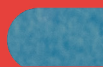


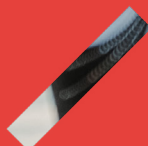
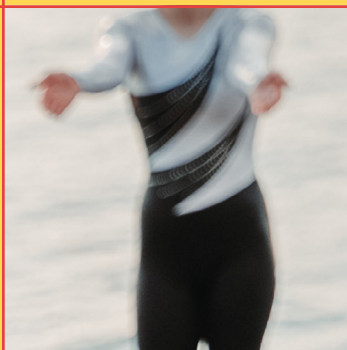


# European Gym for Life Challenge

July 13th 2024



## Event Guide



European  
Gymnastics

## Greetings from European Gymnastics

# European Gym for Life Challenge

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 4th edition of European Gym for Life Challenge.

We want you all to experience the best gymnastics week of your life, performing and socialising 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 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

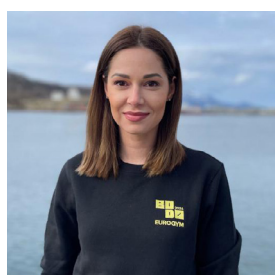
# Welcome to European Gym for Life Challenge 2024

Dear friends,

On behalf of the entire organizing team, it is my great honor and pleasure to welcome you all to the 4th European Gym for Life Challenge in the beautiful city of Bodø. This year, we are proud to announce a record breaking number of registrations for EGFL, with 1,395 participants across 60 groups.

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



European  
Gymnastics



# The LOC Local Organizing Committee

**Irina**  
LOC President

**Hanne**  
Executive Director

**Filip**  
Young Leaders

**Mathilde**  
Inclusion

**Minna**  
Event Manager

**Julie**  
Marketing

**Ida**  
Volunteers

**Stig**  
Finance

**Hilde**  
Workshops

**Birgit**  
Technical Manager

**Gro**  
Food & Beverage

**Jannik**  
Gym for Life

**Laila**  
Accommodation

**Brit**  
Accommodation

**Vera**  
Security/Medical

**Siril**  
Sustainability

**Henriette**  
Transport

**Heidi Marie**  
LOC Advisor



## Participating Countries

EGFL has a record number of 1,395 participants this year, and 18 countries are traveling to Bodø for the challenge.



Azerbaijan



Belgium



Czech Republic



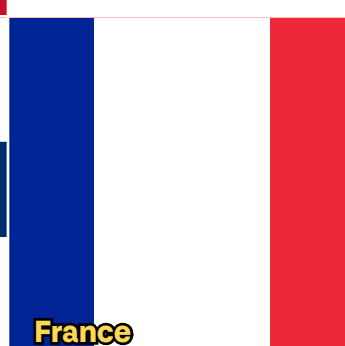
Denmark



Estonia



Finland



France



Great Britain



Germany



Greece



Hungary



Ireland



Italy



Netherlands



Norway



Portugal



Switzerland



Sweden

# About the European Gym for Life Challenge

## Performances

The groups present a performance of a maximum of 3 minutes, including entering and exiting the performance area. If large apparatus are used, the group may use one minute for placing and removing the equipment. This minute is to be without music and is used ONLY for moving the equipment/apparatus. It is not considered part of the performance. The music must be delivered to the LOC two months in advance in order to be checked for quality and duration. The music must be uploaded during the Definitive registration in Gymnaplana.

All groups will get rehearsal time. The rehearsal time for each group depends on the number of groups taking part. The Challenge will take place indoor with a floor area of 20 x 30 meters in total.

## Categories

The main objective of the EGFL is to improve the quality of performances. The TC-GFA focuses on the “show effect” which means attractiveness for the spectators. The number of categories depends on the number of groups. The TC-GFA can change the format of categories depending on the number of registrations (e.g. large groups/small groups, etc. with or without apparatus).

## Evaluation

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation and originality
- Technique, quality and safety
- Variety and diversity

All parts have equal value, up to 5 points per criteria. The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography. This panel is selected by the TC-GFA. The Evaluators will be directed by a supervisor before, during and after the event. The supervisor is appointed by the TC-GFA. Each Evaluator has a total of 20 points, 5 per criteria. After each performance the Evaluators give the 4 scores/criteria and the total score. All scores are given independently. 4 scores are added (maximum score is therefore 80).

## Feedback

The Challenge will have a minimum of 3 Feedbackers, who are experienced in choreography and have participated in an “advisory course” of the TC-GfA. The experts giving feedback will be appointed by the TC-GfA. The feedback includes positive points from the performance and recommendations on how the performance can be improved. The feedback will only be given to a coach or a choreographer. The feedback will be given directly after the performance. Each coach/choreographer will meet the Feedbacker in a place indicated at the Coaches/Head of Delegation meeting.

## Results

The scores will be used to establish an internal ranking list which will not be distributed. All groups receive a bronze, silver or gold trophy, all gymnasts receive a medal and a diploma. European Gymnastics will also hand out some special diplomas. The results will be announced, and the prizes will be handed out after the Challenge.

