



European  
Gymnastics

# Golden Age Gym Festival

MADEIRA ISLAND  
FUNCHAL

# 2022

2<sup>nd</sup> to 7<sup>th</sup> OCTOBER

# Bulletin #2

APRIL 2022



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## 1. Welcome Messages

### *Hlif THORGEIRSDOTTIR - President of the TC-GfA - European Gymnastics*



Dear gymnastics friends,

Now its only few months until we meet in wonderful Funchal Madeira. We, the Technical Committee of Gymnastic for All in Europe, are so excited to welcome you to join us on this wonderful Island.

Your health and safety is our first priority and all of us, European Gymnastics, the European Technical committee of Gymnastic For All and the Organizer of this Golden Age Gym Festival are working very well together to make sure that our festival will be as safe as it can be, so that people will continue to stay healthy.

The Local Organizing committee has planned a fantastic week for you. In Funchal Madeira you will experience the best gymnastics week of your life, performing, taking part in different workshops and socializing with friends from all over Europe.

We are certain that all our gymnastics friends taking part in GAGF will live an unforgettable week of sports enjoying the hospitality of the Portuguese people.

The beautiful city of Funchal is waiting for you and we look forward to seeing you all.

### *Luís ARRAIS - President of the Gymnastics Federation of Portugal*



We are ready for you!

The world has changed in this time of need for friendliness, helping and support in person. We, at Madeira Island, are with open arms to welcome you all to a Golden Age Festival without comparison.

From October 2nd to 7th, 2022 the gymnastic community will gather around our wonderful island and take part of several activities, a lot of which are sport-tourism related. This year edition will be one of the major highlights of the European Gymnastics events.

Madeira is a “from all to all” site. It has it all, from natural beauty to real and vivid experiences, be in seeing the beautiful landscapes and sunsets, the “levadas” that will take you to memories never to be forgotten, going through the wine tasting activities, unique gastronomy including excellent seafood, poncha, a traditional cocktail and the groundbreaking Madeira Wine.

Madeira Island is also known to be the Pearl of the Atlantic. You will see why when you came to the 2022 Golden Age Festival and, because of that, you will schedule for sure another visit to this amazing pearl. No wonder Madeira Island has been awarded for several years by the World Travel Awards, as the World´s Leading Island Destination.

These experience only lack in something, Gymnastics! Not anymore. Save the date, your expectations will be exceeded.

## 1. Welcome Messages (cont.)

*Alberto Cláudio - GAGF Executive Director*



Dear Gymnastics friends,

The Organizing Committee of the 8th Golden Age Gym Festival is doing all the best to welcome you in Funchal - Madeira!

We are preparing a fantastic week for you, full of Gymnastics and surprises. We are a big team and we are all focused on organizing an unforgettable Golden Age!

The Island is beautiful, the people are friendly, the weather is good, the food is great! You can't miss it!

Come and discover Madeira!  
Come, feel nature and... be a happy gymnast!

*Fátima Azevedo - President of Madeira's Gymnastics Association*



On behalf of the Madeira Gymnastics Association, I want to express our satisfaction as a partner with the Gymnastics Federation of Portugal, in holding the Golden Age Festival 2022 in the City of Funchal.

Together with FGP, we contributed to dignify the name of the City of Funchal, internationally, the discipline of Gymnastics for All has been standing out for the high level presented, for the increasing and better presence of the whole public, which in a warm way We welcome you to the event.

For our population, it will undoubtedly be an opportunity to watch a show of a highly competitive level and of rare beauty, which will certainly mobilize the adhesion of many Madeirans to witness unique moments, making gymnastics not only a sport, but also an art.

To all the participants who will be in our Region, we wish you a good stay and that the competition meets everyone's expectations, in the certainty that your choice for R.A. of Madeira will certainly be a reason for remembrance and memory throughout your lives.

## 2. Welcome to FUNCHAL / MADEIRA

### MADEIRA – PORTUGAL

The island of Madeira was discovered by Tristão Vaz Teixeira, Bartolomeu Perestrelo and João Gonçalves Zarco, three Portuguese explorers, in 1419, which dubbed the island 'Madeira' ("wood" in English) due to the abundance of this raw material.

Noticing the potential of the islands, as well as its strategic importance, the colonization of the islands began in 1425.

At the beginning of its settlement, some agricultural crops, such as cane sugar, were introduced, which quickly afforded the Funchal metropolis frank economic prosperity. This meant that, in the second half of the fifteenth century, the city of Funchal became a mandatory port of call for European trade routes.

The seventeenth and eighteenth centuries were marked by the emergence of a new culture that would boost the Madeira economy again: wine.

Throughout the nineteenth and twentieth centuries, Madeira flourished for the birth of the tourism sector, quickly becoming a mandatory reference for the European aristocracy that has set temporary residence here, attracted by the natural therapeutic qualities of the island.



## BEST ISLAND DESTINATION IN EUROPE

Madeira was elected "World's Leading Island Destination" in 2013, 2014, 2016, 2017, 2022, 2019 and 2020 by the World Travel Awards.

The World Travel Awards, also known as the "Oscars of Tourism", were created in 1993 and are held once a year. They aim to "recognise, reward and celebrate excellence in all sectors of the tourism industry" globally, as well as, to recognise this sector best practices.

In addition to electing the best European hotels, every year, the World Travel Awards (WTA) organisation also names the best hotels in each country, awarding Madeira hotels in a wide range of categories and thus recognising the quality of the hotel facilities and excellent service available in the region.



## FUNCHAL

The name of the city of Funchal derives from the plant "Foeniculum Vulgare", the fennel plant. Reports of the time indicate that when we landed on the island, the first sight was of a dense valley in trees and fennel, an essential plant in gastronomy and regional sweets.

Despite the abundance of fennel, it was the sugar that provided the formation of a sustainable economy in the city of Funchal and throughout the island. Madeira wine succeeded sugar, becoming today one of the region's ex-libris. The production of sugar and vines in the city of Funchal become indispensable for the local economy, and its icons are incorporated into the city's coat of arms.

The city of Funchal has become a key point of commerce in the center of the Atlantic, allowing for commercial exchanges, culture and experiences. From this port in the Atlantic, exports of regional products are made to the world, products that are still appreciated today.

Funchal is unique for its diversity, from the sea to the mountains, from fruits to flowers and embroidery to basket carts, all influenced by its tropical climate, which allows for unparalleled productions and activities.



