WORLD GYMNAESTRADA

7th-13th July 2019

Dornbirn, Vorarlberg, Austria

16th WORLD GYMNAESTRADA 2019 DORNBIRN VORARLBERG AUSTRIA

WHAT IS THE WORLD GYMNAESTRADA?

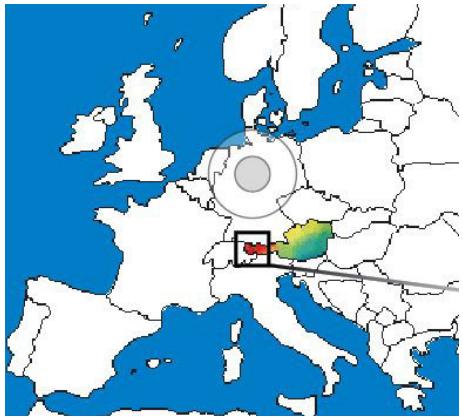
- The biggest gymnastics festival in the world
- Every four years in another city
- 20,000 participants from over 50 nations
- Uniqueness: „Gymnastics for all“ – no competitions
- Aim: doing gymnastics together with other countries without pressure to perform

WHO CAN TAKE PART?

- All gymnastic groups who would love to take part
- No restrictions regarding group size, talent, gender, age, religion or social status
- Gymnastics for ALL – all are welcome

The gymnastic group should be registered with their national association, who must be a member of the International Gymnastics Federation (FIG). The official registration is made by your national association. We will be pleased to help if you have any questions.

WHEN AND HOW?



- 7th to 13th July 2019
- 7 days / 8 over-night stays
- Host city: Dornbirn, Vorarlberg, Austria - see map
- Accommodation (schools and hotels), catering and transfers are organised
- It should be made financially possible for all groups to take part.

PROCEDURE

- Registration with your national association (we can help you if necessary)
- Gymnastics groups travel to Austria
- Accommodation in hotels or schools, sleeping mats, blankets, etc, are all organised
- Catering: Breakfast is in the schools or hotels; lunch and evening meal can be ordered and served in the performance halls
- Transfers from the accommodation to the performance halls is organised, only short journeys (max. 30 minutes transfer)
- Participation in different performances
- Watching other performances of gymnastics groups from other countries
- Free-time programme will be provided

TAKING PART IN PERFORMANCES

All participants have compulsory performances and can register if interested in additional variable performances.

Both compulsory performances:

- **Opening Ceremony**
  Marching-In: Gymnastic groups march into the stadium, wearing their national costumes, waving their national flag and take their place in the stands.

- **Group Performance**
  Three performances for groups of minimum 10 persons of 10-15 minutes over a period of three days

  No evaluation, taking part is what matters **OR** participation in the World-Team

VARIABLE PERFORMANCES

Groups, who are interested have the possibility to register for the following performances:
Details ca be found in Bulletin 2 or on the Website www.wg2019.at

Large-Group Performances for groups of minimum 200 persons

City Performances for groups of 10 persons minimum performed on an open-air stage in a city centre

National Performances together with other gymnastic groups of the country/ continent presenting their own shows showing their own cultures, traditions, nationality

FIG-Gala special groups are selected in which the variety of general gymnastics are brought together and shown

World-Team is an international large-group, everybody can participate, groups of all sizes

„We speak different languages,
we live in different places, we have different
cultures, but we are all united by gymnastics
and through the dance and the gymnastics we
are all speaking the same language.
So, it kind of takes down a lot of barriers."

Particpiants Voice 2015
Study on World Gymnaestrada participants
Prof. Dr. Angela Wichmann

THE WORLD-TEAM = International Large Group

ALL can take part - no group necessary, individuals can take part

The choreography is provided at the end of 2017, it will be independently learnt at home, during the World Gymnaestrada the participants from all countries come together for a dress rehearsal and perform two shows

- groups with a maximum of 10 persons **or** individuals for the World-Team of the Word Gymnaestrada can take part
- individuals from existing participating groups can participate

REASONS FOR TAKING PART IN THE WORLD GYMNAESTRADA

- Enjoyment of gymnastics
- Revitalisation of the sport
- Interested in other countries
- Presenting own country
- International exchange
- Contact with other clubs
- Learning from each other
- Part of the Gymnaestrada-Family

BASIS AND MULTIPLIER FOR GYMNASTICS

- Only those who enjoy gymnastics will become a gymnast.
- This is valid for popular sport as well as the competitive sport.
- The World Gymnaestrada
  - inspires the enjoyment of gymnastics and numerous people can see up close the joyful and informal style.
  - motivates and activates people to exercise and forms a central basis for gymnastics and its further development.
  - is an important multiplier. The international participants spreads the enthusiasm for gymnastics throughout the whole world, spreading the message and networking via social media with other gymnasts.
  - strengthens the significance of gymnastics, borne by the dynamics of the event.
- Finally in every Gymnaestrada participant a lobbyist for gymnastics is hidden ….

CONTACT

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