

2020
European
Gymnastics
Golden Age
Gym Festival

rethymno

3 - 8 October 2021



BULLETIN 02





#Live
the Golden
Experience





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Dear Gymnastics friends

We are only a few weeks from the Opening Ceremony of the 7th Golden Age Gym Festival and I assume you are all excited.

The LOC has been preparing for this event for a long time and believe me it has been challenging for them because of Covid but they have done a really good job.

We will have about 18 different countries taking part in the event and that shows us that we are all in need to do some gymnastics. I can assure you that it will be a great week.

Your health and safety is our first priority and we the European Gymnastics, TC GFA, and the LOC have done all we can do to make sure that our festival will be as safe as it can be.

It will be so nice to see all of you and your performances that you will do on the stage in the middle of beautiful Rethymno. Workshops will be in the morning as usual and then you can also enjoy nature, great history, 20 km long sandy beaches, good wine and gastronomy.

Look forward to see you all in Rethymno

Hlíf Thorgeirsdóttir

President of the TC-GFA-European Gymnastics

#Live the Golden Experience



Dear Gymnastics friends,

We are pleased to welcome you on the 7th Golden Age Gym Festival!

In 2020, the whole world had to face an unprecedented challenge for our generations, due to the Covid-19 pandemic. The 7th Golden Age Gym Festival was postponed for 2021, since the priority is the health and wellbeing of our participants and audience. But in 2021 and due to the notable efforts of doctors and scientists, we are well-prepared to organize an amazing festival following accurate health protocols.

We took advantage of the 1 extra year in order to develop further the event, adapted in the new circumstances and finalize the preparations in the city of Rethymno.

The city of Rethymno is now ready to host this huge gymnastics celebration in the best and safest way possible!

We would like to thank all volunteers, the European Gymnastics, the European Technical committee of Gymnastics For All, the Municipality of Rethymno, the Region of Crete and the University of Crete for their great support and effort in order to make this festival a memorable experience for all the participants!

Stay healthy, enjoy the Greek hospitality and Greek traditional food, admire the natural beauty of Crete and always remember that Gymnastics is for ALL!

Athanasios Stathopoulos

President of the Hellenic Gymnastics Federation





Dear visitors - friends

Welcome to Rethymno! The city that promotes life, love and sharing! of We welcome you with joy and satisfaction, hoping that the difficulties caused by the pandemia of Covid, will not affect the holding of the Festival so that we can all share, healthy and safe, the unique experience that its events promise.

I hope you will enjoy your stay in our city and your expectations to be fulfilled. I'm positive that the Festival will inspire the people of Rethymno to accept the interesting challenge of Sports, enriching their lives with healthy actions and habits that will enhance their physical and mental well-being.

The Municipality of Rethymno, considers Sports as its main priority and chooses to invest to upgrade sports facilities every year, insisting that it constitutes one of the safest conditions for interaction, socialization, expansion, coexistence, personal development and social solidarity.

That is the main reason why we feel so happy and satisfied that Rethymno will host the Golden Age Gym Festival 2020. It is an institution that breaks down the myth of age limit in Sports and highlights the dynamics of middle age. This dynamic under appropriate motivation, always surprise with its intensity and its possibilities!

With the confidence that your experience of participating in the rich program of activities which is inspired and supported by capable organizers, will offer you unforgettable memories, we welcome you hoping in the future, free from the constraints of the pandemic and healthy, to have the opportunity of other meetings with you.

Rethymno is the city that every visitor returns! All the best!

George Marinakis
Mayor of Rethymno

#Live the Golden Experience



Dear Guests,

The Region of Crete - Regional Unit of Rethymno welcomes you to Crete and Rethymno that has the pleasure of hosting the 7th Golden Age Gym Festival in October 2021, supporting thus the effort of the Hellenic Gymnastics Federation to organize this unique event in Greece for the first time.

The Hellenic Gymnastics Federation and the University of Crete, an educational institution with international acknowledgement, both have a major experience in organizing and hosting significant events. Their experience in the field of event management combined with the University's modern facilities and qualified staff, guarantee a successful and well - organized event.

We strongly believe that the above mentioned Festival will be successfully held in Crete providing the participants from all over Europe a one of a kind experience in a hospitable and safe destination, such as the island of Crete.

We are waiting for you to enjoy gymnastics in a place with a strong historical and cultural background, many natural beauties and friendly people, who will make you feel like home.

Maria Lioni

Regional Vice - Governor of Rethymno

Presentation of the LOC



Athanasios Vasiliadis
President of LOC



Nikos Provias
Executive Director



Angeliki Giannakaki
*Administration
Manager*



Maria Papadopoulou
Event Supervisor



Konstantinos Pantazis
*President of the TC-GfA
Hellenic Gymnastics
Federation*



Olympia Dragouni
*Choreographer / Flash
Mob & Ceremonies
Director*



Foteini Mellou
Venues Manager



Liana Georgopoulou
*Responsible
for Ceremonies*



Angeliki Servilaki
Head of Volunteers



Andreas Benakis
Workshops Director



Sophia Mode
Event's secretary



Argiris Rigopoulos
Head of Finance



Dimitra Malliou
Head of Accreditation



Konstantinos Vlassis
*Responsible of
transportations*



Ioannis Gaitanis
Medical Officer



Christos Trandalidis
*Web & Social Media
Director*



Stavros Galeros
*Technical Support
Director*



Giannis Kalaitzakis
Media supervisor



Stavros Lianantonakis
*Food & Beverage
manager*

Welcome to Rethymno

- Rethymno is the third largest city in Crete after Heraklion and Chania.
- The old town of Rethymnon is a preserved Renaissance city that bears elements from both the Venetian and the Ottoman Era.