## 8 TOP REASONS TO VISIT MADEIRA

### Levadas: a walk of Sensations

Levadas are small irrigation canals that can be found on Madeira Island and on the island of La Palma, in the Canary Islands. This term is also applied to canals, usually smaller ones that direct the water to watermills.

### A Unique Story

The Portuguese navigators Tristão Vaz Teixeira, Bartolomeu Perestrelo and João Gonçalves Zarco officially discovered the islands of Madeira and Porto Santo in 1419.

### A pallette of flavours

The simple food enjoyed in Madeira Islands reflects the soul of a simple but generous people. Nevertheless, a great variety of local products are available, as well as multitude of local, international and gourmet dishes.

### Laurissilva Forest – Heritage of Humanity

Laurissilva is the name given to a type of humid subtropical forest made up mainly of trees from the lauraceae family of trees and widespread in the Macaronesia - a region which includes the archipelagos of Madeira, the Azores, the Canaries and Cape Verde.

### Praça do Mar welcomes CR7 statue

The Portuguese international footballer, Cristiano Ronaldo, returned to Madeira to unveil a statue in his honour and he received the «Cordão Autonómico de Distinção», the highest honour awarded by the Regional Government.

### The Hotel Industry of Madeira – recognised quality

The range of accommodation in Madeira is vast and top quality, from the refined charm of traditional hospitality to the modern five-star hotels, the warm welcome of rural tourism establishments and traditional Madeiran manor houses (“Quintas da Madeira”).

### Breathtaking Scenarios

The mild climate of Madeira and Porto Santo allows for all kinds of outdoors sports and leisure activities, at any time of the year.

### Nature

One of the greatest tourist attractions of the Island of Madeira lies in its spectacular landscape. Its luxurious vegetation continues to fascinate all those closely drawn to nature.



### 3. Golden Age Gym Festival

## 8<sup>TH</sup> GOLDEN AGE GYM FESTIVAL

From 2nd to 7th October, the city of Funchal (Madeira/Portugal) will host the European Gymnastics over 50 Gymnastic Festival: Golden Age Gym Festival! The Golden Age Gym Festival is not only a week of recreation, but offers also the possibility to all participants to improve their abilities, to discover new activities and cultures, sports and make new friendships.

The Festival has the purpose to inform the gymnasts from 50 European National Federations about gymnastics benefits and let them experience different gym related activities. The gymnasts shall have the pleasure to be involved in this unique Gym Festival where group presentations and leisure activities are planned together.

The GAGF is open to gymnasts from all European federations affiliated to European Gymnastics.

Federations can register groups of people 50+. Although there will be no precise definition of the age of the participants, they should be 50 years or older.

The Organizing Committee of the 8th GOLDEN AGE GYM FESTIVAL – 2022, in Funchal - Madeira Island, is committed to provide an unforgettable Festival next October. We know that the covid-19 pandemic and now the conflict between Russia – Ukraine , can still make many people apprehensive, however we reinforce that currently Madeira should be one of the safest places to travel and enjoy a few days of sun together with your gymnastics friends.



For more info about Madeira click [here](#)

Provisional registration ended recently and despite all the difficulties, with the COVID-19 pandemic and recently with the conflict between Russia and Ukraine, the countries registered more than 1500 participants, representing 16 nationalities.

Although satisfied, the LOC is still open for late registrations if you haven't registered yet in this fantastic event, in the beautiful island of Madeira. Come and participate safely, in a friendly environment and with a sunny weather.

For more information, contact the LOC via [gagf2022@ginastica.org](mailto:gagf2022@ginastica.org)

## GAGF History

After the test event in 2005 and the 1st Golden Age Gym Festival 2008 in Maspalomas, Canaries (ESP), the 2nd GAGF was hosted by Portimao (POR) followed by 3rd GAGF in Montecatini (ITA), 4th GAGF in Toulouse (FRA), the 5th edition in Portoroz (SLO), the 6th GAGF in Pesaro (ITA), the 7th GAGF in Rethymno/Cretan (GRE) and now the 8th GAGF edition in Funchal in the beautiful island of Madeira/Portugal.



## 4. Logo, Slogan & Mascot

### LOGO



The flower petals symbolizes the gymnasts and their joy

Strelitzia reginae  
Typical flower of Madeira

Bright colors that represent all the colorful scenery you'll find in Madeira

### SLOGAN

***Feel Madeira. Be Gymnastics.***

Have you ever been to Madeira Island? Well, prepare yourself to live an outstanding experience. Palm trees, ocean, sand and lots of sun... What a perfect place to feel the breeze while doing Gymnastics!

### MASCOT

Gymmy is our official mascot for the Golden Age Gym Festival 2022. Very popular in our national events, Gymmy represents a leopard that is an animal with agility and speed.

In the previous World Gymanestrada, Gymmy made its first international appearance and was very popular and requested to take pictures with the participants. We hope it will be the same at the GAGF 2022. We are looking forward to a higher popularity.



## 5. Program of the week

### PROVISIONAL PROGRAMME (SUBJECT TO CHANGE)

02 OCTOBER	03 OCTOBER	04 OCTOBER	05 OCTOBER	06 OCTOBER	07 OCTOBER	08 OCTOBER
Arrival of Delegations	Meeting LOC + HoD 8h30 - 9h00	Meeting LOC + HoD 8h30 - 9h00	Meeting LOC + HoD 8h30 - 9h00	Meeting LOC + HoD 8h30 - 9h00	Meeting LOC + HoD 8h30 - 9h00	Departure of Delegations
		Workshops 9h30 - 10h30	Workshops 9h30 - 10h30	Workshops 9h30 - 10h30	Workshops 9h30 - 10h30	
		Workshops 11h00 - 12h00	Workshops 11h00 - 12h00	Workshops 11h00 - 12h00	Workshops 11h00 - 12h00	
Meeting Group Leader + HoD 15h00 - 16h00			Educational Forum 12h00 - 13h30		Reception for HoD 12h00 - 13h30	
Parade + Opening Ceremony 18h00 - 17h30	City Performances 17h00 - 19h30	City Performances 17h00 - 19h30	City Performances 17h00 - 19h30	City Performances 17h00 - 19h30	Gala Closing 17h30 - 19h00	
		Social Activities 21h00 - 00h00	Social Activities 21h00 - 00h00	Social Activities 21h00 - 00h00	Social Activities 21h00 - 00h00	

The “Golden Age Gym Festival” is all about gymnastics, leisure, social and cultural activities as well as friendships and intercultural exchanges. Here are the main words of this week. The week will be filled up with the following events:

- > Parade & Opening Ceremony
- > City performances
- > Workshops
- > Cultural & social activities
- > Educational Forum
- > Closing Gala

As usual, every morning we will have a meeting with all Heads of Delegation in order to give you some more detailed information.

