



# EUROGYM

July 14th -18th 2024

## Event Guide



European  
Gymnastics

## Greetings from European Gymnastics

### EUROGYM

Dear Gymnastics' friends

Midsummer Madness is waiting for you in Bodo.

The Gymnastics Federation of Norway, the LOC and the European Gymnastics TC GFA have been working tremendously and are ready to welcome all of you to the 14th edition of Eurogym.

We want you all to experience the best gymnastics week of your life, performing, taking part in different Workshops and socializing with friends from all over Europe. I can assure you that the LOC and the hospitality of the Norwegian people will not disappoint you.

We hope that you will leave Bodo inspired, with a big smile and ready to come back to our next EUROGYM and European Gym for Life Challenge in 2026.

The beautiful city of Bodo is waiting for you and for your group!

We look forward to seeing you all.



*Hlíf Thorgeirsdóttir*

**Hlíf Thorgeirsdóttir**  
President of the EG TC-GfA

## Greetings from the LOC President

### Welcome to EUROGYM Bodø 2024

Dear friends,

On behalf of the entire organizing team, it is my great honor and pleasure to welcome you all to the 14th EUROGYM to the beautiful city of Bodø.

We are thrilled to have a total of 3,140 participants from 18 countries joining us for EUROGYM and EGFL.

In the event guide, you will find all the detailed information about the exciting activities we have planned for you. We promise you an unforgettable experience under the midnight sun.

So, get ready for a journey north of the Arctic Circle like no other. We hope you enjoy every moment of your time here.



*Irina Solem*

**Irina Solem**  
President of the Local Organizing Committee (LOC)

# European Gymnastics

Gymnastics for all  
Technical Committee



**Hlíf Thorgeirsdóttir**  
President



**Ricardo Lima**  
Vice President



**Emiliana Polini**



**Agnes Hartmann**



**Regina Beeler**



**Ruslan Eyvazov**

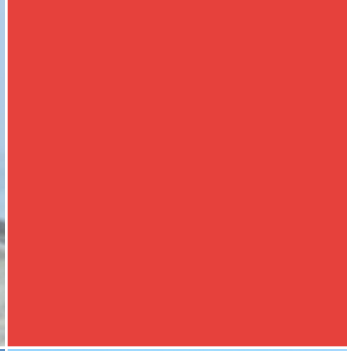
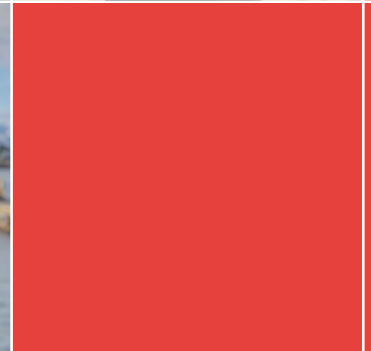


**Lasse Hauser**



European  
Gymnastics

# The LOC Local Organizing Committee



## Participating Countries

3,140 participants from 18 countries are joining us for EGFL & EUROGYM 2024. EGFL has a record number of 1,395 participants, and EUROGYM has a number of 2,745. Here are all the nations coming to Bodø.



**Azerbaijan**



**Belgium**



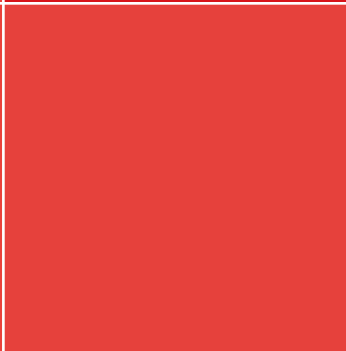
**Czech Republic**



**Denmark**



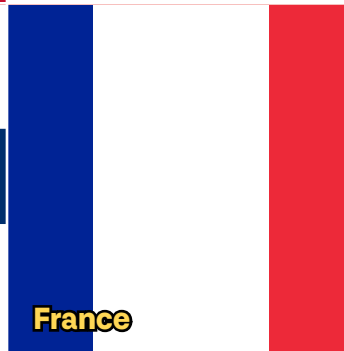
**Estonia**



**Finland**



**France**



**Great Britain**



**Germany**



**Greece**



**Hungary**



**Ireland**



**Italy**



**Netherlands**



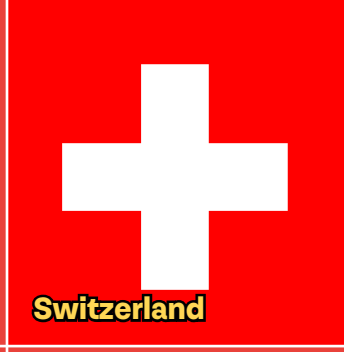
**Norway**



**Portugal**



**Switzerland**



**Sweden**

# EUROGYM 2024 Programme

Saturday July 13th		
Time	What happens?	Location
08.00 - 20.00	Info Desk Open	Stormen Concert Hall
09.30 - 17.30	European Gym for Life Challenge	Bodøhallen

Sunday July 14th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
12.00 - 13.00	HoD and Group Leaders Meeting	Stormen Concert Hall
12.10 - 13.30	Lunch at scheduled time	Bankgata and Bodø High School
16.00 - 18.00	Dinner at scheduled time	Bankgata and Bodø High School
17.30 - 18.00	Meet-up Parade	Bankgata (football court)
18.15	Parade start	From Bankgata to Nordlandshallen
19.00	Opening Ceremony	Nordlandshallen
21.00	UEFA EURO 2024 Final will be screened live on the big screen	Nordlandshallen

Monday July 15th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
08.00 - 08.45	HoD-meeting	Stormen Concert Hall
08.00 - 20.00	Info Desk Open	Stormen Concert Hall
09.00 - 12.00	Workshops	
12.10 - 13.30	Lunch at scheduled time	Bankgata and Bodø High School
14.00 - 18.00	City Performances	Stormen Concert Hall
14.00 - 19.00	City Performances	Bodøhallen
17.30 - 19.30	Dinner at scheduled time	Bankgata and Bodø High School
17.00 - 22.00	FunZone	Nordlandshallen

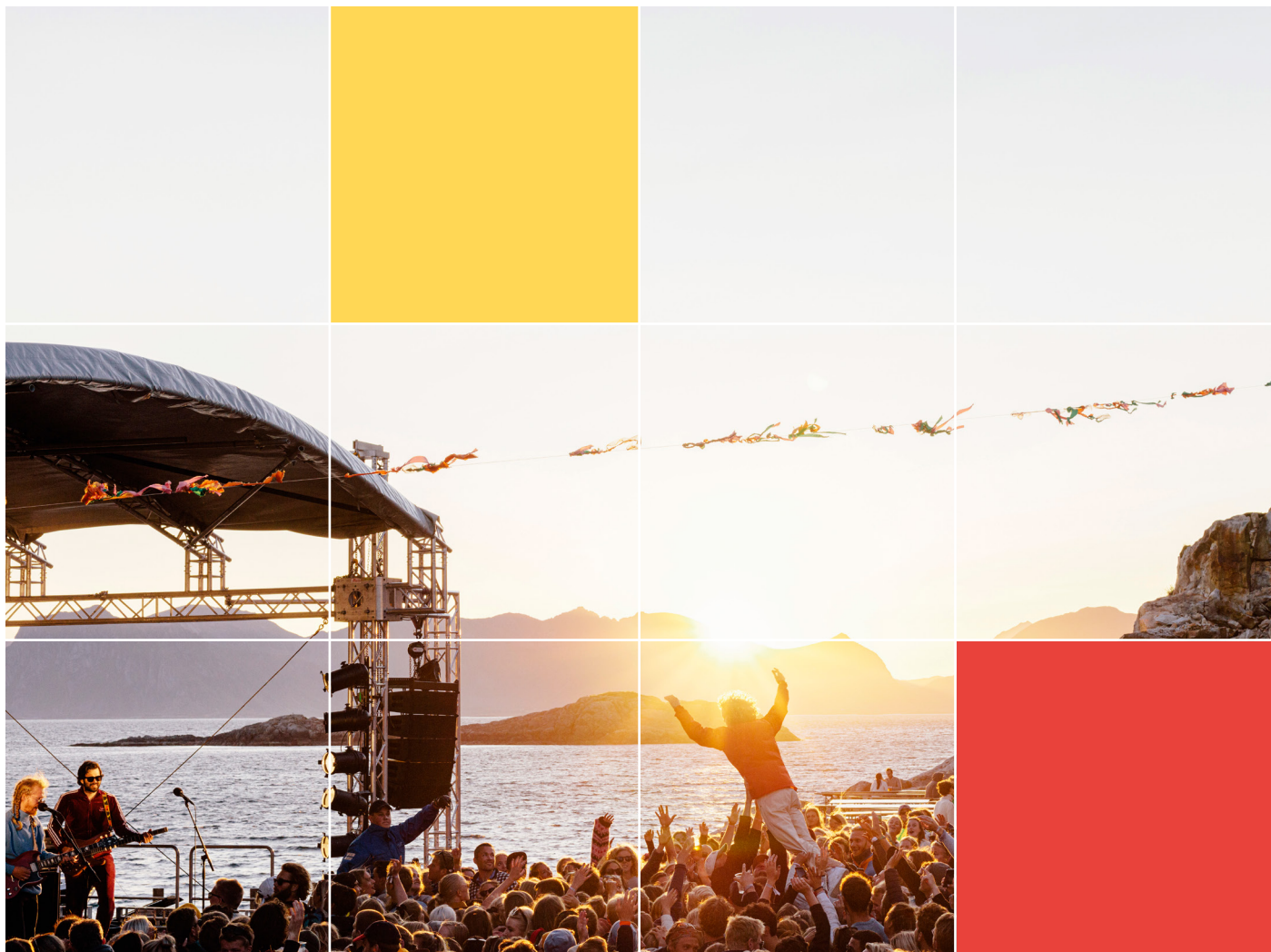
Tuesday July 16th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
08.00 - 08.45	HoD-meeting	Stormen Concert Hall
08.00 - 20.00	Info Desk Open	Stormen Concert Hall
09.00 - 12.00	Workshops	
12.10 - 13.30	Lunch at scheduled time	Bankgata and Bodø High School
14.00 - 18.00	City Performances	Stormen Concert Hall
14.00 - 19.00	City Performances	Bodøhallen
17.30 - 19.30	Dinner at scheduled time	Bankgata and Bodø High School
17.00 - 22.00	FunZone	Nordlandshallen
19.30 - 21.30	Educational Forum	Bodøhallen

