



# Bulletin #2

October 2017



Let's dream together !

---

The 11th Eurogym will take place in Liège, Belgium  
15-19 July 2018

---





---

The 11th Eurogym will take  
place in Liège, Belgium  
15-19 July 2018

---



Alberto  
Claudino Nunes

Dear gymnastics friends,

In less than one year the European youth Gymnastics family will gather again in another EUROGYM festival. The meeting point is the beautiful Belgium city of Liège!

From 15th to 19th July 2018 we will meet in Liège for an unforgettable EUROGYM! One day before, July the 14th, we will experience the 1st edition of the European Gym for Life Challenge (EGFL)!

The Technical Committee of Gymnastics for All (TC GfA) of UEG is proud to invite all the European Gymnastics for All groups to come to Liège to these amazing Gymnastics events!

The historical city of Liège has the venues, the services, the beauty and the charm to host a fantastic EUROGYM and an extraordinary EGFL in 2018!

TC GfA is working close to the Local Organizing Committee and can assure that all the organization is running well. The Belgium Gymnastics Federation, the Regional Gymnastics Association, the local authorities and the local clubs are doing their best for a great Gymnastics week!

Dear Gymnastics friends,  
We wait for you in Liège!

In Liège you will feel again the enthusiasm, the friendship and the emotion of being part of European Gymnastics!

Welcome to the 11th EUROGYM!  
Welcome to the 1st Gym for Life Challenge!  
Let's dream together !

Alberto Claudino Nunes  
President of the TC GfA of UEG



Christophe Dortu

September 2017, at the dawn of an exciting season,

Dear gymnastics and Eurogym friends,

Summer often rhymes with holidays, sunshine, travel, ... We hope that the one that ends does not fail in tradition and that you are full of enthusiasm and energy to approach the 2017-2018 season. The same one that will take us to the streets, the parks and the squares of the good city of Liège, the Burning City, for the 2018 Eurogym.

Within the Local Organizing Committee, we have taken advantage of these last months to establish new partnerships, refine our ideas and strengthen our teams so that we can welcome you in the best conditions in 10 months and make this 11th Eurogym an edition that will stay in the memories of all the participants, all the coaches and all the accompanying persons.

To help you prepare for your visit to Belgium at best, we are very pleased to publish Bulletin No. 2 which completes and replaces Bulletin No. 1. You will find a lot of informations on everything we are preparing for your visit, but also, and above all, everything you need to know about the temporary registration, which is fast approaching. Do not hesitate to contact your national federation for more details if necessary.

In a few months we will publish Bulletin No. 3, which will complete and replace Bulletin No. 2, in particular with all the information concerning the final entries. In the meantime, don't hesitate to go on our website or on social networks to keep up on the latest developments!

See you in Liège ! Let's dream together !

For the Local Organizing Committee,

Christophe Dortu

## ALL ROADS LEAD TO LIÈGE



- Liège, the biggest city in Wallonia, is situated in the French-speaking part of Belgium
- There are 2 main airports in Belgium : Brussels South Charleroi Airport (CRL) and Brussels Airport (BRU)
- Airports of Maastricht and Weeze (Dusseldorf) are also possibilities to come to Liège
- To go to Liège from :
- Brussels South Charleroi Airport to Liège : 85 kilometers
- Brussels Airport : 90 kilometers
- Maastricht Airport (NED) : 40 kilometers
- Weeze (Dusseldorf) : 130 kilometers
- Cologne : 135 kilometers
- Eindhoven : 130 kilometers



## WELCOME TO LIÈGE



Liège is a thousand-year-old city that conceals countless of treasures to discover. The river Meuse, which goes through the city from South to North, the steep and wooded hills surrounding it, its sharp relief which increases the original lights as well as its typical areas give surprising charms to the city.

A very present folklore kept alive by a cheerful population always ready to feast, lively areas and a large number of restaurants do achieve to make of it a must-visit stopping place of Belgium, not counting an intense cultural and artistic life and a significant architectural patrimony.

For the shopping addicts, all kind of shops are grouped together in the city center and the pedestrian streets: renowned fashion designers, young milliners, department stores, designers, delicatessens...

There you will find everything you are looking for, and no doubt everything you are not looking for. The « Marché de la Batte » is the biggest and the oldest market of Belgium, a veritable institution, happening every Sunday.



The colored market stands propose fruit and vegetables, cheese, cloths, flowers, books ... under the calls of the stallholders who praise the price and the freshness of their products in Walloon.

