

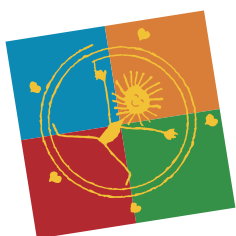
HELSINKI FINLAND

15 TH

BULLETIN № 3
MARCH 2014

WORLD GYMNAESTRADA

12-18 JULY 2015



15th WORLD
GYMNAESTRADA
2015 HELSINKI

Make the earth move



www.wg-2015.com



Ministry of
Education
and Culture



FINNISH
GYMNASTICS FEDERATION



WORLD GYMNAESTRADA 2015 BULLETIN 3

English
Cover photo: Francois Schweizer

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15TH WORLD GYMNAESTRADA 2015 HELSINKI

BE PART OF THE GYMNAESTRADA SPIRIT

Thousands of years ago, a human drew a picture on a rock wall. The picture illustrates the sun that gives life, the nature, a human, people together. This spirit lives on and is based on the unity of people, the beauty of nature, the history of human movement and gymnastics. We call it the Gymnaestrada spirit, which brings people together from all over the world, from different continents, countries and culture. Together - to show and share, to enjoy, building friendships that last a lifetime.

Every participant in the World Gymnaestrada draws his or her own picture and leaves a mark on each other gymnast, the Finns and Finland. Each participant leaves his or her footprint in the historical path of gymnastics and brings its tradition of gymnastics and culture to Helsinki. Every gymnast makes the Gymnaestrada-spirit.

This is the story behind our logo, colours and slogan. This is the message and atmosphere we want to carry out in Helsinki in 2015. 16 months to go. We are looking forward to making the earth move with you!

15th World Gymnaestrada
Local Organising Committee
Kirsti Partanen, President

**

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 cultures.



Photo: Milla Vahtila



Photo: Francois Schweizer

SPECIFIED NOTIFICATIONS OF INTEREST

Provisional registration until
30 June 2014

Definitive registration until
31 December 2014.

By the end of year 2013 we received notifications of interest from 37 FIG Member Federations. The Local Organising Committee is happy with the numbers. You are all warmly welcome to Helsinki 2015.



Photo: Volker Minkus/FIG

Here is the list of the FIG Member Federations who have now expressed their interest:



Argentina



Australia



Austria



Azerbaijan



Belgium



Brazil



Canada



Chile



Czech Republic



Denmark



Estonia



Finland



France



Germany



Great Britain



Honduras



Hungary



Israel



Italy



Japan



Kyrgyzstan



Liechtenstein



Lithuania



Mexico



Netherlands



Norway



Portugal



Puerto Rico



Qatar



Russia



Singapore



Slovakia



South Africa



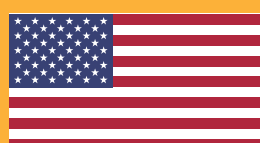
Sweden



Switzerland



Trinidad and Tobago



USA

15 EXPERIENCES YOU WILL GET IN HELSINKI

Midnight Sun – Treat yourself to the magical mid-night sun! Over two thirds of the world's people who experience this unique phenomenon live in Finland.

Sauna – Learn what the most known Finnish word to make it into everyday English, "sauna", is all about. "Sauna is for your mind. It really helps you to calm down in a modern society where it is never quiet. If somebody wants to understand what it is to be a Finn then they have to understand what a sauna is. If you do not experience sauna then you do not experience Finland." - BBC: Why Finland loves saunas, September 2013.

Salmiakki – Diamonds are everybody's best friend! The identifiable shape of Finnish Salmiakki is universal; the diamond that is. Without a doubt, the dark black mysterious and salty sweet is a concept that most Finns can relate to and is a treat for an acquired taste.

Locals – People make the city! Feel the warmth of over 600 000 (local) smiles that welcome you on the streets of Helsinki!

Silence – Enjoy silence in the middle of busy urban life!

Modern Design – Delight your visual senses with functional design; ranging from home furniture and items that represent traditional Finnish design traditions to modern urban solutions in the city and contemporary interior design!

Maritime Appeal – Admire Helsinki's maritime silhouette, which is a part of the national landscape of Finland! In Helsinki, the sea is an essential part everyday life. The sea surrounds the city on three sides. Helsinki has almost 100 kilometers of shore-line and around 300 islands.

Super Food – Indulge your taste buds with the most interesting food culture in the Nordic countries: it's wild, pure, local and slow! The thriving food culture in Helsinki has influences both from East and West.

Coffee – Welcome to the coffee capital of the world! Finns are the heaviest coffee drinkers in the world and it shows; one of Helsinki's most prominent scents is the one of coffee. The most famous cafés in Helsinki can be found in the Empire styled old town, in the midst of nature and the sea, in busy urban settings and along tram tracks.

Contrasts – Widen your mind and spirit by walking through Helsinki's 450-year-long history that showcases currents of Eastern and Western influences.

Angry Birds – Fire away! Get to know the birthplace of the world famous game Angry Birds.

Moomins – "I only want to live in peace and plant potatoes and dream!" –Tove Jansson. Walk in the footsteps of the beloved artist and creator of the well-known Moomintrolls Tove Jansson, who was born and lived major parts of her life in Helsinki.

No traffic jams – Pamper yourself to a place where you'll find no traffic jams and you can use public transportation to move around.

Fresh air – Feel the wind in your hair! One third of the city consists of parks and other green areas, which ensures the city's fresh air.

City filled with fun events – Join the lively events that enliven the city!

Nature – Feel the pulsating green heart of the city! Helsinki's nature offers a wide range of activities. Remember to see Helsinki also on foot!

Architecture – Take a stroll to view the pearls of Jugend style Helsinki. Helsinki is one of the finest Art Nouveau cities in Europe!



EXCURSIONS AND TOURS

There are many possibilities for visits and sightseeing tours before, during and after the World Gymnaestrada. Excursions and tours are mainly carried out in English, some also in Spanish. Also other languages are possible on request. More information on reservations in the next Bulletin.



Photo: Comma Image

HELSINKI SIGHTSEEING TOUR

3 HOURS

Helsinki city tour by coach will present to you the highlights of Helsinki. An inside visit (if possible depending on services) is made to Temppeliaukio, the famous "Rock Church". The church is built into solid rock, with the inner wall left raw and unfinished, and is crowned with a solid copper dome. In Sibelius Park get off the coach to view the Sibelius Monument before moving on past the Olympic Stadium, built for the 1952 Olympic Games. Next is the city's main street Mannerheimintie, along which are many fine buildings such as the modern Opera House, the Alvar Aalto designed Finlandia Hall, the National Museum, and the Kiasma Modern Art Museum. Nearby is the main Railway Station, an architectural show piece in its own right. Next is Esplanade, an elegant boulevard with exclusive shops, with leafy parkland in the centre, a popular sitting area, with occasional live concerts and buskers. At the base of Esplanade is the bustling Market Square and harbour, overlooked by the imposing red brick onion-domed Uspenski Russian Orthodox cathedral. Rounding off the tour there will be time to walk around Senate Square and the green-domed Lutheran Cathedral the symbol of the city.

PORVOO EXCURSION

4 HOURS

A 50 minute drive to the east of Helsinki lies Porvoo, Finland's 2nd oldest town. Stroll through the medieval old quarter, along old cobbled streets of historic painted wooden houses, cafes, and antique stores. The town is famous for its ochre-painted shore houses along the riverside. The 13th century cathedral is the town's major historic landmark. Tour includes return coach transfers, services of local guide and entrance to Runeberg's Home.



Photo: Porvoo Tourist Information

SUOMENLINNA SEA FORTRESS

4 HOURS

Depart by private coach for transfer to the Market Square & Harbour with local guide. Board ferry for 20 minute crossing of Helsinki Bay, with fine views of the city skyline, to the archipelago fortress island of Suomenlinna. Start the walking tour around the island. In 1747 a fortress was built as the main base for the armed forces stationed in Finland. A group of islands close to Helsinki were chosen to be the site of the fortress, which was to be called Sveaborg, "the fortress of Sweden". Soon after Finland gained independence (from Russia) in 1917 the Swedish name of the fortress was officially changed to the Finnish Suomenlinna, "castle of Finland". In 1991, Suomenlinna was designated as a UNESCO World Heritage Site. Tour includes entrance to Suomenlinna Museum with a Suomenlinna Experience wide-screen show in the museum auditorium.

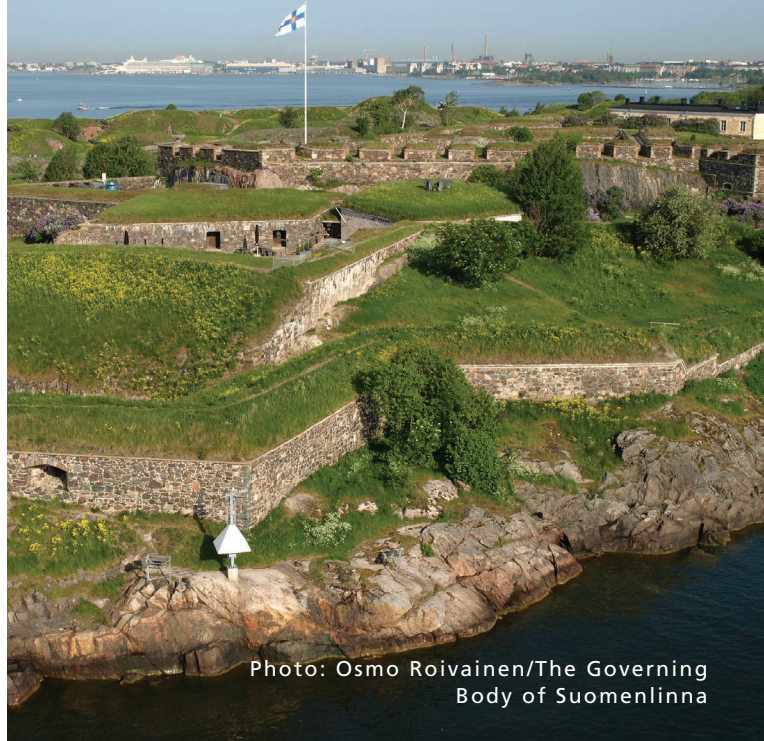


Photo: Osmo Roivainen/The Governing Body of Suomenlinna

NUUKSIO NATIONAL PARK

5 HOURS

Nuuskio National Park is located about 45 min drive north-west from Helsinki. The tour includes a visit to the brand new Finnish Nature Center Haltia where you will have a private guided tour and get an introduction about the Finnish nature and the national parks in the country. Finnish Nature Center Haltia is a new type of visitor centre, bringing all of Finland's nature under one roof and closer to the visitor through both the building's facilities and its stunning exhibitions. Nature from all over Finland can be experienced in the Helsinki region. The Haltia building is also a sight itself being first public building in Finland built entirely of wood. After visit to Haltia you will have a guided hiking tour along the forest trails, and you will experience typical Finnish countryside so close to the city. During the hiking tour outdoor lunch will be served by open fire.