Do you wish to arrive earlier or stay a bit longer to explore Funchal and Madeira island? Well, guess what? It's possible!!

## 5. Program of the week

### OPENING CEREMONY

The opening ceremony will take place on Sunday 2nd October at Santa Catarina's Park. It will be an about one hour and half long show, starting at 18:00. Throughout the performances, we will do our best to welcome you in our country. The Flower Festival is a very traditional and important festival on the island of Madeira, and for that reason flowers will be the general theme of the Opening Ceremony.



### GALA / CLOSING CEREMONY



The Gala / Closing ceremony will take place on Friday 7th October, at Santa Catarina's Park.

#### > Duration & Theme

The duration of the Gala/Closing is limited to 90 minutes. The duration of each performance is 3 minutes. The theme will be "Flower Festival".

#### > Registration & Wildcards

Federations with at least 3 participating groups (with a presentation on the stage) can nominate one group to perform. The TC-GfA can invite further groups from Federations with less than 3 groups or groups with exciting performances or with good examples of how to work with senior gymnasts ("wildcard"). Spectator seats will be reserved for the active participants.

### FIRST AID & MEDICAL SERVICE

LOC will establish a Medical Center to support participants at the center of the event, GAGF Garden (Municipal Garden). All stages will have medical support during the City Performances.



## 5. Program of the week

### Group leaders & Heads of Delegation Meeting

Day: Sunday, October 2nd  
Place: Pestana Casino Park Hotel  
Time: 15h00 – 16h00

### Daily Heads of Delegation meetings

Day: Everyday  
Place: Pestana Casino Park Hotel  
Time: 8h30 – 9h00

### IMPORTANT

It is mandatory for all Group Leaders and Heads of Delegation of the federations to attend the Sunday meeting. Unjustified failure to attend will result in a sanction against the federation of Euro 500.- payable to European Gymnastics within one month after the meeting.

Daily meetings with the Group Leaders and Heads of Delegation must be organised. The participation of the Heads of Delegation is compulsory. Unjustified failure to attend will result in a sanction against the federation of a fine of € 250.-/per missed meeting payable to European Gymnastics within one month after the meeting.

### FLASHMOB

Do you already know our flashmob?  
Learn with your group and dance  
with us in the gardens of Madeira.

Check the video



## 6. Venues

### MAP



According to the participants number we might have to adapt the number of stages.

### MUNICIPALITY SQUARE (1)

*Praça do Município*

Municipality Square is the main square in the city of Funchal, where you can find true historical gems.

It is surrounded by buildings such as the City Hall, the emblematic Church of São João Evangelista and its College and the Museum of Sacred Art. In the middle of the square you will find a fountain dated 1942 whose obelisk has the design of the city's weapons and elements of a nationalist character.

#### > City Performances

Stage Size: 18m x 18m  
Tribunes: 1 side



## 6. Venues (cont.)

### PEOPLE'S SQUARE (2)

*Praça do Povo*

At the heart of the city bay, People's Square presents with majestic views over the Atlantic and with the glimpse of the unforgettable foothills of Funchal. Surrounding this, there are leisure areas, playful and sport spaces, pedantic rest benches, green carpets of plants and flowers that flank the entire pedestrian path.

#### > City Performances

Stage Size: 18m x 18m

Tribunes: 1 side



### SANTA CATARINA'S PARK (3)

*Parque de Santa Catarina*

Overlooking the Port of Funchal, Santa Catarina Park has an area of 36,000 m<sup>2</sup> with a large lawn surrounded by tree species from all over the World.

Santa Catarina Park, with an area of around 36,000 m<sup>2</sup>, is located near the city centre. With fantastic views over Funchal, from the bay to Ponta do Garajau, this park has a huge lawn surrounded by flowerbeds full of trees, shrubs and plant species from all over the world.

Visitors can also find some bird nurseries. The Santa Catarina Chapel and the lake are also in this park, where an island was built for birds to rest and live. In this park there is a statue of Infante Dom Henrique (Henry the Navigator) and one of Christopher Columbus.

- > Opening Ceremony
- > Gala/Closing Ceremony
- > City Performances

Stage Size: 20m x 20m

Tribunes: 1 side

## 6. Venues (cont.)

### TECHNICAL INFORMATION

The maximum time for each performance is 6 minutes (including preparation of the venue and marching in and out).

Groups should be composed of a minimum of 6 active performers and each group has the opportunity to perform twice during the week.

There will be changing rooms available at all sites. Performers should take care about props on their own. If you should require additional help from the LOC, please provide a written request as soon as possible.

## 7. Parade

The parade is the first official moment of the event. And for that reason, it must also be the first moment of celebration and sharing among the participants.

In the 8th edition of the Golden Age Gym Festival, the parade will have two starting points, which end in Santa Catarina Park, where the Opening Ceremony will take place. The colours of the participants' equipment will cover the main places and avenues in the city of Funchal. The Gymnastics party is about to begin!!



## 8. Forum

### Mind, Energy and Movement

This will be the topic of the next Educational Forum.

All the participants are already invited to join this important moment and learn more about physical activity for senior people, and the way to develop even more if we do it consciously.

This will also be a fabulous opportunity to create an exchange of ideas and experience between the participants of the Golden Age Gym Festival. Be part of the lectures and present your work.

### Lecturer: Dr. Paulo Barata

- > Technical Director of Training and Documentation of Gymnastics Federation of Portugal
- > Master in Youth Training Sportsmen - Gymnastics for All
- > Visiting Professor Gymnastics at the Lusophone University of Humanities and Technologies, Lisbon
- > Creator of the Program "agy∞. Agility for Adults, Seniors and Elders"

**PESTANA**  
Casino Park Hotel  
OCTOBER 5<sup>th</sup>

**A certificate of attendance will be provided by the LOC.**

**The Forum will also be open to people who are not attending the GAGF 2022.**

## 9. Workshops



The workshops are an important part of the Golden Age Gym Festival's program of activities. From cultural to sports activities, the workshops are moments of experimentation and socialization among participants.

