

NEWSLETTER 4, DECEMBER 2016  
- public version

# 3RD WORLD GYM FOR LIFE CHALLENGE 26 - 30 JULY 2017

RHYTHM OF THE WAVES



3rd World Gym for Life  
Challenge  
26 - 30 July 2017  
Vestfold - Norway



**Dear friends of Gymnastics!**

2017, the year of the 3rd World Gym for Life Challenge is upon us, and so far we know that the event will have more groups and more participants than ever before!

Hopefully we will see even some more federations coming into the event this last month. It is still time, so please do not hesitate to make contact with the LOC via e-mail: [post@gymforlife2017.com](mailto:post@gymforlife2017.com)

This Newsletter is somewhat different than the previous ones, and it contains all the information you should need regarding prices, transportation, accommodation, apparatus and food.

We are looking forward to hosting this magnificent event in July 2017, and are looking forward to seeing you all in Norway!

Stig Nilssen  
President of the Local Organizing Committee (LOC)

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**We are counting days!**

After years of preparation we are now getting closer to our third edition of the World Gym for Life Challenge. We are very happy to see that more Federations and groups have registered to participate and I am sure we will have an exciting event with fantastic performances.

I wish everyone involved all the best in the final preparation and looking forward to seeing you at Oslofjord Convention Center in July 2017. This is just by the sea and together we will experience, not only gymnastics, but also the RHYTHM OF THE WAVES.

I am sure this will be something special!

Margaret Sikkens Ahlquist  
FIG Gymnastics for All Committee - President

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## TRANSPORTATION - shuttle bus

The LOC will organize a shuttle bus going from the Venue to the cities of Tønsberg and Sandefjord. This is included in the Participant card, and will enable everyone to take a trip to the city in their spare time, or to watch the Show Performances. The LOC will also have dedicated buses for the groups which are performing at the Show Performances. These buses are also included in the Participant card. Accompanying persons will be allowed to use the transportation from the LOC at the prices listed in this folder.



Unibuss has been chosen as our partner within transportation.

## TRANSFER

The LOC will provide transfer from different points of arrival as shown below. The estimated travel time from each point of Arrival is stipulated below.

TRANSFER FROM AIRPORT TO VENUE, roundtrip per person

Gardermoen, Oslo Airport (OSL) - Oslofjord CC (Venue) (2 hours)	<b>NOK</b>	<b>700,-</b>
Torp, Oslo Airport Sandefjord (TRF) - Oslofjord CC (Venue) (20 min)	<b>NOK</b>	<b>200,-</b>



LOC will provide direct transfer from Oslo Airport Gardermoen, and other points of arrival according to Newsletter #3

TRANSFER FROM TRAIN STATION TO VENUE, roundtrip per person

Tønsberg Train Station - Oslofjord CC (Venue) (15 min)	<b>NOK</b>	<b>200,-</b>
Stokke Train Station - Oslofjord CC (Venue) (10 min)	<b>NOK</b>	<b>200,-</b>

TRANSFER FROM FERRY TO VENUE, roundtrip per person

Larvik harbour - Oslofjord CC (Venue) (30 min)	<b>NOK</b>	<b>200,-</b>
Sandefjord harbour - Oslofjord CC (Venue) (20 min)	<b>NOK</b>	<b>200,-</b>
Oslo harbour - Oslofjord CC (Venue) 1 h 30 min)	<b>NOK</b>	<b>700,-</b>

## TICKETS

### WITH PARTICIPANT CARD

Participant with the Participant card are free to enter as spectator at the Opening Ceremony, the Contest and its rehearsals. The Participant Card also includes free entrance to the Norwegian Welcome Evening and a 50 % discount for the ticket to the World Gym for Life Challenge Gala. The Gala tickets have to be ordered by the FIG Member Federation via Gymnaplana.

Please note that the rehearsals for the Norwegian Welcome Evening and the World Gym for Life Challenge Gala are not open for spectators.