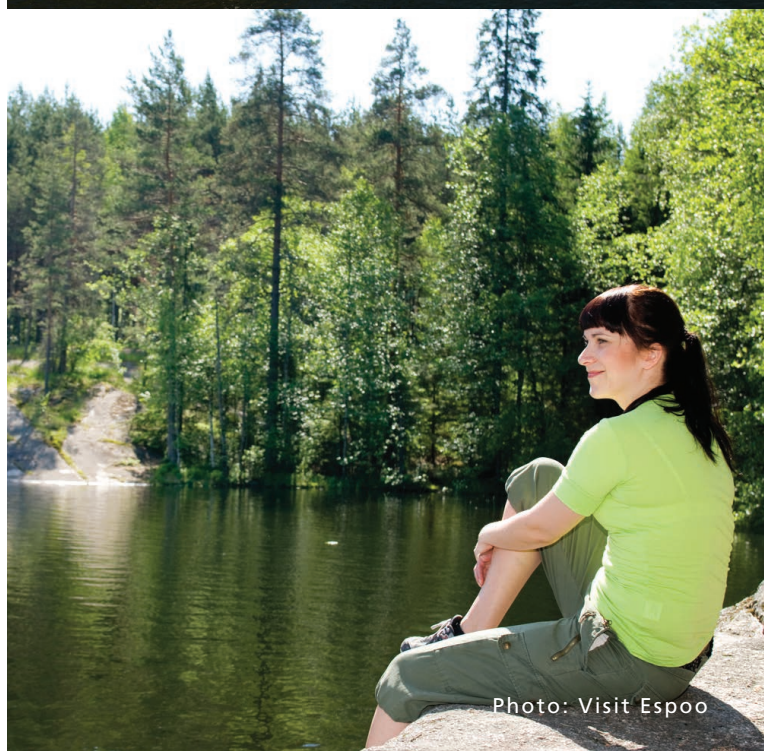


Photo: Visit Espoo

HELSINKI SIGHTSEEING CRUISE

2.5 HOURS

Depart from Helsinki harbour for a cruise in beautiful Helsinki archipelago. Local guide will escort you during the cruise. This unique archipelago cruise offers you many sights that cannot be seen from land; the beautiful archipelago summer cottages and saunas on the sea shores, the fantastic Degerö Canal and ice breakers. Optional dinner on board. After 2.5 hour cruise you return to harbour.

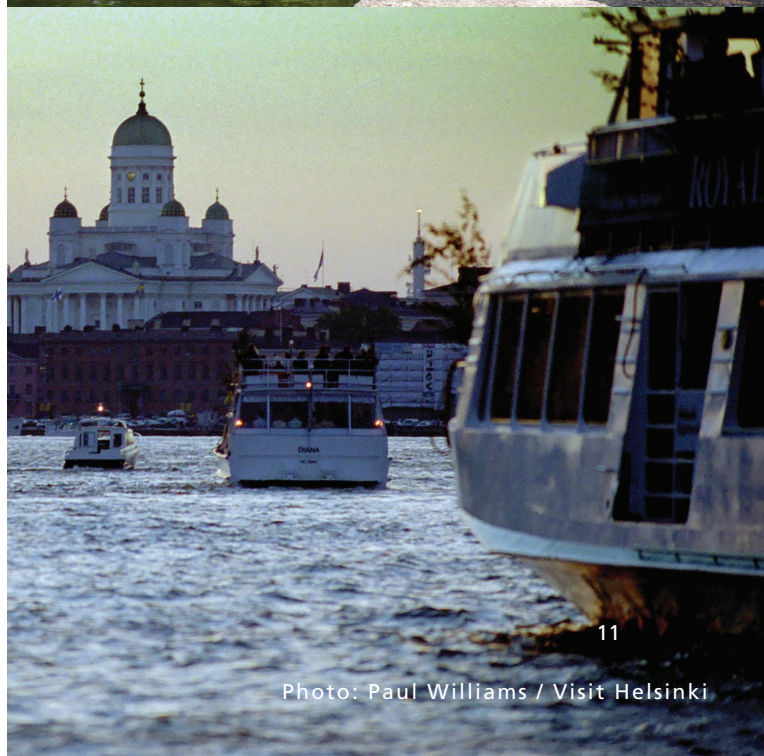


Photo: Paul Williams / Visit Helsinki



Photo: Unique Lapland



Photo: Markku Jannonen / Honkalintu Oy



Photo: Mestart Oy

WINTER WORLD EXPERIENCE

3 HOURS (ESPECIALLY FOR YOUNG PEOPLE)

Transfer from Helsinki city centre to the winter world built inside an indoor sports centre, located 20 minutes drive from the city. The winter world is created using real snow and ice, and the temperature is -5 Celcius throughout the year. Visit the snow igloos, see the ice decorations, have fun on the sliding hill, try to kick sledges, tandem skis and snowshoes. The winter world guides will lead you to the igloo village, advice about the snow activities and bring you to the ice bar to enjoy a welcome drink served in a glass made of ice. You will also feel the speed of a husky dog ride!

VISIT TO SANTA'S COTTAGE & WATER PARK

6 HOURS (ESPECIALLY FOR YOUNG PEOPLE)

Depart by coach and guide to Espoo, Korpilampi where Santa Claus has his hideaway cottage in the middle of the forest by a small pond. When visitors arrive at Santa Claus's summerhouse they are met by Santa himself who will tell the secrets of toy making and gift-giving and listen visitor's Christmas wishes. After meeting with Santa, guests will enjoy lunch by open fire in a Lappish teepee. After Santa's cottage visit the nearby Serena Water Park, biggest indoor water park in Scandinavia with terraced pools, massaging whirlpools, waterslides, pipeslides and unique sauna section. Outdoors there are also carpet slides, rapids, a "Salt Sea", pipe slides and liana tower.

CULTURAL TOUR TO TUUSULA WITH A CLASSICAL CONCERT

4 HOURS

The cultural and architectural tour takes you to the Lake Tuusula area where a large number of Finnish artists settled at the turn of the 19th and 20th century. Tuusula is located about 30 min drive from Helsinki city centre. You will visit Ainola, the home and now a home museum of the Finnish composer Jean Sibelius. Ainola is preserved as it was during Sibelius' time. After the visit at Ainola, continue to Villa Kokkonen, former home of composer Johannes Kokkonen designed by the Alvar Aalto for private classical concert.

FINNISH SAUNA EXPERIENCE

3 HOURS

Coach transfer to southern Helsinki. Brief boat transfer to nearby locating island to enjoy sauna bath. Separate saunas for men and women, at your disposal for 2 hours. Swimming possibility from sandy beach. For supplement you can also book an outdoor hot water pool. Drinks and sauna snacks are available after your choice. After the relaxing sauna visit it is time to head back to the mainland.



Photo: Hostelling International Finland / Visit Helsinki

TALLINN DAY TRIP

A FULL DAY TOUR (OR AS A PRE -OR POST TOUR)

Located just 2 hours across the Baltic Sea from Helsinki by boat is Tallinn, the medieval capital of Estonia. At Tallinn pier, meet local guide and coach for a short panoramic tour around Tallinn city. Pass by the Kadriorg Palace and the Song Festival Grounds, and learn from the guide a little about modern life in Tallinn. Disembark the coach for a walking tour of the Old Town. Experience the history as you walk through the tight and winding medieval streets up to the top of Toompea Hill which offers fine views across the red roofs of the old buildings to the sea beyond. The walking tour also passes the Parliament Building, Alexander Nevsky Cathedral, the Dome Church and ends at the Town Hall Square. Tour includes a lunch in a local restaurant. After free time to shop or relax in a street side cafe, the tour continues back to the port and by ferry to Helsinki.

Note: Check if you need a visa for Estonia



Photo: Remi Lanvin / Flickr

FINNISH LAKES TOUR

3 DAYS/2 NIGHTS (PRE OR POST TOUR)

Discover Finland, The Land of a Thousand Lakes and Midnight Sun on this three days escorted tour through most beautiful lake districts in southern and central Finland. Tour includes a touring coach, guide services throughout the tour, two hotel nights, full board and a boat cruise.



Photo: Terhi Ylimäinen



Photo: Paula Funnell / Flickr

ST PETERSBURG TOUR

3 DAYS/2 NIGHTS (PRE OR POST TOUR)

Visit St. Petersburg – often called as "the Venice of the North" by train from Helsinki. Tour includes return train journeys, guide services throughout the tour, two hotel nights, full board and tours to world-famous Hermitage Art Museum and Peterhof - a magnificent summer residence of Russian tsars.

Note: Check if you need a visa for Russia.



Photo: Edward Stojakovic / Flickr

STOCKHOLM TOUR

3 DAYS/2 NIGHTS (PRE OR POST TOUR)

Enjoy a return overnight cruise between the capital cities of Finland and Sweden through the beautiful archipelago scenery. The ship offers plenty to do onboard: several restaurants, tax-free shopping, sauna & spa, music and entertainment. Stockholm is one of the world's most beautiful capitals with Europe's largest and best reserved mediaeval centers. Trip includes return overnight trips onboard the ship, one hotel night in Stockholm, guide and coach services and sightseeing tours with entrances to Vasa Museum and Skansen outdoor museum.

Note: Check if you need a visa for Sweden



Photo: Mika Lappalainen

JOGGING SIGHTSEEING TOUR

45 MIN

Start your day with refreshing jogging on an early summer morning! Helsinki jogging tour will present to you the highlights of Helsinki coastal route. English speaking guide will guide you along beautiful sights of Helsinki on your own speed. There will be stops and walking parts as well.

Tour includes services of local English speaking guide for 45 min.



Photo: Sakke Somerma

NORDIC WALKING SIGHTSEEING

2 HOURS

Get to know Helsinki on a funny day! Nordic Walking was first launched in Finland in 1997. It has rapidly increased in popularity and today Nordic Walking is well-known fitness sports.

Enjoy the fresh seaside air while having local guide telling about the sights in Helsinki.

Tour includes services of local English speaking guide for 2 hours and walking poles.

PROVISIONAL TIMETABLE

The World Gymnaestrada lasts seven days including the Opening and Closing Ceremonies. The World Gymnaestrada events shall comprise of demonstrations and performances from the entire range of Gymnastics for All, exclusive of competitions.

The provisional timetable here is just for your information. Changes may still be made. Rehearsal times will be communicated later.

- OLYMPIC STADIUM
- ICE HALL
- SONERA STADIUM
- MESSUKESKUS HELSINKI EXPO AND CONVENTION CENTRE
- AMFI EXHIBITION CENTRE
- OUTDOOR AREAS

	SUNDAY JULY 12TH	MONDAY JULY 13TH	TUESDAY JULY 14TH	WEDNESDAY JULY 15TH	THURSDAY JULY 16TH	FRIDAY JULY 17TH	SATURDAY JULY 18TH	
09:00								09:00
09:30		GROUP PERF.		GROUP PERF.		GROUP PERF.		09:30
10:00							FIG GALA 3	10:00
10:30								10:30
11:00								11:00
11:30								11:30
12:00								12:00
12:30		CITY PERF.		CITY PERF.		CITY PERF.		12:30
13:00			NATIONAL AFTERNOON		NATIONAL AFTERNOON		NATIONAL AFTERNOON	13:00
13:30								13:30
14:00								14:00
14:30								14:30
15:00			LARGE GROUP PERF.		LARGE GROUP PERF.		LARGE GROUP PERF.	15:00
15:30							CLOSING CEREMONY	15:30
16:00	OPENING CEREMONY							16:00
16:30								16:30
17:00								17:00
17:30								17:30
18:00								18:00
18:30	GET TOGETHER	NATIONAL EVENING		GET TOGETHER	NATIONAL EVENING		GET TOGETHER	18:30
19:00								19:00
19:30								19:30
20:00								20:00
20:30								20:30
21:00		NATIONAL EVENING						21:00
21:30			NATIONAL EVENING		MIDNIGHT SUN SPECIAL (LARGE GROUPS)	NATIONAL EVENING	FIG GALA 2	21:30
22:00								22:00
22:30								22:30
23:00								23:00
23:30								23:30

* Rehearsals not marked here

Wednesday
Special Large Group Day

PROVISIONAL PROGRAMME

All registrations must be made through the FIG Member Federations. Provisional programme according to the FIG-GfA Regulations Manual, edition 2009. Please note that participants under the age of 16 years should be organised in groups of up to ten (10) and placed in the care of an adult identified by name.