- An organized sandy beach, more than 20 km long, is stretching from the town of Rethymno in an easterly direction towards the areas of Perivolio, Platanes, Adelianos, Kapos, Skaleta.

- Rethymno is widely known as “the city of letters and arts”. The local department of the University of Crete (Departments of Humanitary Studies) counts about 9.000 students. Cultural events are organized

throughout the year, such as the Renaissance Festival, the famous Carnival of Crete and the Guinness World Record winning Treasure Hunt!



Crete in numbers



- 650.000: Approx. total population
- 260: Kilometers long
- 1.200.000: Approx. number of tourists visiting Crete during summertime
- 100.000: Average number of tons of olive oil produced on the island per year.
- 12.000.000: Approx. number of sheep and goats for animal farming.

Welcome to Crete - Fun Facts

Crete has always been an extraordinary blend of cultures, with a unique variety of images and experiences awaiting to be explored by its numerous visitors. Here are some fun facts about our beautiful island:

- Crete is where modern European civilization began - while you're here, don't miss the opportunity to discover the Minoan Civilization and the Palace of Knossos, Europe's oldest city!
- Crete is where Zeus, King of the Greek gods, was born (*Well, that's just a legend, but then again...*)
- All animals on Crete are harmless... thanks to Hercules! (*Yes, it's true that there are no venomous animals or big predators in Crete. No, we don't have proof that Hercules got rid of all dangerous animals on the island to honour his father's birthplace...*)
- Hippocrates suggested that Crete's air is beneficial in healing several illnesses. Breathe in and feel the healing effects of this same air, still beneficial after 2500 years!
- Crete is a geological miracle, with over 3.000 caves, over 400 canyons, over 50 peaks higher than 2.000m to admire and explore.
- Crete's gold is of course the Olive Oil. There are more than 35 million olive trees on the island and the annual consumption is somewhere between 22 and 34 kilograms (*Per person...!*)
- Crete is the biggest island of Greece, so it's quite autonomous: It has its own idiom, art, literature and culture. Embroidery, pottery, music, literature and traditional dances are only some of the arts that form our unique cultural heritage.



Greeks Words to help you get around

GREEK WORDS	PRONUNCIATION	MEANING
Ναι	Ne	Yes
Όχι	Ohi	No
Ευχαριστώ	Efharisto	Thank you
Παρακαλώ	Parakalo	You're welcome
Καλημέρα	Kalimera	Good morning
Καλησπέρα	Kalispera	Good evening
Καληνύχτα	Kalinihta	Good night
Γεια σου / Γεια σας	Yassou / yassas	Hello
Γεια μας !!!	Yamas!!!	Cheers!!!

Useful INFO

EMERGENCIES:

First Aid: 166

Police Department: 100

Fire Department: 199

Hospital: +30 28313 42100

Covid19 Coordinator:
+30 6908 438 682

LOC:

+30 28310 77 597

+30 6974 864 067

GAGF Rethymno Info

GAGF History

After the test edition 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 (SVN), the 6th GAGF in Pesaro (ITA) and now the **7th GAGF edition in Rethymno, a beautiful city on the Cretan Island of Greece.**

General Info

From 3rd to 8th October 2021, Rethymno city will host the most important European Gymnastics 50+ Gymnastics Festival: Golden Age Gym Festival! The European Gymnastics 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 sports and make new friendships. This Festival for the 50+ generation has the purpose to inform the gymnasts from 50 European Gymnastics 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 50 national European Federations affiliated to the European Gymnastics. European Gymnastics member 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.

GAGF Rethymno 2021 participations

After two years of preparations and one year of postponement, we are now ready to welcome the participants of the 7th GAGF in Rethymno! The final numbers are much decreased due to the unfortunate circumstances, but we are still really excited: about 450 participants from 16 countries are coming to Crete, to celebrate with us in the biggest European GfA event!

