

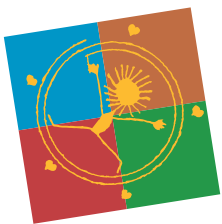
HELSINKI FINLAND

15 TH

BULLETIN № 1  
SEPTEMBER 2012

# WORLD GYMNAESTRADA

12-18 JULY 2015



15th WORLD  
GYMNAESTRADA  
2015 HELSINKI

Make the earth move



[www.wg-2015.com](http://www.wg-2015.com)



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English

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# 15th World Gymnaestrada 2015

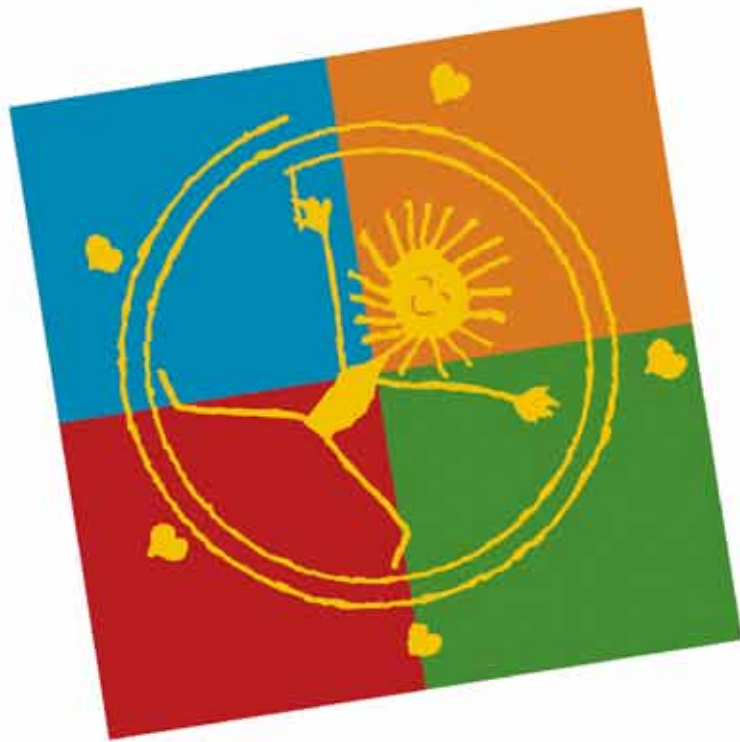
The Finnish Gymnastics Federation, the City of Helsinki and the State of Finland together with the International Gymnastics Federation (FIG) warmly welcomes all FIG affiliated Federations to the 15th World Gymnaestrada from 12th to 18th July 2015. The World Gymnaestrada is an international non-competitive Gymnastics for All -event that gives everyone the possibility to participate. It brings together people of all genders, age groups, abilities and culture.

## Be part of the spirit

A historical picture on a rock wall is illustrating it all: the sun that gives life, the people and the nature. Today this spirit lives stronger than ever. It's called the Gymnaestrada spirit which brings people together from all over the world. Together – to show and share, to build friendships that last a lifetime.

Every participant of the World Gymnaestrada draws his/her own picture. Every participant leaves a mark on other gymnasts. And, at the same time, each participant leaves his or her footprint in the historical path of gymnastics. Come and join us and bring along your tradition of gymnastics and your culture to Helsinki in 2015! Come and draw your picture in the history of gymnastics!





# 15th WORLD GYMNAESTRADA 2015 HELSINKI

Make the earth move



# Make the earth move

## Make the earth move

This is the slogan of World  
Gymnaestrada 2015, what does it  
mean?

- "make": an active grasp, doing something yourself, everyone leaves a mark
- "the earth": the entire earth (or world), internationality, basis of life
- "move": motion, sports event, looking to the future

The earth will move when everyone pulls together.  
Lifelong gymnastics – generations together

- all generations
- gymnastics as a sport and gymnastic opportunities
- health perspective

Friends around the world

- friendship over boundaries – generations, geographical borders, cultures
- community spirit
- equality

## Generations together

The World Gymnaestrada brings together people from different cultures regardless of geographical borders. Participants of all generations come together in Helsinki. Every year leading to the event is a special year for each age group:

year 2012 seniors

year 2013 adults

year 2014 juniors

year 2015 all generations together

Through lifelong gymnastics and friendship, we'll make the earth move!

Year 2012 is the year of senior gymnasts. Senior year is for example promoted by showcasing stories of senior gymnasts on website [www.wg-2015.com](http://www.wg-2015.com)



Photo: Francois Schweizer



Photo: Francois Schweizer

# Finland & Helsinki

## Finland

The first impression you get, looking out from the window of the plane, is that there are a lot of trees. An endless carpet of forest, with lakes in between. And a few small farms and small towns. So it's kind of a surprise when you land in Helsinki to find that the airport is so modern and efficient. Not a polar bear in sight.