Liège and Sport, it's a long story! A decade ago, Liège received three Euro 2000 matches. 12, 18 and 21 June are still very present in the football fans' memories. Liège is also the scene of the famous «Liège-Bastogne-Liège» cycle race!



You'll be spoilt for choice when it comes to finding good eating places. From the small cheap tasty dish to the « deluxe » dinner, from the local specialties to the most exotic dishes, you will always find something to suit your wishes.

Architecturally speaking the Town of Liège isn't outdone. It owns one of the most beautiful archaeological collections in the world as well as collections of weapons, religious art, decorative arts and art of glass making. The art galleries from Liège conceal discoveries such as, for example, the Aquarium-Museum of the University of Liège, the centre of excellence of the animal biodiversity, or the Grand Curtius proposing exhibitions throughout the year to highlight one or another aspect of the museum collections from Liège.

## LET'S DREAM TOGETHER !

Behind our slogan is the desire to gather and federate around the EUROGYM all the people present by creating meetings, exchanges and sharing among participants from all walks of life.

In order to further strengthen this sense of solidarity and give meaning to our slogan, we also want to set up a collaboration with reception centres in the region. Our goal will be to let a group of young refugees get involved in the EUROGYM to «dream together» and make the 11th edition of this event a memorable one for all !

## PARADES

The parade symbolizes the «taking of power» of the Eurogym on the host city, especially as we foresee a parade consisting of 3 processions with a different starting point for each one but all will converge towards the hyper-center of the city.

- Procession 1: starting from Le Palais des Congrès, this procession will allow 2,000 participants to travel through the main boulevards of Liège.
- Procession 2: starting from Place Saint-Léonard, this procession will allow 1,500 participants to travel through some of the most commercial streets of Liège.
- Procession 3: starting from Place de l'Yser, this procession will allow 1,500 participants to discover the historic heart of the city, following the footsteps of Tchanchès, an emblematic figure of local folklore.

Each procession will have its own musical entertainment and will close with the parade of all participants on the stage provided for the opening ceremony.

## OPENING & CLOSING CEREMONY

### PLACE SAINT-LAMBERT

New for this 2018 edition, both the opening ceremony and the closing ceremony will take place in the open air on a giant stage on the Place Saint-Lambert. The Place Saint-Lambert is a square in the centre of Liège. Until 1794, it was the site of St. Lambert's Cathedral. Remains of the foundations of the cathedral have been conserved, and are on display at the Archéoforum museum, under the square.

The opening ceremony will take place on Sunday 15th in the wake of the parade and the procession of the participants. For about 1 hour, the LOC will take you to a colorful and acrobatic show to celebrate the opening of the Eurogym. The opening ceremony will be followed by an open air party to further extend the magic.

The Closing Ceremony will be held on Thursday 19th at the beginning of the evening. As in previous editions, it will focus mainly on workshops to allow a maximum number of participants to take part. The closing ceremony will be followed by an «open air party» to extend magic a few more moments and close this 11th edition in style.

## UEG GALA



### THE VENUE

Located on the heights of Liège, the venue of the Country Hall will be the jewel of the Gala UEG on Wednesday 18th in the evening. Equipped with all the comforts one would expect from a modern infrastructure, the Country Hall regularly hosts numerous national and international sporting events in various disciplines such as basketball, tennis, gymnastics, boxing ... with a constant, a crazy environment made possible by a particular configuration and acoustics. Given the quality of the show that will be offered, no doubt that you will enjoy the atmosphere!

### NEW CONCEPT !

For the 2018 EUROGYM-edition, the UEG TC GfA launches a new format for the UEG Gala. The goal of this new concept is to set a higher quality standard for the Gala-exercises, with the focus on creativity, entertainment and the “wow”-factor!