## Inclusion - Facilitation for special needs athletes

We would like to invite also integrative performance groups for the EGFL, regardless of ability or level of function. We are actively working to facilitate special needs athletes. We will be designing venues with sufficient space for accessibility, elevators, highly visible signage, etc.

We can also help you to find alternative accommodation and/or find volunteers to assist with logistics throughout the event. Do not hesitate to contact us with any questions regarding inclusion and facilitation. [inclusion@eurogym2024.com](mailto:inclusion@eurogym2024.com)



# Evaluators

European Gym for  
Life Challenge



Nina Amann  
Austria



Wendy Lukas  
Great Britain




Jérôme Huebscher  
FIG



Heidi Marie Taksdal  
Norway



Dr. Gabriele Postuwka  
Germany



Catia Rosi  
Italy



Bruno Miguel  
Fidalgo Oliveira  
Portugal

# Feedbackers

European Gym for  
Life Challenge

# European Gym for Life Challenge 2024 Programme

Thursday July 11th		
Time	What happens?	Location
All day	Arrivals	
20.00 - 21.00	HoD and Group leader/coaches meeting	Bodøhallen

Friday July 12th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
08.00 - 20.00	Info Desk open	Stormen Concert Hall
10.00 - 17.30	Rehearsal European Gym for Life Challenge	Bodøhallen
12.00 - 14.00	Lunch at scheduled time	Bankgata
17.30 - 19.30	Dinner at scheduled time	Bankgata

Saturday July 13th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
08.00 - 20.00	Info Desk open	Stormen Concert Hall
09.30 - 17.30	European Gym for Life Challenge	Bodøhallen
12.00 - 14.00	Lunch at scheduled time	Bankgata
17.30 - 19.30	Dinner at scheduled time	Bankgata and Bodø High School

Sunday July 14th		
Time	What happens?	Location
07.00 - 09.00	Breakfast	Schools
	Departure	







# Venues

## Stormen Concert Hall

The concert hall is located in the heart of Bodø city center. Here you will find the main venue with Info Desk and accreditation.

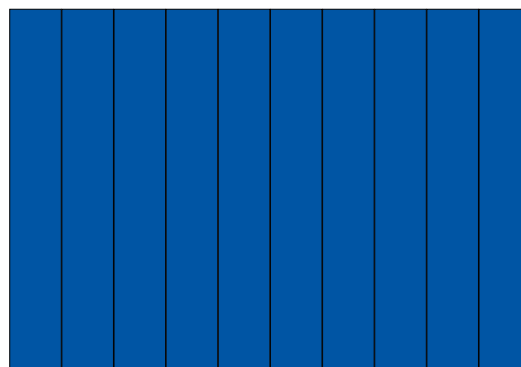
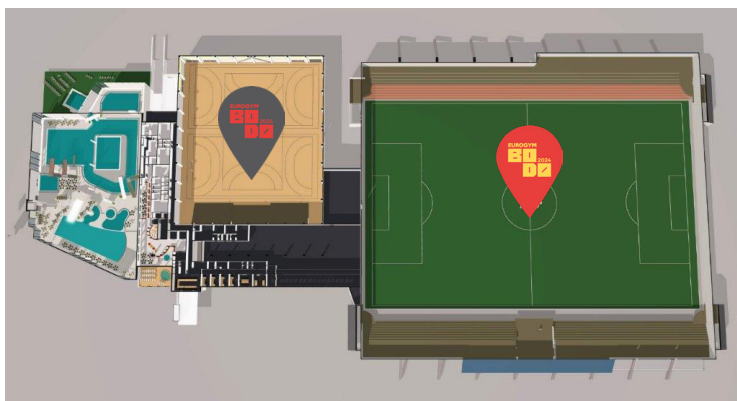


## Bodøhallen and Nordlandshallen

The European Gym for Life Challenge will take place in Bodøhallen. Right next to it, you will find Nordlandshallen. This is where you will find the warm-up area. All groups will enter the stage from this hall.

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







### Main Venue



The Main Venue will be in Stormen Concert Hall. This will be the arena for accreditation and info desk.

### Rehearsal



The rehearsal for all groups will be in Bodøhallen on Friday July 12th. Find the rehearsal schedule further back in the event guide.

### Warm-up



The general warm-up for the EGFL will be in Nordlandshallen, which is next to and connected to Bodøhallen. Roller mats will be provided, but no other equipment. There will also be toilets and mirrors available.

### European Gym for Life Challenge



The European Gym for Life Challenge will take place in Bodøhallen (performance area 20 x 30 m, floor of oak, ceiling height 7,8 m).