The workshops location will be communicated before the event.



## 9. Workshops (cont.)

In this edition the workshops will be divided into two categories: Open Workshops and Closed Workshops.

### OPEN WORKSHOPS

- > Registration is not necessary
- > Every participant can go to 2 open workshops
- > Every participant can choose the time and the day that suits them for the workshop

The participants can go alone or with other participants.

### CLOSED WORKSHOPS

- > Registration is necessary
- > Every group can choose 3 closed workshops. The LOC guarantee at least 2 of them.
- > Groups must indicate their choice for the closed workshops with the definitive registration.

The whole group should go in the same workshop.

At the workshops, english speaking volunteers will be present to help participants find their way to the workshop. At least one volunteer will be present at each workshop to support the instructor, to guide the participants and to help in case of emergencies.

The duration of the workshops will be 45/60 minutes depending on the characteristics and needs of the workshop.

You can find a list of the workshops available in each category:

### OPEN WORKSHOPS



#### DISCOVER FUNCHAL

Special GAGF Funchal Offer - Be prepared to Discover Funchal, a special walking tour allowing all participants to get familiar with all venues and popular places. Discover the secrets of Funchal in a funny and relaxing way.

## 9. Workshops (cont.)

### OPEN WORKSHOPS



#### YOGA

Breath control, simple meditation, and the adoption of specific bodily postures, is practised for health and relaxation. A beautiful park will be the idyllic setting for this workshop and that is guaranteed.

#### AERODANCE

Aerodance is a very spectacular recent gymnastics discipline that combines aerobic gymnastics with dance. It will be a fantastic workshop that will result in a group choreography to remember when you return home. All exercises will be adapted to the abilities of the participants.



#### PILATES

Mind-body exercises. Increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks. Prepare your body and mind.



#### ZUMBA GOLD

Combines latin and international music with dance moves. Spectacular activity that promotes physical activity and is able to adapt its intensity to the participants, but always in a fun and exciting way.



## 9. Workshops (cont.)

### OPEN WORKSHOPS



#### SALSA

Popular latin social dance. Explore one of the most popular and sensual dances in the world.

#### TRADITIONAL DANCE

Discover traditional dance of Madeira island. Very typical of the Madeira region, you will be delighted with the diversity and simplicity of the dance elements that make up the "Bailinho da Madeira".



### CLOSED WORKSHOPS



#### SPECIAL CHOREOGRAPHY

Using the group's choreographies, working together with an expert, discover new possibilities and developments to improve your performance.

#### GYMNASTICS (SENIORGYM)

Gymnastics for senior people. Based on the development of the physical abilities that a elderly people need to train for their daily life, and for them to feel active for their leisure activities. It will be an excellent moment to know exercises that you can use daily to stay active.



## 9. Workshops (cont.)



### STEP

Aerobic exercise that involves stepping on and off a small platform with challenging choreographies. With the sound of 80s and with a view over the Atlantic Ocean, the conditions are met for a unique and memorable experience.

### ENJOY RHYTHMICS GYMNASTICS

Elementary rhythmic gymnastics with or without apparatuses to promote engaging motor experiences. All exercises will be adapted to the participants ability, fun is guaranteed.



### GYMNASTICS WITH SPECIAL APPARATUS

Special gymnastics program using unconventional apparatus and gadgets in a "out of the box" way. A different and fun way of building choreographies through the use of devices and objects that are very familiar to us, but with a different purpose.

### STAND-UP PADDLEBOARDING

Outdoor water sports activity where a rider stands up on a large board and uses a paddle to move through the water. Madeira offers excellent conditions for the practice of water activities. Stand-up paddleboarding in the Atlantic Ocean will be a different experience, that you will never forget.



## 9. Workshops (cont.)



### TABLE TENNIS

Ball game, played on a flat table divided by a net, with rackets. A traditional indoor sport will be transferred to outdoor, with the Funchal Marina as its backdrop.

### WATER FUN

Water aerobics and games in the swimming pool. With an average temperature of 25°C, it will be an ideal place to be and practice physical activities and fun games with your friends.



### KAYAK

Kayak, a boat that is propelled with a double-ended paddle. You can easily use a kayak in the ocean. The Atlantic Ocean will be your field of action. Enjoy the fantastic view over the city of Funchal and take beautiful pictures from a different angle.

### ACROBATICS FOR ALL

Partnerships of gymnasts work together and perform figures consisting of acrobatic moves. All exercises will be adapted to the physical condition of the participants. Simple and funny acrobatic elements.



## 9. Workshops (cont.)



### AEROBIC GYMNASTICS

Cardiovascular choreographed workout set to music. Come and learn a choreography that will be a true show.

Chinese martial art, consisting of sequences of very slow controlled movements. Be inspired by the nature that surrounds you and try an activity that, in addition to physical activity, enhances everyone's mental health.

### TAI-CHI



### SNAG GOLF

Who said that golf could only be practiced on its own courses? Snag Golf is an activity developed for those who try golf for the first time, but also an excellent way for the more experienced players to train their skills in this sport. You can practice this activity anywhere.

## 10. Social Activities



### WHITE NIGHT

Promises to be one of the most emblematic nights in which white will be king of the party. The only requirement is to dress as white as possible for an unforgettable party.



### FLOWER NIGHT

A cultural festival that aims to highlight the Madeiran tradition of the Flower Festival. The costumes and/or props must be adorned with the largest and most varied number of floral species, at a party where there will be performances by folk groups.



### KARAOKE NIGHT

Tune your voices and come loaded with a good mood to sing or simply hum the most popular songs of recent years.



### RED CARPET NIGHT

Get ready for the red carpet and come and enjoy a night full of glamour. Dresses and suits to the precept and photos that will be for posterity. Go above and beyond, bring your best look and risk taking the golden statuette.

## 10. Social Activities (cont.)



### 70's AND 80's PARTY

Relive and revive memories to the sound of the best songs of all time, in a memorable party!



### PONCHA PARTY

Come and have an unforgettable experience to the sound of good music and accompanied by the typical and tasty Madeiran Poncha! Fun is guaranteed.