The theme for the EUROGYM-Gala 2018 will be “Dreaming...”, based upon the event slogan “Let’s dream together”

The groups who wish to participate in the Gala can apply via their national federation (see further). Please note that in order to participate, a gymnast must be at least **12 years old in 2018**. Younger participants are not allowed in the Gala performance. There is no limit to how many applications each federation can send. The maximum duration of one Gala-performance is 3 minutes. In order to be withheld, each performance will be evaluated by the UEG TC GfA according to the following criteria:

- Entertainment value
- Innovation, originality and variety
- Technique, quality and safety
- Overall impression

### How to apply for the UEG-Gala?

- 1) Record a video of your group performance:
  - Requested format: MP3-format
  - Duration: maximum 3 minutes (less is allowed)
  - The video performance can be with lights and costumes, but this is not an obligation.
  - Please make sure the video focuses on the whole choreography, not on individual performances
- 2) Send this video to your national federation together with the [completed application form](#). By applying for the Gala, you agree with the general conditions of participation in the Gala and the EUROGYM-festival.
- 3) Your national federation needs to forward its Gala-applications to the UEG TC GfA by 1st December 2017 at the very latest.
- 4) The UEG TC GfA will decide which groups can participate in the Gala. This decision will be taken no later than 1st February 2018. Afterwards, all the NF’s that have applied will receive feedback about whether their group(s) is (/are) selected or no.
- 5) During the EUROGYM-festival wild cards still can be handed out by the UEG TC GfA

## WORKSHOPS & CITY ORIENTEERING

Traditionally, the Eurogym participants party in the evening, perform on stages in the afternoon and participate in the workshops and the City Orienteering in the morning! The 2018 edition will not escape this good tradition with 1 morning reserved for the city orienteering, 2 mornings reserved for workshops and 1 morning free.

### City Orienteering

The Eurogym 2018 marks the great return of a city orienteering for all participants with the guarantee of taking you to parts of the city that you will not have seen yet even if your city orienteering is scheduled on Thursday!

### Workshops

Planned in tree-filled places, in sports halls, in pools, on water ... so many places to discover a new discipline, there are no less than 4 workshops that will be planned for each participant.

- **Trampoline**

If you love flying high, then trampoline is for you! Learn how to jump, twist and turn !

- **Tumbling**

Always impressive, tumbling workshops will teach you how to flip as many times as you can on this bouncy floor.

- **Rhythmic gymnastics**

Rhythmic gymnastics requires a lot of skills: strength, flexibility, coordination and balance. Learn how to combine these skills while manipulating a hoop, a balloon or a rope !

- **Acrobatic gymnastics**

Balance, tempo skills, pyramids : welcome to the universe of acrobatic gymnastics. Learn amazing body figures!

- **Freerunning**

Gymnastics in the streets? Why not ! Fluidity, strength, agility: these are what you'll need for freerunning. Let's try this!

- **Aerobic gymnastics**

Powerful gymnastics moves to a heavy music beat. This workshop will make you sweat !

- **Rope skipping**

You probably used to rope skip at school. Forget everything about it and try new tricks!



In addition to these disciplines, do not hesitate to take a look at other ones you might know less, but will enjoy just as much!

- **Kaerobic**

Why not combine a dance and a martial art? Kaerobic might be exactly what you just needed!

- **Afro Dance**

Have a taste of the African spirit with this dance that will help you show emotions through dance.

- **Circus**

Master all the circus techniques, bring your passion into this art and perform skills you always dreamt of in this workshop.

- **Zumba**

This dance workout inspired from latine dances has everything : cardio, flexibility, strength, balance, ...

- **Street Dance**

Street dance, by definition, is a type of dance that evolved outside of a dance studio. Street dance includes breaking, new style, new school, crumping, locking and popping.

- **Hip hop**

Hip hop gathers all the types of street dances and will help you show your creativity through new movements.

- **Show Dance**

Everybody knows Broadway and its spectacular shows. It's now your turn to learn basic routines from the world's best known musicals !



Gymnastics and dance will not be the only ones highlighted. Other sports will also be on the agenda of the different workshops:

- **Air shot/Archery**

Olympic shooting event, you have to shoot over a distance of ten metres from a standing position with a 4.5 calibre air rifle. But maybe there's a Robin Hood inside you ? What about shooting an arrow? Focus, coordination and precision will be the keys.

- **Fencing**

Agility, quickness, balance. Here are the main skills you have to master the art of fencing !

- **Athletics**

Want to be the next Usain Bolt? Or you want to jump as high as our Belgian star, Nafissatou Thiam? Learn all the basics of athletics in this workshop.

- **Swimming**

Maybe one of the most popular Olympic sports (besides gymnastics!), swimming will require speed, strength and focus to be the first to touch the wall of the swimming pool.

- **Tennis/Table tennis/Badminton**

Those three sports demand fast feet, precision and speed as you'll try to win the point with a powerful smash or a beautiful volley.