Did you know Finland has  
5.4 million people  
1.8 million saunas (approx. 500 are traditional smoke saunas)  
5.2 million mobile phones  
188.000 lakes (accounts for 10% of the total area)  
180.000 islands  
475.000 summer cottages  
and...  
1 Santa Claus - the real one!

Today, Finland is a modern liberal democracy with one of the lowest crime and corruption rates in the world. Finland is a safe place to live and visit and its inhabitants take pride in the country's vast nature areas. Read more about Finland today [www.finland.fi](http://www.finland.fi) and [www.wg-2015.com](http://www.wg-2015.com)

## Helsinki

Helsinki, the capital of the Republic of Finland, is a modern city with over half a million residents and situated by the Baltic Sea. Helsinki together with the neighbouring cities of Espoo, Kauniainen and Vantaa forms the Helsinki metropolitan area with more than a million inhabitants.



In 2000 Helsinki was an official European City of Culture while celebrating its 450th anniversary. In 2012 the city celebrates its year as a World Design Capital. Helsinki is a city of events and the people of Helsinki and all Finns, love all kinds of sports and activities.

Helsinki's climate is typical of its northerly situation. Its intermediate climate combines characteristics of both a maritime and a continental climate. The summer in Helsinki is bright. The days are at their longest in the second half of June, when the sun stays above the horizon for 19 hours. In July, the weather is very pleasant and suitable for the World Gymnaestrada; the average daytime temperature is +22 Celsius and it's mostly sunny.

Read more about Helsinki today [www.visithelsinki.fi](http://www.visithelsinki.fi) and [www.wg-2015.com](http://www.wg-2015.com)

## Arriving in Helsinki

Helsinki can easily be reached from almost anywhere in the world.

**BY PLANE:** Around 200 international flights arrive each day at Helsinki-Vantaa Airport, which is located 20 kilometres from the centre of Helsinki and can be reached by car in only 30 minutes. There are direct flights from for example Japan, South Korea, China, Singapore, United Arab Emirates, New York (USA) and Toronto (CAN) in addition to tens of European cities.

**BY FERRY:** There are daily ferry services to Helsinki from Estonia, Sweden, Germany and Poland. All the ferry companies offer also a possibility to take a car with you.

**BY TRAIN:** There is a daily train service to Russia: St. Petersburg and Moscow.

## Excursions and tours

There are many possibilities for visits and sightseeing tours before, during and after the World Gymnaestrada. There is a lot to see and experience, both in the city centre and at sea near Helsinki: Suomenlinna Maritime Fortress, Helsinki Zoo on Korkeasaari Island, Linnanmäki amusement park etc. It is also easy to visit for example Tallinn, St. Petersburg, Lapland, other Scandinavian countries.



Photo: Niko Soveri

All World Gymnaestrada venues are located within 2 kilometres radius. All venues are accessible for persons with disabilities. More information and photos of all venues on the website [www.wg-2015.com](http://www.wg-2015.com)

## Exhibition and Convention Centre

GROUP PERFORMANCES, NATIONAL AFTERNOONS, CATERING, EXHIBITION/STANDS, OFFICES, PRESS CENTRE

The Helsinki Exhibition & Convention Centre (messukeskus in Finnish) has a total of 130,000 square metres of premises. It is the largest exhibition and convention centre in Finland. It will be the venue for Group Performances, catering and meeting points. There are seven different halls in two floors. The seven halls boast a total of 58,000 square metres of exhibition space. The halls are suitable for large events such as World Gymnaestrada. The newest expansion of the centre, hall 7, was built in 2011.

During the World Gymnaestrada there will 8 - 9 arenas for Group Performances (min. 20 m x 20 m). The AMFI-Hall will be the arena for the National Afternoons (more information on page17).



