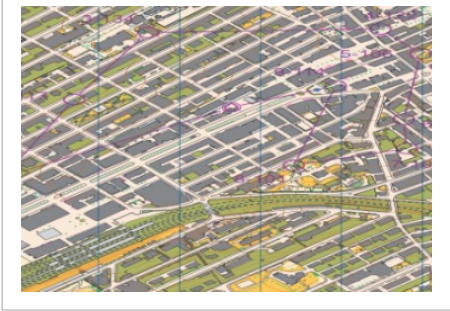
#### PARCOURS | RUNDGANG | WALKING TOUR

Neuchâtel à pied | Neuchâtel zu Fuss | Neuchâtel on foot

Durée | Dauer | Duration: 2 heures | Std. | hours

À la découverte de la vieille ville  
Die Altstadt entdecken | Discovering the old town

➔ Merci de vous référer à notre brochure Neuchâtel à pied  
Bitte beachten Sie unsere Broschüre Neuchâtel à pied  
Please refer to our Neuchâtel on foot brochure





SOCIAL ACTIVITIES



MALADIÈRE PLAZA







## MOMENTS OF RELAXATION AND CONVIVIALITY

Evening entertainments with a parkour site (where a national competition will take place under the aegis of the FSG), live concerts, DJ animation, Big Air Bag, gym and dance shows, sofa lounge by the lake, silent party: so many opportunities to share with other gymnasts. The shores of the lake near the EUROGYM venues will be decorated with ephemeral armchairs with flags, graffiti and the imagination of the nations. **The participants to the silent party will have to announce themselves during the final registration and pay the price of 6 Euros/CHF.**

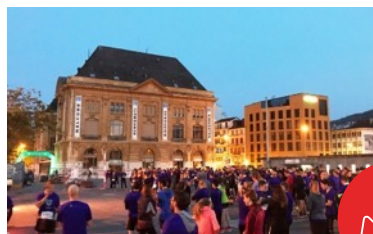
**MALADIÈRE PLAZA** closed to public from 19:30  
Music / DJ



**PLACE DU PORT**  
Big air bag (fee-based activity)



**PLACE DU PORT**  
Gymnastics & dance shows



**LAKE SHORE** Participants' sofa lounge



**QUAI OSTERSVALD**  
Concerts



**RIVERAINE**  
Parkour Site



**SILENT PARTY** (fee-based activity  
only for participants, 6 Euros/CHF)





## DISCOVERY OF A REGION

The 13<sup>th</sup> EUROGYM 2022 is also an opportunity to discover a country, its traditions as well as its diverse and varied pleasures. In Neuchâtel and Western Switzerland, you are at the heart of Swiss traditions (watchmaking, cheese, chocolate, etc.). But you are also in a high-tech, innovative and Olympic environment. Here are the various magnificent excursions that we offer you.

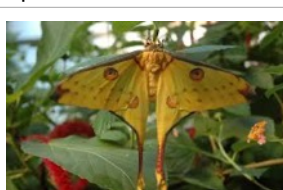
### LES PONTS-DE-MARTEL

Cheese factory



### KERZERS

Papiliorama & Nocturama



### NEUCHÂTEL LAKE

Boat cruise



### LAUSANNE

Olympic Museum



### CHAUMONT

Adventure park in the trees



### LA CHAUX-DE-FONDS

International clock museum



### COURTERALY

Chocolate factory



### BERN (CAPITAL)

UNESCO World Heritage Center



**SAINTE-CROIX** International center  
for watchmaking and art mechanics - Cima



### LA ROBELLA

Summer toboggan run and all terrain scooter



### CHASSERAL

Gourmet excursion



### NEUCHÂTEL

Little train and Chocolatissimo







## EXCLUSIVE OFFER FOR REGISTERED GROUPS

- Registration for excursions upon final EUROGYM registrations
- Information and schedules given on site. Information in Welcome Tent from 18:00
- Marked excursions meeting points
- Marked itinerary to the train station
- Transport and entry tickets given out just before departure
- Each group will be accompanied by a local person

## DISCOVER THE AREA

The proposed activities are intended to allow the participants to discover the area, to have fun and/or to get to learn about Swiss gastronomic culture. Each group will in principle get two half-days free (one morning and one afternoon), and so will have the opportunity to register for two of the proposed activities.