- **Football**

With the football World Cup about to end, this workshop will help you master the ball and become the next Messi or Ronaldo !

- **Rugby**

Highly technical and strategic, rugby might seem a bit rough at first sight, but you need to master a lot of techniques.

- **Volleyball**

A great team sport that will require you to rely on your teammates. Can you jump higher than your opponents to win the match with a powerful smash?

- **Boxing**

Learn everything about the noble art in the workshop and how to «Float like a butterfly, sting like a bee».

- **Creative workshop/Singing**

Imagination is the key to success in this workshop !



## EDUCATIONAL FORUMS



Because the Eurogym is not only for gymnasts or dancers but also for coaches and supervisors, the LOC is very pleased to announce the holding of 2 educational forums on Monday 16th and Tuesday 17th, both in the morning.

These educational forums will be given in English and be accessible to UEG and the heads of delegations. But coaches, assistant-coaches and older participants that coach in clubs will of course be invited to join in.

The University of Liège, under the guidance of Professor Marc Cloes, will offer a large panel of topics combining theoretical and practical content. The motor development of the child and the choreography in gymnastics will certainly be tackled. The forums will take place in the halls of the Palais des Congrès, which will make the access very easy.



## CITY PERFORMANCES



Parc de la Boverie

Place Saint-Étienne

Place Saint-Lambert

Because after a season of training, hard work and sweat, we are all impatient and proud to be able to show our work in front of a large public, the LOC brings a great attention to the localization and the equipment spaces dedicated to city performances.

Regarding the localization, thanks to the partnership with the City of Liège, the LOC is pleased to be able to confirm that each space will be located in a place where the Liégeois are used to either walking or shopping which guarantees the presence of a certain public from the first to the last number.

Technically :

- each group can present its number twice during the week (Monday, Tuesday or Wednesday),
- the same group will not presents its demo twice at the same location,
- the LOC plans for the first time an early evening session on Tuesday. With this session we hope to attract people who work during the day.
- a number lasts a maximum of 6 min. entry, exit, installation and storage of equipment included
- each group is composed of at least 6 gymnasts or dancers and that the aim is to present an overall movement and not a suite of individual performances,
- each space devoted to city performances will be covered and equipped with the usual gymnastics equipment for a Eurogym (floor exercise roller mats, fall mats, mini-trampolines, air track, ...)
- at least 3 spaces will have a working area of 14 x 14m + clearances,
- a space may have smaller dimensions and will be reserved for numbers requiring less space and equipment,
- if you think you need a (very) specific material we invite you to report it as soon as possible by sending an email to [info@eurogym2018.com](mailto:info@eurogym2018.com) to allow the LOC to decide on your request (best effort basis ).

## GYM ZONE

Situated in the Palais des Congrès, this area is created especially for evening activities and will be reserved for participants.

Disco parties, entertainments, rivalry, and much more activities will be organized there. So many opportunities to create encounters between participants from all countries!