## Apparatus available

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

**Note:** 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.



# Rehearsal schedule

**July 12th // 10.00** Rehearsals start

Each group have the floor for 6 minutes during the rehearsals

Session 1 10.00				
No.	Country	Group name	Roller mats	Time
1	DEN 1	Performance Elite Team	10 roller mats	10.00
2	NOR 21	Harstad Turnforening	10 roller mats	10.06
3	NOR 42	B&OI Turn Damer Oppvisning	10 roller mats	10.12
4	NOR 5 & 6	Sarpsborg Turnforening - EG/EGFL	10 roller mats	10.18
5	NOR 14 & 40	STIL - EGFL	10 roller mats	10.24
6	NOR 3	Sortland Turnforening	10 roller mats	10.30
7	NOR 29	Senja Turn	10 roller mats	10.36
8	SUI 4	SFG Lugano 2	10 roller mats	10.42
9	NOR 41	Finnsnes IL - Videregående EGFL	10 roller mats	10.48
10	NOR 31	Fredrikstad Turnforening	10 roller mats	10.54
11	NOR 12	Bardufoss Gym og Turn	10 roller mats	11.00
12	NOR 27	Hasvik IL - Turngruppa	10 roller mats	11.06
13	NOR 18	Fellestropp Rogaland/Agder	10 roller mats	11.12
14	NOR 26	Sotra Dynamite	10 roller mats	11.18
15	NOR 8	Finnsnes IL - Damepatruljen EGFL	10 roller mats	11.24

## 11.30: Break

Session 2 11.45				
No.	Country	Group name	Roller mats	Time
16	GRE 4	WAY OF LIFE	7 roller mats	11.45
17	POR 5	ZakiGym	7 roller mats	11.51
18	AZE 1	Gymnastics for all team	7 roller mats	11.57
19	GRE 3	GYMNASTIC HOUSE	7 roller mats	12.03
20	POR 2	Gimnofrielas - Top Acro Gym	7 roller mats	12.09
21	GRE 5	GOPF ARMONIA	7 roller mats	12.15
22	POR 6	AGG Vouzela - Representação	7 roller mats	12.21
23	GRE 9	AOP KARATE CHIOU-Fishermen	7 roller mats	12.27
24	NOR 25	Sotra Sportsklubb - EGFL	7 roller mats	12.33
25	GRE 2	WOLVES ACADEMY	7 roller mats	12.39
26	BEL 8	RCG La Salamandre	7 roller mats	12.45
27	GER 9	Showakrobatik Face	7 roller mats	12.51
28	POR 4	Albigym - AcroGymnastics	7 roller mats	12.57
29	GRE 8	ACROKINISI	7 roller mats	13.03
30	FIN 3	Rantaperkiön Isku	7 roller mats	13.09
31	GER 10	TSV Hüttlingen	7 roller mats	13.15
32	BEL 4	Gym Club Malmedy	7 roller mats	13.21
33	GRE 1	OLYMPIADA THRAKOMAKEDONON	7 roller mats	13.27

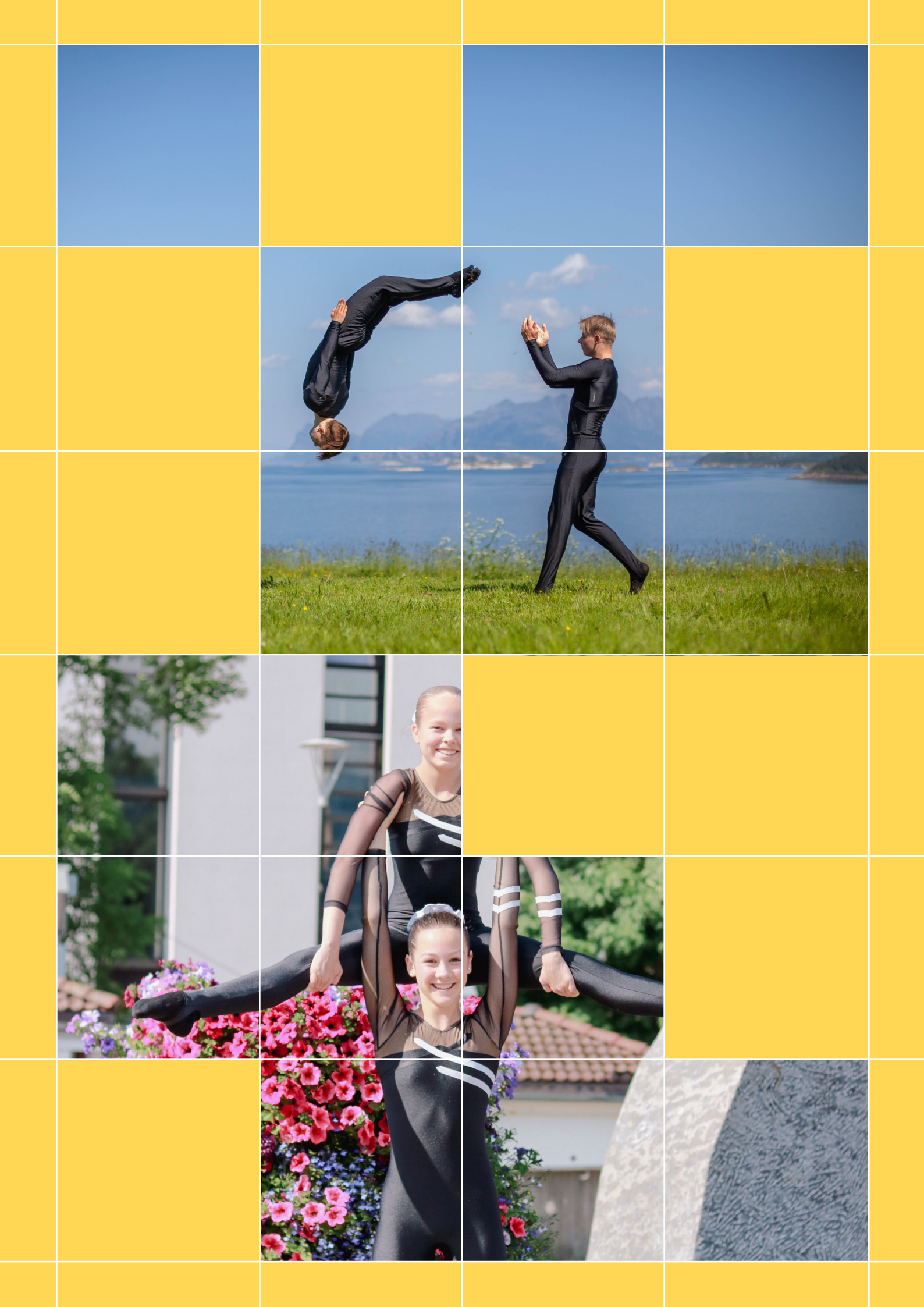
**13.33: Lunch break****Session 3  
11.45**