Except for the excursion on Lake Neuchâtel (boat cruise), all the activities take place in the morning or the afternoon only. It is therefore possible to pick only one activity per half-day (i. e. ONE morning activity and/or ONE afternoon activity).

Unfortunately, some activities can only take place if there is a sufficient number of participants. In case an activity cannot be organised due to the low number of participants, groups registered for this excursion will be notified promptly after the final registration deadline. Each activity is planned to be guided by one (or more) local accompanying persons to ensure a smooth running.

For the groups of Swiss gymnasts participating in EUROGYM, the price to be paid in Swiss Francs is the same as the one indicated in Euros.





## MORNING ACTIVITIES FROM JULY 11<sup>th</sup> TO 14<sup>th</sup>, 2022

PLACE AND ACTIVITY	DESCRIPTION	TRAVEL	ACTIVITY DURATION	PRICE CHF / EURO
Les Ponts-de-Martel Visit a cheese dairy	During the travel, you will discover the valleys and forests of the Swiss Jura. You will then be able to witness a cheesemaker in action and discover the various stages of cheese making. The visit will end with a tasting of local products made in this cheese dairy. <a href="http://www.fromagerie-les-martel.ch">www.fromagerie-les-martel.ch</a>	Public transport (coach). Departure from Neuchâtel train station for a journey of about 40 minutes.	1h30 (incl. tasting)	20
Kerzers Visit the Papiliorama	While on the move, you will discover the Seeland region, the largest "vegetable garden" of Switzerland. Kerzers has gained an international reputation since the building of several domes reproducing the biodiversity of tropical zones. This is an opportunity to discover a world of butterflies, the chance to catch a glimpse of nocturnal animals and experience many other encounters. <a href="https://www.papiliorama.ch">https://www.papiliorama.ch</a>	Public transport (train). Departure from Neuchâtel train station for a journey of about 35 minutes.	1h30	25 (30 > 25 y.)
Chaumont Adventure Park in the trees	The trip will take you to Chaumont, above the city of Neuchâtel : up there, you will enjoy a gorgeous view of the Swiss Plateau and the Alps. ParcAventure is an outdoor leisure center. For this tree top climbing activity, you will be secured to a cable, and have to tackle several difficulties on various courses in the trees. If you are looking for adrenaline, this is an opportunity for great fun, where your abilities in balance and agility will be greatly useful. <a href="https://chaumontaventure.ch">https://chaumontaventure.ch</a>	Public transport (bus and funicular). Departure from Neuchâtel train station for a journey of about 30 minutes.	2h (incl. gear and safety recommendations)	30
La Chaux-de-Fonds International Clock Museum	You will go to La Chaux-de-Fonds, a watchmaking town located at 1000 m above sea level and a UNESCO World Heritage site. This will be an opportunity to visit the International Clock Museum, to stroll through the streets to familiarize yourself with the watchmaking urbanism and to have time to enjoy the quiet life of the Neuchâtel mountains or to do some shopping. <a href="https://www.chaux-de-fonds.ch/en/musees/mih">https://www.chaux-de-fonds.ch/en/musees/mih</a>	Public transport (train). Departure from Neuchâtel train station for a journey of about 45 minutes.	2h15	15
La Robella Summer toboggan run and all terrain scooter	You will go to Buttes, a small village located at the end of Val-de-Travers, one of the two valleys of the canton of Neuchâtel. This will be an opportunity to experience the joys of summer sledding, as well as the exhilaration of a scooter ride down the slopes of La Robella, a local resort. <a href="https://www.robella.ch">https://www.robella.ch</a>	Public transport (train). Departure from Neuchâtel train station for a journey of about 50 minutes.	2h	35