OPENING CEREMONY

At the Olympic Stadium on Sunday 12 July 2015
at 16:00 (duration max. 2 hours)

Theme: Make the Earth Move.

Performers, participants and audience will be an essential part of the Opening: together they will really make the earth move and leave their footprint in the history of gymnastics.

Marching: Opening will start with marching in of the World Gymnaestrada participants and everyone is welcome to take part. You can also choose to watch the marching in from the stands (seating will be informed in advance). *LOC responsible persons: Laura Nihti, Jenni-Kaija Tiainen, together with a working group*

All gymnasts taking part in the marching and the opening ceremony are asked to dress and to behave appropriately and according to the instructions from organisers.

Participants must wear their national clothing/ tracksuit. Each country will be marching into the stadium following their national flag and name boards, and will then go to the specific place to watch the ceremony. The flag will be provided by the LOC, but each federation names the person who will have the honour of carrying the country's flag.

The gymnasts can also have small flags of their country, but are asked not to carry any other flags (regional, city, club, etc.).

The waiting areas and useful details for the marching as well as for the Opening Ceremony will be communicated in the coming bulletins.

CLOSING CEREMONY

At the Olympic Stadium on Saturday 18 July 2015 at 15:00 (duration max. 1½ hours)

The World Gymnaestrada 2015 will end with a festive show. The Local Organising Committee keeps the programme of this ceremony a secret... Also some gymnastics will be seen: the Gymnaestrada World Team (International Large Group Programme) and the performance from the next World Gymnaestrada 2019 organiser.

MIDNIGHT SUN SPECIAL - EVENING FOR LARGE GROUP PERFORMANCES

At the Olympic Stadium on Wednesday 15 July 2015 at 21:00

On Wednesday evening a special evening performance for Large Groups will be arranged: this evening is a little bit like "FIG Gala for Large Group Performances". We will see many Federations showing their Large Group Performances. Also the Gymnaestrada World Team has their premier here. The entry to the Midnight Sun Special is included in the Participant card. Thank you for all those Federation that applied for the Midnight Sun Special. The selected groups come from the following Federations: Denmark, Finland, Germany, Netherlands, Norway, Portugal, Slovakia and Switzerland

LOC Responsible persons: Arja Puro, Eeva Juselius, together with a working group

GROUP PERFORMANCES

At the Messukeskus Helsinki Expo and Convention Centre, 13 – 17 July 2015, daily at 09:00 – 18:00

Groups shall comprise of no less than ten active performers. Performances shall be presented three times indoors. Duration of each performance is max either 10 or 15 minutes.

LOC responsible persons: Eeva Laurila, Kerttu Valve, Päivi Lehtovirta, together with a working group

LARGE GROUP PERFORMANCES

At the Sonera Stadium (official football field, artificial grass), 14 – 17 July 2015 in the afternoons

Large Groups shall comprise of no less than 200 active performers. Performances shall be presented three times outdoors.

LOC responsible persons: Arja Puro, Eeva Juselius, together with a working group

NATIONAL EVENINGS

At the Ice Hall on 13th, 14th and 16th July 2015

Thank you to all those Federations that applied for a National Evening.

LOC responsible persons: Reija Häivälä-Vicentelo, Tarja Schneider-Lehto, Krista Huovinen, with a working group

The FIG GfA-Committee has decided that the following Federations will participate and this is the preliminary schedule for the National Evening:

	Monday 13 July	Tuesday 14 July	Thursday 16 July
At 18:00 – 19:30	Switzerland	Portugal & Brazil	PAGU
At 21:00 – 22:30	Switzerland	Nordic Countries	Japan

Tickets will be sold for the National Evenings as the entry will not be included in the Participant card (look page 40).

NATIONAL AFTERNOONS

At the Messukeskus Helsinki Expo and Convention Centre, Amfi-hall, 13th – 17th July

Thank you for all those Federations that applied for a National Afternoon.

LOC Responsible persons: Eeva Laurila, Kerttu Valve, Päivi Lehtovirta, with a working group

The FIG GfA-Committee has decided that the following Federations will participate and this is the preliminary schedule for the National Afternoons:

	Tue 14 July	Wed 15 July	Thu 16 July	Fri 17 July
At 13:00 – 14:00	Czech Republic	Germany	South-Africa	Netherlands

Tickets will be sold for the National Evenings as the entry will not be included in the Participant card (look page 40).

FIG GALA

At the Ice Hall, on Friday 17th July at 18:00 and at 21:00, on Saturday 18th July at 10:00

Theme: Live, love & laugh

Thank you to all those Federations that applied for the FIG Gala. Information to the selected Federations was sent in December 2013.

The selected groups come from the following Federations: Australia, Austria, Brazil, Canada, Chile, Czech Republic, Denmark, Estonia, Finland, Germany, Great Britain, Israel, Japan, Portugal, Russia, South Africa, Sweden, Switzerland, USA

LOC Responsible persons: Liisa Ahlqvist-Lehkosuo (artistic) and Lotte Ahlström (administrative)



Photo: © WG-2011 - Christian Collet

GYMNAESTRADA WORLD TEAM – INTERNATIONAL LARGE GROUP PROGRAMME

This new possibility has raised great interest among gymnasts from all over the world and of all age groups to be part of the Gymnaestrada World Team, to participate in an International Large Group Programme. Participation is open to all World Gymnaestrada 2015 participants from all FIG Member Federations. It is possible for a person to participate in only this programme.

The programme will be taught during the years before the World Gymnaestrada at different gymnastic events and is also available on DVD and as written instructions. In Helsinki all gymnasts will meet for joint rehearsals in the beginning of the World Gymnaestrada week (two joint rehearsals). The International Large Group Programme will be performed both at the Midnight Sun Special evening and at the Closing Ceremony.

Theme: From Near of 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 on the field at the same time. One programme, easy to learn, easy to join.

Duration: about 6 minutes

Music: Mountain Top and Sunrise (Bernard Herrman) & Over the Hills and Far Away (Nightwish)
Choreographers: Hannele Ahlqvist and Marja Kallioniemi

CITY PERFORMANCES

**Outdoor Stages in the City of Helsinki,
13 – 17 July**

The World Gymnaestrada is not just for the participants. The Local Organising Committee wants to show gymnastics for citizens and tourists, too.

There will be 2 – 4 stages in central places around the City of Helsinki. Each group can have 1 – 3 performances (max 3 performances).

LOC Responsible persons: Tiina Hedeman with a working group

GET TOGETHER

There will be a special World Gymnaestrada outdoor area next to the Olympic Stadium with some nice programme in a nice atmosphere.

WORKSHOPS – LET'S MOVE TOGETHER!

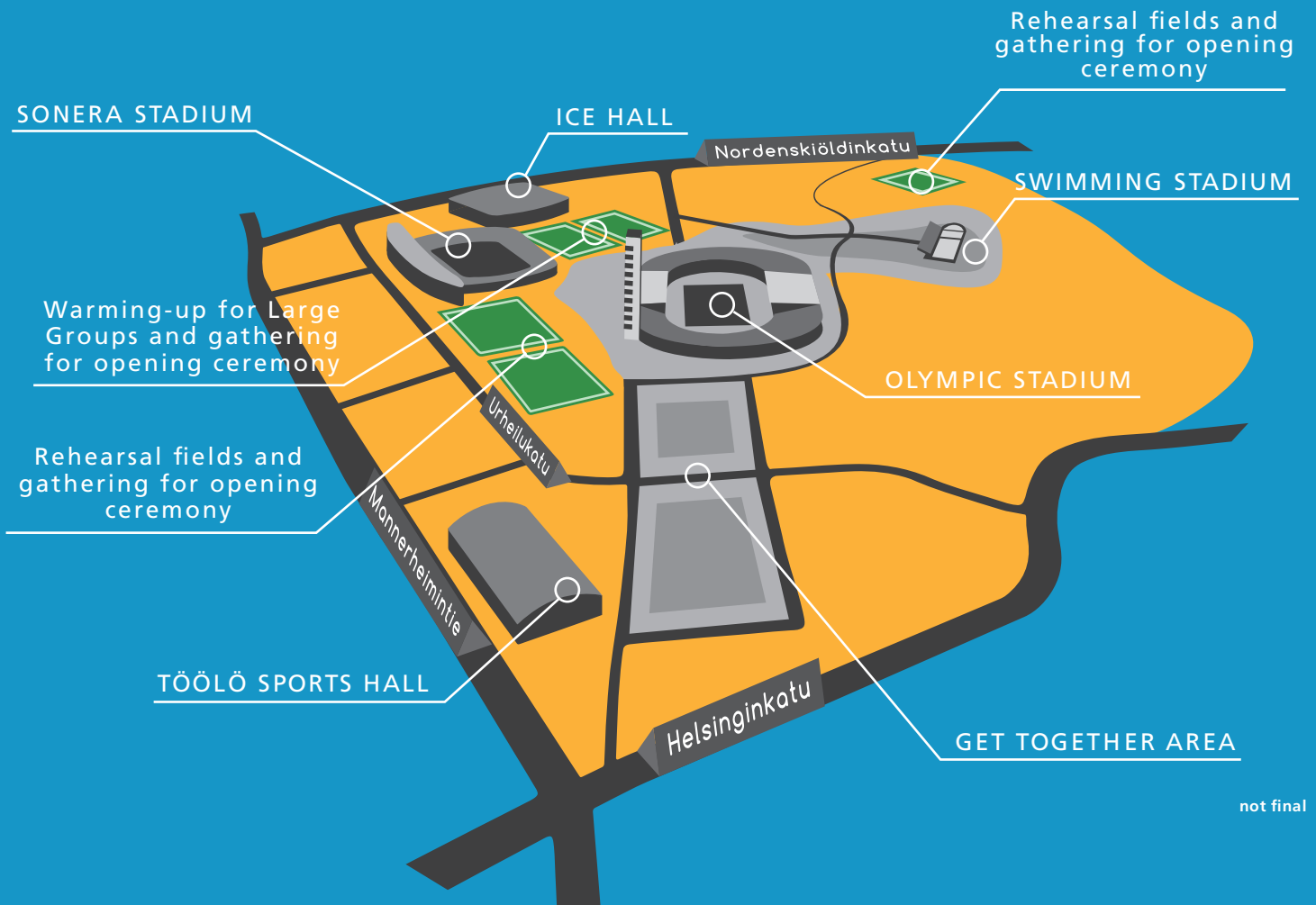
On Saturday July 18th there will be gymnastics lessons and workshops in the halls at the Messukeskus Helsinki Expo and Convention Centre. Everyone with the Participant Card can join the lessons and workshops.

SPEAKERS' CORNER

In the Exhibition and Stand area, at the Messukeskus Helsinki Expo and Convention Centre, there will be a dedicated place where Federations and other partners are welcomed to shortly share information and experiences with the participants and public. For example give information about coming events or educational achievements or ideas, and anyone passing by could stop to listen. There will be a special schedule for this.