No.	Country	Group name	Roller mats	Time
34	GER 1	TV Ludwigshafen - Showteam Blues Broth	No roller mats	14.30
35	GBR 1	Erewash Valley	No roller mats	14.36
36	EST 1	GC Kadi Gymnasts	No roller mats	14.42
37	ITA 2	S.G.R.MOTTO A.S.D.	No roller mats	14.48
38	GER 4	Turn- und Sportgemeinschaft Bergedorf	No roller mats	14.54
39	EST 2	GC Ryht	No roller mats	15.00
40	GBR 2	Leeds Display Team	No roller mats	15.06
41	HUN 1	Tisza Gym	No roller mats	15.12
42	ITA 1	A.S.D. RITMICA CARMAGNOLA	No roller mats	15.18
43	GRE 7	LYCÉE LÉONIN HELLAS	No roller mats	15.24
44	GRE 10	ELAIA Gymnastics Club	No roller mats	15.30
45	GER 5	Ars Saltandi Company	No roller mats	15.36
46	NED 1	eMotions	No roller mats	15.42
47	EST 3	GC Jasmiin/Viljandi SK	No roller mats	15.48

**15.54: Break****Session 4  
16.10**

No.	Country	Group name	Roller mats	Time
48	NOR 28	Storm Turn	10 roller mats	16.10
49	NOR 43	Bodø Gym og Turn	10 roller mats	16.16
50	NOR 9	Finnsnes IL - EG/EGFL	10 roller mats	16.22
51	NOR 45	Bodø Gym og Turn - Røris	10 roller mats	16.28
52	GRE 6	SPORTS CLUB MEGAS ALEXANDROS	8 roller mats	16.34
53	NOR 34	Loddefjord IL	8 roller mats	16.40
54	NOR 11	Porsanger Turnforening	8 roller mats	16.46
55	GER 11	Mini Jellys	6 roller mats	16.52
56	SUI 5	Urban Grace (SFG Lugano)	6 roller mats	16.58
57	GER 2	Showteam Intoxication	6 roller mats	17.04
58	SUI 3	SFG Lugano 1	6 roller mats	17.10
59	GER 7	TuS Blau-Weiss Lohne	6 roller mats	17.16
60	NOR 10	Alta Turnforening	5 roller mats	17.22
61	FIN 4	Ylitornion Voimistelu ja Liikunta	4 roller mats	17.28

**17.34: End**



# European Gym for Life Challenge starting order schedule

**09.30** Opening of 4th European Gym for Life Challenge

**10.00** Start of the contest

Session 1 10.00			
No.	Country	Group name	Theme
1	DEN 1	Performance Elite Team	
2	NOR 21	Harstad Turnforening	
3	NOR 42	B&OI Turn Damer Oppvisning	For a better day
4	NOR 5 & 6	Sarpsborg Turnforening - EG/EGFL	
5	NOR 14 & 40	STIL - EGFL	
6	NOR 3	Sortland Turnforening	
7	NOR 29	Senja Turn	
8	SUI 4	SFG Lugano 2	Circus Life
9	NOR 41	Finnsnes IL - Videregående EGFL	
10	NOR 31	Fredrikstad Turnforening	
11	NOR 12	Bardufoss Gym og Turn	Alice in wonderland - the teaparty
12	NOR 27	Hasvik IL - Turngruppa	
13	NOR 18	Fellestropp Rogaland/Agder	Under the sea
14	NOR 26	Sotra Dynamite	Dancing under the midnight sun
15	NOR 8	Finnsnes IL - Damepatruljen EGFL	Dont Stop Me