MORNING ACTIVITIES FROM JULY 11<sup>th</sup> TO 14<sup>th</sup>, 2022

PLACE AND ACTIVITY	DESCRIPTION	TRAVEL	ACTIVITY DURATION	PRICE CHF / EURO
Sainte-Croix International center for watchmaking and mechanical art (CIMA)	You will go to Sainte-Croix, a small town located above Yverdon-les-Bains. A stunning view of Lake Neuchâtel, the Swiss plateau and, with a little luck, the Alps awaits you. The area is mostly known for its music box and automatons manufacturing. During the guided tour (1h15) of the CIMA museum, you will have the opportunity to discover the complexity of the work done by these craftsmen whose creativity will amaze you. An enchanting journey into a world from another time. <a href="https://www.yverdonlesbainsregion.ch/en/P387/cima-museum">https://www.yverdonlesbainsregion.ch/en/P387/cima-museum</a>	Transport organised by private coaches. Departure from Neuchâtel Maladière for a journey of about 40 minutes.	1h45	35
Neuchâtel Little train and Chocolatissimo	Discover the lakeside city and wander through the streets steeped in history on board a small train and discover the history of chocolate in the pedestrian zone of Neuchâtel in order to receive an artisanal chocolate plate.	Departure from the Hotel des Postes, Place du Port.	1h15	15
Neuchâtel Boat cruise on the lake	A short cruise from the harbour of Neuchâtel that will allow you to admire your host city from a different angle or to discover the shores and beaches west of the city. <a href="https://www.navig.ch">https://www.navig.ch</a>	Boat. Departure from the harbour.	1h15	5



AFTERNOON ACTIVITIES FROM JULY 11<sup>th</sup> TO 13<sup>th</sup>, 2022

PLACE AND ACTIVITY	DESCRIPTION	TRAVEL	ACTIVITY DURATION	PRICE CHF / EURO
Chasseral Viewpoint and culinary walk	During your journey, you will discover the typical Jura landscape with its numerous valleys and mountains covered with pine trees. This will be an opportunity to enjoy a unique view (if the weather is clear!) of the Jura, the three lakes and up to the Alps. You will then take the Jura crest trail for a walk of about 1h30 which will take you through the pastures to a farmhouse where you will have the chance to taste some local specialties (fondue, röstis, ...). <a href="https://www.parcchasseral.ch">https://www.parcchasseral.ch</a>	Transport organised by private coaches. Departure from Neuchâtel Maladière for a journey of about 45 minutes.	2h30 (incl. local specialties tasting)	40
Courtelay Visit a chocolate factory	During your journey, you will discover the Val-de-Ruz and the Saint-Imier small valley, both typical valleys of the Jura. With the chocolate factory Discovery Tour, you will be immersed in the highlights of the Camille Bloch company, known worldwide for its two flagship products, Torino and Ragusa chocolates. You will witness the production live and participate in interactive experiences. This visit will engage all your senses and leave you with an unforgettable gourmet memory. On the way back, a brief stop at La Vue-des-Alpes to enjoy a beautiful view of the Val-de-Ruz, the plateau and the Alps will complete the experience. <a href="https://chezcamillebloch.ch">https://chezcamillebloch.ch</a>	Transport organised by private coaches. Departure from Neuchâtel Maladière for a journey of about 45 minutes.	1h30	30
Bern Swiss capital and thousand-year-old city	This trip will take you across the plateau to the heart of Switzerland's capital. You will be welcomed by young local gymnasts who will be your guides and will show you around their city. It is a journey full of history, tradition and culture. It will also be an opportunity to visit the shopping arcades of the city. <a href="https://www.bern.com">https://www.bern.com</a>	Public transport (train). Departure from Neuchâtel train station for a journey of about 35 minutes.	2h	30 (35 > 25 y.)
Lausanne / Ouchy Olympic Museum	This journey will take you across the Swiss plateau to the shores of Lake Geneva, to Lausanne: Olympic capital, home of the IOC headquarters. The district of Ouchy is home to the Olympic Museum, whose vocation is not to showcase collections but to present an idea: Olympism. The aim of this museum is to introduce the Olympic movement, to bear witness to its essential contribution to society and to transmit Olympic values beyond the celebration of the Games and competitions. It also exhibits archives, athletes' personal belongings, highlights of the Games and the Olympic movement. <a href="https://olympics.com/musee">https://olympics.com/musee</a>	Public transport (train). Departure from Neuchâtel train station for a journey of about 55 minutes.	2h	40 (55 > 25 y.)