PRELIMINARY PLAN

15TH WORLD GYMNAESTRADA HELSINKI



not final

Information and photos of all venues on the website www.wg-2015.com

MESSUKESKUS HELSINKI, EXPO AND CONVENTION CENTRE

Group Performances, National Afternoons, Catering, Exhibition/Stand, Offices, Media centre

During the World Gymnaestrada the Messukeskus Expo and Convention Centre will provide 8 arenas for Group Performances. Each arena is named after a previous World Gymnaestrada: Lausanne, Dornbirn, Lisbon, Gothenburg, Berlin, Amsterdam, Herning, and Zurich. The 9th arena, called the Amfi-Hall, will be used for Group Performances and National Afternoons. This arena is named Helsinki.

TECHNICAL (halls 4, 5, 6, 7 = 8 arenas)

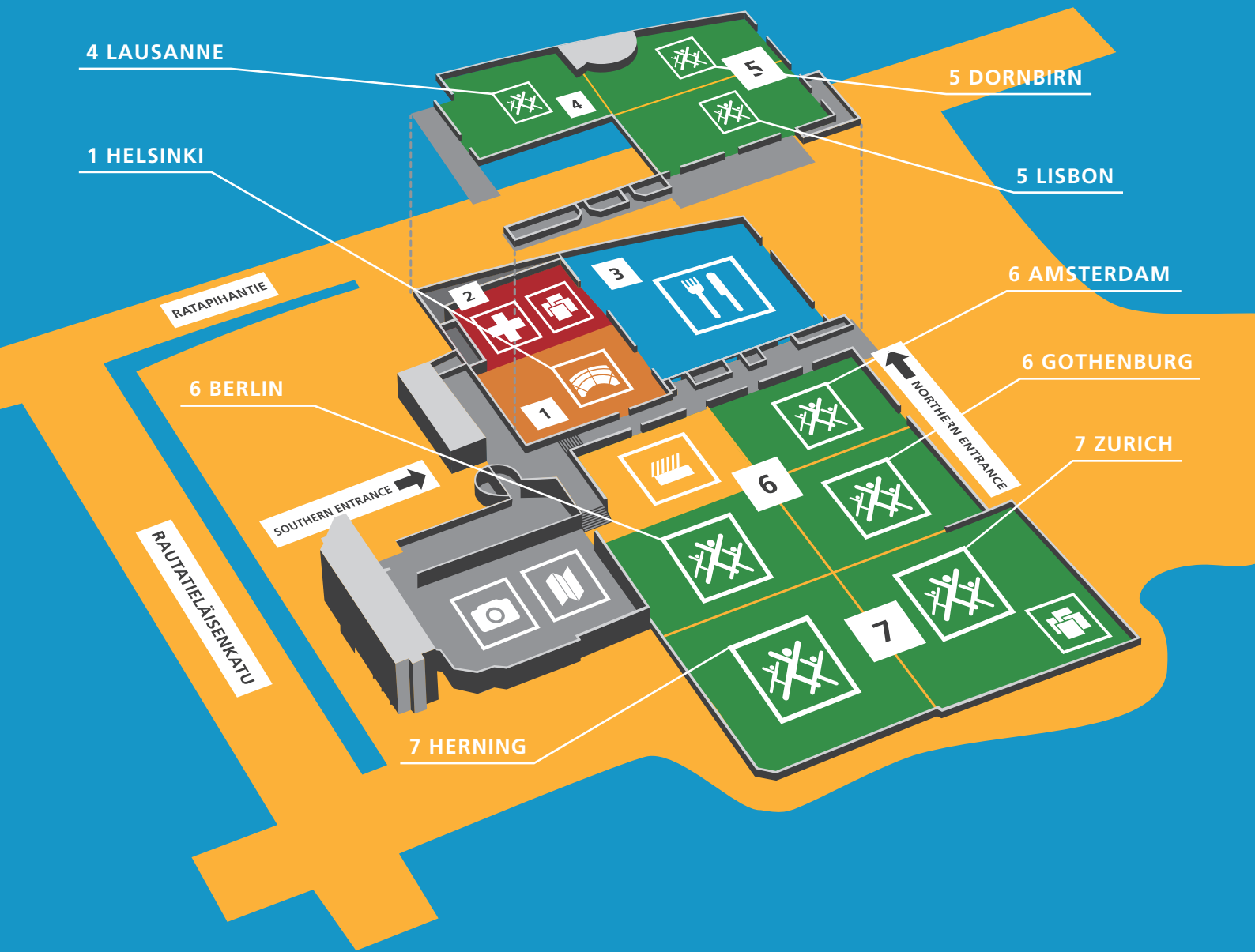
Lighting: Static open white wash for performing area containing 30 pcs Par64
Sound: Full range PA system for audience and full range MON system for performing area, CD and MD players
No video projection, No rigging
Demonstration floor surface: information coming (Intranet, May 2014) (Intranet, Spring 2014)
Arena back curtain: white curtain

Apparatus available ([see page 32](#))
Men's Parallel Bars, Springboard "Hard", Springboard "Soft", Vaulting Table, Foam vaulting table, Airtrack, Roll mat 14x2m 40 mm + bands, Landing Mat 300x200x20 cm
Trampolines: Large Trampoline Grand master, Trampette Open-End Premium, Minitramp TeamGym "School Apparatus": Wooden Boxes, Wooden Benches 3 m, Landing mat "School" 160x110x7 cm, Landing Mat 300x200x30 cm

TECHNICAL AMFI-HALL (9th arena)

Lighting: Static open white wash for performing area containing 30 pcs Par64 (group performances)
Sound: Full range PA system for audience and full range MON system for performing area, CD and MD players
Demonstration floor surface: information coming (Intranet, May 2014)
Arena back curtain: white curtain
Lighting and sound possibilities will be communicated to the FIG Member Federations admitted National Afternoons.

Apparatus available ([see page 32](#))
Men's Parallel Bars, Springboard "Hard", Springboard "Soft", Vaulting Table, Foam vaulting table, Airtrack, Roll mat 14x2m 40 mm + bands, Landing Mat 300x200x20 cm
Trampolines: Large Trampoline Grand master, Trampette Open-End Premium, Minitramp TeamGym
"School Apparatus": Wooden Boxes, Wooden Benches 3 m, Landing mat "School" 160x110x7 cm, Landing Mat 300x200x30 cm



NATIONAL AFTERNOONS / GROUP PERFORMANCES – HALL 1 (AMFI-HALL)



FIRST AID – HALL 2



CATERING – HALL 3



GROUP PERFORMANCES – HALLS 4, 5, 6, 7



EXHIBITION



OFFICES



MEDIA



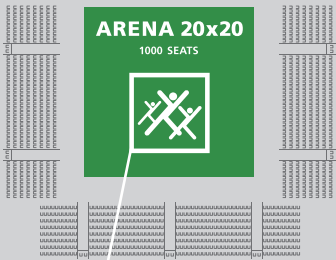
STORAGE – HALLS 2,7

4

EXIT GYMNASTS WARM UP AND DRESSING AREA EXIT GYMNASTS

BACK CURTAIN

ARENA 20x20
1000 SEATS



4 LAUSANNE

5 DORNBIERN

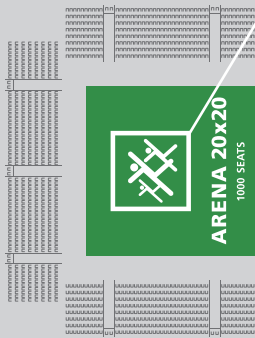
5

EXIT GYMNASTS

WARM UP AND DRESSING AREA

EXIT GYMNASTS

ARENA 20x20
1000 SEATS



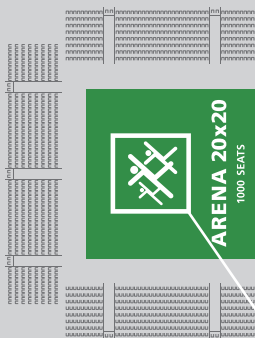
5

EXIT GYMNASTS

WARM UP AND DRESSING AREA

EXIT GYMNASTS

ARENA 20x20
1000 SEATS



5 LISBON

2



STORAGE



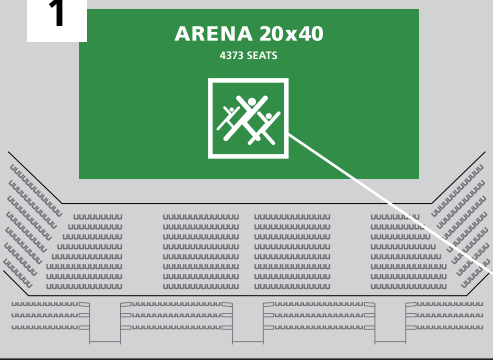
FIRST AID AREA

EXIT GYMNASTS WARM UP AND DRESSING AREA EXIT GYMNASTS

BACK CURTAIN

1

ARENA 20x40
4373 SEATS



3



CATERING AREA

1 HELSINKI

6 BERLIN

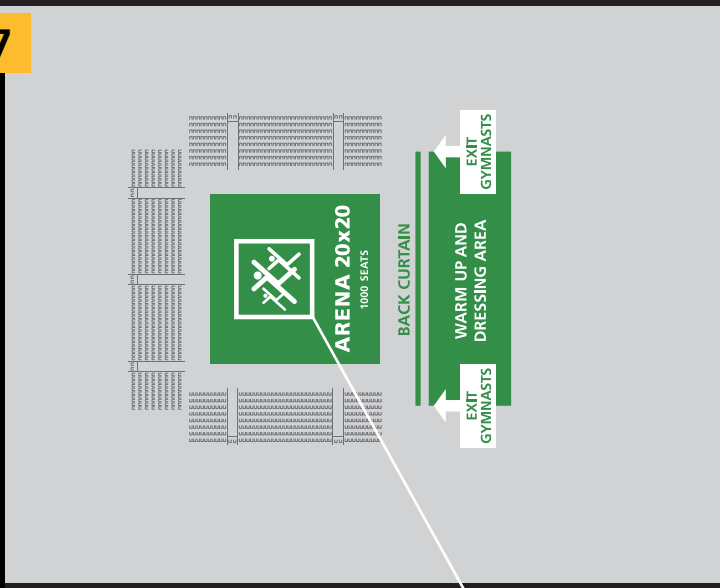
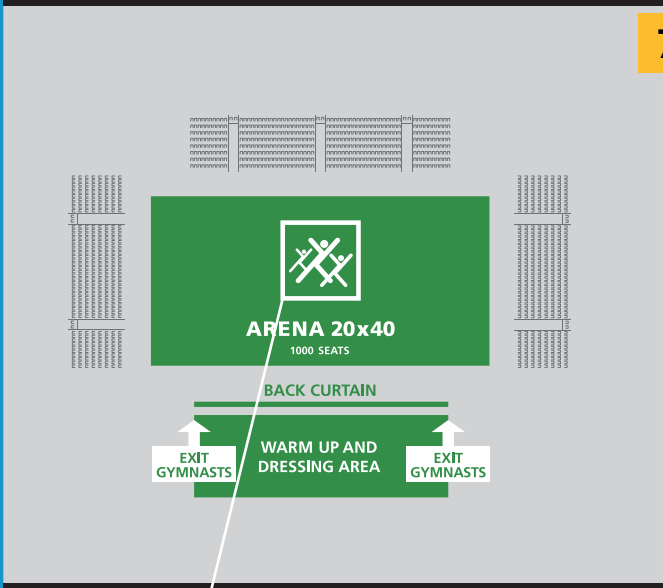
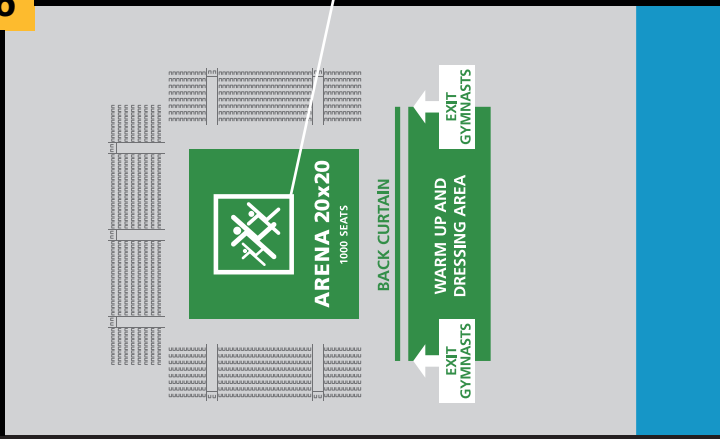
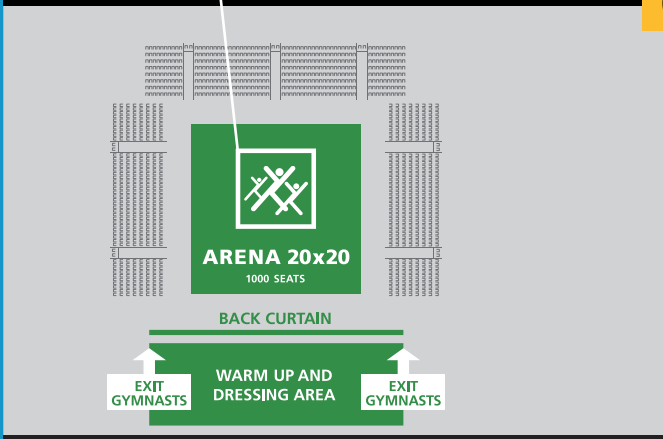
6 AMSTERDAM