Flash Mob

Our Flash Mob choreography is in the rhythm of Cretan traditional "Pentozali". Prepare yourselves for this exciting dancing experience, to move in the tune of cheerful Cretan music! You can find the Flash Mob video using the following link:

<https://bit.ly/FlashMobGAGF2020>



Programme of the week

Sunday 3/10	Monday 4/10	Tuesday 5/10	Wednesday 6/10	Thursday 7/10	Friday 8/10
	Meeting LOC+HOD (obligatory) 8.30 - 8.45	Meeting LOC+HOD (obligatory) 8.30 - 8.45	Meeting LOC+HOD (obligatory) 8.30 - 8.45	Meeting LOC+HOD (obligatory) 8.30 - 8.45	Meeting LOC+HOD (obligatory) 8.30 - 8.45
		Workshop 9.00 - 10.00	Workshop 9.00 - 10.00	Workshop 9.00 - 10.00	Workshop 9.00 - 10.00
		Workshop 10.30 - 11.30	Workshop 10.30 - 11.30	Workshop 10.30 - 11.30	Workshop 10.30 - 11.30
Meeting Group leader +HOD 14.00 - 15.00		Educational Forum 12.00 - 13.30	Meeting Group leader Gala/Closing 12.30 - 13.30		Official Reception 12.30 - 13.30
Parade ready 17.30					Rehearsal Gala/Closing 14.00 - 16.00
Parade start 18.00	City Performances 18.00 - 20.00	City Performances 18.00 - 20.00	City Performances 18.00 - 20.00	City Performances 18.00 - 20.00	Gala / Closing 17.30 - 19.00
Opening 18.30 - 20.00			GAGF 2022 19.30 - 20.30		

Opening Ceremony

The opening ceremony will take place on Sunday 3rd October at the GAGF Stage - Mikrasiaton Square. It will be an about one hour long show, starting at 18:30. Throughout the performances, we will do our best to welcome you in our country and this special event.



Parade

The parade of the Golden Age Gym Festival will pass through the beautiful city beach front and the heart of Rethymno's old town to arrive in Mikrasiaton square, where the Opening Ceremony will take place. The walking distance of the parade will be approximately 850 meters.

City Performances

- **Duration:** The maximum time for each performance is 6 minutes (including preparation of the venue and marching in and out). Performances shorter than 5 minutes are warmly recommended!
- **Groups:** Groups should be composed of a minimum of 6 active performers; each group has the opportunity to perform twice during the week.
- **Preparation:** The groups should be ready to perform 30 minutes before their scheduled time. There will be changing rooms available at all sites. Performers should take care about props on their own. If you require additional help from the LOC, please provide a written request as soon as possible.

#Live the Golden Experience



Educational Forum

An Educational Forum for coaches will be held for the discussion of Choreography themes related to the GAGF programme.

- The forum will take place at the House of Culture (near Venue and GAGF Village) on October 5th at 12.00-13.30
- A diploma of attendance will be provided by the LOC

Lecturer: Mrs Olympia Dragouni

Physical Education teacher / Choreographer / Trainer of "The Wolves" team
(World Champions in the World Gym for life challenge).

The main pursuit of the forum is to provide teachers and coaches with methods and practices that can integrate every person to physical activities and dance, regardless the age and the skill level.

The forum is divided in two parts: the presentation of a brief theoretical framework and practical workshop associated with intermediate reflection parts.

Golden Age Gala / Closing

The Gala / Closing ceremony will take place on Friday 8th of October, at the GAGF Venue - Mikrasiaton Square

- **Duration and theme**


The duration of the Gala/Closing is limited to 60 minutes. The duration of each performance is 3 minutes (in and out). The theme will be "Greek Mythology".

- **Registration**

Each federation interested, has nominated one group to perform.

- **Programme**

The programme of the Gala presentations will be distributed at the HoD + Group Leaders' meeting on the 3rd of October



Meetings

- **Group leaders & HoD Meeting:**
Sunday 3 October 14.00 - 15.00 at the House of Culture
- **Daily HoD meetings:**
8.30 - 8.45 at the House of Culture



Important note:

- It is mandatory for all Heads of Delegation/Team Leaders of the federations to attend the Group leaders & HoD Meeting. Unjustified failure to attend will result in a sanction against the federation of 500€ payable to the European Gymnastics within one month after the meeting.
- Daily meetings with the 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 meeting payable to the European Gymnastics within one month after the meeting.

#Live the Golden Experience

Covid 19 rules and measures

As organizers, we have done our best to make this event as safe as possible for all participants, with the minimum effect on the experiences planned. We kindly ask for your cooperation: if we all respect the rules and measures proposed by the EG, LOC and local authorities, we will be able to enjoy a safe experience together.

Main prevention rules for the participants:

As mentioned in the Covid 19 guideline applied by the EG, you are strongly advised:

- To wear masks in all indoor spaces at all times
- To wear masks in outdoor spaces when the area is crowded (parade, audience area of venue)
- To keep safety distances
- To inform the LOC or LOC official doctor immediately in case of symptoms

LOC measures:

- A compulsory rapid test will be organized on the first day of the event by the LOC for all LOC members, EG and TC members, volunteers, as well as for all participants on the expenses of their National Federations. The time and place will be announced in the HoD and Group leaders' meeting.
- Temperature measurement will be done every morning in all official hotels. For all participants that have booked accommodation independently, their delegations are responsible of measuring the temperature of all participants every morning, before the beginning of Workshops.
- An official doctor and his medical team will be reachable at all times in the relevant kiosk in the GAGF Village, as well as by phone provided to all participants on the Accreditation Card.