AFTERNOON ACTIVITES FROM JULY 11<sup>th</sup> TO 13<sup>th</sup>, 2022

PLACE AND ACTIVITY	DESCRIPTION	TRAVEL	ACTIVITY DURATION	PRICE CHF / EURO
Neuchâtel Boat cruise on the lake	A short cruise from the harbour of Neuchâtel that will allow you to admire your host city from a different angle or to discover the shores and beaches west of the city. <a href="https://www.navig.ch">https://www.navig.ch</a>	Boat. Departure from the harbour.	1h15	5





## EDUCATIONAL FORUM

**Venue:** University Hall (Jeunes Rives)

The Swiss Gymnastics Federation is aware of the specificities of each nation and is keen to present its own knowledge and experience with other European nations by means of two themes with presentations, videos and, why not, practical experience and is of course happy to exchange views with other European countries.

Participants are adult coaches and leaders of EUROGYM groups must announce their participation at the time of final registration. People who are not participating in the EUROGYM have to pay a charge.

Forums are in the form of a round table with one or more speakers, with the support of one or more presentation films and a part open to questions of the participants. Participants will be invited to a practical part .

The official language is English.

A summary of the themes will be published with presentation of the speakers on the website. All participants will receive a certificate.

### TOPIC 1 – 11.07, 09:00 to 11:00

To present the adaptation of teaching methods and the inclusion of sports trends in a changing society

### TOPIC 2 – 12.07, 09:00 to 11:00

To present to the other European countries why and how Switzerland is successful in apparatus thanks to the new teaching methods





# GALA - CLOSING CEREMONY

*Shiny* GYM TIME ★★★

## ICE ARENA WEST (CEREMONY INDOOR SKATING RINK) : CAPACITY : 3'200 SEATS

2 representations are planned of the Gala and the closing ceremony (at the end of the 2nd representation), in the presence of all the EUROGYM participants.

The theme is based on the slogan of EUROGYM 2022 : « Shiny GYM TIME »

The duration of the Gala will not exceed 90 minutes. The indoor skating rink will be equipped with 2 demonstration's scenes 14X14m, with floor mat.

Groups that want to be part of the EUROGYM Gala can apply by sending a video of their performance to European Gymnastics. More specific information about this application have been sent to the National Federations (autumn 2021). Members of the TC Gymnastics for All will choose the groups. A local choreographer will script the show.

The closing ceremony will be animated by the parade of 2 delegates per nation, with their flags. There will be demonstrations of a local gymnastics production and of the next EUROGYM.

*Shiny* GYM TIME ★★★



Ceremony  
Indoor Skating  
Ring

# ACCOMMODATION



Slide # 1/2

## Legends

0 min

Approximate time by bus  
to Maladière Plaza

## ACCOMMODATION IN SCHOOLS IS PROVIDED FOR ALL PARTICIPANTS

The accommodation costs are included in the participation fees. All participants and accompanying persons must present their accreditation card at the entrance of the college. On the day of arrival, the groups will be welcomed by a team of volunteers.