## 15 min break

Session 2 11.20			
No.	Country	Group name	Theme
16	GRE 4	WAY OF LIFE	THE MASK
17	POR 5	ZakiGym	The seed
18	AZE 1	Gymnastics for all team	
19	GRE 3	GYMNASTIC HOUSE	TWO SIDES
20	POR 2	Gimnofrielas - Top Acro Gym	The Greatest Emotion Show
21	GRE 5	GOPF ARMONIA	Climate Change: Save Our Planet
22	POR 6	AGG Vouzela - Representação	Fado Evolution
23	GRE 9	AOP KARATE CHIOU-Fishermen	FISHERMEN
24	NOR 25	Sotra Sportsklubb - EGFL	Little Red Riding Hood - up to no good
25	GRE 2	WOLVES ACADEMY	NINJA
26	BEL 8	RCG La Salamandre	QUEEN OF KINGS
27	GER 9	Showakrobatik Face	Curious Manege
28	POR 4	Albigym - AcroGymnastics	Wilde Dance
29	GRE 8	ACROKINISI	Tehran 2022: Any of us could be Mahsa
30	FIN 3	Rantaperkiön Isku	Heroes
31	GER 10	TSV Hüttlingen	Awakening
32	BEL 4	Gym Club Malmedy	GC Malmedy
33	GRE 1	OLYMPIADA THRAKOMAKEDONON	Guardians of the Forest



**1 hour lunch break****Session 3  
13.45**

No.	Country	Group name	Theme
34	GER 1	TV Ludwigshafen - Showteam Blues Broth	Equilibrium-en balance
35	GBR 1	Erewash Valley	Erewash Valley
36	EST 1	GC Kadi Gymnasts	The Power of The Sun
37	ITA 2	S.G.R.MOTTO A.S.D.	THE MITH OF ULYSSES
38	GER 4	Turn- und Sportgemeinschaft Bergedorf	Tik Tak, the clock strikes 12
39	EST 2	GC Ryht	The phantom of the opera
40	GBR 2	Leeds Display Team	
41	HUN 1	Tisza Gym	Sound of War
42	ITA 1	A.S.D. RITMICA CARMAGNOLA	Madness of Love
43	GRE 7	LYCÉE LÉONIN HELLAS	SIRENES
44	GRE 10	ELAIA Gymnastics Club	
45	GER 5	Ars Saltandi Company	HOPE
46	NED 1	eMotions	Witchcraft
47	EST 3	GC Jasmiin/Viljandi SK	Yin Yang

**15 min break****Session 4  
15.00**

No.	Country	Group name	Theme
48	NOR 28	Storm Turn	Little Red Riding Hood and the Wolf
49	NOR 43	Bodø Gym og Turn	
50	NOR 9	Finnsnes IL - EG/EGFL	Then and now
51	NOR 45	Bodø Gym og Turn - Røris	
52	GRE 6	SPORTS CLUB MEGAS ALEXANDROS	ITS BANANA TIME
53	NOR 34	Loddefjord IL	Pocahontas
54	NOR 11	Porsanger Turnforening	
55	GER 11	Mini Jellys	Something
56	SUI 5	Urban Grace (SFG Lugano)	Rise and Shine, Dracula
57	GER 2	Showteam Intoxication	Mad World
58	SUI 3	SFG Lugano 1	
59	GER 7	TuS Blau-Weiss Lohne	Bang Bang
60	NOR 10	Alta Turnforening	Northern midsummer feeling
61	FIN 4	Ylitornion Voimistelu ja Liikunta	Secrets of the forest

**Break & preparations for the Award Ceremony****16.30** Award Ceremony**17.30 (approx)** End

## 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:

- Rehearsal times
- Performance times
- Meal times 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, and in what order.