World Gym for Life Challenge Gala (with 50% discount) **NOK 75,-**  
For accompanying persons and others, see page 6.

### STANDS

We will provide an area for stands. The prices are for the whole event, and they will differ according to the nature of the stand. FIG Member Federations wanting to have an information stand, can order at the prices below. The LOC has decided upon a standard package as the minimum size. This can be increased at intervals of 3 sqm.



The stands area will be situated close to the main entrance to the Venue.



### INFORMATION STAND

The standard package consist of:

- 9 sqm area (3m x 3m)
- 1 AC outlet, 220 V, max 1,5 kW
- 2 tables (75 cm x 120 cm)
- 2 chairs

Standard package	<b>NOK</b>	<b>8.750,-</b>
Per extra 3 sqm	<b>NOK</b>	<b>2.500,-</b>
Extra AC Outlet	<b>NOK</b>	<b>1.250,-</b>
Extra Table	<b>NOK</b>	<b>150,-</b>
Extra chair	<b>NOK</b>	<b>100,-</b>
High round table ( Ø 60 cm)	<b>NOK</b>	<b>600,-</b>

## STANDS - COMMERCIAL / SALES

The LOC will provide an area for commercial and sales stands in the same area as the information stands. The standard layout will be the same as for information stands and will consist of:

9 sqm area (3m x 3m)  
1 AC outlet, 220 V, max 1,5 kW  
2 tables (75 cm x 120 cm)  
2 chairs

Standard package	NOK	11.875,-
Per extra 3 sqm	NOK	3.750,-
Extra AC Outlet	NOK	1.250,-
Extra Table	NOK	150,-
Extra chair	NOK	100,-
High round table ( Ø 60 cm)	NOK	600,-

## FAMILIES, ACCOMPANYING PERSONS

As previous informed in Newsletter #3, guests and other accompanying persons can be able to stay at the Venue. The LOC will designate a certain area for our guests. As we foresee that the FIG Member Federations may not want to organize the travel and accomodation in addition to the participant, we are prepared to do this from the LOC-office.

The prices and the possibilities will be based on the same information as for the participant, except that without a Participant card they will have to order tickets for those events they want to attend. Persons without a Participant card or an Accreditation card will have to pay for using the Shuttlebus.



Example from the cabin area which is designated to accompanying persons and families.



## ACCOMMODATION

### PACKAGE PRICE PER PERSON

(includes accommodation and breakfast (5 nights) in a 4 bed cabin.

**NOK 3.300,-**

Other sizes than 4 bed cabin might be possible at a higher price per person. The price will be arranged upon request, based on the number of persons and availability.

## MEALS

We strongly advise everyone to order the meals through the LOC, even though it will be possible to buy food at Cafeterias in the Venue.

Per meal through the LOC

**NOK 180,-**

## SHUTTLE BUS

Per person per day, One Day ticket

**NOK 150,-**

## TICKETS TO THE CONTESTS

Wednesday 26th of July

Rehearsals, Opening Ceremony and Contests

**NOK 100,-**

Norwegian Welcome Evening

**NOK 100,-**

Thursday 27th of July

Rehearsals and Contests

**NOK 100,-**

Friday 28th of July

Rehearsals and Contests

**NOK 100,-**

Saturday 29th of July

World Gym for Life Gala

**NOK 150,-**

Questions and orders regarding accompanying persons, exhibitors and other guests must be sent to: [post@gymforlife2017.com](mailto:post@gymforlife2017.com)

## FINANCIAL TERMS REGARDING ACCOMPANYING PERSONS, EXHIBITORS AND OTHER GUESTS

The order will have to be paid all in advance before arrival. LOC will send invoices directly to the persons / companies who has made the request.

Invoice # 1 will be issued immediately at the time of order. This will cover 50% of the total order. Invoice # 2 will be issued at 01.05.17, and must be paid before arrival. Invoice 2 will cover the rest of the order, and any corrections regarding changes and added items will be taken into consideration.