In the event of a positive Covid-19 case, the LOC has made all the preparations advised by the EG guideline and will take all measures imposed by the Greek authorities. A traceability system is in place to ensure the quick and efficient isolation of the positive case and contacts.

Please note:

If a person is sent to quarantine (either due to a positive Covid19 diagnosis or due to having been close to a person diagnosed with Covid19), all occurring costs (accommodation, meals, transfers, further tests, medical costs, etc.) are at the responsibility of the person resp. for the delegation.

Please note:

A registration form has been provided to all groups, for participants that need to be tested for Covid19 before their departure. The LOC will provide a convenient access to rapid or PCR testing, on the expenses of the participants: **Rapid test: 25€ • PCR test: 70€**

Transportation

- **Transport from and to airport** is organized for all groups that have booked through the relevant form. If you need to make a last-minute booking of transportation from or to airport, please contact the LOC.



- **Local transport**

The GAGF buses will be moving from/to the most distant GAGF hotel and to/from the city center, before and during the Workshops, City Performances and all other GAGF happenings. (see map)

PLEASE NOTE:

All local transport with the shuttle-buses reserved by the LOC is free of charge for all participants of the GAGF 2020, with the presentation of the Accreditation Pass.

Facilities



*A video screen will be available to project live images
G to support the performances.*

Venue - Mikrasiaton square

- Stage carpet: 14m x 14m
- Colour of the carpet: blue
- Audience on one side
- Capacity: 500 spectators

In the GAGF Venue will take place:

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

GAGF Village

The GAGF Village will be located at the Mikrasiaton Square, next to the GAGF Venue and the House of Culture. This will be the place where the heart of the event beats, where we gather through the day to ask for information or just meet the LOC and other participants! Some of the workshops will also take place there. GAGF Village will be open from the 3rd of October until the 8th October 2021 non-stop from 08:30 to 23:00.

In the village you can also find:

- The Golden Age official boutique
- Official GAGF Medical Team
- Photo/video kiosk

House of Culture

In the House of Culture, sited in the heart of the old town just next to GAGF Venue, you can find:

- The Golden Age info desk
- Accreditation desk
- TC's office
- European Gymnastics office
- The Official GAGF physical therapists team
- Excursions desk
- GAGF Info desk
- Lost and found

The House of Culture is also the place where will be held:

- The group leaders and HoD meeting on Sunday
- The educational forum
- The GAGF 2022 presentation

Groups Information

NATIONAL FEDERATION	GROUP CODE	GROUP NAME	GROUP LEADER
DENMARK	DNK 1	EGF After Grand Prix	Agerbaek Hanne
	DNK 2	Nivaa Ballstics	Bosselmann Suzanne
ESTONIA	EST 1	Gymnastics Club Piruett	Kunila Kersti
	EST 2	LP Gymnastics Club	Aruväli Ly
	EST 3	Gymnastics Club Rührt	Esna Kai
	EST 4	Gymnastics Club Rytmiika	Kalja Ebe
	EST 5	Estonian Sport Assoc. Kalev 1	Nekraš Svetlana
	EST 6	Estonian Sport Assoc. Kalev 2	Laas Lembe
FINLAND	FIN 1	Mikkelin Voimistelijat	Leskinen Sinikka
	FIN 2	Vilhelmiinat HyVoLi	Helmin Anja
LATVIA	LVA 1	Mikkelin Voimistelijat	Leskinen Sinikka
	LVA 2	Vilhelmiinat HyVoLi	Helmin Anja
LITHUANIA	LTU 1	Rudenelis	Radinienė Laimute
	LTU 2	Lady Dar	Ceseviciene Rima
	LTU 3	With Fly	Daunoraviciene Alge
SWITZERLAND	CHE 1	Golden girls	Lueber Brigitte
AZERBAIJAN	AZE 1	Flame	Feyziyev Arif
CZECH REPUBLIC	CZE 1	On the waves of Crete	Miroslav Zitko
	CZE 2	Smowey	Miroslav Zitko
	CZE 3	Inter-gym-net	Němčíková Milada
FRANCE	FRA 1	Cep Gym Poitiers	Loubiere Laurence
	FRA 2	Groupe Occitanie	Wawrzyniak Manon

NATIONAL FEDERATION	GROUP CODE	GROUP NAME	GROUP LEADER
GERMANY	GER 1	Fit imPuls	Kumpitsch Christa
	GER 2	Happy Hessen	Strauch Ursula
	GER 3	HTV 75 Plus	Niessner Ernst
	GER 4	SV-Einheit Güstrow	Goetzke Renate
	GER 5	SV Flugzeugwerft Dresden	Paulitz Sabine
LUXEMBOURG	LUX 1	L'Espérance Differdange	Sadler Emile
SLOVAKIA	SVK 1	Sokol Bratislava	Kozackova Katarina
SLOVENIA	SVN 1	Sport Club Flip Piran	Grzinic Gina Geraldina
USA	USA 1	Team USA	Gutierrez Fernanda
ITALY	ITA 1	Gruppo Sportivo Sambughé	Spadon Patrizia
	ITA 2	Laif Sarzana	Casale Stefania
GREECE	GRC 1	TAPI Koridallou	Koutra Maria