6 GOTHENBURG



6

7



7 HERNING

7 ZURICH

TECHNICAL SUMMARY

	Hall 4	Hall 5	Hall 5	Hall 6	Hall 6	Hall 6	Hall 7	Hall 7	Amfi-Hall
Gymnaestrada Name of the Hall	Lausanne	Dornbirn	Lissabon	Gothenburg	Berlin	Amsterdam	Herning	Zurich	Helsinki
Group Performances	X	X	X	X	X	X	X	X	X
National Afternoon	-	-	-	-	-	-	-	-	X
Number of spectators	1000	1000	1000	1000	1000	1000	1000	1000	3000
Performance area (in meters)	20x20	20x20	20x20	20x20	20x20	20x20	20x40	20x20	20x40
Free height (in meters)	9,30	8,80	8,80	8,00	8,00	8,00	10-14	10-14	12-16,7
Basic atmosphere lighting	X	X	X	X	X	X	X	X	X
Sound system (CD)	X	X	X	X	X	X	X	X	X
Floor covering: More information coming	X	X	X	X	X	X	X	X	X
Warm up area: carpet covering	X	X	X	X	X	X	X	X	X
Background Curtain	white	white	white	white	white	white	white	white	white
Distance between the grandstand (spectators) and the performance area (3 meters)	X	X	X	X	X	X	X	X	X
Width of gym- nasts' entrance (3 meters)	X	X	X	X	X	X	X	X	X

Note that there will be ground marks on the field every 2 m x 2 m (looking from the gymnasts' point of view: numbers 1 – 48 will go from left to right and letters starting from A-Z + a-g (minus letter J) from front to back.

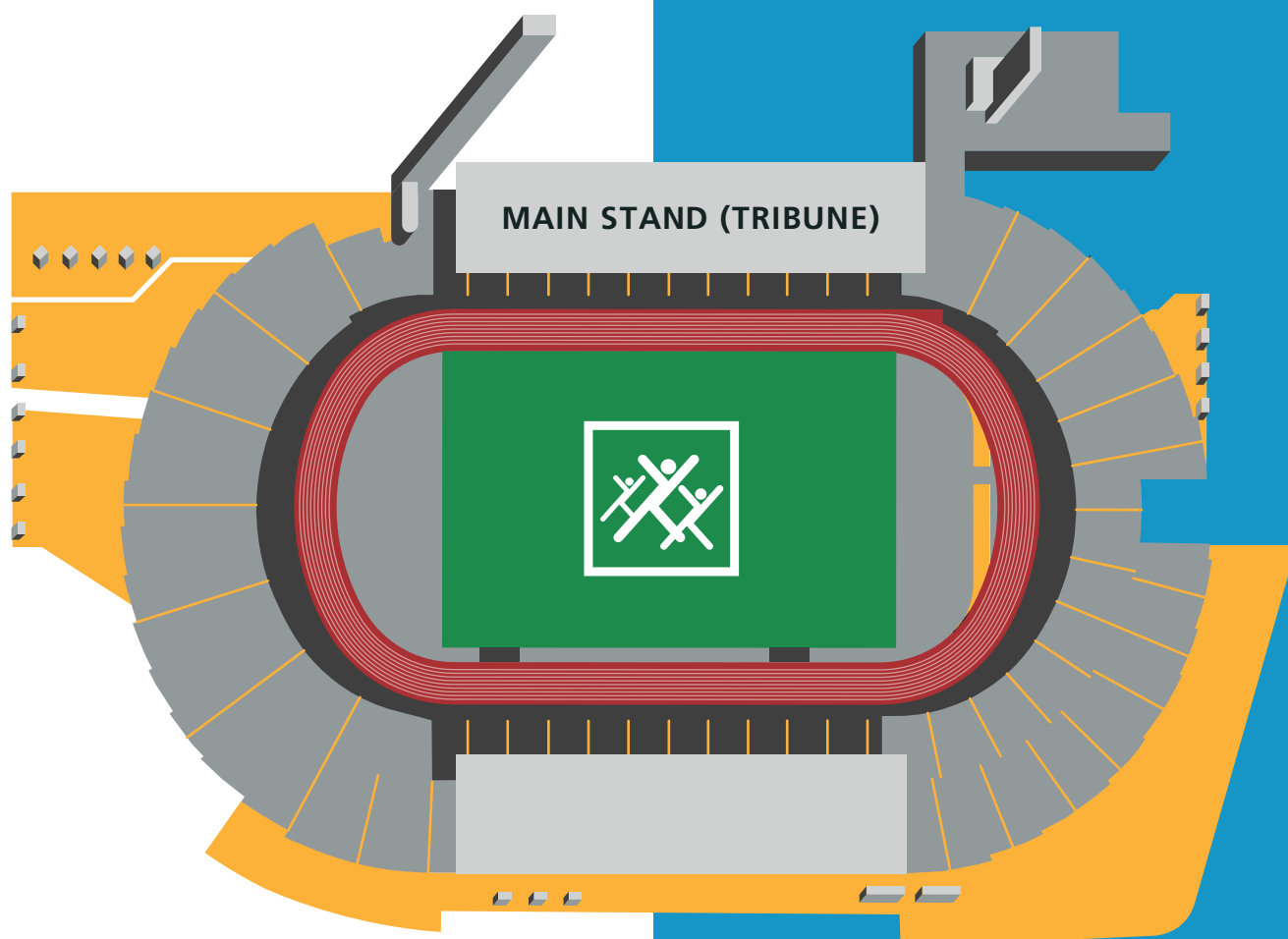
(See photo in Bulletin No 2, page 23)

TECHNICAL

Dimensions of the performance area (in meters):
of which the area marked with ground markers (in meters):
Number of spectators: app. 40.000
Lighting: no lighting
Sound: PA system for audience, MON system for performing area, CD and MD players
Field surface/covering: grass
Grass-area: note that there is a watering and warming system under the grass, so no holes are allowed
Running track "Mondo": note that it is not allowed to use any vehicles here or drag/draw anything here

OLYMPIC STADIUM

Opening Ceremony, Closing Ceremony, Midnight Sun Special –evening



ICEHALL

National Evenings, FIG Gala

TECHNICAL

Number of spectators: 7.000 spectator seats (audience on all sides, all around the arena)

Performance surface dimensions (in meters): parket floor 32 m x 19 m,

total area app. 60 m x 30 m Height on sides (in meters): 12 m

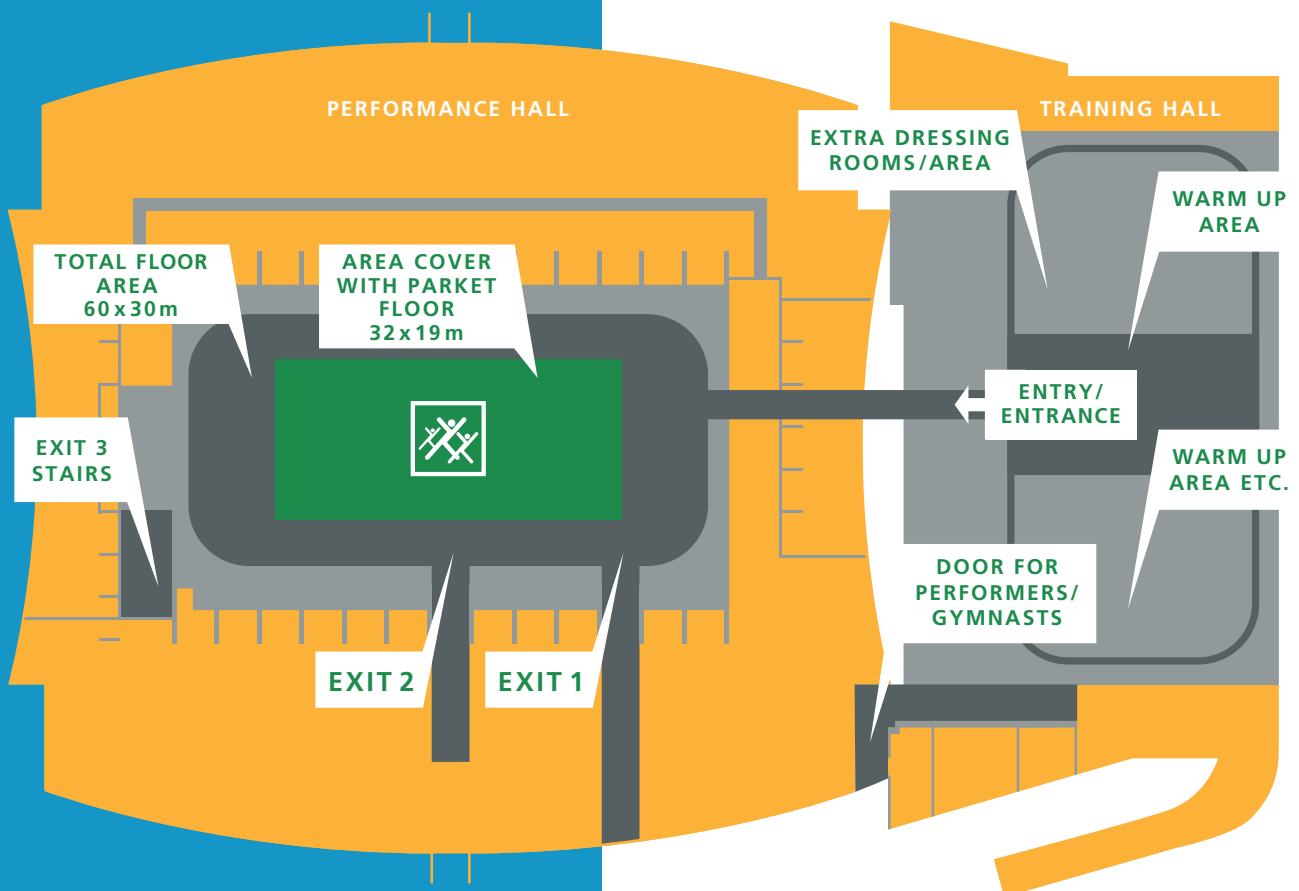
Height in the middle, under video/cube (in meters): 8 m

Lighting and sound possibilities will be communicated to the FIG Member Federations having National Evenings or taking part in the FIG Gala.