## 11. GAGF Garden

GAGF Garden will be located at Municipality Garden. It is the ideal place to relax, to amuse, visit our sponsors stand, buy some merchandising, and gather all information about the festival.

In the village you can find:

- > Info Desk and Accreditation Centre
- > The Golden Age merchandising stand
- > Stands with food and traditional specialities
- > Meeting point for various activities (games, sport, music, workshops,...)
- > Dancing party every night
- > And many other surprises



## 12. Registration

Although the registration process is already underway, it is still possible for your Federation / Club or Group to participate in the Golden Age Gym Festival 2022. The registration can only be made by National Federations, which will have access to an online platform for the participants registration. Get in touch with LOC and enjoy happiness of this Gymnastics Festival.

# 1<sup>st</sup>

### 2<sup>nd</sup> DECEMBER 2021 - REGISTRATION OF INTEREST

- > Information concerning the federation
- > Contact person for GAGF
- > Expecting number of participants

**FINISHED**

# 2<sup>nd</sup>

### 2<sup>nd</sup> MARCH 2022 - PROVISIONAL REGISTRATION

- > The number of participants
- > The number of groups
- > Accommodation interest
- > Email addresses of group leader
- > 19€ payment per registered participant

**FINISHED**

# 3<sup>rd</sup>

### 2<sup>nd</sup> MAY 2022 - DEFINITIVE REGISTRATION

- > Registration with participants names
- > Workshop, City Performance and Forum registration
- > Accommodation subscription
- > Meals subscription
- > 50% deposit for Accreditation Pass GAGF 2022
- > 50% of accommodation
- > 50% of meals

# 4<sup>th</sup>

### 2<sup>nd</sup> JUNE 2022 - FINAL REGISTRATION

- > Touristic Program subscription
- > Arrival and Departure information with transfer options
- > Final balance of Accreditation Pass GAGF 2022
- > Remaining payment for accommodation
- > Remaining payment for meals

## 11. Registration (cont.)

### CANCELLATION POLICY

In case of cancellation the Preliminary Registration tax is not refundable.

All cancellation until 31st of May 2021 will receive 50% of the payment (except the Preliminary Registration tax) returned to their account.

No refunds will be available after 1st of June.

### ACCREDITATION PASS GAGF 2022

GAGF Accreditation is mandatory for attending all events during the event.

Accreditation pass GAGF 2022 includes:

- > Access to the official Golden Age Gym Festival program
- > Workshops
- > City performances
- > Forum
- > Opening and Gala/Closing Ceremony
- > Local transportation (2nd to 7th October)
- > Free access to the Museums
- > Traditional offers
- > Special discounts to use in Madeira

Price: 190,00 € per person.

**50,00 € discount for those who reserve the accommodation through the LOC.**

## INSURANCE

All National Federations must provide insurance coverage for all members of their delegation. The insurance must cover illness, accident and repatriation costs during the entire stay at the Golden Age Gym Festival.

The insurance can be organized by the NF's with their own insurance company or bought in advance through the LOC.

**LOC insurance: 50,00€/participant (full event)**

## 12. Accommodation Packages

The city of Funchal offers a wide range of quality accommodation to suit all tastes and budgets, where hospitality, personalized service, good taste and quality are the dominant features.

CATEGORY A HOTEL			
	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM
Bed & Breakfast (7 nights)	910,00 €	525,00 €	455,00 €
Additional night	130,00 €	75,00 €	65,00 €
Meals	35,00 € / per meal		

CATEGORY B HOTEL			
	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM
Bed & Breakfast (7 nights)	805,00 €	490,00 €	420,00 €
Additional night	115,00 €	70,00 €	60,00 €
Meals	30,00 € / per meal		

CATEGORY C HOTEL			
	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM
Bed & Breakfast (7 nights)	525,00 €	385,00 €	350,00 €
Additional night	75,00 €	55,00 €	50,00 €
Meals	25,00 € / per meal		

The package rates are in Euros, per person per 8 days (7 nights), from 1st to 8th October 2022, and include:

- > Accommodation at Hotel located in Funchal, breakfast included;
- > Drinks not included, to be paid on spot;
- > Local city tax not included: to be paid directly on-site upon departure (to be informed).

## 12.1. Accommodation - Hotels

### CATEGORY A



#### PESTANA CASINO PARK HOTEL

Walking distance: 1,1km (13min.) to the city center



WEBSITE



GALLERY



#### PESTANA CARLTON MADEIRA HOTEL

Walking distance: 1,5km (18min.) to the city center



WEBSITE



GALLERY

### CATEGORY B



#### PESTANA CASINO STUDIOS HOTEL

Walking distance: 1,0km (13min.) to the city center



WEBSITE



GALLERY



#### WINDSOR HOTEL

Walking distance: 350m (4min.) to the city center



WEBSITE



GALLERY

## 12.1. Accommodation - Hotels (cont.)

### CATEGORY B



#### TURIM SANTA MARIA HOTEL

Walking distance: 600m (8min.) to the city center



WEBSITE



GALLERY



#### FOUR VIEWS BAÍA HOTEL

Walking distance: 1,4km (18min.) to the city center



WEBSITE



GALLERY

### CATEGORY C



#### CENTRO HOTEL

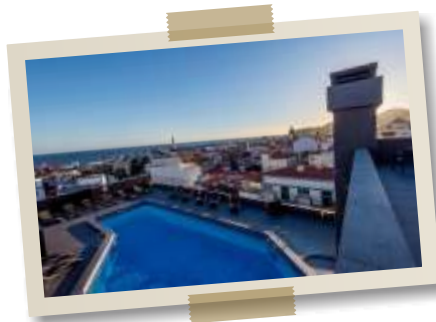
Walking distance: 300m (4min.) to the city center



WEBSITE



GALLERY



#### CARMO HOTEL

Walking distance: 500m (6min.) to the city center



WEBSITE



GALLERY



#### ORQUIDEA HOTEL

Walking distance: 500m (6min.) to the city center



WEBSITE



GALLERY

## 13. Transportations

### HOW TO GO TO FUNCHAL / MADEIRA

Cristiano Ronaldo International Airport (FUN) is the main gateway to the region. It is used on a regular basis by the main European airlines. The landing strip is a remarkable piece of civil engineering that deserves admiration.