#Live the Golden Experience

City Performances

MONDAY 4/10/2021	HOUR	COUNTRY	GROUP NAME	TITLE OF PRESENTATION
	18:30	Italy	Gruppo Sportivo Sambughe'	Summer Stars
	18:36	Latvia	Sculptures	You rise me up
	18:42	Lithuania	Rudenelis	Dance Potpourri
	18:49	Usa	Team usa	Through times...
	18:55	Estonia	ESA Kalev1	Mõtisklus
	19:02	France	CEP POITIERS GYMNASTIQUE	Le Fantôme de l'Opéra
	19:08	Estonia	LP Gymnastic Club	Dream Like a Fairy Tale
	19:15	Denmark	Esbjerg After Grand Prix	After Grand Prix
	19:21	Slovenia	SC Flip Piran	Afrodita
	19:28	Germany	HTV 75 Plus	Gymnastik mit dem Fitball
	19:34	Estonia	ESA KALEV 2	Your Voice
	19:41	Germany	Happy Hessen	What a feeling

TUESDAY 5/10/2021	HOUR	COUNTRY	GROUP NAME	TITLE OF PRESENTATION
	18:30	Finland	Vilhelmiinat HyVoLi	Inspired by Nordic Walk
	18:36	Latvia	ADORA	Awakening
	18:42	Lithuania	Vilnius Women Club "Lady Dar"	Good Memories
	18:49	Estonia	CG Ryht	Summer feeling
	18:55	Italy	GRUPPO SPORTIVO SAMBUGHE'	Summer Stars
	19:02	Estonia	Gymnastics Club Piruett	Dance me to the end of love

TUESDAY
5/10/2021

HOUR	COUNTRY	GROUP NAME	TITLE OF PRESENTATION
19:08	Lithuania	With Fly	Amber Fantasy
19:15	Czech republic	Czech Association Sport for All	Inter-gym-net
19:21	Estonia	CC Rytmika	Jaani rap
19:28	Slovakia	Sokol Bratislava	Que Sera Sera
19:34	Czech republic	Czech Association Sport for All	On the waves of Crete
19:41	Luxembourg	L'Espérance Differdange	-
19:47	Czech republic	Czech Association Sport for All	Smowey
19:54	France	Groupe Occitanie	Groupe Occitanie

WEDNESDAY
6/10/2021

HOUR	COUNTRY	GROUP NAME	TITLE OF PRESENTATION
18:30	France	CEP POITIERS GYMNASTIQUE	Le Fantôme de l'Opéra
18:36	Estonia	LP Gymnastic Club	Dream Like a Fairy Tale
18:42	Denmark	Esbjerg After Grand Prix	After Grand Prix
18:49	Slovenia	SC Flip Piran	Afrodita
18:55	Germany	HTV 75 Plus	Gymnastik mit dem Fitball
19:02	Estonia	Esa Kalev 2	Your Voice
19:08	Germany	Happy Hessen	What a feeling
19:15	Latvia	Sculptures	You rise me up
19:21	Greece	TAPI Koridalou	Scent of Life
19:28	Lithuania	Rudenelis	Dance Potpourri
19:34	Usa	Team usa	Through times...
19:41	Estonia	ESA Kalev1	Mõtisklus

City Performances

THURSDAY 7/10/2021	HOUR	COUNTRY	GROUP NAME	TITLE OF PRESENTATION
	18:30	Lithuania	With Fly	Amber Fantasy
	18:36	Czech republic	Czech Association Sport for All	Inter-gym-net
	18:42	Estonia	CC Rytmika	After Grand Prix
	18:49	Slovakia	Sokol Bratislava	Que Sera Sera
	18:55	Czech republic	Czech Association Sport for All	On the waves of Crete
	19:02	Luxembourg	L'Espérance Differdange	-
	19:08	Czech republic	Czech Association Sport for All	Smowey
	19:15	France	Groupe Occitanie	Groupe Occitanie
	19:21	Greece	TAPI Koridalou	Scent of Life
	19:28	Azerbaijan	FLAME	-
	19:34	Finland	Vilhelmiinat HyVoLi	Inspired by Nordic Walk
	19:41	Latvia	ADORA	Awakening
	19:47	Lithuania	Vilnius Women Club "Lady Dar"	Good Memories
	19:54	Estonia	CG Ryht	Summer feeling
	20:00	Italy	LAIF SARZANA	Roll and roll till to 100 years and more
	20:07	Estonia	Gymnastics Club Piruett	Dance me to the end of love

Accreditation Pass

Every participant will receive a personal accreditation pass.

This pass offers you:

- Access to all facilities
- Free transportation with the GAGF shuttle buses
- Various discounts in restaurants and shops of the city



Workshops

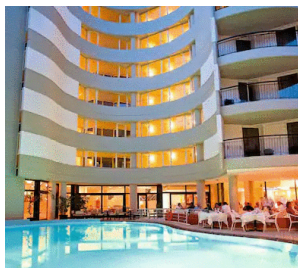
All Workshops are closed, so groups can attend only the Workshops that they registered for. At the workshop area, English speaking volunteers will be present to help participants find their way to the workshop. At least one volunteer will be present at all times at each workshop to support the instructor, to guide the participants and to help in case of emergencies. The duration of the workshops will be 60 minutes depending on the characteristics and needs of the workshop between 9.00 and 11.30.