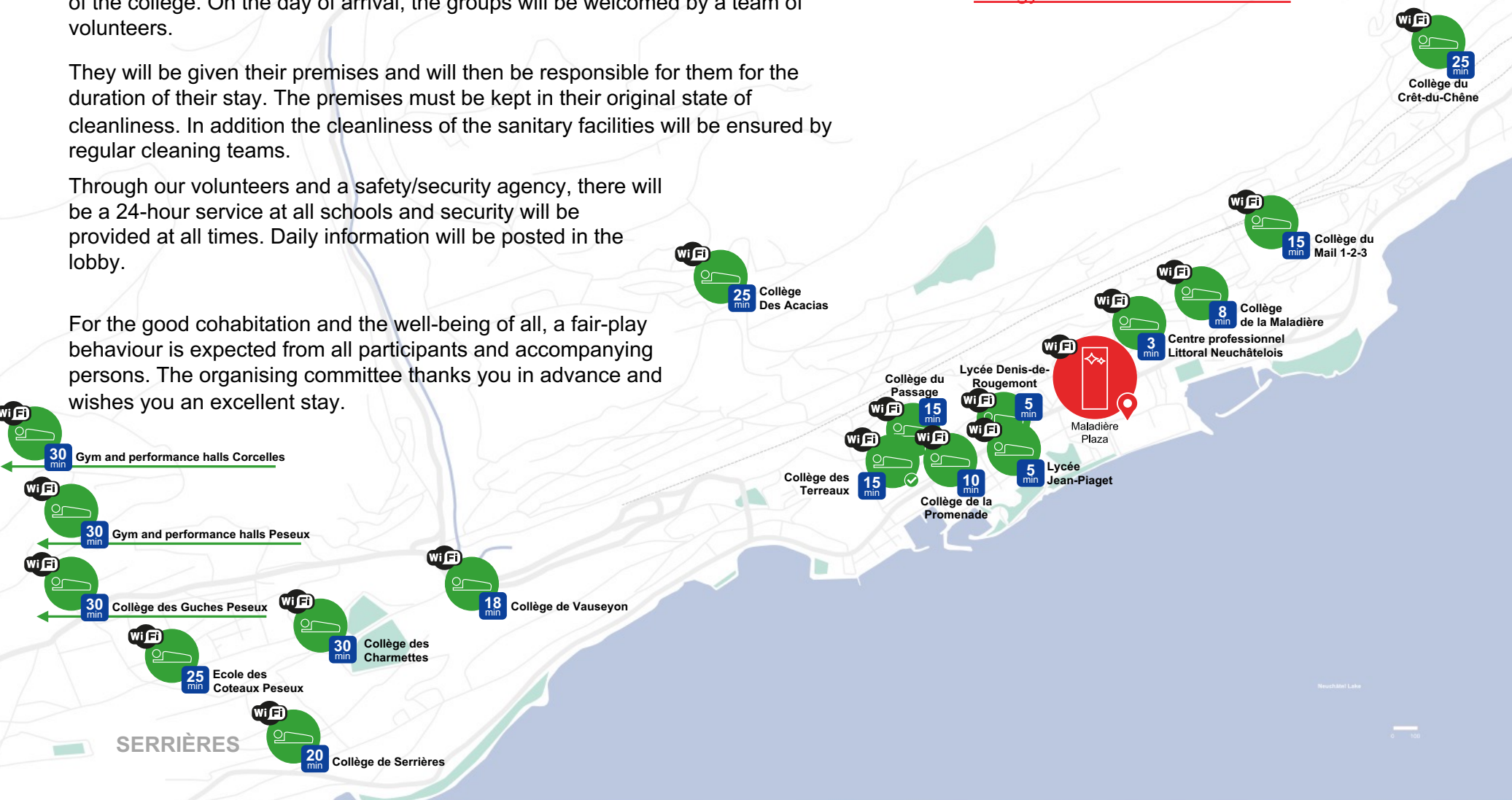
They will be given their premises and will then be responsible for them for the duration of their stay. The premises must be kept in their original state of cleanliness. In addition the cleanliness of the sanitary facilities will be ensured by regular cleaning teams.

Through our volunteers and a safety/security agency, there will be a 24-hour service at all schools and security will be provided at all times. Daily information will be posted in the lobby.

For the good cohabitation and the well-being of all, a fair-play behaviour is expected from all participants and accompanying persons. The organising committee thanks you in advance and wishes you an excellent stay.

## MORE DETAILS AND PICTURES ARE AVAILABLE ON WEBSITE

[eurogym2022.ch/accommodation](http://eurogym2022.ch/accommodation)



# ACCOMMODATION



Slide # 1/2

## INFORMATION

- Mattresses and blankets must be ordered at final registration
- Pre-ordered mattresses and blankets will be dispatched in classrooms
- Entry control 24/24 through accreditations
- Safety by volunteers during the day, from 6:30 to 23:00 and by professional security staff at night
- Dormitories, showers and bathrooms: girls / boys separated
- Daily cleaning
- Lights out at 22:30
- Information upon arrival
- Coaches / leaders are responsible for their groups (dormitory tidiness, discipline, friendliness...)
- The colleges must be vacated by 10:00 a.m. on the day of departure of the EGFL and EUROGYM groups
- Luggage deposit possible at the Aula of the University (day of arrival)
- Luggage deposit possible in the Ceremony Indoor Skating Rink (day of departure)