It connects Madeira to all airports in Portugal in a 1h30m flight and to the main airports in Western Europe in just over 3 hours.

The airport is located only 16 km from Funchal, which takes around 15 minutes.



We are pleased to be at your service for the booking of your transfer from and to the Cristiano Ronaldo International Airport.

The price is per person and transfer (round trip): 35,00€

## 14. Touristic Tours

Cosmos Viagens is the Official Partner of the 8th Golden Age Gym Festival for tourist services. Check all the tours that we have prepared specially for you during the event.

# COSMOS

## VIAGENS

### Eira do Serrado & Botanical Garden

Going up towards Eira do Serrado (1094m), stop at the viewpoint of Pico dos Barcelos (335m) from where you can enjoy a magnificent view over Funchal Bay. The path to Eira do Serrado is winding and lined with eucalyptus trees. From Eira do Serrado we walk for a few minutes through a path, to a viewpoint. From here the view over Curral das Freiras, which is 800m below, is fabulous. The next stop will be at the Botanical Garden, where you can enjoy a magnificent view over Funchal, both from the café terrace and from other viewpoints. Here you will find, in addition to orchids, countless tropical and subtropical plants from around the world. Finally, we will pay a visit to one of the oldest wineries on the island, the Madeira Wine Company, here you will have the opportunity to taste the famous Madeira Wine. Return to the hotel.

Minimum Participants = 10 persons  
Maximum Participants = 40 persons per bus with Guide

30,00 €  
per person





## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Funchal and Monte Tour

Departure from the hotel to discover the Old Town, which is part of the Historic Center of Santa Maria, dating from 1425, the beginning of the settlement of the Madeira island. From this time the nucleus still preserves the urban layout, the Chapel of Corpo Santo and a small Manueline door. Soon after, visit to Praça do Peixe, where we can see various types of fish typical of Madeira, such as tuna, swordfish and rockfish, and is included in the Mercado dos Lavradores, built in 1941. Inside, baskets are grouped with exotic fruits and vegetables, florists dressed in typical costumes who sell orchids, estrellias, anthuriums and dried flowers of all colors are waiting for you at the entrance. Not far from the market is an embroidery factory. Here you will have the opportunity to get acquainted with one of the most beautiful works of regional crafts and witness its execution. With the Madeira guarantee seal you will be presented with tablecloths, napkins, monogrammed handkerchiefs, blouses, among others. Ascent to Monte (ascent by cable car) parish in the municipality of Funchal, which is still a pilgrimage site today.

Here we will visit the famous Church of Nossa Senhora do Monte, where the tomb of Emperor Charles I of Austria is located. To finish, you will also have the possibility to go down the slope in the famous basket cars. These cars are controlled by ropes, by men with straw hats, dressed in white and with leather boots that will take you to Livramento.

Minimum Participants = 10 persons  
Maximum Participants = 40 persons per bus with Guide

60,00 €  
per person

### Visit and Taste – Madeira Vintage Wine

For wine lovers, this tour in the cellars of Madeira Wine, lasting approximately 1 hour, must be held on weekdays.

The origins of Madeira Wine Company began in 1913 when two companies, Welsh & Cunha and Henriques & Camara, joined to form Madeira Wine Association Lda. Over the years of scarcity that followed, more companies joined together to guarantee their survival through cost reduction and production pooling, maintaining commercial independence.

Vintage visit: includes a visit to the aging warehouse "Leões" where some of the oldest Madeira wines are stored in cask; "Demi John" room; Beco - History of the City and the Building; private collection of the Blandy family, ending with 2 wine glasses, one of which is a Frasqueira | vintage.

A selection of cheeses can be added.

Minimum Participants = 2 persons  
Maximum Participants = 10 persons

46,00 €  
per person

## 14. Excursions (cont.)

### Canyoning

Canyoning consists of going down a stream bed, overcoming the natural obstacles that nature offers, using mountaineering techniques, swimming and overcoming obstacles. The reason for this activity is to enjoy natural landscapes hidden in the valleys and gorges of Madeira and to practice an adventure activity.

The places to perform the canyoning will depend on the experience of the customers.

Note: bathing suit and towel required.

Minimum Participants = 4 persons  
Maximum Participants = 50 persons

95,00 €  
per person



### Coasteering

Located on the easternmost tip of Madeira, Ponta de São Lourenço, a natural reserve since 1982, presents a unique landscape, very different from the rest of the island, with stunning rock formations, several endemic plants and where the sea is calm and crystalline. Therefore, this place presents the ideal conditions for the practice of coasteering.

Coasteering in Madeira consists of exploring the sea coast through walking, swimming, climbing and jumping, summarizing everything we did as a child, but with appropriate equipment and with the supervision of the guides. It is an appropriate activity for all ages, from the most afraid to the most adventurous, as it adapts to the profile of each person. We have jumps from 1 meter to 10 meters, all of which are optional.

Must bring: Bathing suit and a towel.

Minimum Participants = 4 persons  
Maximum Participants = 30 persons

95,00 €  
per person



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Nau Santa Maria

Sail along the coast at Nau Santa Maria de Colombo. This ship was built in one year (July 97 to July 98) in the fishing village of Câmara de Lobos, by 7 local artisans who used 320m<sup>3</sup> of wood. You will sail, from the marina of Funchal, along the south coast, to Cabo Girão. After a short stop for a swim, return to Funchal.

Minimum Participants = 2 persons (Regular Tour)  
Maximum Participants = 80 persons (Boat maximum capacity)

51,00 €  
per person



### Jeep Ride with (some) Off Road in the Mountain

Not far from Funchal and hidden in the middle of mountains and deep valleys are small villages like Jardim da Serra with a superb viewpoint over Curral da Freiras. Meet another world by joining us on this Land Rover trip with panoramic views, places of real interest and encounters with the real Madeira.

Visit to Cabo Girão viewpoint, located on the highest promontory in Europe, at 580 m altitude, which offers a dizzying view of the Rancho and Cabo Girão fajãs - small areas of land cultivated at the foot of the cliff, as well as magnificent panoramic views over the ocean and the municipalities of Câmara de Lobos and Funchal through a suspended glass platform, called the skywalk.

Minimum Participants = 6 persons  
Maximum Participants = 120 persons (6 to 8 persons per Jeep)

47,00 €  
per person



## 14. Excursions (cont.)

### Serra do Faial "Levada"

Levadas are irrigation channels that can be found on the island of Madeira and on the island of La Palma, in the Canaries. It is also called Levada to the channels, usually of smaller dimensions, that take the water to the water mills.