Demonstration floor surface: "Speed-Lock S" basketball floor 32 m x 19 m in the middle

* Sports Properties Speed-Lock S: friction 106, shock absorption 55 %, vertical deformation 3,2 mm, vertical ball rebound 95,8 %, specular gloss 17 %

* Technical Characteristics: wear layer 3,6 mm, resistance to indentation 0,26 mm, behavior under a rolling load NO, resistance to impact NO



Entry and exit routes to and from the performance area:

- entry route from the warm up area: corridor width 4 m, height 2,2 m
- exit route 1: corridor width 3,2 m and height 2,92 m
- exit route 2: corridor width 3,1 m and height 2 m
- exit route 3: stairs up, width 5 m and height 2 m

Apparatus available (look page 32):

Men's Parallel Bars, Springboard "Hard", Springboard "Soft", Vaulting Table, Tumbling track + Run-up, Roll mat 14x2 m and 40 mm + bands, Landing Mat 300x200x20 cm, Magnesium stand

Trampolines: Large Trampoline Grand master, Trampette Open

End Premium, Minitramp TeamGym

"School": Wooden Benches 3 m, Landing mat "School"

160x110x7 cm, Landing Mat 300x200x30 cm

Gymnastics Apparatus will be stored both inside and outside of the Icehall.



Photo: Volker Minkus/FIG

SONERA STADIUM

Large Group Performances

Note that there will be marks on the field every 2 m x 2 m (looking from the gymnasts' point of view: numbers 1 – 48 will go from left to right and letters starting from A-Z + a-g (minus letter J) from front to back.

(See photo in Bulletin No 2, page 23)

TECHNICAL

Number of spectators: 10.000 seats

Lighting: no lighting

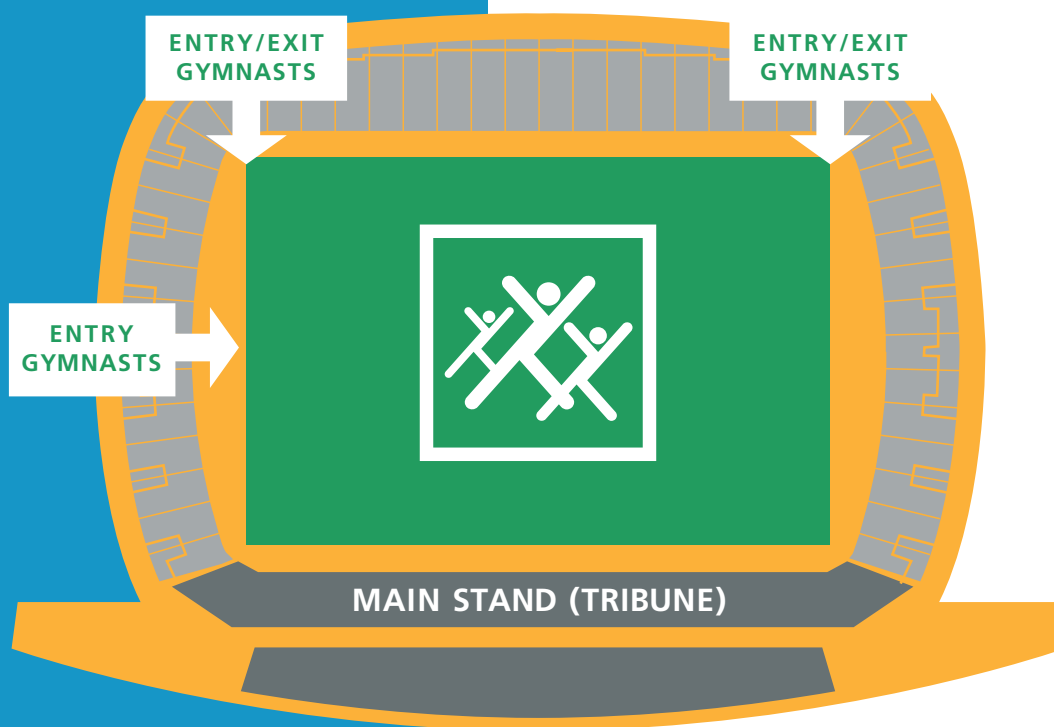
Sound: PA system for audience, MON system for performing area, CD and MD players

Field surface: artificial grass

Apparatus available (see page 32)

Foam vaulting table (Softline vaulting table), Trampette

Open-End Premium, Landing Mat 300x200x30 cm



CITY PERFORMANCES

Groups will have a possibility to perform on stages (2 – 4 stages) around the city. The stages will be located at central/busy points, where the residents and tourists are able to admire gymnastics programmes.

Each group has 1 – 3 performances (max 3 performances) depending on requests.

STAGE A: PAAVO NURMI SQUARE

(located in the get-together area)

size of the stage app. 12 x 10 m

STAGE B: SENATE SQUARE

size of the stage app. 25 x 16 m

STAGE C: CITIZENS' SQUARE

size of the stage app. 12 x 10 m (optional)

STAGE D: NARINKKA SQUARE

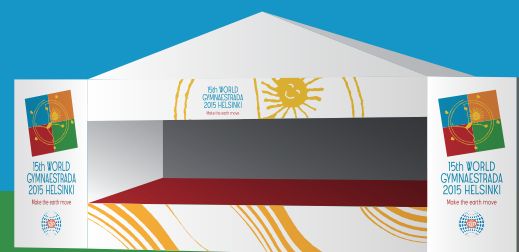
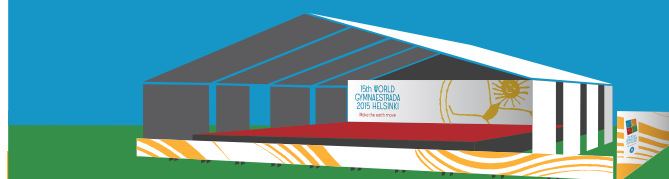
size of the stage app. 12 x 10 m (optional)

Apparatus will be available on request and if possible

TÖÖLÖ SPORTS HALL

During the World Gymnaestrada this venue is used for different kinds of gymnastics activities.

DRAFT IMAGES OF THE STAGES (CHANGES MAY OCCUR)



This map is for your information only
(changes may occur).

EQUIPMENT/APPARATUS

The main partner for gymnastics equipment is Kerko Sport Oy (Kerko). Kerko will provide the equipment in cooperation with Janssen-Fritsen Gymnastics BV (JF), Eurotramp-Trampoline Kurt Hack GmbH (Eurotramp) and Linden Equipment for Gymnastics AB (LEG).

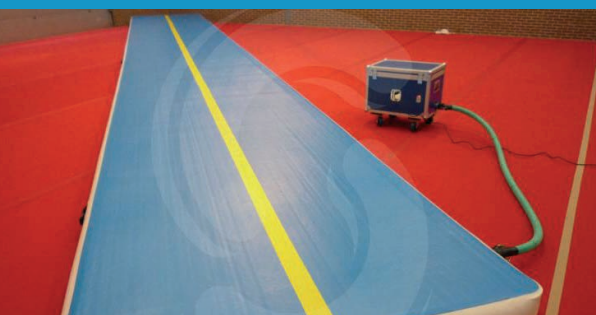


TRUMBLING TRACK, RUN-UP AND LANDING ZONE

Tumbling track is 15x2 m and 300-350 mm high. LEG tumbling track gives you maximum rebound and comfort due to the steel integrated construction of the tumbling track with round glass fiber rods mounted to it.

LEG run-ups consist of hard foam blocks (2000x1000x300-350 mm) and a cover that has anti-slip underneath. Velcro connections are included for easy assembly.

Landing zone 6000x4000x300 mm



AIRTRACK 15 M x 2,75 M x 0,33

The track is completely flat. The track is inflatable within one minute and can be pumped up to several pressure levels by means of an adjustable ventilator. This allows you to determine the hardness yourself. After inflation, the track can be closed by means of a cap causing the track to remain on the same inflation level for a long time.

The track can be ordered with or without landing zone (6000x4000x300mm). The landing zone is the same that is used with tumbling track.



LARGE TRAMPOLINE GRAND MASTER WITH SAFETY ENDS

Frame: Flat-oval steel tube 520 x 305 x 115 cm made of special steel; galvanized
Legs: Flat-oval tube made of special steel, strengthened by brace; galvanized Jumping bed (426 x 213 cm) with 4 x 6 mm or 6 mm wide weaved nylon bands Shock absorbing and stable frame pads

The supplementary frames or safety tables and mats (300 x 200 x 20 cm)



TRAMPETTE OPEN-END PREMIUM

Frame: Flat-oval steel tube 120 x 120 cm made of special steel; galvanized
Legs: Round tube made of special steel, adjustable in height; galvanized „Premium“ and „Standard“ model legs strengthened by brace Jumping bed (60 x 70 cm) made of 6 mm resp. 13 mm wide weaved nylon bands
Shock absorbing and stable frame pads

All apparatuses must be ordered separately including the roll mats (14 x 2 m) for Group Performances. The order must be made through the registration system (Gymnaplana) by the deadline December 31st, 2014.



MINITRAMP TEAM GYM

Tumbling track is 15x2 m and 300-350 mm high. LEG tumbling track gives you maximum rebound and comfort due to the steel integrated construction of the tumbling track with round glass fiber rods mounted to it.

LEG run-ups consist of hard foam blocks (2000x1000x300-350 mm) and a cover that has anti-slip underneath. Velcro connections are included for easy assembly.

Landing zone 6000x4000x300 mm



LANDING MAT, 300 x 200 x 20 CM

Competition landing mat 300x200x20 cm, A mat with a soft feel which fully meets the FIG landing mat regulations. The handy-grips make it very easy to handle the mat.



JF / MEN'S PARALLEL BARS

Competition parallel bars, FIG certified. Continuous width adjustment from 41 to 61 cm. Height adjustment from 160 to 210 cm with 5 cm increments.



VAULTING TABLE

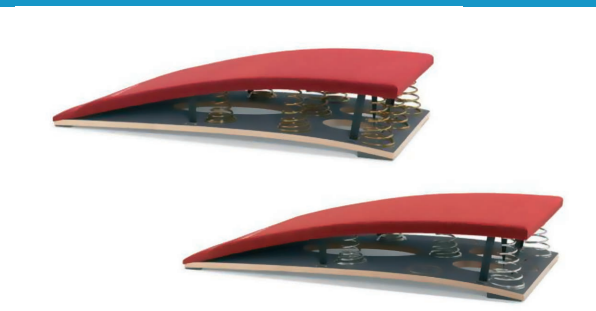
FIG certified vaulting table. Height adjustable from 125 cm till 165 cm. The top of 95 x 120 cm has the same rebound over the entire surface. The top material is a special non slip covering fabric. Comes with integrated transport wheels.

Gymnastics apparatuses will be provided free of charge up to a certain limit for Group Performances, National Afternoons, National Evenings, FIG Gala, City Performances (1 stage) and Large Group Performances.