Wednesday July 17th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
08.00 - 08.45	HoD-meeting	Stormen Concert Hall
08.00 - 20.00	Info Desk Open	Stormen Concert Hall
09.00 - 12.00	Workshops	
12.10 - 13.30	Lunch at scheduled time	Bankgata and Bodø High School
14.00 - 18.00	City Performances	Stormen Concert Hall
14.00 - 19.00	City Performances	Bodøhallen
17.30 - 19.30	Dinner at scheduled time	Bankgata and Bodø High School
17.00 - 21.00	FunZone	Nordlandshallen
21.00 - 00.00	Midnight sun Adventure*	Brevika Beach

Thursday July 18th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
08.00 - 08.45	HoD-meeting	Stormen Concert Hall
08.00 - 20.00	Info Desk Open	Stormen Concert Hall
09.00 - 12.00	Workshops	
10.00 - 14.30	Reherseal Gala	Bodøhallen
12.10 - 13.30	Lunch at scheduled time	Bankgata and Bodø High School
15.00 - 16.30	Gala Show 1	Bodøhallen
16.30 - 18.30	Dinner at scheduled time	Bankgata and Bodø High School
18.00 - 19.30	Gala Show 2	Bodøhallen
19.30 - 22.00	Closing Ceremony and Farewell Party	Nordlandshallen

Friday July 19th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
08.00 - 12.00	Info Desk Open	Stormen Concert Hall
12.00 - 13.00	Lunch at scheduled time	Bankgata
17.30 - 18.30	Dinner at scheduled time	Bankgata

\* Change of date may be done due to weather reports (midnight sun activity)



## The theme for EUROGYM 2024

# Midsummer Madness

The theme for EUROGYM 2024 is «Midsummer Madness», a celebration of the long summer days and bright nights in the land of the midnight sun. Located above the Arctic Circle, Bodø is a unique and vibrant city that comes alive in the summer months, when the sun never sets.

During the event, participants will experience the magical atmosphere of the midnight sun, with endless daylight and northern Norwegian nature. It is a very special experience to be outside in daylight when sounds and wildlife indicate that it is night. The midnight sun will provide a unique backdrop for a variety of sports and cultural activities, including music, dance, and gymnastic performances.

The midnight sun is a natural phenomenon that occurs when the sun remains visible at midnight. This phenomenon is particularly pronounced in the Arctic regions, including Bodø, where the sun remains above the horizon for over 70 days during the summer months. This creates a unique and magical atmosphere, where the sun never sets, and the days seem to stretch on forever.

EUROGYM 2024's «Midsummer Madness» theme celebrates the unique and vibrant culture of the region and the magical atmosphere created by the midnight sun. Participants can expect to have an unforgettable experience, filled with cultural activities, outdoor adventures, and the natural wonder of the midnight sun.



## Group Schedules

All groups have a personal schedule for the event. Link to the schedule has been sent to all Head of Delegations.

The link will also be available as a QR-code on your accreditation card.

In the group schedule you will find:

- Which workshops you have been scheduled on, time and place
- Performance times and stages
- Meal times and location for lunch and dinner
- Other important information.

## Public Performance Programme

We have also put together a programme page for the audience. Here you can check which groups and performances you can see each day at both stages.

You can find the public program here: [Bodø 2024 Programme](#).

## Payment

All the payments must be done before the arrival.

## Orientation meeting for all Heads of Delegation, Group Leaders and Gala coaches

Sunday July 14th // 12.00 - 13.00 // Stormen Concert Hall

The LOC and European Gymnastics provide important information during this meeting.

It is mandatory for all Heads of Delegation/Group Leaders of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of € 500.- payable to European Gymnastics. The orientation meeting will take place at Stormen Concert Hall.

## Daily meetings with the Heads of Delegation

The participation of the Heads of Delegation is mandatory. Unjustified failure to attend will result in a sanction against the federation of a fine of € 250.-/per meeting payable to European Gymnastics. The daily meetings will take place at Stormen Concert Hall.

## Main Venue

Main Venue will be in Stormen Concert Hall. This will be the arena for accreditation and info desk, as well as the HOD-meetings and receptions.



# Venues



**Stormen Concert Hall**

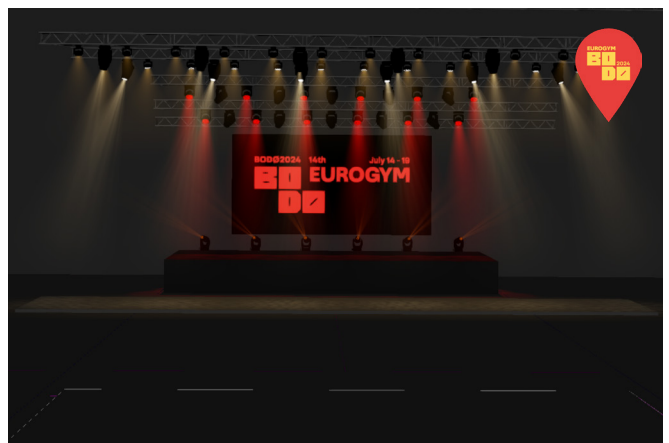
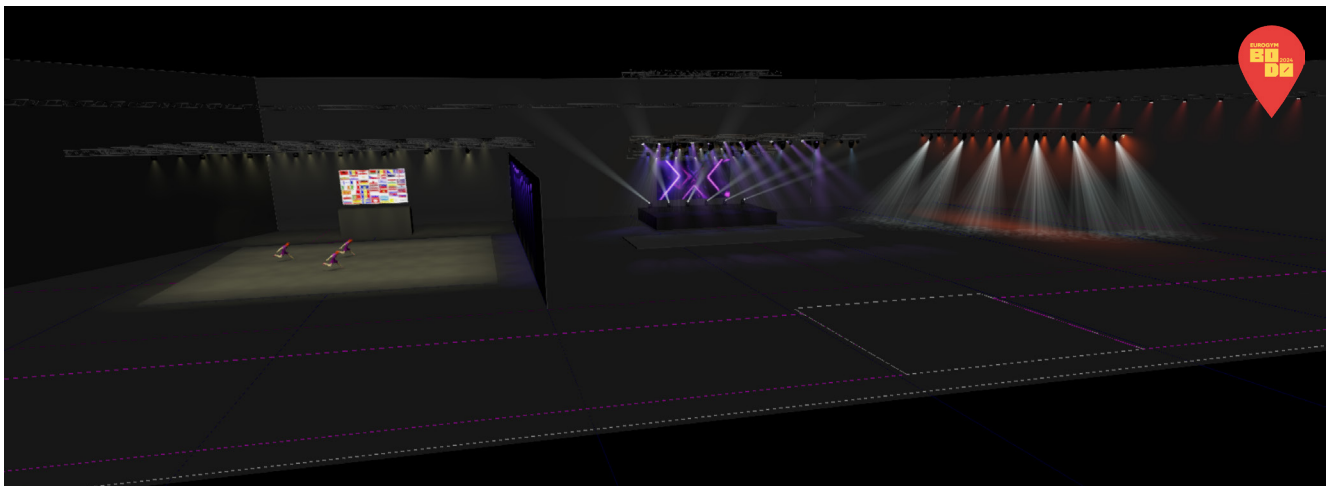
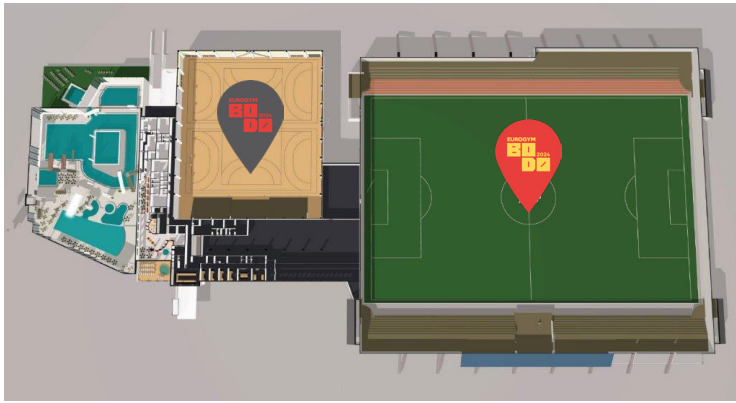