# WELCOME TO HELSINKI

All excellent venues are within 2 km radius

HELSINKI OLYMPIC STADIUM

TOULU SPORTS HALL

SONERA STADIUM

HELSINKI EXHIBITION AND CONVENTION CENTRE

HELSINKI ICE HALL





## Olympic Stadium

OPENING CEREMONY, CLOSING CEREMONY,  
MIDNIGHT SUN SPECIAL -EVENING

The Helsinki Olympic Stadium was built in 1938 and was the main arena for summer Olympics in Helsinki 1952. Stadium has been characterized as the world's most beautiful Olympic Stadium and what is exceptional is the fact that the Olympic buildings are in active use still today. The number of spectator places, all of them seats, is 40 000. Stadium Tower is 72 meters/235 feet high and in the top you can admire the landscape of Helsinki city. The opening and closing ceremonies of the Gymnaestrada will take place in the Olympic Stadium. The Stadium will also be the venue for the Midnight Sun Special – evening

## Ice Hall

NATIONAL EVENINGS, FIG GALA

The Helsinki Ice Hall is located next to the Olympic Stadium. The venue is more than just an ice hall: it can be transformed in many different ways. With a performance area of 3 200 square meters and 7000 spectator seats the venue is perfect for National Evenings and FIG Gala during World Gymnaestrada. Even though it is an ice hall, there won't be any ice during summer.

## Sonera Stadium

### LARGE GROUP PERFORMANCES

The Sonera Stadium is a modern and versatile football Stadium next to the Helsinki Ice Hall and Olympic Stadium. Built in 2000, the stadium has a total of 10 000 spectator seats. The football field is covered with artificial grass. During the World Gymnaestrada, Sonera Stadium will be the venue for Large Group Performances.

## City Performances

Groups will have a possibility to perform on stages in the city centre. The stages will be located at central/ busy points, where the citizens and tourist are able to admire gymnastics programmes.

## Töölö Sports Hall

The multifunction hall is used for a wide variety of training purposes and for competitions in basketball, volleyball, fencing, boxing and different disciplines of gymnastics. It is located by the main street of Helsinki, Mannerheimintie, and thus can be easily reached with public transportation. During the World Gymnaestrada this venue is used for different kinds of gymnastics activities.



Olympic Stadium in the front with Sonera Stadium behind it. Photo: City of Helsinki



The Ice Hall has hosted many sport events and will be the venue for National Evenings and FIG Gala. Photo: City of Helsinki



# Provisional timetable

The provisional timetable on next page is just for information.

Changes may still be made.

Rehearsal times will be communicated later.

## Provisional programme

NOTE: More information concerning the possibilities to participate and the changes in the World Gymnaestrada program will be given in the coming Bulletins and at the first information meeting in Helsinki in September 2013.

### OPENING CEREMONY

According to FIG-GfA Regulations Manual, edition 2009

Venue: Olympic Stadium

Date: 12 July 2015

Time: late afternoon

Duration: max 2 hours

Capacities: 40.000 seats

### CLOSING CEREMONY

Changes according to FIG-GfA Regulations Manual, edition 2009

Venue: Olympic Stadium

Date: 18 July 2015

Time: late afternoon

Duration: max 1½ hours

Capacities: 40.000 seats

# G15 Programme (provisional draft)

|       | Sunday<br>July 12th | Monday<br>July 13th | Tuesday<br>July 14th | Wednesday<br>July 15th | Thursday<br>July 16th | Friday<br>July 17th | Saturday<br>July 18th |
|-------|---------------------|---------------------|----------------------|------------------------|-----------------------|---------------------|-----------------------|
| 9:00  |                     |                     |                      |                        |                       |                     |                       |
| 9:30  |                     |                     |                      |                        |                       |                     | Get together          |
| 10:00 |                     |                     |                      |                        |                       |                     | FIG Gala 3            |
| 10:30 |                     |                     |                      |                        |                       |                     |                       |
| 11:00 |                     |                     |                      |                        |                       |                     |                       |
| 11:30 |                     |                     |                      |                        |                       |                     |                       |
| 12:00 |                     |                     |                      |                        |                       |                     |                       |
| 12:30 |                     |                     |                      |                        |                       |                     |                       |
| 13:00 |                     |                     |                      |                        |                       |                     |                       |
| 13:30 |                     |                     |                      |                        |                       |                     |                       |
| 14:00 |                     |                     |                      |                        |                       |                     |                       |
| 14:30 |                     |                     |                      |                        |                       |                     |                       |
| 15:00 |                     |                     |                      |                        |                       |                     |                       |
| 15:30 |                     |                     |                      |                        |                       |                     |                       |
| 16:00 |                     |                     |                      |                        |                       |                     |                       |
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| 17:00 |                     |                     |                      |                        |                       |                     |                       |
| 17:30 |                     |                     |                      |                        |                       |                     |                       |
| 18:00 |                     |                     |                      |                        |                       |                     |                       |
| 18:30 |                     |                     |                      |                        |                       |                     |                       |
| 19:00 |                     |                     |                      |                        |                       |                     |                       |
| 19:30 |                     |                     |                      |                        |                       |                     |                       |
| 20:00 |                     |                     |                      |                        |                       |                     |                       |
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| 21:00 |                     |                     |                      |                        |                       |                     |                       |
| 21:30 |                     |                     |                      |                        |                       |                     |                       |
| 22:00 |                     |                     |                      |                        |                       |                     |                       |
| 22:30 |                     |                     |                      |                        |                       |                     |                       |
| 23:00 |                     |                     |                      |                        |                       |                     |                       |
| 23:30 |                     |                     |                      |                        |                       |                     |                       |