PLEASE NOTE:

All WS areas and equipment will be cleaned and disinfected after every session, in accordance with the Covid19 guidelines

WS1	Aquafitness	 Kathy Delimbassi	 Theartemis Palace
WS2	Hatha Yoga / Yin Yoga	 Elissavet Benaki	 At the Beach 41 Venizelou str.
WS3	Tabata with bands	 Laurence Tamamis	 "Delfini" building
WS4	Piloxing gold / Fight Aerobic	 Maria Psicharaki	 Marina harbour
WS5	Dynamic Walking	 Manolis Antonakis	 7 Venizelou S. str
WS6	Aerodance	 Olivier Vanwambeke	 "Agnostou Stratioti" Square
WS7	Tango	 Sofia Galanaki	 79 Venizelou E. str.
WS8	Cretan folk dances	 Maria Maraki	 Venetian harbor
WS9	Exercise in pairs	 Theano Gavala	 Venetian harbor
WS10	Greek traditional dances	 Katerina Pandi	 «Mikrasiaton» square
WS11	Zumba Gold	 Tsika Dimitra	 "Iroon Politechniou" square
WS12	Aerobic by weights	 Despina Karamitrou	 Rethymnon Municipal Stadium
WS13	Creative Pilates - Stretching Movement	 Euaggelia Gasparaki	 Rethymnon Municipal Garden
WS14	Tai Chi / Qi Qonc	 Michalis Papadogiannis	 Rethymnon Municipal Garden
WS15	Stretching by sticks Body balance	 Evaggelia Peraki	 Metropolitan square
WS16	Balletoning	 Vasia Sakelariou	 Metropolitan square

GAGF Official Hotels



Aquila Porto Rethymno



www.portorethymno.com



Theartemis Palace



www.theartemis.gr



JoAn Hotel



www.joan-hotels.gr



Ideon Hotel



www.hotelideon.gr



Elina Hotel



www.elinahotel.gr



Astali Hotel



www.astalihotel.gr

LOCAL CITY TAX: to be paid directly on-site upon departure (2-5 € per room per night depending the hotel.)

ΠΕΘΥΜΝΟ / RETHYMNO

ΧΑΡΤΗΣ ΠΟΛΗΣ / CITY MAP

0 100 100m



- 1 **Theartemis palace hotel**
Workshop: Aquafitness
- 2 **In the Beach - 41 Venizelou S. str**
Workshop: Hatha Yoga - Yin Yoga
- 3 **Dolphin building**
Workshop: Tabata with bands
- 4 **In the marina**
Workshop: Piloxing gold - Fight aerobic
- 5 **7 Venizelou S. str**
Workshop: Dynamic Walking
- 6 **Agnostou square**
Workshop: Aerodance
- 7 **Lykeio Ellinidon - 79 Venizelou E. str**
Workshop: Tango
- 8 **Old harbor (a)**
Workshop: Cretan Folk Dances

GAGF Venues 2020

NUMBER WS	WORKSHOPS
6	Aerodance
12	Aerobic by weights
1	Aquafitness
16	Balletoning
13	Creative Pilates - Stretching Movement
8	Cretan Folk Dances
5	Dynamic Walking
9	Exercise in pairs
10	Greek traditional dances
2	Hatha Yoga - Yin Yoga
4	Piloxing gold - Fight aerobic
15	Body balance - Stretching by sticks
3	Tabata with bands
7	Tango
14	Tai Chi - Qi Gong
11	Zumbagold
10	Mikrasiaton square Main stage: opening and closing ceremony, City performances GAGF 2020, presentation groups

- OLD TOWN
- NEW TOWN
- P PARKING
- + CHURCH
- + HOSPITAL
- i INFO POINT
- ✉ POST
- BUS BUS STOP
- WC WC
- BUS GAGF BUS STOP

- 1 GAGF VENUE
- 2 GAGF VILLAGE
- 3 HOUSE OF CULTURE
- 4 START OF PARADE

OFFICIAL EVENT HOTELS

- 1 THEARTEMIS PALACE 4*
- 2 AQUILA PORTO RETYMNO 5*
- 3 ELINA HOTEL 3*
- 4 ASTALI HOTEL 3*
- 5 IDEON HOTEL 3*
- 6 JOAN HOTEL 4*



- 9 **Old harbor (b)**
Workshop: Exercise in pairs
- 10 **Mikrasiaton square**
Main stage: opening and closing ceremony,
City performances GAGF 2020,
presentation groups
Workshop: Greek traditional dances
- 11 **Iroon Polytechniou square**
Workshop: Zumbagold
- 12 **Rethymnon Municipal Stadium**
Workshop: Aerobic by weights