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

## Payment

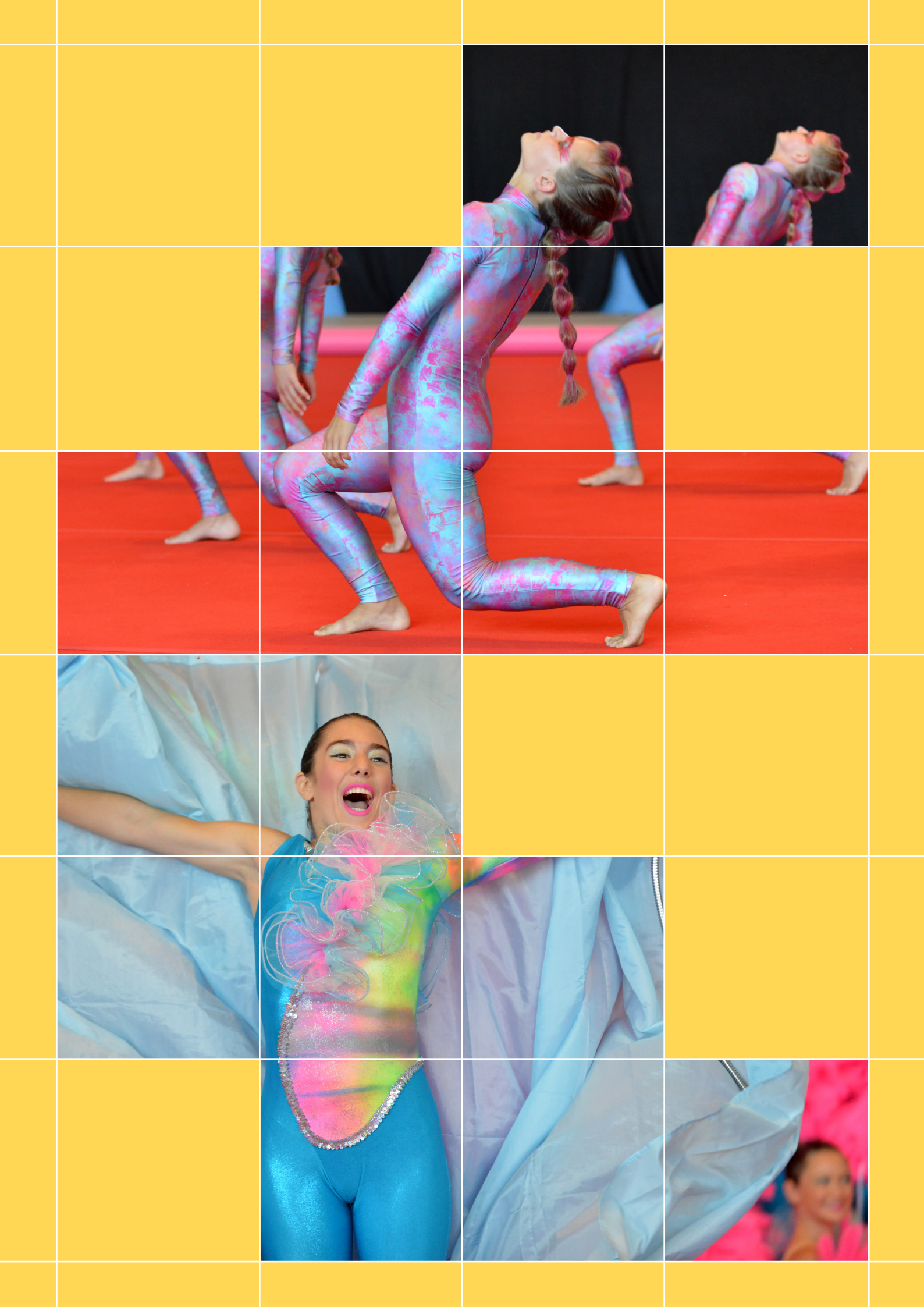
All the payments must be done before the arrival.

## Orientation meeting for European Gym for Life Challenge

Thursday July 11th // 20.00 - 21.00

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

It is mandatory for all Heads of Delegation and Team Leaders of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of € 500.- payable to European Gymnastics.