**Bodøhallen**



**Nordlandshallen**







































# Parade and Opening Ceremony

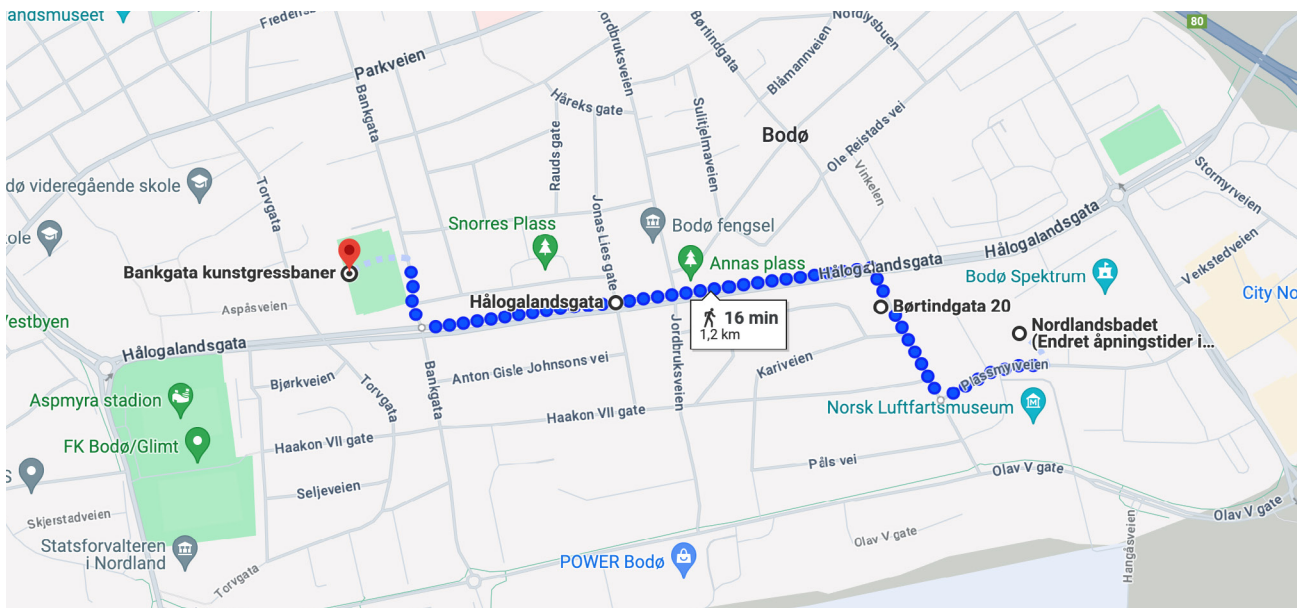
The parade for the Opening Ceremony will take approximately 30-45 minutes walking through the streets of Bodø ending up at Nordlandshallen with an exceptional Opening Ceremony for EUROGYM 2024.

Meeting point for the parade is Bankgata (a large football court outside the lunch/dinner venue). Meet-up at 17.30 - 18.00 on Sunday the 14th.

The nations will line up for the parade in alphabetic order, like shown on the drawing below.

 SWE	 SUI	 SUI	 POR	 POR	 POR	 POR
 NOR	 NOR	 NOR	 NOR	 NOR	 NOR	 NOR
 ITA	 IRL	 HUN	 GRE	 GRE	 GRE	 GER
 GBR	 BGR	 GBR	 FRA	 FRA	 FRA	 FIN
 DEN	 CZE	 BEL	 BEL	 BEL	 BEL	 BEL
						 AZE

## Parade route



## City Performances

City Performances will take place in Stormen Concert Hall and Bodøhallen. Both are central locations in the city of Bodø, and open to the public.

Smaller groups will be able to perform both places, while larger groups with apparatus will only perform in Bodøhallen. Each performance must not last longer than 6 minutes (including preparation of the venue and marching in and out).

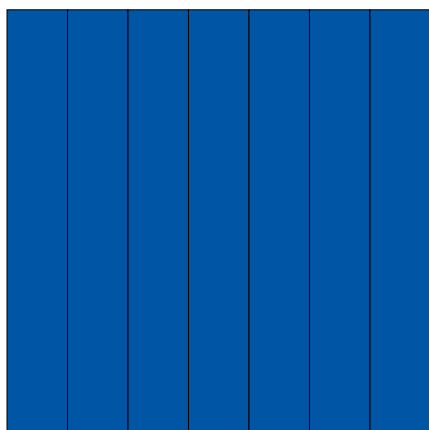
Performances start at 14:00 at both stages every day. Each group will get a specific time for both warm-up and performance, and it's very important that all groups respect these times to make sure that we can keep the schedule throughout the day. All groups must meet 30 minutes before their performance.

We will facilitate an area for warm-up and storage of clothes. Please note that we cannot be responsible for valuables.

### Stage 1: Stormen Concert Hall



Only smaller hand apparatus will be possible to use, and the roller mat floor will be fixed at 14x14m (7 roller mats). Please note that it will not be possible to change the direction of the roller mats, they will be placed vertically as seen on the illustration. Ceiling height is 15m.



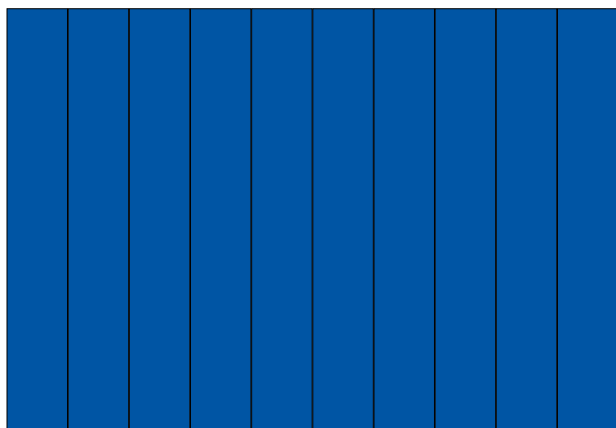
Front

### Stage 2: Bodøhallen



Groups with apparatus are responsible for making sure that the apparatus are placed correctly on the floor, but we have people to help you. The roller mat floor will be fixed at 14x20m (10 roller mats) and are in the color blue. Please note that it will not be possible to change the direction of the roller mats, they will be placed vertically as seen on the illustration.

Entrance to the warm up area will be through Nordlandshallen (next door to Bodøhallen).



Front

## Apparatus available at the stages

Apparatus	Size	Stage	Quantity	Picture
Exercise Floor - rollable mats (TeamGym floor blue) placed the same way as in the photo	14 x 14 meters (7 mats)	Stage 1	1	
Exercise Floor - rollable mats (TeamGym floor blue) placed the same way as in the photo	14 x 20 meters (10 mats)	Stage 2	1	
Trampette (36 springs)		Stage 2	2	
Trampette (40 springs)		Stage 2	2	
Trampette Open End		Stage 2	3	
Runway TeamGym	25 x 1 meters	Stage 2	1	
Trapezium Foam		Stage 2	2	
Springboard		Stage 2	2	
Airtrack	15 x 2 meters (30 cm thick)	Stage 2	1	
Safety mats	3 x 2 meters (30 cm thick)	Stage 2	4	
Landing mats	4 x 2 meters (20 cm thick)	Stage 2	2	
Landing area TeamGym	4 x 6 meters	Stage 2	2	
Tumbling track	15 x 2 meters	Stage 2	1	
Running blocs for tumbling track	15 meters (8 blocs)	Stage 2	1	
Vaulting table - Pegasus TeamGym		Stage 2	1	

**Note:** Stage 1 (Stormen Concert hall) is set up for groups with little or no equipment. Stage 2 (Bodøhallen) is designed for groups with more and larger equipment. For groups with a need for a significant amount of equipment or other special requirements, will have both performances take place in the same venue, allowing us to tailor the setup as best as possible for the performance. It is important that the groups are thorough in registering equipment in the definitive registration if you have any specific wishes.

If you have any questions or special needs regarding apparatus, please do not hesitate to contact us at [info@eurogym2024.com](mailto:info@eurogym2024.com). We will do our best to meet your wishes but cannot guarantee that we can provide the equipment not mentioned here.