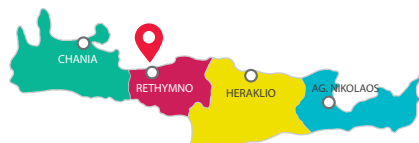
- 13 **Rethymnon Municipal Garden (a)**
Workshop: Creative Pilates-Stretching
Movement
- 14 **Rethymnon Municipal Garden (b)**
Workshop: Tai Chi - Qi Gong
- 15 **Metropolitan square (a)**
Workshop: Body balance - Stretching by sticks
- 16 **Metropolitan square (b)**
Workshop: Balletoning

● closed workshops

Excursions

Enjoy an unforgettable golden experience in Crete, discovering its amazing landscapes, history and culture. Every excursion includes an English speaking guide, and various other languages upon request. The participants have pre-registered for all excursions they want to book, with a relevant form sent by the LOC before the 30th June. Payments will be settled upon your arrival in Rethymno.

Please note: for last-minute reservations please contact the LOC or the GAGF excursions desk



Knossos - Heraklion

Meet the first of all advanced civilizations in Europe! On this excursion you have the opportunity to visit the excavation sites of the Palace of Knossos, built in 2000 BC. Knossos was the prosperous Minoan Capital and the residence of King Minos. Some believe that the intricate Palace with its many rooms was the mythical labyrinth. The tour is followed by a visit to the Museum of Heraklion, where you can see the largest collection of Minoan findings from Crete.

PICK UP	8:00	INCLUDED
RETURN TIME	17:30	transfer & guide
PRICE	32 €	EXTRA CHARGES
		Lunch is not included

Entrance to Knossos Palace: 15€

Entrance to the Museum: 28€

If you wish to visit both the price is 16€ instead of 25€



KNOSSOS EXPRESS *without visiting the city of Heraklion*

PRICE 30€ - Includes transfer & guide -

EXTRA CHARGES: Entrance to Knossos Palace: 15€ - Lunch is not included -

FLEXIBLE PICK UP TIME & DURATION

Samaria Gorge

Hike through the longest and richest in biodiversity gorge in Europe! On your Samaria gorge adventure, the bus will take up into the White Mountains to Omalos Plateau and the entrance of the gorge. There, at an altitude of 1.100m, you will begin the hike. After this strenuous but spectacular 16km walk, you will travel by boat for an hour, on an equally glorious trip from Agia Roumeli, the village at the end of the gorge, to Chora Sfakion, where the bus will be waiting to take you back to Rethymno. Good walking shoes are necessary.

PICK UP	7:30
RETURN TIME	20:00
PRICE	35 €

INCLUDED
transfer & guide

EXTRA CHARGES
Lunch is not included
Gorge entrance: 5€
Boat: 11€



Gramvoussa - Balos Day Cruise

The bus takes you west through the outskirts of Chania to the port of Kastelli. Here starts our beautiful cruise. First stop, the small uninhabited island Gramvoussa with its imposing Venetian castle and breathtaking views. After 2 hours, the boat will take you to the lagoon of Balos. The fabulous clear water of the lagoon and the white coral sand makes an irresistible paradise for all guests.

PICK UP	8:00
RETURN TIME	20:00
PRICE	18 €

INCLUDED
transfer & guide

EXTRA CHARGES
Lunch is not included
Entrance: 1€
Boat: 28€



Spinaloga - Agios Nikolaos

Visit "The island" of the famous book of Victoria Hislop, an unforgettable travel to time. This excursion takes you to the east side of Crete and Agios Nikolaos, a small town with a picturesque harbour where you find one of the two sweet water lakes of Crete. North of Agios Nikolaos is the well known port of Elouda from where you will take the boat to visit and explore the island of Spinaloga. This island was a Venetian fortress and was used as a Leper Colony until 1957. You can also swim in the crystal clear water.

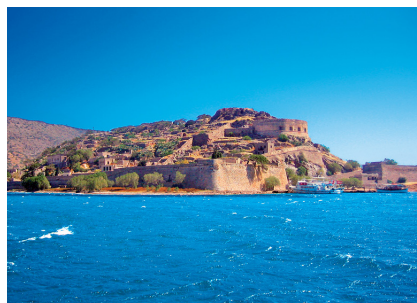
PICK UP	8:00
RETURN TIME	20:00
PRICE	27 €

INCLUDED

transfer & guide

EXTRA CHARGES

Lunch is included
Entrance to Spinaloga
archeological site: 8€
Boat: 10€



Elafonissi

After a two hours bus ride along the north coast, we turn towards south into the heart of Crete. In Elafonisi, the south westerly point of Crete, you have 3 hours time to swim in the crystal clear waters and enjoy the beautiful sandy beach and its surrounding nature.

PICK UP	8:00
RETURN TIME	19:00
PRICE	30 €

INCLUDED

transfer & guide

NO EXTRA CHARGES

Lunch is not included



Chania City - Akrotiri / Monastery Tsagarolon

In this excursion we will visit the Monastery of Tsagarolon. One more beautiful photo-stop follows in Akrotiri, at the tomb of famous Elefterios Venizelos. The last stop is at the city of Chania. Here, Turkish and Venetian architectural styles meet and form a very impressive townscape. Especially in the old town, narrow streets and alleys, old mansion and arcades, mosques and minarets bear witness to the long presence of Venetians and Turks. All this creates an exceptional atmosphere, and it is no wonder that Chania is considered to be one of the most beautiful towns in Crete.