- Olympic Stadium
- Ice Hall
- Sonera Stadium
- Exhibition and Convention Centre
- AMFI Exhibition Centre
- City Performances (different venues)
- Outdoor Areas

Wednesday:  
Special Large Group Day

\* Rehearsals not marked here



#### MIDNIGHT SUN SPECIAL –

Evening for Large Group Performances

NEW: On Wednesday evening a special evening performance for Large Groups will be arranged.

Federations can apply for participation in the Midnight Sun Special with Large Group Performances of 5-8 minutes.

Venue: Olympic Stadium

Date: 15 July 2015

Time: evening

Duration: 5 – 8 minutes/group

Capacities: 40.000 seats

Content: Large Group Performances, also an international Large Group Performance

#### GROUP PERFORMANCES

According to FIG-GfA Regulations Manual, edition 2009

Venue: Exhibition and Convention Centre

Date: 13 – 17 July 2015

Time: 09:00 – 18:00

Duration: max either 10 or 15 minutes

Capacities: 8 – 9 arenas, approx. 400 m<sup>2</sup>  
measuring approx. 20 m x 20 m

#### LARGE GROUP PERFORMANCES

According to FIG-GfA Regulations Manual, edition 2009

Venue: Sonera Stadium (official football field/  
artificial grass)

Date: 14 – 17 July 2015

Time: afternoons

Duration: 15 minutes

Capacities: approx. 10.000 seats

## NATIONAL EVENINGS

According to FIG-GfA Regulations Manual, edition 2009

NOTE: The total number of National Evenings will be reduced to three evenings with six shows

Venue: Ice Hall  
Date: 13th, 14th, 16th July 2015  
Time: at 18:00 and at 21:00  
Duration: 1½ hours  
Capacities: approx. 7.000 seats  
Note: There will be no curtain, spectators sitting on all sides of the arena.

## NATIONAL AFTERNOONS

NEW: Federations can apply for National Afternoons, which will be arranged in the same Exhibition Centre as the Group Performances. A National Afternoon show should have duration of 1 hour. Tickets will be sold for the National Afternoons as the entry will not be included in the Participant card.

Venue: Exhibition and Convention Centre, Amfi-hall  
Date: 13th - 17th July 2015  
Time: 13:00 – 14:00  
Duration: 1 hour  
Capacities: approx. 3.000 seats  
Note: All spectators on one side



#### FIG GALA

According to FIG-GfA Regulations Manual, edition 2009

Venue: Ice Hall  
Date: 17th July 2015 and 18th July 2015  
Time: On Friday at 18:00 and at 21:00  
On Saturday at 10:00  
Theme to be announced later  
Duration: 1½ hours  
Capacities: approx. 7.000 seats  
Note: There will be no curtain, spectators sitting on all sides of the arena.

#### CITY PERFORMANCES

Venue: City centre  
Date: 13 – 17 July 2015  
Time: open

#### GET TOGETHER

Venue: Outdoor Areas  
Date: 12 – 18 July 2015  
Time: to be informed later

#### EDUCATIONAL FORUM

Based on the World Gymnaestrada 2011 evaluation by the Head of Delegations, the coaches and the Colloquium 2011 the Educational Forum will not be included in the official program of the World Gymnaestrada 2015.



## INTERNATIONAL LARGE GROUP PERFORMANCES

**NEW:** There will be a possibility for gymnasts from all over the world and of all age groups to participate in an international Large Group program. The program will be taught during the years before the World Gymnaestrada at different gymnastic events and will also be available on DVD, via internet and as written instructions (more information later on). In Helsinki all the gymnasts will meet for joint rehearsals in the beginning of the World Gymnaestrada-week. The international Large Group program will be performed both at the Midnight Sun Special –evening and at the Closing Ceremony.

### FROM NEAR OR FAR – COME AS YOU ARE!

Let's experience it together:

The happiness and friendship – the joy of gymnastics!  
Hundreds or even thousands of gymnasts from different countries will be active at the field at the same time. One programme, easy to learn, easy to join. The duration of the programme is about 6 minutes. Choreographers are Hannele Ahlqvist and Marja Kallioniemi.

More information will be given later.