## Prices

Blanket (with EUROGYM logo)	
	EURO/CHF 20.00
Mattress	
	EURO/CHF 35.00





# HOTELS

La Tène/Marin



\*\*\* Hôtel Ibis 3 Lacs Neuchâtel  
Lieu : La Tène/Marin  
ibis.accor.com



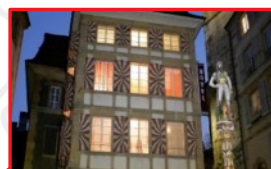
\*\*\* Hôtel Alpes et Lac  
www.alpesetlac.ch



\*\*\* Neuchâtel City Hôtel  
www.neuchatelcityhotel.com



Maladière Stadium



\*\*\* Hôtel de l'Ecluse  
www.hoteldelecluse.ch



\*\*\* Hôtel des Arts  
www.hoteldesarts.ch



\*\* L'Aubier  
www.aubier.ch



\*\*\*\* Best Western Premier  
Hôtel Beaulac  
www.beaulac.ch



\*\*\* Hôtel Touring du Lac  
www.touringaulac.ch



\*\*\*\*\* Hôtel Beau Rivage  
www.beau-rivage-hotel.ch



NEUCHÂTEL  
CITY CENTER

## GUESTS

Neuchâtel has the capacity to welcome EUROGYM guests in hotels located in and around the city centre. Hotels are divided into categories 2\* to 5\* and some are within walking distance, others require the use of public transport.

More information about accommodation for accompanying people : [eurogym2022.ch/accompanying-persons](http://eurogym2022.ch/accompanying-persons)

Neuchâtel Lake



## ACCESS

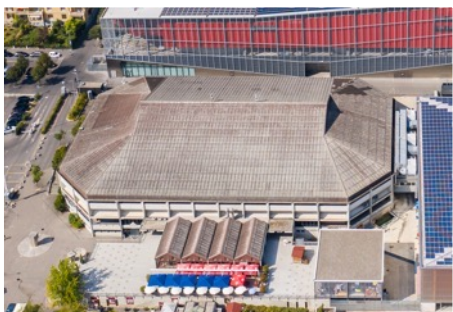
Access only granted to people with appropriate accreditation, and only at the time indicated on the accreditation.

Menus will be displayed at the entrance and can also be opened with the QR code redirecting to our website. As soon as available, the menus will be added on the website.

## MEALS

For logistical reasons, all meals are taken at the Indoor Skating Rink East. Balanced menus for sporty people with 1 vegan option. With each menu, a 5 dl. mineral water is served at lunch and dinner. Small food stands will also be used and will allow participants to buy drinks and snacks.

It is requested that all participants respect the schedules.





**ADDITIONAL SERVICES & COSTS**

On the table below, you will find the services to which you are entitled with your participation card. Indicated are additional services that you can request. Vegetarians and allergy-prone persons must indicate this at the time of provisional registration.

	July 2022	Breakfast	Lunch	Dinner	Accommodation	Local transport	Airport transfer
<b>EGFL</b>	Thursday 7		supplement	supplement	Included		supplement
	Friday 8	included	included	included	included		
	Saturday 9	included	included	included	included		
	Sunday 10	included					supplement
<b>EUROGYM</b>	Saturday 9			supplement	supplement		supplement
	Sunday 10	supplement	included	included	included	included	supplement
	Monday 11	included	included	included	included	included	
	Tuesday 12	included	included	included	included	included	
	Wednesday 13	included	included	included	included	included	
	Thursday 14	included	included	included	included	included	
	Friday 15	included	supplement				supplement
<b>PRICES CHARGED FOR EACH ADDITIONAL SERVICES (EURO/CHF)</b>							
	Extra cost	Price per person	Information				
Breakfast		9					
Lunch		14					
Dinner		14					
Accommodation		25	In School				
Departure Lunch		14	On Friday 15 <sup>th</sup>				





# MEDICAL, SAFETY & COVID

## FIRST AID & MEDICAL SERVICE

- EG 2022 Medical Service schedule is from 8:00 to 22:00, July 8th to July 14th, 2022.
- Advanced Medical Post (AMP) in the heart of the event on the PLAZA, easily accessible for a first medical assessment and care.
- An official doctor in charge and present every day at AMP from 10:00 to 22:00 (and reachable every day from 08:00 to 10:00).
- Several “mobile duos” health professionals will move around between the different sites of the event.
- Outside medical service hours, a medical hotline will be available at Pourtalès Hospital (paediatrics and adults).
- Pourtalès Hospital (RHNe) is 500 m away, quickly accessible if needed.