Also known as Vale Paraíso.

A hidden forest, an undiscovered paradise. This trail starts in the valley of paradise, south of the island of Madeira and takes hikers on a pleasant journey filled with the green tones of the island's forest. Along this path, carried out side by side with the levada, there are several species of flora and fauna that you can observe. Enjoy the natural sound and surroundings of this magnificent tour.

From time to time there are beautiful panoramic views of the small towns in the Camacha area, which allow you to get to know the island from another perspective. This is an easy and accessible route for anyone who, being located in the south of the island, represents a valid option throughout the year.

Camacha is the arrival point of this trip. A parish well known for its strong cultural and traditional aspects. Take this tour and take the opportunity to get to know a little more about Madeira, you will see that it is worth it!

Duration: 1h30

Degree of difficulty: easy

Minimum Participants = 10 persons

Maximum Participants = 25 persons per Guide (maximum 75)

30,00 €  
per person



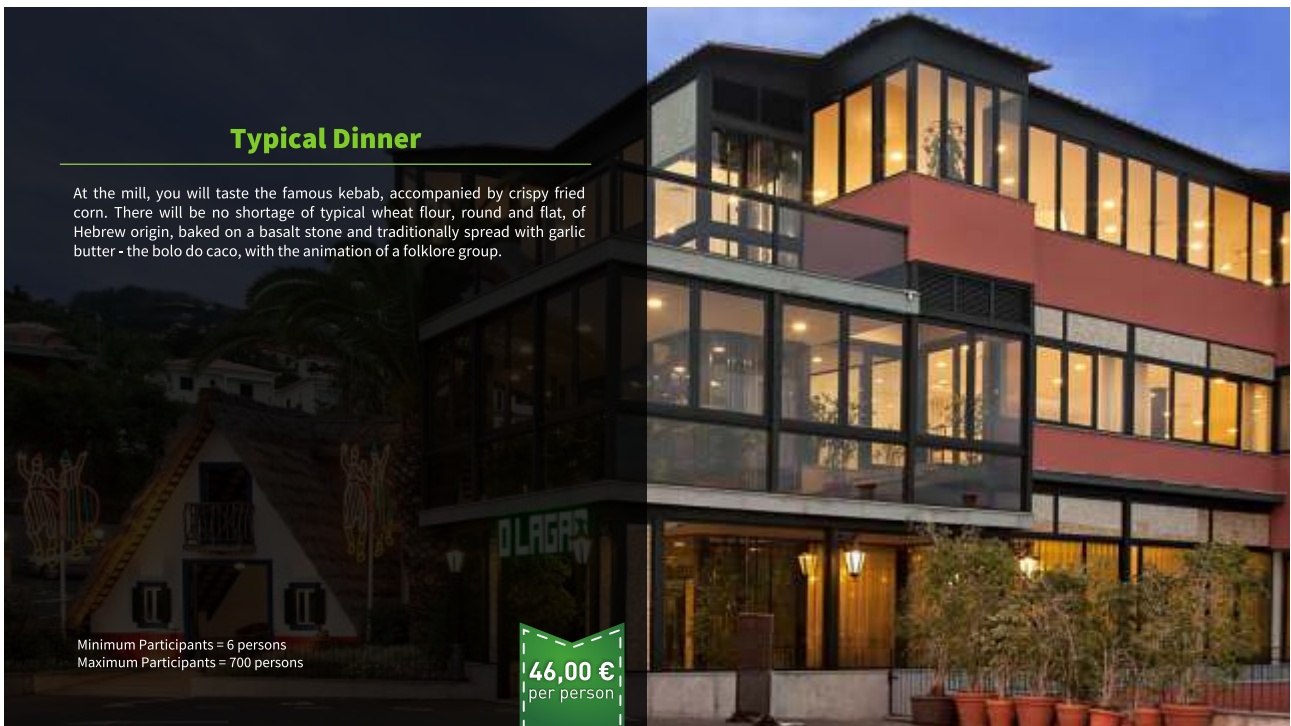
### Typical Dinner

At the mill, you will taste the famous kebab, accompanied by crispy fried corn. There will be no shortage of typical wheat flour, round and flat, of Hebrew origin, baked on a basalt stone and traditionally spread with garlic butter - the bolo do caco, with the animation of a folklore group.

Minimum Participants = 6 persons

Maximum Participants = 700 persons

46,00 €  
per person



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Rabaçal - 25 Fontes

Duration: approximately 3 hours - 10km  
Medium difficulty, it is recommended for people with some experience. In this levada the journey is often narrow and muddy. Comfortable shoes are mandatory.

We go west and make a brief stop to visit the highest cliff in Europe: Cabo Girão, with 580m of altitude and where we can say that the land "falls" vertically to the sea. The journey continues along the coast to the city of Ribeira Brava. After passing through several tunnels, we arrived at Ponta do Sol. The forests disappear and we continue to find Paúl da Serra (1,500m). For approximately 30 minutes, we walked to the house in the Rabaçal forest, the starting point of the trip. During this short trip, we enjoy one of the most spectacular panoramic views of Madeira: the gorges of Rabaçal, the fantastic waterfalls and the rugged south coast. Above, in Ribeira da Janela, the levada flows into a lagoon called Risco. It is necessary to bring a flashlight, because we will have to go through a tunnel.

Minimum Participants = 10 persons  
Maximum Participants = 25 persons per Guide (maximum 75)

53,00 €  
per person



### Queimadas - Caldeirão Verde

Duration: 5 hours - 18km  
Medium, recommended only for people with some experience and without vertigo.

Imagine an emerald green forest - they are the Queimadas!  
The walk starts at Parque das Queimadas, from the wooden bridge and continues along the old Levada do Caldeirão.

The levada passes through one of the most remote areas of the island. After an hour on the way, the first tunnel will be reached. After that tunnel, three more follow. The highest point of this walk is 300m high from the waterfalls and lagoons (Caldeirão Verde).