SPRINGBOARDS "HARD" & "SOFT"

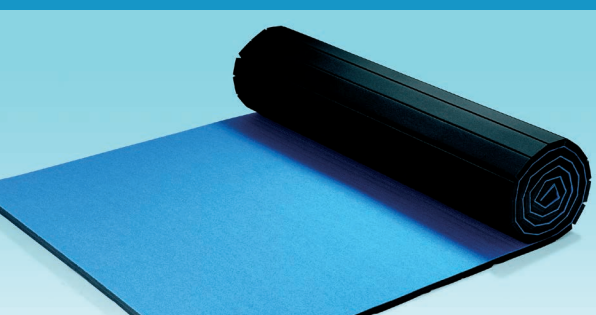
FIG certified, according to the FIG 2004 apparatus norms as a hard board. Equipped with 8 conical gold colored coated springs. Large openings make the board easy to carry.

FIG certified, according to the FIG 2004 apparatus norms as a soft board. Equipped with 5 conical silver colored coated springs. Large openings make the board easy to carry.



ROLL MAT 14 x 2 M

Easy-to-handle floor mat. The mat can be rolled up and off by one person without any difficulties. No roll-up core needed. The complex turning around of the mat is no longer necessary.



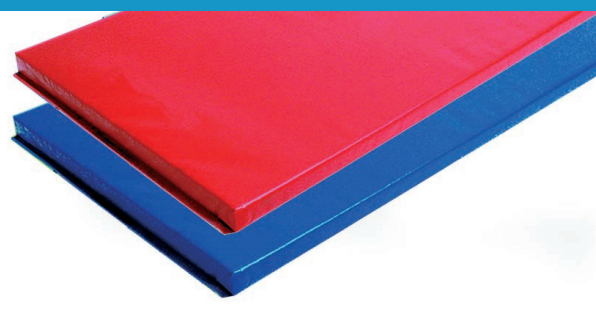
SOFT LINE – VAULTING TABLE

Soft Line – Vaulting Table has a stable construction and can be used as a supplementary equipment for e.g. vaulting table or wooden boxes.



LANDING MAT "SCHOOL"

Soft all-around mat for simple mat exercises. Similar to the attached picture or something equivalent.





WOODEN BENCH

Bench (3 m) with an wooden top. Similar to the attached picture or something equivalent.



LANDING MAT 300x200x30/40 CM

Landing mats (for example for minitrampolines). Size 300x200x30 cm or 300x200x40 cm. Similar to the attached picture or something equivalent.



MAGNESIA STAND

Special shaped plastic bowl on epoxy-coated metal support. Height: 95 cm.



WOODEN BOXES

Wooden vaulting boxes similar to the attached picture or something equivalent.

GENERAL INFORMATION

PARTICIPANT CARD

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 Participant guide

Terms of payment and cancellation can be found in the Bulletin 1 and Federations Intranet.

TRANSPORTS

DURING THE GYMNAESTRADA

Participant card includes the local transportation for the duration of the event.

Buses, trams, metro, regional railway

ARRIVAL AND DEPARTURE

The LOC will offer special shuttles for transports concerning the arrivals and departures with special prices.

More information in the next bulletin
Please, note that the official arrival days are Saturday 11 July and Sunday 12 July.

For groups arriving Finland with their own buses, and would like the buses to remain in Helsinki until their return, a parking space/area for buses will be pointed. During the event all groups are asked to use public transportation only.

CATERING

MORNINGS

Breakfast is included in the accommodation.
Breakfast time is from 6:30 to 9:00 at schools
(8 basic breakfasts from Sunday to Sunday).

MIDDAY

Participants have an opportunity to purchase a lunch-package (7 lunches).

Lunch-package costs 100 euros per participant (7 lunches from Sunday 12th to Saturday 18th). Lunches will be served in the Messukeskus Helsinki Expo and Convention Centre between 11:00 – 15:00.

Each day there is a “basic menu” and a “vegetarian menu”.

More detailed menus in the next bulletins.

EVENINGS

In the evenings everyone can purchase something to eat in the World Gymnaestrada Get-together Area next to the Olympic Stadium. This is a place to have some good time together with the other participants.

For those who wish to visit the city, Helsinki is full of restaurants offering flavors from all over the world.

More information:

<http://www.visithelsinki.fi/en/stay-and-enjoy/eat>



ACCOMMODATION

SCHOOL ACCOMMODATION

School Accommodation costs 190 euro per participant (8 nights including breakfasts).
Max 8 nights: from Saturday 11th July to Sunday 19th July
Max 8 basic breakfasts: from Sunday to Sunday

Schools are located within 16 kilometres radius of Helsinki. The LOC will arrange public transport facilities for each school, enabling all the gymnasts to take full advantage of the World Gymnaestrada events throughout each day.

Please notice that the maximum width of the mattress used in schools is 80 cm according to the security and safety reasons.

HOTEL ACCOMMODATION

Hotel rooms for participants are booked via our Gymnaestrada partner Confedent International Ltd. in order to ensure best possible arrangements and prices for everyone. Hotel rooms are sold with the principle "first come first served". The sale has started and the Request of an Offer form can be found in Gymnaplana (log in to the Federations Intranet ► Gymnaplana). Make your hotel reservations now. Rooms are still available but price category D is already nearly been sold out. Confedent International Ltd. cannot guarantee any rooms after the due date 1st of November 2014.

OFFICIAL HOTEL

The Official Hotel of the 15th World Gymnaestrada is Holiday Inn Helsinki Exhibition & Convention Centre. The LOC takes care of the reservations for the Official Hotel. Each federation has a possibility to book one room or more from the Official Hotel based on the size of the delegation.

Reservation for the Official Hotel opens for Federations on 1st of May 2014. More information about

bookings and terms of payment etc. will be advised. The charges for these rooms will be included in your overall invoice.

Reservations from the LOC until 1st of November 2014.

Room rates including breakfast are as follows:

	8 nights (11-19 July)	extra nights
Single room	1360 euro	170 euro
Double room	1520 euro	190 euro

Minimum period for reservation is 11 – 19 July, 2015. Shorter periods are not possible.

Extra nights are possible on request considering the booking situation.

The number of rooms that can be ordered:

Size of the delegation (participant cards ordered)		Number of rooms available for delegation
0 – 199	participants	1 room
200 – 499	participants	2 rooms
500 – 999	participants	4 rooms
1000 – 1999	participants	7 rooms
2000 -	participants	10 rooms

COMFORT ITEMS FOR NIGHTS

For the comfort of the participants, we offer the following items. These products are to be ordered via Gymnaplana together with the definitive registration.

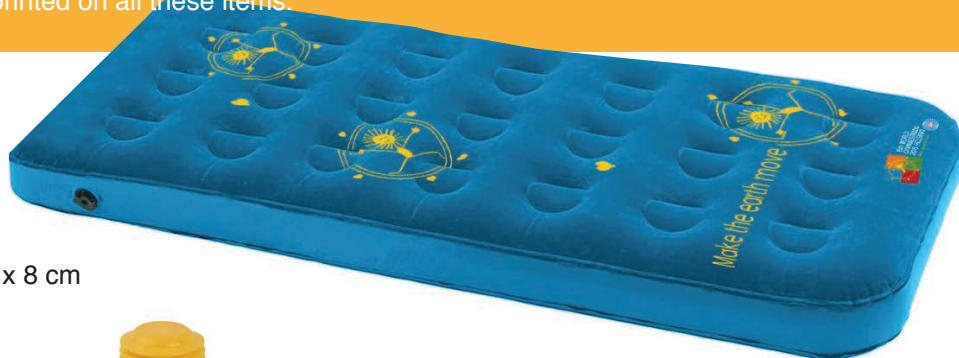
The WG2015 logo is printed on all these items.

MERCHANDISING

The first WG2015 collection will be available in September.

MATTRESS

Price: 30 euro
Color: blue
Dimensions: 190 x 70 x 8 cm
Material: 6P PVC



PUMP

Price: 5 euro



BLANKET

Price: 25 euro
Color: blue (4 colours)
Dimensions: 150 x 200 cm
Material: 100 % polyester 250g



PILLOW (CUSHION)

Price: 10 euro
Color: blue (4 colours)
Dimensions: 30 x 30 cm
Material: 6P PVC



TOWEL

Price: 20 euro
Color: 4 colours
Dimensions: 75 x 150 cm
Material: 100 % cotton 350 g



PACKAGE

Mattress + blanket + pillow + towel
Total price: 79 euro



Photo: Volker Minkus/FIG

TICKET OFFICE

On-line ticket sales will start in January 2015. Before that in connection with the Definitive Registration in the Gymnaplana, the participating FIG Member Federation can book tickets for their participants. However quotas will be established. Tickets cannot be guaranteed, as the number is limited.

TICKET PRICES

Olympic Stadium

Opening Ceremony	30 euro
Midnight Sun Special	15 euro
Closing Ceremony	15 euro

Sonera Stadium

Large group performances (one day ticket)	10 euro
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Messukeskus Helsinki

Expo and Convention Centre

Group performances (one day ticket)	30 euro
National Afternoon (with the participant card)	18 euro
National Afternoon (for public/audience)	39 euro incl. one day ticket for group performances

Helsinki Icehall

National Evening, category A	30 euro
National Evening, category B	25 euro
FIG Gala, category A	35 euro
FIG Gala, category B	30 euro

On-line orders from the Ticket Office do not include the service fee. The service fee will be advised.

Orders of the Federations in connection with the Definitive Registration in the Gymnaplana include the service fee.

*Ticket prices are the same for people of all ages.
Babies under 2 years for free without a seat
Note that ordered tickets cannot be returned.*

INFORMATION STANDS

During the entire event, there will be World Gymnaestrada 2015 information stand at each of the World Gymnaestrada

2015 venues. There you will find general information on the World Gymnaestrada.

FEDERATION STANDS

At the Messukeskus Helsinki Expo and Convention Center there will be an exhibition area (Hall 6). There will be room for delegations' stands as well as for commercial stands. Stand reservations are open for Federations from 1st of May 2014 until the end of year 2014. After that commercial stand reservations will be opened.

These prices are valid only for the Federation stands. The Federations are allowed to only one stand at this preferential rate. This stand has to be operated by the Federation and not by a private company.

The commercial stand prices will be available later.

Following possibilities are offered:

Modular Stand – Basic Booth, surface 9m2

Price 750 euros including:

- Profile system wall elements and fascia (corner stands have fascia on two sides)
- Carpet tiles (blue, red, grey or green), Please inform color when reserving stand
- Spotlights (3 pc)

Price does not include VAT (at the moment 24 %)

The following items are not included: flowers, decorations, supplementary pieces of furniture, phone, fax

Requests for additional 9m2 will be invoiced at the above price.

Some examples of approximate-prices:

- Table (code 331), 180 x 70 x h 70 cm, 41 euros
- Chair, grey (code 336), 16 euros
- Round table (code 333), 80 cm, h 70 cm, 33 euros
- Information desk with doors (code 321), 103 x 53 x h 100 cm, 89 euros
- Barstool (code 338), 44 euros
- Brochure stand, black (code 3191), 47 euros

Prices do not include VAT (at the moment 24 %).

Online ordering system FairNet will be opened in

the beginning of 2015 for additional orders.

The Exhibition Area will be open from Sunday 12 July, to Saturday 18 July.

If the Federations would like the stand for a shorter period of time, they will be situated elsewhere (in another area) and according to availability.

The set up time for stands is

on Saturday 11 July from 9:00 to 18:00.

The stands are open from Sunday 12

July until Saturday 18 July, daily from 9:00 to 18:00.

The dismantling time for stands is

on Sunday 19 July from 9:00 to 18:00.