# EUROGYM GALA

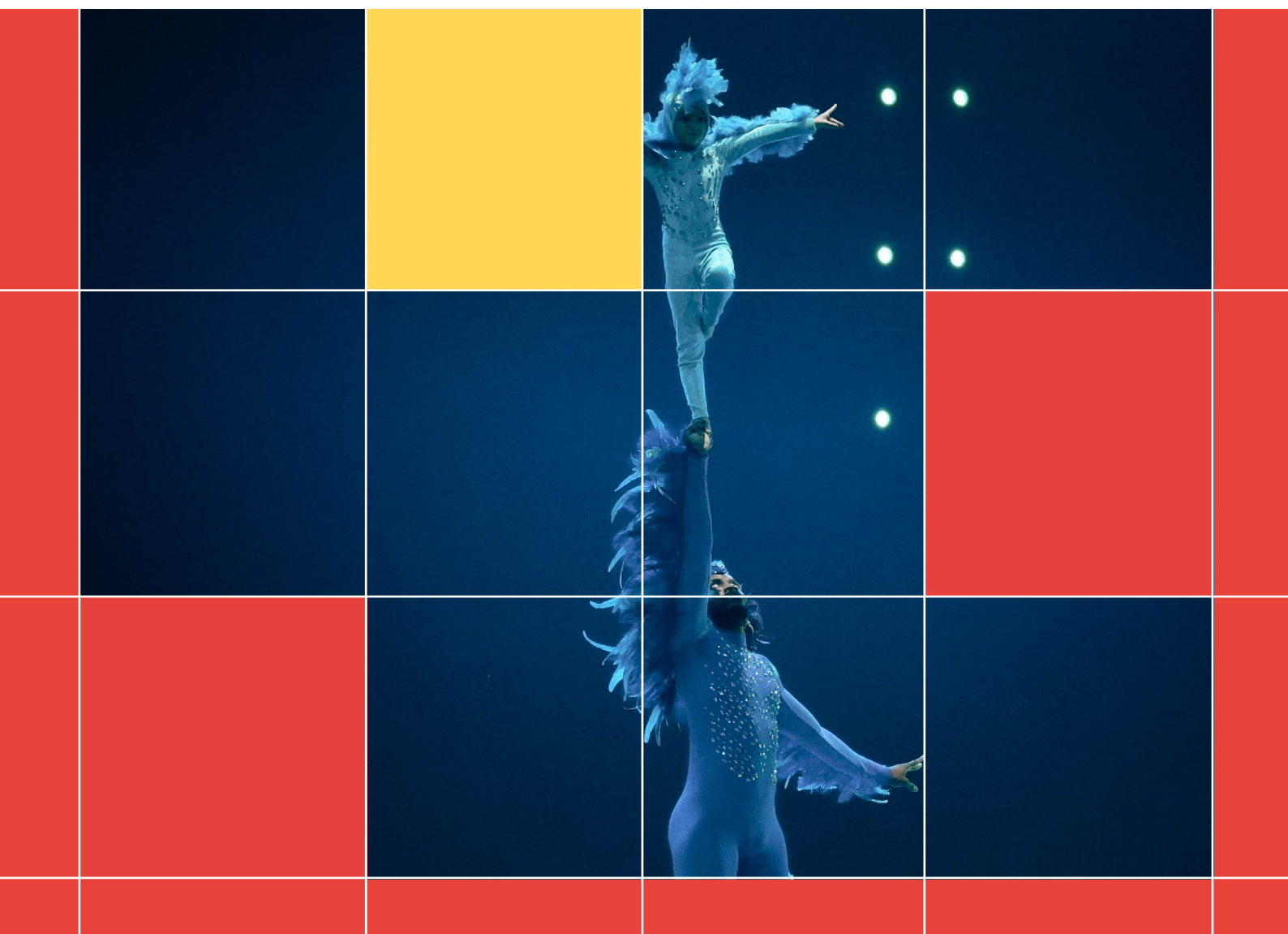
The EUROGYM Gala will take place in Bodøhallen July 18th. The performance area will be 20 x 30 m, and the roller mats will be 14 m x 20 m in blue color. Due to limited seating available, we will put on two Gala shows. Which Gala your group will attend, is informed in the group schedule.

Gala 1 — 15:00-16:30  
Gala 2 — 18:00-19:30

When Gala show number 2 is finished Group 1 will join Group 2 in Nordlandshallen for the Closing ceremony.

## Groups that will perform at the Gala

Country	Group name
Portugal	Top Acro Gym
Belgium	Groupe EUROGYM Les Spirous d'Antheit
Denmark	Performance Elite Team
Great Britain	Leeds Display Team
Germany	AkroLaVida
Greece	Wolves Academy
Italy	Ritmica Carmagnola
Norway	Bardufoss Teamgym
Norway	Ungdomstroppen Fredrikstad Turnforening
Czech Republic	Rhythmic gymnastics
Azerbaijan	FLAME





## Closing Ceremony

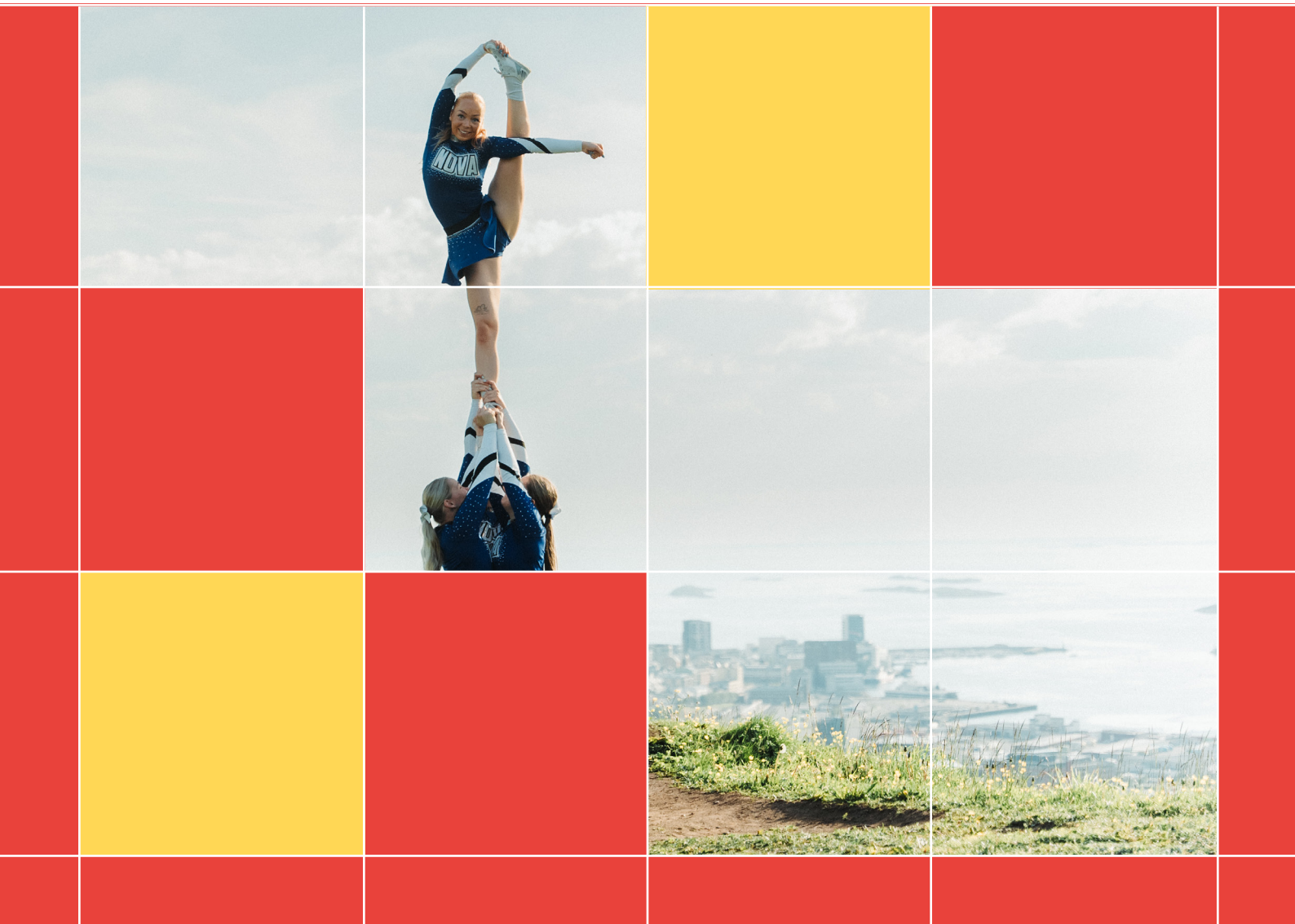
On July 18th, after the Galas, all gymnasts will meet up at Nordlandshallen for a closing ceremony, followed by an unforgettable farwell party.

## Farewell Party

As the final day of EUROGYM 2024 approaches, we invite all participants to join us for a memorable farewell party. This event will be a joyful celebration filled with shared experiences and newfound friendships. Together, let's cherish the moments, share stories, and say goodbye to an amazing event that brought us together from different parts of Europe. The farewell party promises to be an evening of laughter, music, and shared joy, creating lasting memories as we bid farewell.

## SwapZone

We can't wait to share one of the coolest EUROGYM traditions with you — the T-shirt and pin exchange on the last day! We will set up a special spot just for this on the last day of EUORGYM 2024, and we want you to be a part of it. Bring your national T-shirts, pins and other merch you would like to exchange with participants from different countries. Also, bring along a plain white T-shirt so you can create a personalized souvenir filled with signatures from all your new EUROGYM buddies. It's a fantastic way to capture the spirit of the event and the awesome connections you've made. Get ready to swap, share, and make your EUROGYM memories last a lifetime.