There will be no refund if the cancellation is made later than two months before the World Gym for Life Challenge.

## MENUES

World Gym for Life Challenge 2017 is taking place in Oslofjord Convention Center, an unique facility with its large Conference hall, all the separate cabins, and the location which makes it more or less a village on its own.

In the package we have already included one meal (lunch or dinner) per day, but we have also advised everyone that they should order the second meal every day. The serving of the meals will take place in the center. This will make it really efficient for the participants, and the serving hours will make it possible to enjoy both meals even though you are having rehearsals or taking part in the contest.



The meals will be prepared in ready made portions so as to be easy to deliver, and you can either enjoy your meal somewhere in the Center, or you can take it back to your cabin. Hopefully you can enjoy the dinner outside in the beautiful summer weather!

The meals will be served according to the menu listed below. You will have to notify the LOC during your definitive registration whether you would like the ordinary menu or the vegetarian menu. You must also inform the LOC about any allergies. All this information has to be put into the Gymnaplana. All meals will be delivered according to the individual orders regarding allergies and vegetarian. All meals are served with ice water.

### Wednesday 26th of July

#### Lunch

Chicken salad and bread



#### Vegetarian

Salad Couscous and bread



#### Dinner

Cod with tomato salsa and potatoes



#### Vegetarian

Mexican pot with salsa and red beans



## Thursday 27th of July

### Lunch

Spanish meatballs with Tahini, yogurt and pita bread



### Vegetarian

Falafel with Tahini, yogurt and pita bread



### Dinner

Lasagne with salad and baguette



### Vegetarian

Vegetarian lasagne with salad and baguette



## Friday 28th of July

### Lunch

Hot wings with bulgur salad and bread



### Vegetarian

Vegetarian Paella with bread



### Dinner

Chili con carne with salad and bread



### Vegetarian

Chili sin carne with salad and bread





## Saturday 29th of July

### Lunch

Pasta Carbonara with salad and bread



### Vegetarian

Vegetarian Pasta Carbonara with salad and bread



### Dinner

Chicken pot in curry with apples, ginger and coconut milk, served with potatoes.



### Vegetarian

Lens pot with coconut milk, coriander and ginger



## Sunday 30th of July

### Lunch

Pastasalad with baguette



## EVENT SCHEDULE - PROGRAMME

Due to the fact that we have received a total of almost 100 groups so far, we must use Wednesday 26th of July for rehearsals and contest, as well as the Opening ceremony and the Norwegian Welcome Evening.

Tuesday, 25th of July has been moved up as Official arrival day for participants!

During the contest days, all rehearsals will take place before lunch. The contests will take place after lunch.

### **MONDAY, 24th of July**

Optional arrival day for participants

### **TUESDAY, 25th of July**

Official arrival day for participants

### **WEDNESDAY, 26th of July**

World Gym for Life Challenge contest day 1  
Official rehearsal large groups gymnastics and dance  
Opening ceremony  
Contest large groups gymnastics and dance  
Norwegian Welcome Evening

### **THURSDAY, 27th of July**

World Gym for Life Challenge contest day 2  
Official rehearsal small groups on or with large apparatus  
Official rehearsal large groups on or with large apparatus  
Contest small groups on or with large apparatus  
Contest large groups on or with large apparatus

Show performance during the day

### **FRIDAY, 28th of July**

World Gym for Life Challenge contest day 3  
Official rehearsal small groups gymnastics and dance  
Contest small groups gymnastics and dance

Show performance during the day

### **SATURDAY, 29th of July**

Workshop  
Rehearsal World Gym for Life Gala  
World Gym for Life Gala  
Closing Ceremony and party for participants

Programme can still be subject to changes.



<http://gymforlife2017.com>  
[www.fig-gymnastics.org](http://www.fig-gymnastics.org)  
Instagram: @gymforlife2017 (#gfl2017)  
Facebook: World Gym for Life Challenge 2017