**When?**

*Monday & Tuesday evening*



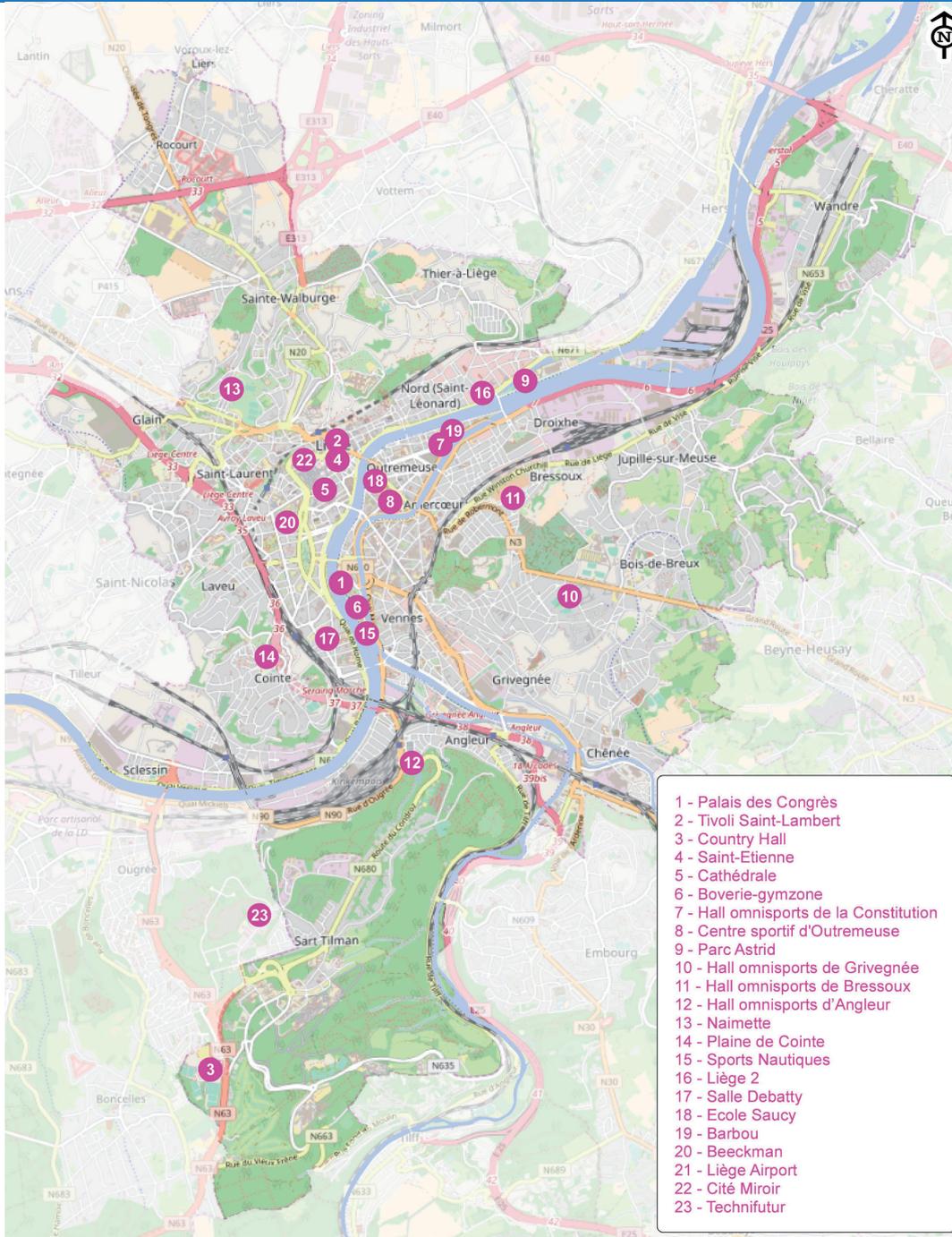
## EUROPEAN GYM FOR LIFE CHALLENGE

The European Gym for Life Challenge is a contest for group performances which will take place for the first time on 14th July 2018 in connection with the 11th EUROGYM 2018 in Liège, Belgium.

Detailed information will be provided separately in connection with this Bulletin.



# MAIN VENUES



SOURCES : OSM - Ville de Liège

AUTHOR : Cellule Cartographie -MD Ville de Liège - Département de l'Urbanisme

## Main venue

1

## Opening - Closing

2

## UEG Gala

3

## City performance

2 - 4 - 5 - 6

## Workshops

6 - 7 - 8 - 9 - 10 - 11 - 12 - 13 - 14 - 15 - 16  
-17 - 18 - 19 - 20 - 21 - 23

## Forum

22

# PRELIMINARY SCHEDULE

## EUROGYM

### 11th Eurogym: Sunday 15th till Thursday 19th

Saturday 14	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<b>MORNING</b>						
Groups arrival	Groups arrival	Workshops Forums	Workshops Forums	Workshops	Workshops	Groups departure
<b>AFTERNOON</b>						
Groups arrival	Parade Opening ceremony	City performances	City performances	City performances Rehearsal UEG Gala	Rehearsal closing ceremony	Groups departure
<b>EVENING</b>						
Groups arrival	Opening ceremony	Fun Party	Fun Party	UEG Gala	Closing ceremony Farewell Party	Groups departure

Are you planning to arrive on Saturday the 14th and you are afraid of getting bored before the start of the parade on Sunday afternoon? No chance!

On Saturday 14th, during the day and the evening, enjoy the activities traditionally organized to celebrate the French national holiday. Yes, yes, Liège is in Belgium but we like to celebrate 14th July. For the occasion, fireworks will even be fired from the banks of the Meuse, at short distance from your school. And on Sunday morning, enjoy your morning free and go discover the famous Battle market. This market, the biggest and oldest in Belgium, is held every Sunday and will make you discover new sensations, while you walk amongst the stalls of fruits and vegetables, clothes, flowers and books.