# 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

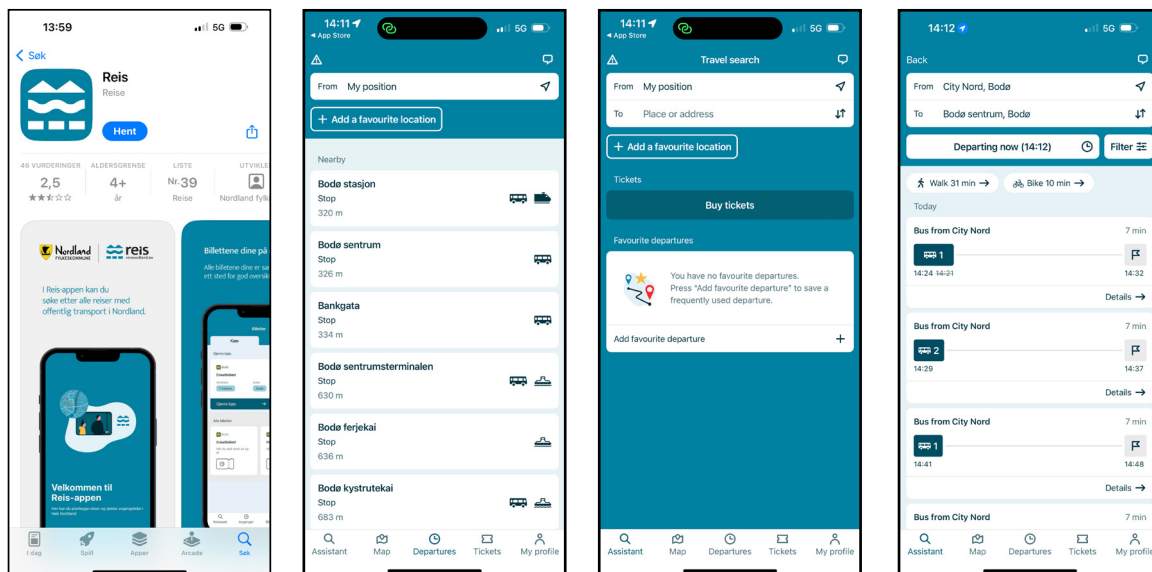
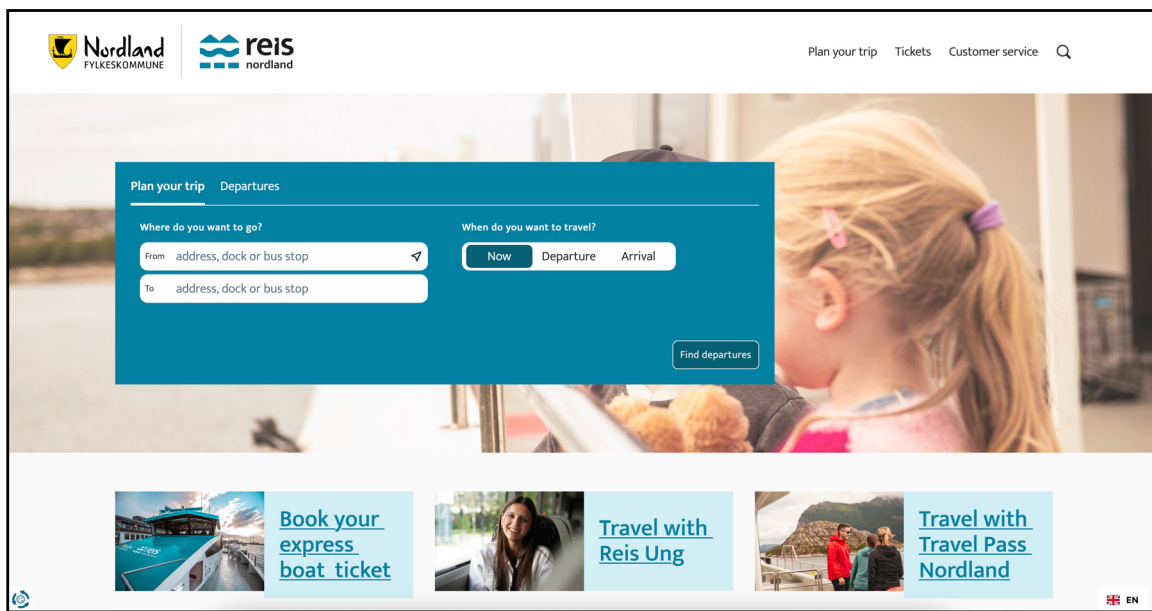
When you arrive at Bodø Airport — you will see our information stand. Volunteers will help everyone who has ordered transfer to the accommodation.

## 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](https://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



Nordland  
FYLKESKOMMUNE



reiserisnordland.no

Hurtigruten +  
Ferry to  
Moskenes  
Værøy  
Røst

Bodø sentrum  
(city center)

Express boat terminal

Sentrumterminalen

Aspøen

100

200

300

400

1

2



Bodø lufthavn

Aspøen

Bankgata

Bodø vgs.

Stadion-  
tunet

Fengselet

Aspmyra

Bodøgård

Bodøskolen skole

Skjold

Grønås

Jensvoll

Stille Dal

Lauvåsen

Bodøskrysset

Hunstad

Nedre Hunstad

Mørkved

Myra

Berthes

Støver

Åsen

Nystad

Valle

Kvalvåg

Vikan

Tverlandet

Tverlandet skole

Oddan

Høgåsen

Tverlandstorget

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Misvær  
Belam

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# Catering

The breakfast will be served in the schools, and lunch and dinner will be served in Bankgata Flerbrukshall. Each group will be given a time for both meals each day. You will find this in your personal group schedule.

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 seperate line on their accreditation card.

## Menu

	Friday July 12th	Saturday July 13th
Lunch	<b>Street Burrito</b> Tortilla with crispy duck, vegetables and hiosin sause	<b>Baguette</b> With cheese and chicken ham
Dinner	<b>Chicken curry</b> Served with salad and rice	<b>Beef Stroganof</b> Served with salad and rice

## 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 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.







## Welcome to the land of the midnight sun

### Midsummer Madness

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.