PICK UP	8:00	INCLUDED
RETURN TIME	19:00	transfer & guide
PRICE	30 €	EXTRA CHARGES
		Lunch is not included
		Monastery of Tsagarolon: 5€



Chania City *half day*

The city of Chania constitutes a crossroad of civilizations and continents with a long history, natural beauty, unique architecture and rich tradition. The main characteristic of the city is the Venetian port of the old city with the Egyptian lighthouse that has survived for many centuries and attracts the eye of residents and visitors.

PICK UP	*	INCLUDED
RETURN TIME	*	transfer & guide
PRICE	20 €	NO EXTRA CHARGES
		Lunch is not included

* Flexible

Pick Up Time & Duration



Preveli

Visit the amazing palm forest of Preveli and Damnoni beach, located on the South Coast. The first stop is at Kourtaliotiko gorge which is one of the most impressive gorges of Rethymno for some beautiful photos. The bus then takes you to Damnoni beach with its beautiful turquoise waters and white sand. Upon arrival, you will take the boat to visit Preveli Palm Beach, one of the most spectacular beaches in Crete, an ideal place for swimming and relaxation. You may visit the palm tree forest and then the boat takes you back to Damnoni. This excursion will offer you an unforgettable experience!

PICK UP	8:30
RETURN TIME	16:30
PRICE	20 €

INCLUDED

transfer & guide

EXTRA CHARGES

Lunch is not included

Boat: 12€



Koyrnas - Argyroypoli - Plakias *South Trip*

Enjoy this magnificent tour of South Crete! The first stop is at Kournas Lake, the largest and most beautiful natural lake of Crete, surrounded by mountains. Then we visit the village of Argyroypoli which combines natural beauty and history. The area is famous for its springs with waterfalls, its old mills and the lush green landscape. Then we reach the wonderful village of Plakias by the sea where you can enjoy a swim or have lunch. Afterwards we will visit the well known monastery of Preveli. On our way back you will have the chance to admire the breathtaking Kourtaliotiko gorge.

PICK UP	8:30
RETURN TIME	17:30
PRICE	25 €

INCLUDED

transfer & guide

EXTRA CHARGES

Lunch is not included

Monastery of Preveli: 3€



Myli - Agios Antonios

You don't need to travel far to explore some of the beautiful gorges of Crete. On this trip we visit two impressive nature treasures - Myli Gorge and The Gorge of Patsos. We walk through Myli Gorge - a beautiful and easy hike of approximately 1 1/2 hour. By bus we continue into the Vally of Amari where we get astonishing views over the valley and surrounding mountains, among others, Psiloritis, the highest mountain on Crete. We visit the breathtaking Gorge of Patsos, the cave church of Agios Antonios. Lunch is served in the gorge at the tavern which is famous for local dishes. After lunch we return to Rethymno.

PICK UP	9:00
RETURN TIME	16:00
PRICE	15 €

INCLUDED
transfer & guide

NO EXTRA CHARGES
Lunch is not included



#Live the Golden Experience

Medical Team

Our medical team and Ambulance will be available throughout the whole event for any emergency that may occur.

Participation of the Hellenic Red Cross

The Department of Rethymno of the Hellenic Red Cross, always supporting the first aid needs of our society, will take full charge of the health care coverage of our event.



GAGF Physical therapists team

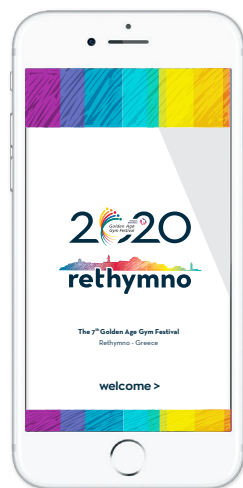
An official GAGF Physical Therapists team will be available in the GAGF Village during and after the Workshops and City Performances schedule. You are more than welcome to take advantage of their expertise, to prevent or treat any musculoskeletal worries you may have.

THE GAGF ONLINE

Find us on the internet for instant access to all published material and information.

- Our event on the European Gymnastics Official Site:
<https://bit.ly/GAGF2020>
- Facebook page:
<https://www.facebook.com/goldenage2020/>
- Instagram:
<https://www.instagram.com/goldenage2020/>
- Youtube channel:
<http://bit.ly/youtubeGoldenAge2020/>
- The GAGF 2020 Web page:
www.goldenage2020.gr

We are currently designing a web page that will be distributed to all participants of the event. This will be the Event Guide for the HoDs and it will offer all the necessary details about the programme, workshops, locations and the event in general.



Official Merchandise

The official GAGF 2020 merchandise will be available for purchase in the Golden Age Official Boutique, located in the GAGF Village:

- T-shirts
- Hats
- Mugs
- Fridge magnets etc.



Co-organizers of the event



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3 - 8 October 2021