## EXCURSIONS

Excursions will be organized during free time: visit of a coal mine with a descent into the mine in a miners' cabin, a walk among wild animals such as giraffes, lions, lamas, ... but also the visit of the European Parliament in Brussels.

When? Monday 16th, Tuesday 17th, Wednesday 18th and Thursday 19th July. Departures will be from the Palais des Congrès after lunch. The return is scheduled for dinner at 19:00.

### **1) Brussels (*highly recommended*)**

This attractive excursion is highly recommended. The excursion will start with a personalized and VIP welcome at the European Parliament ! There, you'll benefit from a guided-tour in your mothertongue of the venue where everything is decided in Europe. On the esplanade you will have the rare privilege to present your demonstration and show your talent to the staff working in the Parliament.

From there, we will go on a city tour: Royal Palace, Grand Place (the most beautiful in the world), Manneken-Pis and the Atomium ...

Depending on your arrival or departure days, this excursion can be organized for a minimum of 40 participants on Saturday 14th and / or Friday 20th July.

Special price: 23 €/ person

For parents and accompanying persons the same visit can be organized (min 40 persons), Saturday 14th, Sunday 15th and Friday 20th July. Departure at 9:00 am and return around 5:30 pm, in time to attend the parade and the opening ceremony. More info on this in a special bulletin that will be published soon.

Special price: 40 €/ person



### 2) *Blegny-Mine*

Visit one of the rare and authentic European coal mine!

Take part in a guided tour in English that will take you 60 meters underground!

Price: 40 €/ person



### 3) *Parc Forestia*

This animal park contains no less than 300 animals in semi-freedom in 40 hectares of plains and forests. This park also has several acrobanches circuits, for the pleasure of all.

Price: 50 €/ person



**4) Caves of Remouchamps and Wild World of Aywaille.**

On foot and by boat, stroll through the spectacular rooms and galleries of the caves of Remouchamps!

Then, take a ride on an African safari among giraffes, elephants, hippos, rhinoceros, zebras and other wilde animals that wander freely in a natural setting.

Price: 50 € / person



**5) Cruise on the Meuse: this excursion will be divided into two groups**

- Group A: Departure at 2 pm by boat «Le Pays de Liège», for a view of the quays and the discovery of the curiosities of the two sides of the city, with the passage of a large lock. Arrival in Visé at 16h. Return to Liège by bus with guided tour of the city and its curiosities in English.

- Group B: Departure at 2 pm by bus with guided tour of the city and its curiosities in English. Arrival at Visé. At 4 pm, return by boat «Le Pays de Liège», with a view of the two quays, and the passage of the great lock.

The organization of this excursion is only possible if a minimum of 200 people sign up each day.

Price: 25 € / person



**EACH GROUP CAN ONLY CHOOSE ONE EXCURSION**

**YOUR FINAL CHOICE SHOULD BE DONE AT THE SAME TIME AS YOUR DEFINITIVE REGISTRATION IN FEBRUARY 2018.**



# TRANSPORTS

## ARRIVAL - DEPARTURE

### You come by air

The Local Organizing Committee offers a wide shuttle service to and from the airports, as there are no less than 6 airports to be served. The transfer times from/to the airports are the following:

- Brussels National Airport (BRU): 1h30
- Brussels South Charleroi Airport (CRL) : 1h30
- Maastricht Airport (MST): 30 minutes
- Köln (Cologne) Airport (CNG): 2h
- Weeze (Dusseldorf) Airport (DUS): 2h
- Eindhoven Airport (EIN): 2h

The transfer costs vary from 18 to 20 € per person per way depending on your arrival / departure airport.

	ZAVENTEM (BE)	CHARLEROI (BE)	MAASTRICHT (NL)	EINDHOVEN (NL)	DUSSELDORF (GER)	COLOGNE (GER)
Outward Journey	18€	18€	18€	20€	20€	20€
Return Journey	18€	18€	18€	20€	20€	20€

### You come by train

It is very easy to reach Liège by train. The station of Liège-Guillemins (BE) presents the particularity of hosting two networks of high-speed train : the Thalys and the ICE. Thalys is the high-speed red train connecting Liège to Paris in 2h10, and Amsterdam in only 2h50. ICE is the high-speed white train that connects Liège to Berlin or Munich in less than 6 hours.

The LOC provides a shuttle service between the station and your accommodation for a moderate fee.