## SAFETY

- Groups are accompanied
- Safe itineraries
- Traffic agents at major intersections
- Enclosed zone for gymnasts
- Night patrol to protect the setups
- Command post for special announcements

## COVID

- Follow the news related to the COVID19 recommendations on the website.



# VIP HOSPITALITY AND VIP APERITIF / MEETINGS

## ESPACE FACCHINETTI

Entrance	Access to Espace Facchinetti only with appropriate accreditation
Logistic equipment	Equipped conference zone, 60-70 seats

## DAILY MEETINGS FOR GROUPS LEADERS & HOD

8 <sup>th</sup>	to be defined	EGFL	Meeting for Heads of Delegation (HoD) and coaches
10 <sup>th</sup>	14:00 to 15:00	EUROGYM	Meeting for HoD, coaches, choreographers for the gala
11 <sup>th</sup> to 14 <sup>th</sup>	08:00	EUROGYM	Meeting for HoD

## DINING HALL

11:00 to 13:00	The dining hall for EG, European Gymnastics delegates, LOC
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## VIP HOSPITALITY AND VIP APERITIF FOR ALL HoDs

9 <sup>th</sup>	to be defined	VIP aperitif after the EGFL closing ceremony and Swiss Parkour Series Speed
10 <sup>th</sup>	17:30 to 19.00	VIP aperitif after the Opening ceremony (2-3 people per delegation)
13 <sup>th</sup>	to be defined	Reception by the LOC of EUROGYM 2024, Norway
14 <sup>th</sup>	to be defined	VIP Aperitif after the closing ceremony



EGFL 9<sup>th</sup> JULY  VENUE - LA RIVERAINE - 1'250 SEATS 





# WHAT IS EUROPEAN GYM FOR LIFE CHALLENGE (EGFL) ?

The European Gym For Life Challenge is an opportunity given to the European groups to participate in a challenge in order to get their program evaluated by a panel of experts. The gymnasts should be at least 12 years old, each group should include a minimum of 6 gymnasts. Each group presents only one performance.

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation, originality
- Technique, quality and safety
- Variety, diversity

All parts have equal value, up to 5 points per criterion.

## EQUIPMENT

Rollable floor mats, mini-trampolines, landing mats, Air track or others asked for upon registration.

## DURATION OF PRODUCTION

Groups present a performance of a maximum of three minutes, including entering and exiting the stage.

## CONTEST EGFL – LA RIVERAINE

- 1'250 seats on one side
- Triple hall, floor areas 20X30 m, 2 competition sites
- 1 site permanently equipped with a 12x12 m floor mat
- 1 site free to accommodate equipment
- A team of volunteers will take care of the groups' transitions (groups in preparation, groups performing)

## LA MALADIÈRE

- 5 warming-up halls, 20x30m. floor and extra roller mats and standard portable gymnastics apparatus.

## ACCREDITATION

- Participants according to the definition above
- Coaches
- Group/team leaders
- Head of delegation

Coaches may not take part in a performance as gymnasts. Accompanying persons are not allowed in the schools and will not get an accreditation.

## ACCOMMODATION

- School accommodation for two or three nights
- Accommodation in hotels in the region for officials
- Choice of accommodation (hotel, B&B, camping) for accompanying persons

## CATERING

- Meals on Friday and Saturday (breakfast - lunch - dinner) and breakfast on Sunday
- Canteens for accompanying persons on Plaza

## TRANSPORT

- By train from the airports to Neuchâtel (at the participant's expense)
- It is not necessary to use transport
- On foot between the sites and to the accommodation

## JURY – LA RIVERAINE / ENTRANCE HALL

- European Technical Committee: 4 Evaluators (performance, artistic, technical, choreographic) + 3 Feedbackers  
+ 1 supervisor



## FRIDAY 8<sup>TH</sup> - REHEARSAL

### La Maladière - Espace Facchinetti

- Meeting of Heads of Delegation and coaches
- Schedule : to be defined

### PROVISIONAL SCHEDULE

(depends on the number of participants)