# FunZone by Young Leaders of EUROGYM 2024

Get ready for an exhilarating array of zones, all planned and organized by EUROGYM 2024's own group of Young Leaders (a group of young gymnasts from all over Norway). All these exciting activities will take place in Nordlandshallen each evening throughout the entire week of EUROGYM, and our Young Leaders will be there to organize the fun with you. Here's a sneak peek into what awaits you:

## PartyZone

Every evening, a different theme will take over this zone, ensuring non-stop fun. Get your groove on, unleash your inner party animal, dive into the theme of the night, and dance along!

## ChillZone

Need a break? Seek solace in the ChillZone, a relaxing and cozy place where you can hang out with friends, chill out and indulge in card or board games. It's your go-to place for recharging, both yourself and your devices.

## Mega Games

Adventure beckons! Engage in a variety of thrilling activities and mega games such as Bumperball, pillow war, Axe throwing, Bungeerun and Football dart.

## Norwegian Corner

Experience Norway's rich traditions and culture in this corner inspired by the celebration and activities that happens in Norway on our Constitution Day. On our Constitution Day we dress up in our national costume which is called "bunad". In the Norwegian corner you will find some of our favorite, traditional games and Norwegian food.

Whether you're seeking pulsating fun, a cozy hangout, thrilling adventures, or a taste of Norwegian culture, FunZone has it all. Join us for unforgettable moments, new friendships, and an experience you'll treasure.

## FunZone Calendar

	Monday July 15th	Tuesday July 16th	Wednesday July 17th	Thursday July 18th
<b>ChillZone</b>	17.00 - 22.00	17.00 - 22.00	17.00 - 22.00	20.00 - 22.00
<b>Mega Games</b>	17.00 - 20.00	17.00 - 20.00	17.00 - 20.00	Closed due to closing ceremony
<b>PartyZone</b>	<b>Norwegian Night</b> Get to know Norway through music. We promise good vibes even if you don't speak Norwegian.	<b>Neon Party</b> Dress in neon colors. We will have fun with glowsticks, face paint and music.	<b>Midnight sun pre-party</b> Bring sunglasses and put on your summer outfit. We will prepare together before going to the Midnight sun Adventure	<b>International Night</b> Farewell party with an international night means hits from every country and a swap zone for exchanging t-shirts.
	20.00 - 22.00	20.00 - 22.00	20.00 - 22.00	20.00 - 22.00
<b>Norwegian Corner</b>	17.00 - 20.00	17.00 - 20.00	17.00 - 20.00	Closed due to closing ceremony

## Midnightsun Adventure

Experiencing the midnight sun is a MUST when visiting Northern Norway during summer. Therefore, we will do our best to create a unique midnight experience for the EUROGYM participants.

**Date:** Wednesday July 17th

**Time:** 21.00 - 00.00

**Location:** Breivika Beach



## Educational Forum

In the Educational Forum, you will learn a choreographic method called "moving through" developed by the Norwegian dance company FRIKAR. The method aims to develop movements by facilitating collaboration across genres regardless of technique. Advantages of the technique include its identity-building aspect, its basis in individual movements, and the fact that performers create the movements themselves. "Just as different types of stone facilitate different sculptures, different bodies and minds facilitate different movements." [www.frikar.com](http://www.frikar.com)

Through the exchange of experiences, the method will be connected to Gymnastics for All.

### Speaker Gry Nygård Fredriksen

Gry is a passionate choreographer in show gymnastics with a heart for gymnastics for all. She is a part of the Norwegian national coaching pool in choreography, and has experience as evaluator at different FIG, EG and national events. Her background comes from teamgym as a gymnast and coach with experience from National, Nordic and European Championships. Also, Gry was the artistic director and choreographer for Nordic Evening 2019 (World Gymnaestrada) and World Gym for Life Challenge 2017.

### CoachZone

As well as a zone for the youth, we will have a zone where coaches/leaders can meet and get to know each other.



## Workshops

We will provide lots of different workshops during the week, and all groups will be provided with four different workshops. The workshops will take place in and around Bodø and will be both gymnastics related and other sports and activities. What workshops your group is signed up for is listed in your personal Group Schedule.

### TeamGym

Train across the three apparatuses: trampette, tumbling, and floor exercises. Engage in diverse exercises and techniques aimed at honing skills in these disciplines as a group and individually.

### Artistic gymnastics

Try various apparatus exercises like bars, vault, beam, and floor routines at our workshop. Explore athleticism, creativity, and gymnastics excellence, whether you're a beginner or refining your skills!

### Trampoline

Learn essential skills and acrobatics on large trampolines tailored to your skill level. Gain confidence in aerial moves and safety measures for an exhilarating workshop experience!

### Rhythmic Gymnastics

Explore rhythmic gymnastics, incorporating ribbon, hoop, ball, and clubs. Enhance flexibility, learn fundamental skills, and express creativity through rhythmic movement in this workshop!

### Cheerleading

Perfect high-energy stunts, synchronized cheers, and captivating dance moves in our workshop. Hone skills, foster team spirit, and prepare to cheer with flair and precision!

### Airtrack

Experience the thrill of gymnastics and acrobatics using Airtrack. Learn fundamental and new tumbling skills, practice acrobatic movements, and perform on inflatable, air-filled tracks!

### Acrobatics

Engage in partner acrobatics! Discover lifting and throwing techniques within pairs and groups, fostering teamwork, strength, and creative expression in this dynamic session.

### Parkour

Explore parkour fundamentals, emphasizing creative urban movement. Learn obstacle navigation techniques, build strength, agility, and deepen your understanding of parkour philosophy.

### Water Aerobics

Immerse yourself in the vibrant world of water aerobics. Experience a fusion of aerobic movements and water resistance, crafting a high energy session. Discover and master diverse techniques.

### Modern Dance

Enhance dance skills with Modern Dance moves. This workshop focuses on expressive movements, conveying emotions through fluid choreography, and refining artistic storytelling.

### Judo

Develop self-defense skills and fitness with Judo. This workshop focuses on throws, grappling, and submissions, using technique over strength. Judokas wear a gi and train for discipline and using force.

### Breakdance

Explore the dynamic art of breakdancing. Suitable for all skill levels, delve into fundamental elements, techniques, and the vibrant culture surrounding this high-energy dance form.

### Show Hairstyling

Master the art of hairstyling for performances in our Show Hairstyling Workshop. Join us for a day of inspiration and skill-building, perfecting techniques for captivating show hairstyles!

### Show Makeup

Refine your stage makeup skills in our Show Makeup Workshop. Explore techniques and expressions of stage-ready makeup and unleash your creativity for a stunning performance makeup!

### Special Choreography

Perfect your team routine, gather inspiration, and receive valuable feedback in our Special Choreography Workshop. Ideal for collaborative work and refining your team's performance!

## City Orienteering

Experience Bodø through city orienteering—an engaging workshop enhancing navigation skills and urban familiarity. Delve into the city's charm and expand your knowledge in this insightful exploration.

## Colorful performance

Explore cultural heritage through music, play, and dance. This workshop celebrates diversity by bringing people together to share cultural treasures. Experience rich differences and shared similarities.

## Disc Golf

Disc golf is like traditional golf, but instead of using clubs and balls, you throw a disc into a target. It's a fun and challenging game played outdoors on a course with various targets.

## Indoor Climbing

Embark on a climbing adventure at one of Norway's premier climbing centers. Acquire essential climbing skills, safety measures, and confidence for thrilling vertical pursuits together with a certified coach.

## Basketball

Engage in skill drills, tactical training, and gameplay, delving into the fundamentals and strategies of basketball. Develop prowess, teamwork, and a deeper understanding of the game.

## Bumper Ball

Engage in a lively and entertaining experience, maneuvering in oversized inflatable spheres. Explore the thrill of bouncing, rolling, and laughing while mastering balance in this exciting physical activity.

## Hiking

Discover the scenic beauty of Bodø. Immerse yourself in nature's tranquility and explore the great outdoors while gaining valuable hiking skills and an appreciation for the city's stunning landscapes.

## CrossFIT

Get to know the principles and practices of CrossFIT, a high intensity fitness program that combines elements of cardiovascular exercise, weightlifting, gymnastics, and functional movements.

## Beach Volleyball

Join us for a beach volleyball workshop! Practice on sandy courts, master basic spiking and serving techniques, all while developing teamwork skills under the open sky.

## Indoor Bludering

A form of climbing on artificial formations mimicking natural settings. Bouldering offers an accessible and pure climbing experience, often safely done solo and without specialized gear.

## Football/Soccer

Develop your skills and tactics in the world's most popular sport. Refine your techniques, teamwork, and understanding of football's intricacies while embracing the game's spirit.

## Table Tennis

Experience the excitement of table tennis! Join our workshop to explore various techniques, from powerful shots to strategic serving, and discover the thrill of this fast-paced game!

## How to cut a fish

Master the art of gutting fish the Norwegian way! This hands-on workshop combines traditional fish-cutting techniques with culinary skills to prepare delightful seafood dishes.