### You come by the road

Situated at the crossroads of several European roads (E42, E40, E25, E313), Liège is very easily accessible by the road. The LOC does not provide shuttles for participants arriving by road. You are therefore supposed to arrive by your own means to your accommodation. The LOC provides parking for busses that should stay one or more days.

## DURING YOUR STAY

Most facilities within the city are at walking distance. If not, busses will be provided. Our intention is also that all participants will be able to use the local busses with their attendance cards.

Special shuttles will also be available when needed (to/from the workshops, gala, back to the school at night, etc).

## ACCOMMODATION PARTICIPANTS

Accommodation in schools is provided for all participants and is included in the participation fee. Liège has many schools in the city centre.

Through our volunteers and a safety/security agency there will be 24-hour service at all schools and security will be provided at all times. All schools are inspected by the fire authorities and approved for overnight accommodations.

All participants must bring their own sleeping (inflatable) mattress and sleeping bag.

It is possible to buy or rent a sleeping bag and a mattress from the organisation. The reservation and payment have to be made by 28th February 2018 by sending an email to the LOC. The reservation will only be valid upon reception of payment. Please indicate the Name + Surname + Country.



## OFFICIALS

With an opening scheduled for early 2018, the Van Der Valk Congress Hotel in Liège is expected to become the «home of the EGFL» for the UEG and the delegates of the National Federations.

The hotel will be located on the banks of the Meuse and directly adjacent to the Palais des Congrès, which will host some of the EGFL meals.

As the hotel will open in the beginning of 2018, the prices will be communicated to you in the next bulletin.



# CATERING

Breakfast is served at each school. Most of the lunch and dinner are served at the main venue (Palais des Congrès).

Here's a provisional menu :

## Menu

	SUNDAY 15/07	MONDAY 16/07	TUESDAY 17/07	WEDNESDAY 18/07	THURSDAY 19/07
LUNCH	Beef stew with «Sirop de Liège» (apple and pear-based sauce) Potato gratin Buttered beans Grated carrot with lemon Fruit salad <b>Vegetarian:</b> Vegetarian lasagna	"Boulets à la liégeoise" (meatballs swimming in a «sirop de Liège» and onion sauce) Hash brown potatoes Carrots with spring onions Fruit <b>Vegetarian:</b> pie with vegetable and goat cheese	Wall'burgers (beef, Val Dieu cheese) Wedges potatoes Iceberg salad Tomatoes with vinaigrette Fruit <b>Vegetarian:</b> hamburger, quorn, raw vegetables	Chicken thighs Grenaille potatoes Compote White cabbage, grated carrots Fruit <b>Vegetarian:</b> Pasta with tofu and vegetables	Old-fashioned vol-au-vent Carrots and mushrooms White rice Green Salad Fruit <b>Vegetarian:</b> Cannelloni with ricotta and spinach
	Cold pasta salad Hard-boiled eggs, ham, tomatoes, cucumbers, mayonnaise Plum Spéculoos <b>Vegetarian:</b> Cold pasta salad with eggs	Rigatonis with 4 cheese sauce Provençal vegetables Ham mushrooms Fruit <b>Vegetarian:</b> Rigatonis with 4 cheese sauce Provençal vegetables Ham mushrooms Fruit	Paella with poultry Fruit <b>Vegetarian:</b> vegetarian paella	Belgian fries ( <b>no beef fat</b> ) Sauce <b>Vegetarian:</b> Belgian fries ( <b>no beef fat</b> ) Sauce	Potato salad, diced chicken, vegetables Nectarine <b>Vegetarian:</b> vegetarian potato salad
DINNER					

Participants requiring special food will be considered: their definitive registration will have to resume this point and provide us with the appropriate information.

## PRACTICAL INFORMATIONS

### PARTICIPANTS

#### Who can register as a participant?

- Gymnasts from 12 to 18 (born in 2000 to 2006)
- 10% of the gymnasts in a group can be 10 and 11 years old (born in 2007 and 2008)
- 10% of the gymnasts in a group can be 19 and 20 years old (born in 1999 and 1998)

Only participants are allowed in workshops, gala performances and at the stages for city performances - accreditations will be checked. Coaches and assistant-coaches may enter the stage for safety support when using equipment that requires this, like a springboard or tumbling/air track.

### ACCREDITATIONS

#### Who can receive an accreditation ?

- participants according to the definition above
- supervisors: coaches and assistant-coaches
- group/team leaders
- head of delegation

Coaches may not take part in a performance as gymnasts.