Photo: Volker Minkus/FIG



Photo: Volker Minkus/FIG

## Prices

Participant card costs 210 euro per participant including:

- Entry to the events of the World Gymnaestrada with the exception of the National Afternoons, National Evenings and FIG Gala
- Local transportation for the duration of the event
- The official programme and guide

The price of the school accommodation will be published in Bulletin 2.

## Terms of payment

By 31st December 2014: 50 % of the participant's card must be paid at the time of the final registration.

By 30th April 2015: Remaining 50 % of the participant's card and 100 % of all the other services and items ordered.

## Terms of cancellation

Cancellation between 1st January 2015 and 30th April 2015: 50 % of the first payment will be reimbursed.

Cancellation after 30th April 2015: no reimbursement.

Note that all bank charges are paid by the National Federations (you). The LOC must receive the exact amount in euros. Note also that there are delays in international monetary transactions. All preliminary services requested cannot be guaranteed unless payments are made promptly. Without proof of appropriate payment, no card, ticket or other materials or documents are given or sent out.

## Dates for your diaries – steps towards the World Gymnaestrada

The FIG GfA Colloquium will be held in Helsinki 22 – 25 November 2012. For those interested, the LOC will arrange two tours: one visiting WG 2015 -venues and another visiting the city of Helsinki. More information on the Colloquium has been sent from the FIG.

The first information meeting, organised by the FIG Gymnastics for All Committee and the Local Organising Committee, will be held in Helsinki 6 – 8 September 2013. The second information meeting will be held in Helsinki in September 2014. All FIG Member Federations will receive official invitations from the FIG Office.



## Important dates

(World Gymnaestrada regulations, 5.3 Registration Procedure)

February 2013    Bulletin 2

Until 30 June 2013        Notification of interest for participating in the WG  
Until 30 June 2013        Registration for the FIG Gala  
6 – 8 September 2013    1st Information Meeting in Helsinki

Until 31 December 2013    Notification of interest for  
\* Group Performances (number of groups registering for group performances)  
\* Large Group Performances (number of groups for large group performances)  
\* National Evenings  
\* National Afternoons  
\* Midnight Sun Special

March 2014        Bulletin 3

May 2014        Confirmation from the LOC to the FIG member federations of the following  
\* number of Group Performance units admitted  
\* number of Large Group Performance units admitted  
\* groups admitted to the FIG Gala  
\* approval of a National Evening  
\* approval of a National Afternoon  
\* groups admitted to Midnight Sun Special

Until 30 June 2014        Provisional registration

September 2014    2nd information Meeting in Helsinki

November 2014    Bulletin 4

Until 31 December 2014    Definitive registration (payment of 50% participant cards as a deposit)



March 2015

Bulletin 5

Until 30 April 2015

Final payment

30 April 2015

Performance schedule sent  
to all participating federation

12 – 18 July 2015 World Gymnaestrada 2015 Helsinki

## Website [www.wg-2015.com](http://www.wg-2015.com)

The official website of the World Gymnaestrada is for everyone, open and regularly updated. All information can also be found through [www.fig-gymnastics.org](http://www.fig-gymnastics.org)

The Extranet page of the World Gymnaestrada is only for the FIG affiliated federations and already open. To find this page, do the following:

- go to the official website [www.wg-2015.com](http://www.wg-2015.com)
- select "login" at the bottom of the screen
- enter the user name and password sent in the e-mail introducing this first information bulletin

## Hotels

Our partner in hotel reservations is the Confedent International. You will find more information on hotels on our Extranet during this autumn. The sales will start 2nd January 2013.

We have reserved/booked hotel rooms for the World Gymnaestrada. We ask all federations to book hotels via our partner in order to ensure best possible arrangements and prices for everyone. Hotel rooms are sold with the principle: first come first served.

## Registration

Our partner in registrations is Mr. Lukas Köb. Registrations for the World Gymnaestrada will be carried out on-line with the Gymnaplana-programme. You will find more information on registration programme on the Extranet during autumn 2012. Entries from all participating groups must be made through their FIG Member Federation.



Photo: Saija Suominen

### Local Organisation

Hosting the World Gymnaestrada is "a dream come true" for the Finnish Gymnastics Federation; for gymnasts, clubs and volunteers. A strong ensemble together with the City of Helsinki and the State of Finland makes it possible for the Gymnastics Federation to host the event. Now we, all partners together, are wishing the whole international gymnastics family warmly welcome to Helsinki: through lifelong gymnastics and friendship, we will make the earth move!

More information on the organisation can be found on web: [www.wg-2015.com](http://www.wg-2015.com) and on [www.fig-gymnastics.com](http://www.fig-gymnastics.com)



# Contacts

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