## Outdoor strength training

Through a combination of body-weight exercises, functional training, and natural elements, you will enhance your strength, flexibility, and overall fitness while enjoying the benefits of outdoor exercise.

## Obstacle Trail

Test your speed, agility, and endurance as you navigate a series of obstacles designed for individuals and teams seeking an exhilarating experience. This will be an exciting, challenging adventure.

## Pilot Training

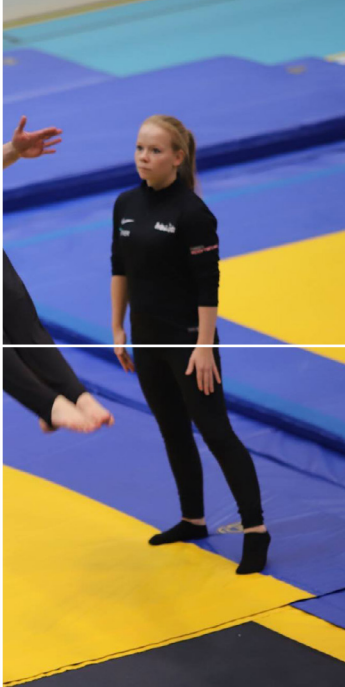
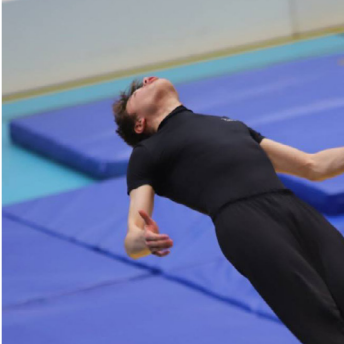
Experience the thrill of pilot training through engaging activities in flight simulators that are designed to test and enhance your reactions and concentration skills. Used in training of real pilots.

## Floorball

Experience the fast-paced, dynamic indoor sport of floorball. Use lightweight sticks and balls to score goals, improving your game strategy and skills in an energetic atmosphere.

## Skateboarding

Discover skateboarding's essentials at this fun workshop! This engaging session introduces basic skills, safety measures, and allows you to explore your personal style and tricks on the board.



## School accommodation

The participants will be accommodated in schools near the city center. Even though Bodø is a very safe city, all the schools will have 24-hour security. The schools will be cleaned every day.

Each HoD is responsible for the conditions of the school where their groups stay. All group leaders and Heads of Delegation (HoD) must sign under the school regulations. Each group leader will be asked to register their group when they arrive at the school. The group leader will be asked for their contact information and must make themselves available to the HoD if needed.

### Rules at the schools

- 1 The team leaders are required to familiarize themselves with the fire safety instructions at each school.
- 2 Only use the main entrance at every school. All other entrances are only for emergencies.
- 3 No shoes inside (take off the shoes at the entrance and carry them to the classroom).
- 4 Participants must be inside the school by 23:00. There should be quiet in the schools from 23:00 to 06:00 (or 07:00).
- 5 All use of alcohol or other intoxicants is strictly prohibited. It is forbidden to appear on school premises in an intoxicated state.
- 6 It is not permitted to take food out of the breakfast room without special permission from the security staff. All meals must be eaten in the dining hall.
- 7 Tables and chairs must be lifted, not pushed, when moved.
- 8 The classrooms must be in the same condition when you leave, as it was when arriving.
- 9 Cleaning of showers, toilets, and common areas is once a day, not classrooms. Garbage can be carried to the entrance, and the volunteers will handle it.
- 10 Any questions should be directed to the school's security staff.

Violation of one or more of these points may lead to the team's disqualification and a report will be sent to the Head of delegation of the respective nation. The accreditation card can be withdrawn, and the Head of Delegation is then responsible for finding accommodation for the participants/coaches/leaders, until they return home.



# Transport

## Airport Transfer

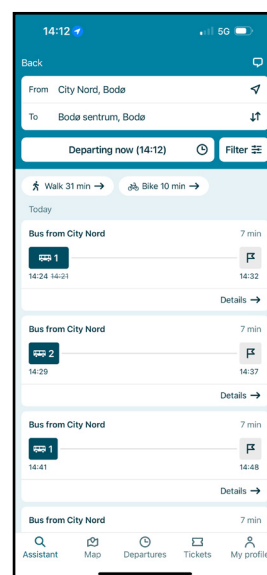
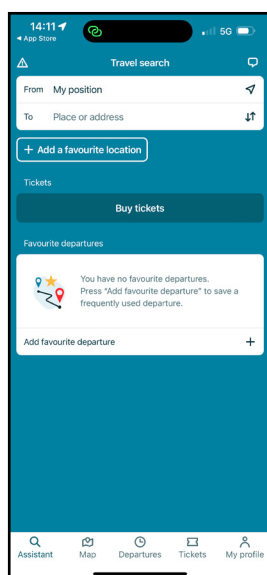
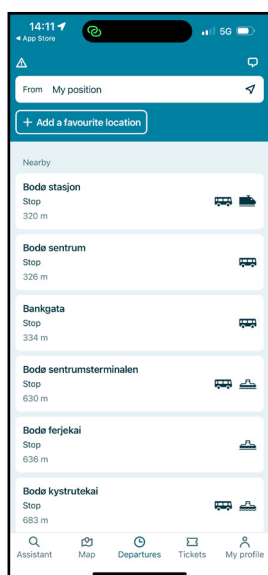
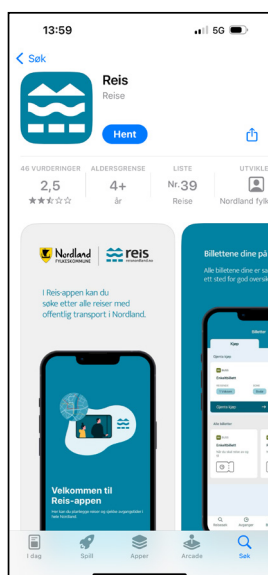
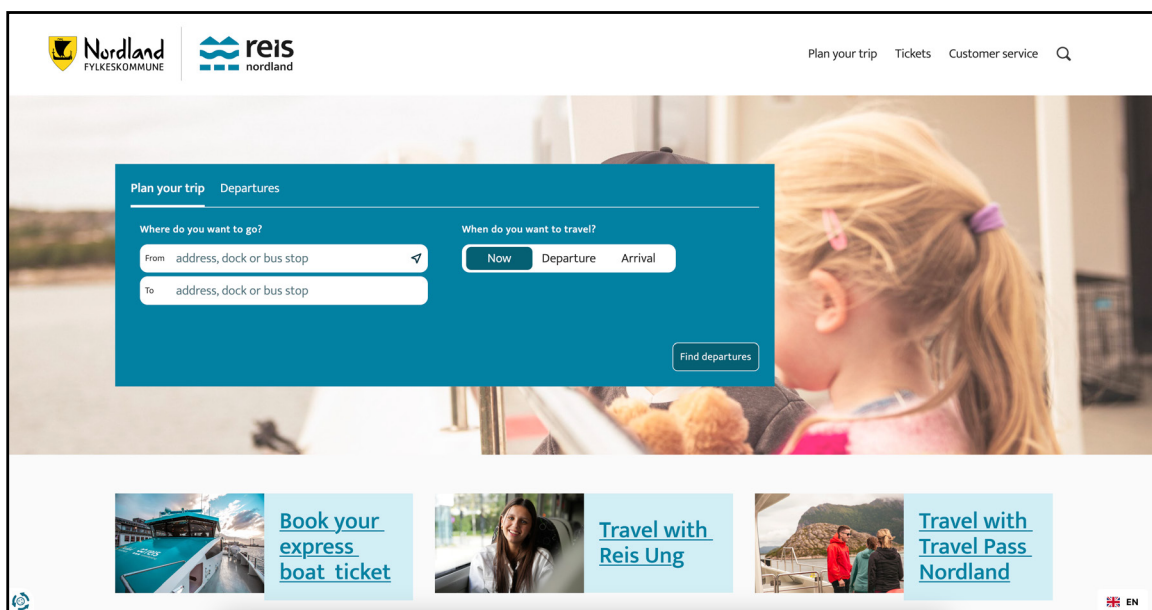
When you arrive at Bodø Airport — you will see our information stand. Volunteers will help everyone who has ordered transfer to the accommodation.

## Free transport during the event

Bodø is a compact city and most of the venues are in walking distance from the city center. Public transport is free of charge for EGFL and EUROGYM participants by showing the accreditation card. Your accreditation card serves as a valid ticket between July 11th - 19th. There will be extra public busses with routes from/to schools located outside the city center, especially around lunch-time and in the evening after FunZone.

## Bus time tables - Reis Nordland

Find timetables in the "Reis" app and the website [reisnordland.no](http://reisnordland.no). You will always find up-to date information on route deviations and public holidays here. "Reis" means "Travel" in Norwegian :)



## Taxi

You can order taxi og maxi taxis (up to 16 people).  
Taxi number in Bodø is 07550



## Catering

The breakfast will be served in the schools, and lunch and dinner will be served in Bankgata Flerbrukshall and Bodø VGS (High-School). Each group will be given a time and place for both meals each day. You will find this in your personal group schedule. Your group will have the same dining venue for all meals throughout the week.