### EGFL - LA RIVERAINE (1'250 seats, on one side)

- Version 1 08.00 to 12.00
- Version 2 08.00 to 17.00
- Version 3 13.00 to 17.15

### LA MALADIERE

- Warm-up

### CATERING – EAST ICE RINK

- Lunch: 11.00 to 13.00

### AWARDS

- 1 Gold, 1 Silver or 1 Bronze trophy for each group
- 1 medal for each gymnast
- 1 diploma for each gymnast
- Goodies to all Heads of Delegation, evaluators and jury staff (feedbackers)

## SATURDAY 9<sup>TH</sup> - EGFL – LA RIVERAINE

### PROVISIONAL SCHEDULE

(depends on the number of participants)

### 10.00 EGFL OPENING CEREMONY

- Entry of the EG flag
- Nations' Flags Parade, with 2 representatives per group
- Opening speech by the EG President
- Welcome speech by the speaker, mentioning the federations present at EGFL

### PROVISIONAL SCHEDULE

10.15 to 11.45	Productions
12.00	Lunch
13.30 to ...	Productions
15.15 or 17.00	Closing ceremony

### EGFL CLOSING CEREMONY

Protocol ceremony for the presentation of results

- Flag ceremony
- Closing speeches (1 delegate EG + LOC)
- Promotion of the event in 2024 by the next LOC
- Internal ranking



# REGISTRATIONS EGFL / EUROGYM

## REGISTRATIONS

- Participants in the approved age groups
- The European Gymnastics and Technical Committee for Gymnastics for all recommends to have a minimum of 2 group leaders, 1 coach, as well as 1 Head of Delegation.
- But if the group exceeds 12 gymnasts, it is recommended to have 1 group leader for 12 gymnasts.
- **The registration can only be done through the National Federation.**

## ACCREDITATION

- Participants
- Coaches
- Group/team leaders
- Head of delegation

Coaches may not take part in a performance as gymnasts. Accompanying persons are not allowed in the schools and will not get an accreditation.

## INSURANCE, REFUND & PENALTIES

- Each participant must have a medical care and repatriation insurance at registration or must take out one with the LOC.
- The 10% down payment of the registration fee is not refundable (except for COVID clause until March 15<sup>th</sup>, 2022).
- In case of absence of HoD at the daily meetings, a 250 EURO fine is to be paid to European Gymnastics.

## HEALTH SITUATION - COVID

- The federations will have to refer to the health measures in force at the time of the event to participate in the EGFL and the EUROGYM.

## REGISTRATION DEADLINES

- Provisional registrations : extended to March 15<sup>th</sup>, 2022
- Definitive registrations : March 15<sup>th</sup>, 2022

## ENTRY FEES European Gym for Life Challenge (EGFL)

**7-10 July 150 EURO or CHF 160**

Are included:

- School accommodation for two or three nights
- It is not necessary to use transport on site
- Meals on Friday and Saturday (breakfast - lunch - dinner) and breakfast on Sunday
- Participation in European Gym for Life Challenge

## ENTRY FEES EUROGYM

**9-15 July 295 EURO or CHF 315**

Are included:

- School accommodation and Meals
- Transport in Neuchâtel City during the EUROGYM 2022
- Entry to all ceremonies (opening - closing - gala)
- Workshops - Performances - Parties

## EGFL + EUROGYM

**7-15 July 380 EURO or CHF 406**

## PAYMENT DEADLINES

**March 15<sup>th</sup>, 2022**

The provisional registrations will be officially confirmed when 10% of the participation fees will be paid to the LOC.

The definitive registrations will be officially confirmed when remaining 90% of the participation fees will be paid to the LOC.

## COVID CLAUSE

If the event is cancelled in March due to COVID, **the 10% down payment will be reimbursed !**

If the event were to be cancelled after March due to COVID, **the 10% down payment will not be reimbursed !**





Organized with passion,  
for young people,  
with young people  
and by young people.

SEE YOU IN SWITZERLAND !

f i d #eurogym2022

## EUROGYM 2022

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CH - 2052 Fontainemelon - Switzerland

[info@eurogym2022.ch](mailto:info@eurogym2022.ch) - [www.eurogym2022.ch](http://www.eurogym2022.ch)



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Info. 3rd bulletin - EG'22 + EGFL

Subject to modifications

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