Only holders of an accreditation will be allowed to enter the schools and the Palais des Congrès. Accreditation allows you to enter the different venues of the event, as well as access to school, shuttle busses, catering venues, etc.

Given the safety rules currently in force for an event of the size of the Eurogym and according to the specific requests that will be addressed to us by the authorities, we invite you to already consider that you will certainly have to provide more personal information at the time of the final registration than was the case for previous editions. In all likelihood it will certainly be necessary to provide a copy of the identity card or passport of each participant to validate its registration. Detailed information will be provided in the next bulletin.

## REGISTRATION

Preliminary registration with payment of 10% of the participation card: 15th November 2017 (this is not refundable).

Final registration : until 28th February 2018  
Balance of the payment : until 13th April 2018

Each National Federation is responsible for collecting the registrations of its own clubs. The Federations will then transmit all the information by means of the provisional registration form which will be sent to them by Email. This duly completed form is then sent back to the LOC by the National Federations ONLY at [info@eurogym2018.com](mailto:info@eurogym2018.com).

### Participation card «EUROGYM 2018»

Fees : 275€

Included:

- School accommodation from Saturday 14th to Friday 20th
- Meals from Sunday 15th (breakfast) to Friday 20th (breakfast)
- Transport in Liège during the Eurogym 2018
- Entry to all ceremonies (opening - closing - gala)
- Participation in 4 workshops + city orienteering
- 2 city performances
- Parties

## INSURANCE

We invite every Federation to take the necessary measures so that the participants of theirs who have paid for their participation fee as well as the people asking for an accreditation are fully covered by:

- an individual liability insurance
- a health insurance
- a repatriation insurance
- any necessary and indispensable insurance.

You can ask the LOC to procure you (with the payment of a fee) any missing insurance.

Proofs of insurance are to be provided to the LOC. If a participant fails to contract any necessary insurance, the LOC reserves the right to refuse their inscription or the delivery of their accreditation cards. There is no right of objection to this decision.

## VISAS

For all the UE citizens, members of the Schengen area, an ID card or a passport is enough. People from another country might need a visa.

If you are in that case, please contact the Belgian embassy in your country.

## CHANGE

The currency used in Belgium is the euro. There are change offices at the airports.

The currency used in Belgium is the euro. There are change offices at the airports.

Most shops are equipped with payment terminals accepting Visa, Mastercard, Maestro & V-Pay cards. If you need cash, you can get it from the ATM 24/7.

## VOLUNTEERS

An event as big and important as the Eurogym needs a little help to make sure it is an unforgettable experience. You too, can join the team and participate in the largest European gymnastics event !

The Local Organising Committee is looking forward to welcoming volunteers from all around the World, whether you are a gymnastics addict or not, to help us make the heart of Liège beat to the rhythm of gymnastics prowess!

Want to join? Please fill the volunteer form by clicking [here](#).

## WHO'S WHO?

### Local Organizing Committee



Christophe Dortu  
**President**



Guy Caprace  
Vice **president**  
**Volunteers**



Arlette Radu  
Vice **president**  
**Administration**



Roger Cloux  
**Transports**



Xavier Lebas  
**Security assistant**



Florence Lestienne  
**Communication & marketing**



Julien Martini  
**Finance**

### Institutional



Arnaud Charlier  
Province of Liège



Gérard Georges  
**Public relations**



Alain Jacques  
**Liège Sport**



Joseph Poste  
**Liège Mayor's Office**  
assistant

## Technical Department



Philippe Sumkay  
Technical department



Jean-Luc Guerriat  
Field of play



Didier Lefebure  
UEG Gala

## Security



Gaëtan Collignon  
Head of security

## Schools



Josiane Dupont  
Schools



Robert Dupont  
Schools

## Catering



Anne Adam  
Head of catering



Manon Adam  
Dietician

## Ceremonies - Parade - City Performance



Claire Audenaerde  
Ceremonies



Isabelle Beelen  
Ceremonies



Fanny Dethy  
Ceremonies



Annick Vanderstraeten  
Ceremonies



Sandrine Gutkin  
Parade



Séverine Gutkin  
Parade



Axel Skirrolle  
City Performance

## Forums - Workshops



Professor Marc Cloes  
Forums



Brigitte Capelle  
Workshops



Dominique Hardy  
Workshops