All meals will be free of nuts and pork meat. All meat served is halal.

Those who have ordered allergy friendly food or vegetarian/vegan options will have access to a separate line on their accreditation card.

## Menu

	Sunday July 14th	Monday July 15th	Tuesday July 16th	Wednesday July 17th	Thursday July 18th
Lunch	<b>Pasta Salad</b> with chicken	<b>Baguette</b> with chicken and curry dressing	<b>Pasta salad</b> with ham and cheese	<b>Street Burrito</b> Tortilla with crispy duck, vegetables and hiosin sause	<b>Baguette</b> with cheese and chicken ham
Dinner	<b>Meat balls</b> with tomato sause served with mashed potatoes	<b>Chicken curry</b> served with salad and rice	<b>Chili con Carne</b> served with salad and rice	<b>Beef Stroganof</b> served with salad and rice	<b>Pasta</b> with carbonara sause and turkey bacon

## Drinking water

Norway is known for its high-quality drinking water, sourced from pristine natural springs and lakes, making it both safe and delicious to drink straight from the tap. We encourage you to enjoy the fresh, clean water during your stay, as it is way better than bottled water. It is safe to drink water from all taps.

We are pleased to inform you that each participant will receive a EUROGYM water bottle upon arrival, which you can use throughout the event. Water stations will be available in the dining hall at Bankgata where you can refill your bottle before each meal, so remember to bring it with you. No other beverages will be provided.



# Excursions and Activities

Looking for an adventure when you are in Bodø? We have gathered some experiences to do with your group (or individually), and made sure our EUROGYM travelers get good deals with the local suppliers in Bodø.

## Rampen Via Ferrata

Try the world's northern most Via Ferrata. Climb a cliff hanging above the sea with spectacular views. No previous climbing experience needed to join an exhilarating climb with experienced guides.

Suitable for participants aged 12 and up, this climbing experience requires a minimum weight of 40 kg and a maximum of 120 kg. Participants under 16 must climb with a guardian or familiar adult.

**Groups of 4 or more can book by contacting Rampen directly To get 15% off when booking at the website, use code: EUROG24**

[Book here](#)

Contact information  
[hello@rampen.com](mailto:hello@rampen.com)



## RIB-boat to Saltstraumen with sea eagle saferi

Experience the force of the world's strongest tidal current — Saltstraumen, and see the sea eagle up close. Explore Salten takes you out in a rib boat when the current is at its strongest. See the nature around Bodø up close and get ready for a wild experience!

Explore Salten has available tours for booking throughout the whole week.

**To get 20% off, use code: EUROGYM24**

[Book here](#)



Visit Bodø's EUROGYM guide

**Things to do in Bodø for EUROGYM participants**

[Learn more](#)

## Customized RIB-boat trips for EUROGYM groups

If you as a group/team/family want a private experience, we at Explore Salten have made some tailored alternatives for you- with a discounted price. Book a whole rib. 12 seats in each rib. We have multiple ribs available. No group is too big for us.

### RIB-boat to Saltstraumen with sea eagle safari

Experience the force of the world's strongest tidal current — Saltstraumen, and see the sea eagle up close. Explore Salten takes you and your group out in a rib boat when the current is at its strongest. See the nature around Bodø up close and get ready for a wild experience!

Duration: 2 hours

Price per rib: 10,000 NOK

### RIB-experience with sea eagle safari

On this trip you will experience the speed of the boat, through beautiful nature, past small islands and you'll see the Paradise bay. We will also look for sea eagles. Bring your camera, because this is an experience to be photographed.

Duration: 1 hour

Price per rib: 7,000 NOK

### Midnight sun RIB-experience

Experience the magical light of the midnight sun. We take you out on an amazing evening trip with our rib between small islands and along the skerries, where you get to experience the colours and wildlife with your own eyes.

Duration: 1,5 hour

Price per rib: 10,000 NOK

### How to book customized group trips

Send us an email at [post@exploresalten.no](mailto:post@exploresalten.no)

Include in the email:

- What type of trip you want
- Number of participants
- When you want to go (note: rib to Saltstraumen runs when the current is strongest)
- Mention Eurogym for the discounted price

We also offer hiking trips, fishing trips etc. Read more at [www.exploresalten.no](http://www.exploresalten.no) or contact us for more information.



## Norwegian Aviation Museum

Go on a journey through military and civil aviation history. Explore fascinating aircraft and hear thrilling stories. Test your skills in the interactive "How to become a pilot" exhibition.

The National Norwegian Aviation Museum offers EUROGYM participants and their families discounted tickets for visits from July 11th to 20th, 2024.

**Tickets must be purchased online and presented at the reception upon arrival.**  
**Discount code: EUROG24**

[Book here](#)



## Mørkvedhallen Climbing Center

Reach new heights at Mørkvedhallen Climbing Center! This is one of Europe's biggest climbing gyms, and can offer climbing for all different skill levels. Are you born before 2011 you get entrance, rental equipment and necessary training for 170 NOK. Were you born in 2012 or later, you get the same offer for 150 NOK. These need to be accompanied by a group companion. The group companion enters free of charge.

**Just drop by and bring your accreditation card.**

[Learn more](#)



## Nordlandsbadet Water Park

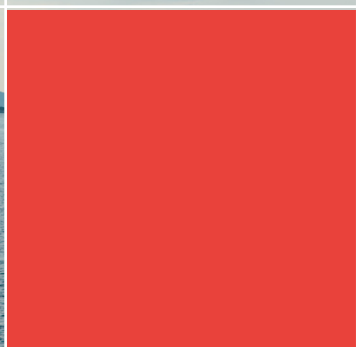
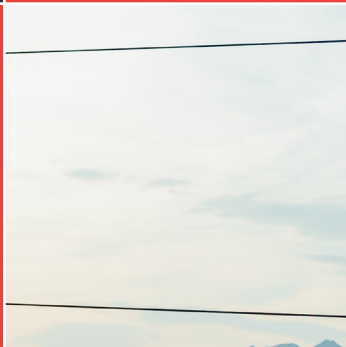
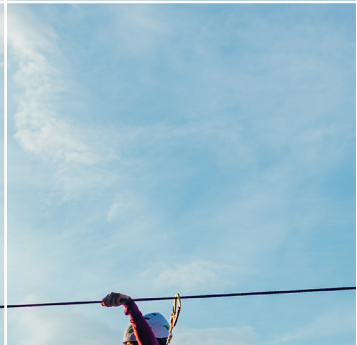
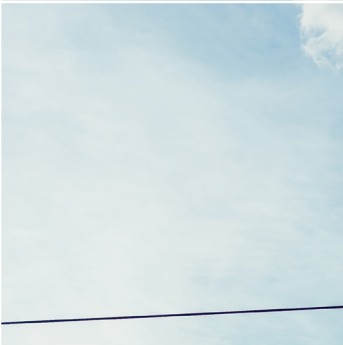
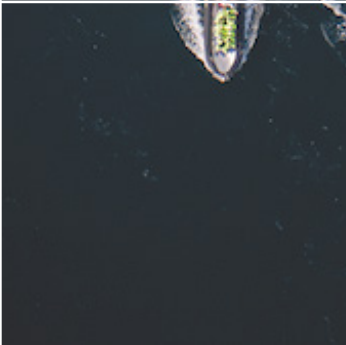
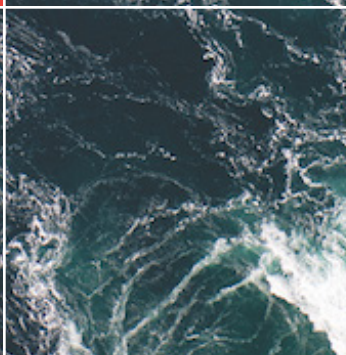
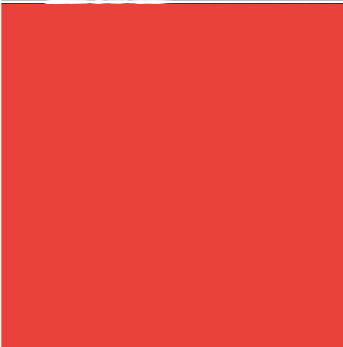
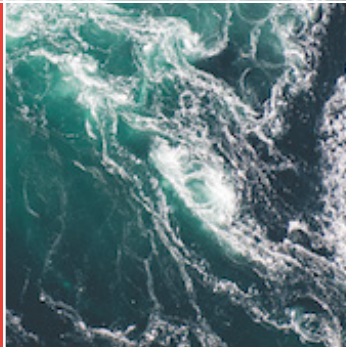
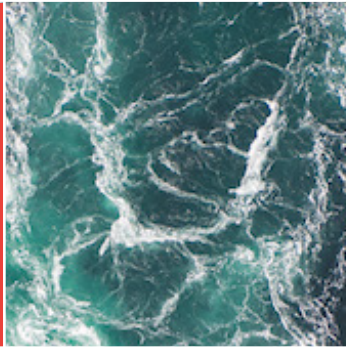
Nordlandsbadet is one of Scandinavia's most impressive indoor bathing facilities. Try fun water slides, high-diving platforms, a wave pool, a river pool and lots more.

By showing your accreditation card, you get a lower price at 100 NOK.