Pickup of merchandises by truck:

on Monday 20 July from 9:00 to 12:00.

RECEPTIONS

Federations wishing to organize a reception during the World Gymnaestrada, please contact the Local Organising Committee. We are happy to make you proposals.

SECURITY

Security is a very important issue of the World Gymnaestrada 2015. All efforts will be done to ensure the security of the participants both in accommodation locations and at the performance venues. The authorities such as police, rescue department, private companies as well as volunteers will be present to carry out special duties.

More information at the Info Meeting and in the Bulletin 4

MEDICAL SERVICES

Helsinki has a good medical infrastructure with a large care network.

The medical services will include a primary medical unit at each of the main venues (Messukeskus Helsinki Expo and Convention Centre, Ice Hall, Sonera-Stadium, Olympic Stadium). In cases requiring more extensive examination or treatment, they will call on the outpatient departments of the city. At the other performance sites, the first aid will be taken care of by the local medical infrastructures and the trained and equipped first aid staff.

A medical service concept is under preparation. More information will be coming in next bulletins. Any delegation coming with own doctor has to inform the the Local Organising Committee.

INSURANCE

All accredited participants must be covered by the necessary insurance contract for illness, accident and repatriation. If you have bought a sufficient, valid insurance in your own country, please give us the name of your insurance company and the number of your insurance policy when you register (in connection with the definitive registration in the Gymnaplana).

For those participants who do not have such insurance, or those with no cover in Finland, the Local Organising Committee will offer insurance with extra price for the durations of the event. This insurance will be published in the Intranet in May 2014.

ENTERING FINLAND

VISAS - VISA REQUIREMENT AND TRAVEL DOCUMENTS

Finland is a member of the European Union and part of the Schengen Area. People coming from the Schengen Area do not need a visa for a stay up to three months (which is generally valid for the whole Schengen Area).

ENTRY CONDITIONS

To enter Finland, all foreign visitors have to present an authentic and valid identification document, recognized by Finland. In certain cases, a visa and an insurance policy that meets the criteria are also required. Besides, they must have sufficient financial means to support themselves during their transit or stay in Finland or be able to obtain them legally.

Foreign nationals who are not demanded to the visa requirement can enter Finland (the Schengen area)

- with a valid passport or other travel document accepted by Finland
- The travel document must remain valid until at least three months after departing from the Schengen area
- The travel document must have been issued within the previous 10 years

The Schengen member states are: Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland

Foreign nationals who are demanded to the visa requirement

Kindly note that visa should be applied well in advance.

National Federation is responsible to take care of their delegations' Visa requirements and travel documents.

Persons requiring a visa must make their application to the Finnish representative for their permanent residence, using the appropriate form provided free of charge by the representative. The visa application should be accompanied by the travel document, and on request, other papers.

Questions concerning travel documents and Visa requirements accepted by Finland shall be addressed to the Passport and Visa Unit of the Ministry for Foreign Affairs. Please, find visa application information from the Passport and Visa Unit by country: <http://formin.finland.fi>

In case your country needs to obtain a special invitation letter, please send an e-mail to: office@wg-2015.com

SUSTAINABLE DEVELOPMENT

The World Gymnaestrada 2015 event will consider environmental issues in all decision making processes. As a result, the event will apply for an EcoCompass certification. The main choices that are visible to the participants are:

TRANSPORTATION

Main venues of the event are within 2 km radius and therefore within walking distance from each other. Participants are encouraged to walk between the venues. Public transportation in Helsinki is included in the participant card. Venues and city center are easily reached with public transportation from different parts of Helsinki.

TAP WATER

The quality of tap water in Finland has been considered one of the best in the world. Tap water has been found to be purer than bottled water. The LOC encourages participants to bring refillable bottles and to use the tap water for drinking.

VEGETARIAN LUNCH

Daily lunch that participants are able to purchase with their registration offers always two different options. Each day one of the options is a vegetarian dish, which has a smaller carbon footprint than meat dishes and therefore is a more ecological choice.

2ND INFORMATION MEETING

The second information meeting, organised by the FIG Gymnastics for All Committee and the Local Organising Committee, will be held in Helsinki in 5 – 7 September 2014. The FIG GfA-Committee will pay for the board and lodging (organised by the LOC) for one person per member federation. FIG Member Federations have to pay all costs for

any additional persons representing the Federation. All travel expenses have to be paid by the participating Federations. All FIG Member Federations will receive an official invitation to the information meeting.

Important dates (World Gymnaestrada regulations, 5.3 Registration Procedure)

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
Until 30 June 2014	Provisional registration (via GYMNAPLANA)
5 – 7 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
12 May 2015	Performance schedule sent to all participating Federations
12 – 18 July 2015	World Gymnaestrada 2015 Helsinki



Photo: ©WG-2011 – Olivier Micheli

WEBSITE WWW.WG-2015.COM

The website of the World Gymnaestrada is for everyone, open and regularly updated. All information can also be found through www.fig-gymnastics.com

The Intranet page of the World Gymnaestrada is only for the FIG Member Federations. To find this page, do the following:

- go to the LOC website www.wg-2015.com
- select “login” at the bottom of the screen
- enter the user name and password sent in the e-mail introducing the Bulletin 1

Materials are available in English and Spanish.

REGISTRATION

Registrations for the World Gymnaestrada will be carried out online with the Gymnaplana-programme.

To access Gymnaplana, first log in to the Intranet of the Gymnaestrada (wg-2015.com), then click on the Gymnaplana logo on the front page of the Intranet. No access codes are needed; you are automatically forwarded to Gymnaplana.

Entries from all participating groups must be made through their FIG Member Federation.

Gymnaplana has been updated with some new functions.

National Federations have now a possibility to share certain parts with their groups. Note that the responsibility of all information still fully lies on a National Federation.

More information can be found from the Federations Intranet and the Gymnaplana.

Online definitive registration will be opened on 1st of July 2014.

TV RIGHTS

The TV Rights are the property of the LOC.
For questions, please contact the Office:
office@wg-2015.com

Finnish Broadcasting Company will act as the Host Broadcaster for the 15th World Gymnaestrada. State-of-the-art TV production in HD quality will be offered of the Opening Ceremony, the Nordic Evening and the FIG Gala as well as a 10-minute highlights package each day. The signals will be made available for international distribution via the Eurovision Network. For more details about production assistance and the international distribution, please contact FIYLE International Sport department at int.sport@yle.fi

MEDIA ACCREDITATIONS

Media representatives are warmly welcome to follow the World Gymnaestrada in Helsinki. An accreditation desk will be opened on the FIG website in due time to register the applicants. Some reminders:

ACCREDITATION

Only professional journalists and photographers holding an official and valid press card issued by recognized international press agencies, and official national or international Sports Journalists Associations will be accredited. For representatives of the FIG affiliated or associated unions & national federations, acting as media for their press & communication activities, the FIG will deliver limited credentials per federation. This includes the web editors. When requesting accreditation, the federation must submit by Fax / email an official document duly signed by its President or Secretary General, attesting in good faith to the position of the Media delegate(s). The World Gymnaestrada differs from other FIG competitions in that its popular content attracts the representatives of local newspapers

and has a direct bearing on their number. There are few professional journalists; rather a large majority is local or regional correspondents. Consequently, our selection criteria must be adapted to these circumstances. A wider access is provided to the press hall to the greatest number of media representatives, whether professional journalists or not.

FINANCES

According to the Regulations 50 % of the cost of the participant cards will be paid by the FIG Member Federations to the LOC (as a deposit). The Federations are responsible to make sure that the first payment is received by the LOC by **31 December 2014**.

The final payments must be made by **30 April 2015**, in respect of the actual number of participants. The total amount of any deposit paid will be taken into account in this transaction.

Two months prior to the World Gymnaestrada the final payment is to be made. This should be according to the actual number of participants. If the actual number of participants is reduced by more than 10 % below the number of definitive registrations, 90 % of the number of definitive registrations will be taken into consideration in the accounting. Moreover, if a definitive entry is cancelled two months or more prior to the World Gymnaestrada (before 30 April 2015), 50% of the prepayment shall be reimbursed. In the event of a later cancellation there shall be no reimbursement. (FIG GfA Regulations art. 5.3.6)

Note regarding delays caused by international monetary transactions. Any preliminary services required cannot be guaranteed without prompt payment. Without proof of the appropriate payment, no card, ticket or any other document or product will be able to be issued.

OTHER SERVICES TO BE ORDERED

All other services to be ordered (meals, tickets, other comfort items, etc.) will have to be paid by the **30 April 2015** at the very latest.

For any other service to be ordered, please refer to the prices shown in the current bulletin in the chapters concerned, or if you prefer, please contact the LOC.

Payments by bank transfer to the following account:

Name: Finnish Gymnastics Federation,
World Gymnaestrada 2015
Bank: Nordea Bank Plc.
Address: Tukholmankatu 2, 00020 Nordea,
Finland
BIC code: NDEAFIHH
IBAN: FI93 1328 3000 425147
VAT: FI02001154

Transfer costs are for you to be paid. The LOC must receive the exact amount in question in euro.

CONTACTS & ORGANISATION

CONTACTS

LOC:

The WG2015 Office
World Gymnaestrada 2015 Helsinki
Local Organising Committee LOC
Address: Hämeentie 105 A, 00550 Helsinki, Finland
Tel. + 358 9 5490 331, Fax +358 9 5490 3399
E-mail: office@wg-2015.com
www.wg-2015.com

FIG:

Fédération Internationale de Gymnastique
Address: Avenue de la Gare 12, 1003 Lausanne,
SWITZERLAND
Tel: + 41 21 321 55 10 Fax: +41 21 321 55 19
Contact person: Mr. Alexandre Cola
E-mail: acola@fig-gymnastics.org
www.fig-gymnastics.com

FIG GfA-COMMITTEE 2013 – 2016

The responsibility for the World Gymnaestrada rests with the FIG GfA-Committee in cooperation with the elected FIG Member Federation and their appointed Local Organising Committee (LOC). The cooperation, roles and responsibilities between these parties are detailed in the formal agreements established for the event. (Regulations, Article 2, Powers).

2ND WORLD GYMNAESTRADA JOINT MEETING, FIG GfA-COMMITTEE AND LOC

Second Joint Meeting was held in January 16 – 19, 2014 in Helsinki, Finland. Preparations are well underway.

LOCAL ORGANISING COMMITTEE LOC



Photo: Tatsuo Araki

More information on the organisation can be found on web: www.wg-2015.com and on www.fig-gymnastics.com

LOC EXECUTIVE GROUP

World Gymnaestrada 2015 is organised by the Finnish Gymnastics Federation in close cooperation with the City of Helsinki and the Ministry of Education and Culture which is the governing body for sport in Finland. Members of the Executive Group are:

Kirsti Partanen, President
Maria Laakso, Secretary General
Päivi Tamminen, Deputy Secretary General
Saila Machere, City of Helsinki
Bodil Mickels, Chair of the Gymnastics Working Group
Hannu Tolonen, Ministry of Education and Culture

OFFICE (GENERAL PERSONNEL, STAFF)

Maria Laakso, Secretary General
Päivi Tamminen, Deputy Secretary General
Jenna Nakari, Project Coordinator (Accreditation etc.)
Kirsi Hänninen, Logistics Manager
Katriina Sahala, Volunteers Manager
Sanna Yli-Patola, Communication Manager
Saija Suominen, Project Manager (City of Helsinki)
Elina Tamminen, Trainee

Tervetuloa! Welcome!



OFFICE

Photo: Sanna Mönkkönen

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Education
and Culture



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