A ledge on a sun-drenched stone invites for a picnic break. From here it is possible to look at the Ribeira Grande Valley. (500m)

Minimum Participants = 10 persons  
Maximum Participants = 25 persons per Guide (maximum 75)

53,00 €  
per person



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Ponta de São Lourenço

Duration: approximately 4 hours - 8km  
Medium difficulty, but it is recommended only for people without vertigo and a steady step.  
This tour shows us the contrast between this desert area and the green mountains of Madeira. The high northern peaks are shown in shades of blue and gray, while the escarpments shine in shades of green and black over the sea.  
The return is by the same route, or you can return to Funchal by sea in Semi Rigid, having the opportunity to spot cetaceans.

Minimum Participants = 10 persons  
Maximum Participants = 25 persons per Guide (maximum 60)

97,00 €  
per person



### Funchal – São Vicente – P. Delgada – São Jorge – Santana – Faial – Poiso

After breakfast at the hotel, departure from the hotel on Jeeps (up to 6 people by jeep) and thus explore this inspiring Northeast Coast of the island. Mountain villages and valleys contrasting with breathtaking cliffs, surrounded by vineyard terraces.  
From São Vicente to Santana we arrive at the point where we can find the well-known thatched houses, and with a 4X4 visit to the Parque das Queimadas. Lunch with drinks will be served at a local restaurant. On the way back to the hotel, stop at a Taberna to taste the traditional Poncha Madeirense.

Minimum Participants = 6 persons  
Maximum Participants = 120 persons (6 to 8 persons per Jeep)

57,00 €  
per person



## 14. Excursions (cont.)

### Funchal, Lugar de Baixo, Candelaria, Lombo Mouro, Paul Serra, Santa, Porto Moniz, Seixal, São Vicente

We take you through Ponta do Sol and Paul da Serra to the other side of the island through paths outside of ncluím. Lunch will be served in a restaurant in the village of Porto Moniz, by the sea. On the way back to Funchal, we will stop at the Cabo Girão viewpoint, the highest cable in Europe, 580 m high, famous for its suspended glass platform. On the way back to the hotel, stop at a Taberna to taste the traditional Poncha Madeirense.

Minimum Participants = 6 persons  
Maximum Participants = 120 persons (6 to 8 persons per Jeep)

57,00 €  
per person



### The North is a Charm

09:00 - Departure from the hotel for a walk to the North of the Island. We leave towards Poiso, stopping at Ribeiro Frio. Here, you will have the possibility to take a short walk along a levada to the Balcões viewpoint - about 45 minutes. After this stop, we proceed to Santana, where you will find the typical and colorful thatched houses. At Quinta do Furão a folklore group welcomes you. To the sound of Bailinho da Madeira you will have an explanation of how the kebabs are made and seasoned in laurel stick which will be the main dish of the lunch. On the way back we stop at Engenhos do Norte where the brandy we use at Poncha is produced. Return to Funchal via Machico.

Minimum Participants = 10 persons  
Maximum Participants = 40 persons per bus with Guide

75,00 €  
per person



## 14. Excursions (cont.)

COSMOS  
VIAGENS

### Porto Moniz

Breakfast at the hotel, and departure towards Cabo Girão, one of the highest cliffs in Europe (580 m) with a glass platform, which offers a wide view over Funchal and the south coast. From there we continue to the quiet village Madalena do Mar, where small houses are inserted in gardens and plantations. Here we walk through a small banana plantation, a path of about 200 m that shows us how the banana from Madeira is planted and cared for.

We cross the plateau of Paúl da Serra (1,600m) to Porto Moniz, a fishing village known for its natural pools, carved out of black basalt rocks.

Lunch at a local restaurant by the sea.  
Return to Funchal will be made by Encumeada (1,007 m).

Minimum Participants = 25 persons  
Maximum Participants = 40 persons per bus with Guide

57,00 €  
per person



### A Day at "Fajã"

Discover Madeira in a different way.

Departure from the Hotel to the Marina of Funchal for a Catamaran tour, bring comfortable clothes and suitable shoes, and enjoy a 3-hour trip with the possibility of watching cetaceans. Lunch will be served at Fajã dos Padres.

Despite being almost inaccessible by land, Fajã dos Padres has a history that goes back to the beginning of the colonization of the island of Madeira.

Throughout the ages it was the summer home of Jesuit priests, the property of choice in the production of the famous Madeira Wine, the stage for the adventures of privateers, the granary of neighboring villages.

Today it is with great pleasure that we invite you to visit this small island within Madeira Island, which is so dear and special to us. After lunch served in the fajã, return to the marina of Funchal.

Maximum Participants = 90 persons

50,00 €  
per person





## 15. Local Organising Committee



**President**  
Luís Arrais



**Executive Director**  
Alberto Cláudio



**Deputy Executive Director**  
Ricardo Lima



**AGIM**  
Fátima Azevedo



**Advisor**  
Rogério Valério



**Financial Director**  
Sandra Vieira



**Technical**  
Bruno Oliveira



**City Performances**  
José Lagoas



**Workshops**  
Domingos Fradinho



**Workshops**  
João Paulo Jordão



**Opening, Gala and  
Closing Ceremony**  
Duke Oliveira



**Accommodations  
and Touristic Tours**  
Josefina Cruz



**Equipment and  
Infrastructure**  
Tiago Horta



**Administrative**  
Paula Araújo



**Marketing and  
Communication**  
Sónia Camacho



**Protocol and Social  
Program**  
Andreia Sanches



**Volunteers**  
Liliana Freitas



**Meals**  
Bernardo Tomás



**Other Projects**  
André Nogueira



**Security**  
Sérgio Ferreira

## 15. Local Organising Committee (cont.)



City Performances  
Cláudia Freitas



City Performances  
Filipa Felgueiras



City Performances  
Michelle Salzano



Parade, Open  
Ceremony and Gala  
Inês Santos



Parade, Open  
Ceremony and Gala  
Jéssica Jardim



Transports  
Márcia Gois



Transports  
Miguel Rodrigues



Protocol  
Dalila Pestana



Workshops  
Susana Cró

## 16. Our Partners



## 17. Official Contacts



**European  
Gymnastics**

EUROPEAN GYMNASTICS

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1003 Lausanne  
Switzerland  
Email: [info@europeangymnastics.com](mailto:info@europeangymnastics.com)



Federação  
de **Ginástica**  
de **Portugal**

GYMNASTICS FEDERATION OF PORTUGAL

Estrada da Luz N° 30 - A  
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*Feel Madeira. Be Gymnastics.*