**Just drop by and bring your accreditation card.**

[Learn more](#)





# Nice to know when traveling to Bodø, Norway

## Language

The official language is Norwegian, but English is widely spoken, especially among younger people and in tourist areas.

## Currency

The currency is Norwegian Krone (NOK). Credit and debit cards are commonly accepted.

## Local time

Bodø is in the Central European Time (CET) zone (UTC+1). Daylight Saving Time (DST) is observed from late March to late October (UTC+2).

## Electricity and plugs

Norway uses Type C and Type F plugs. The standard voltage is 230 V and the frequency is 50 Hz. Travelers from countries with different plug types should bring an appropriate adapter.

## Shops are closed on sundays

Most shops are closed on sundays in Norway - also supermarkets. Normally only a few smaller shops are open. But on sunday july 14th, the city center in Bodø have open shops especially for EUROGYM :)

## The Midnightsun

It is bright all day and night, and some people find it hard to sleep. But don't worry - everyone will be provided with their own sleep mask upon arrival.

## Drinkingwater

Norway is known for its high-quality drinking water, sourced from pristine natural springs and lakes, making it both safe and delicious to drink straight from the tap. We encourage you to enjoy the fresh, clean water during your stay, as it is way better than bottled water. It is safe to drink water from all taps.

We are pleased to inform you that each participant will receive a EUROGYM water bottle upon arrival, which you can use throughout the event. Water stations will be available in the dining hall at Bankgata where you can refill your bottle before each meal, so remember to bring it with you. No other beverages will be provided.

## Weather and Clothing

During summer (June to August) Bodø has mild temperatures ranging from 10°C to 20°C (50°F to 68°F). Bring light clothing, a sweater, and a waterproof jacket.

Note: Weather can be unpredictable, so always check the forecast and pack accordingly.

## Nature

Bodø is known for its stunning natural scenery, including Saltstraumen - the world's strongest maelstrom, hiking trails, and opportunities for fishing and boating. Remember to dress appropriately for outdoor activities and be prepared for sudden weather changes.

Norwegians have a strong connection to nature and the environment. Visitors are encouraged to follow the principle of "leave no trace" when exploring natural areas.

## Emergency numbers

Emergency room: 116 117

Police: 112

Fire: 110

Ambulance: 113



## Flashmob

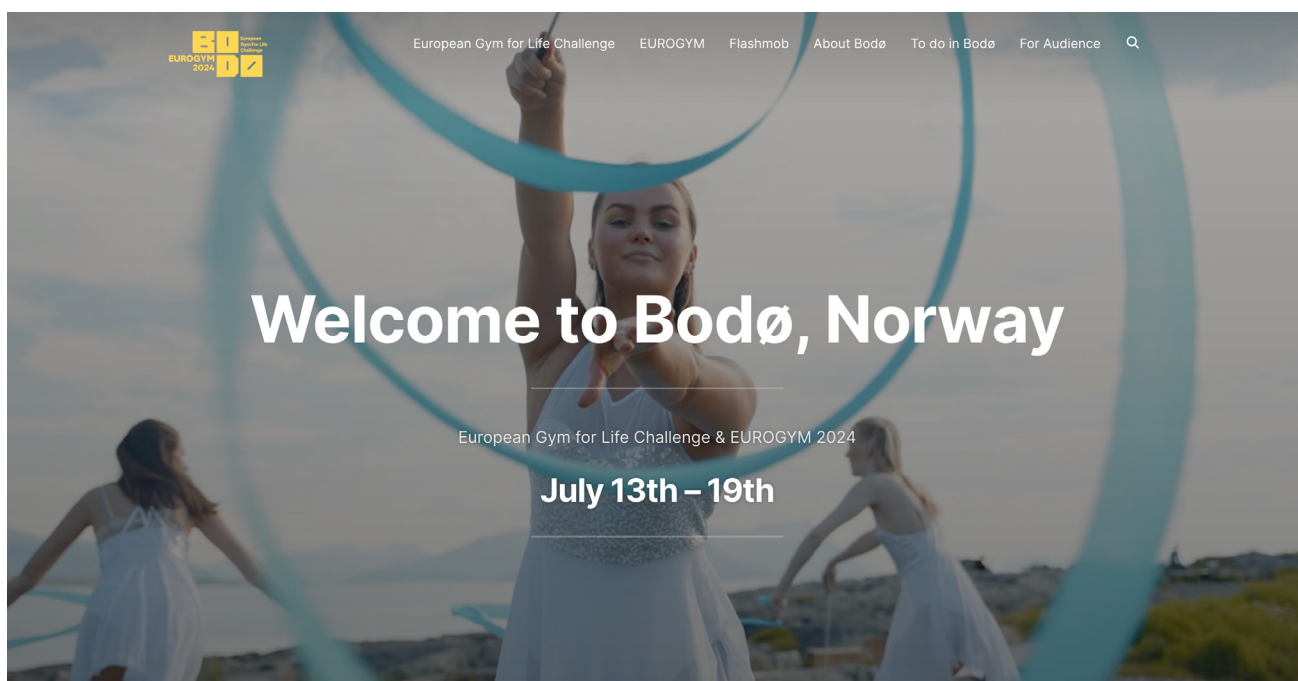
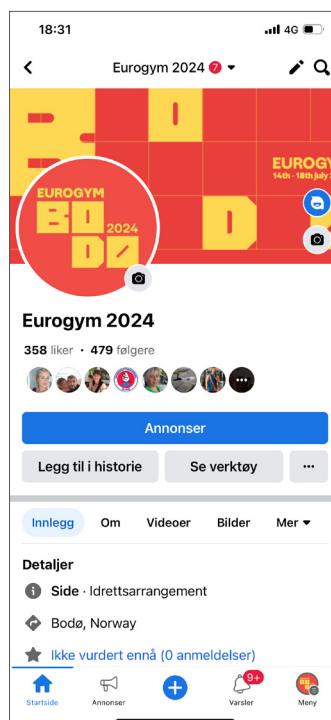
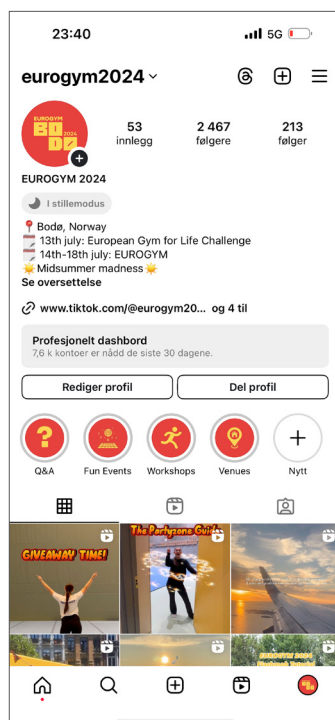
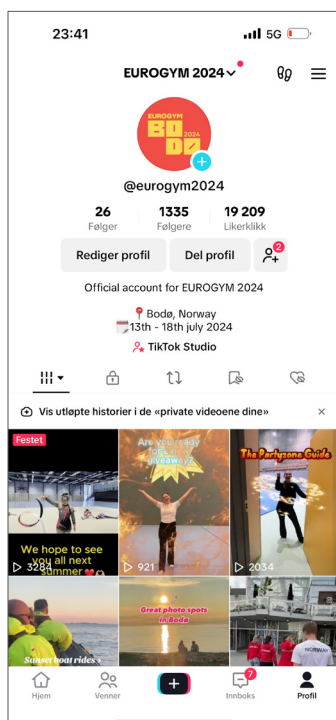
You will find the official flashmob of EUROGYM 2024 on YouTube and eurogym2024.com  
Learn the moves and get ready to dance it out at the stroke of midnight sun.

## Follow us on TikTok, Instagram and Facebook

We are present on TikTok, Instagram and Facebook. Please follow us for regular updates and inspiration from Bodø, Norway.

@eurogym2024

[eurogym2024.com](http://eurogym2024.com)



## A sustainable EUROGYM

Eurogym 2024 will be an organizer that takes environmental and sustainability responsibility seriously. The goal is to carry out Europe's greenest gymnastics event and inspire others to do the same.

**We want everyone who participates in Eurogym 2024 to contribute to creating a sustainable EUROGYM. Small contributions can have a big effect! Here are tips on how YOU can contribute.**

### This is what you can do to contribute to creating a sustainable EUROGYM



**Deposit your bottles**



**Sort your waste**



**Produce as little waste as possible**



**Fill your bottle with tap water**



**Use your shopping bag**



**Use public transport**



**Walk when possible**



**Say "Hi" and smile to everyone you meet**



**Show good sportmanship - give applause to others**

BODØ2024 14th

July 14 - 18



## Contact

[info@eurogym2024.com](mailto:info@eurogym2024.com)

[registration@eurogym2024.com](mailto:registration@eurogym2024.com)

[finance@eurogym2024.com](mailto:finance@eurogym2024.com)

[inclusion@eurogym2024.com](mailto:inclusion@eurogym2024.com)

## Socials

[eurogym2024.com](http://eurogym2024.com)

[@eurogym2024](https://www.instagram.com/eurogym2024)

[#midsummermadness2024](https://www.tiktok.com/@eurogym2024)