The European Gym for Life Challenge with all its spectacular performances and Gymnastics for All spirit, together with the midnight sun, will be a Midsummer Madness celebration like no other. Participants can expect to have an unforgettable experience, filled with cultural activities, outdoor adventures, and the natural wonder of the midnight sun.

# 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 EGFL 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)



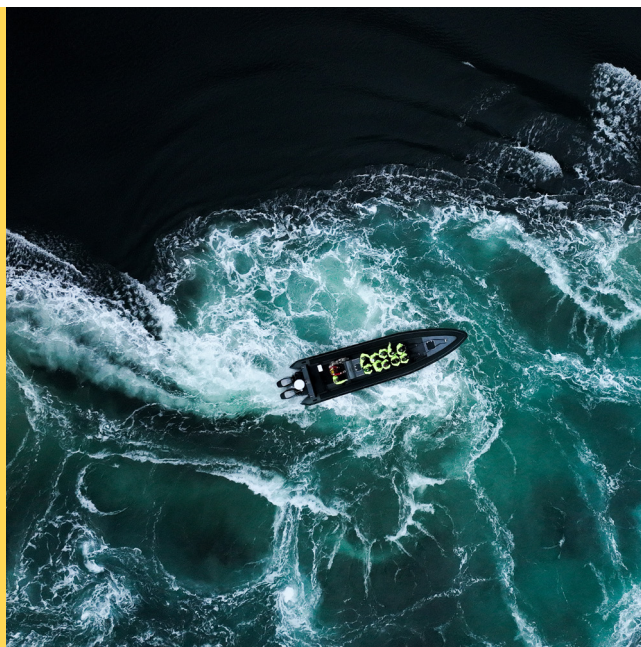
## RIB-boat to Saltstraumen with sea eagle safari

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 guide

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

[Learn more](#)



## Customized RIB-boat trips for EGFL & 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 gymnasts 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 Climbling Center

Reach new heights at Mørkvedhallen Climbling 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.

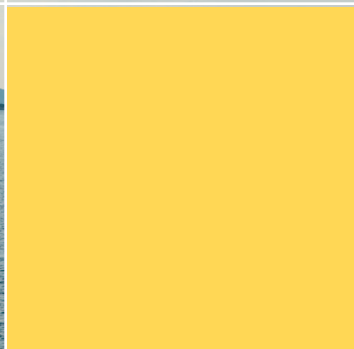
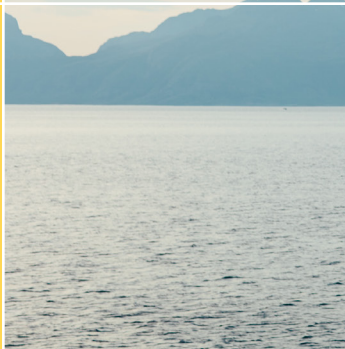
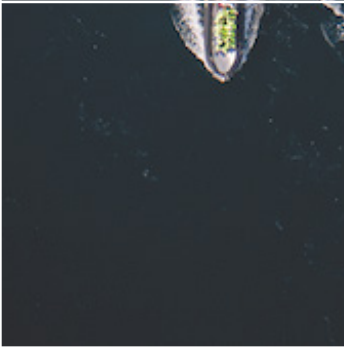
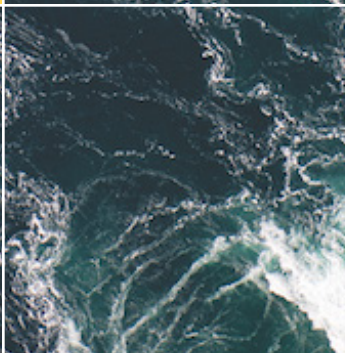
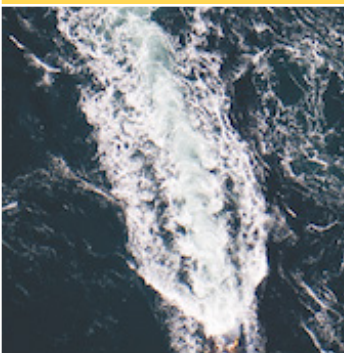
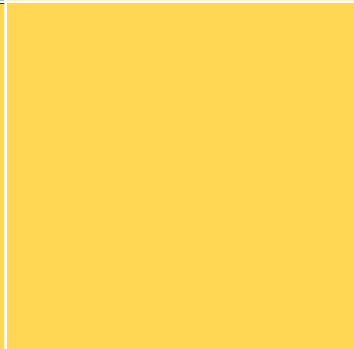
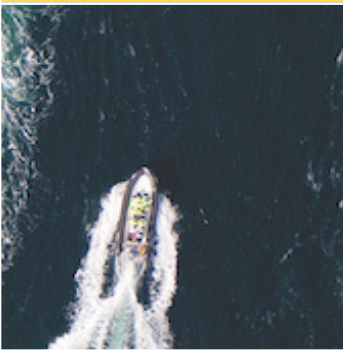
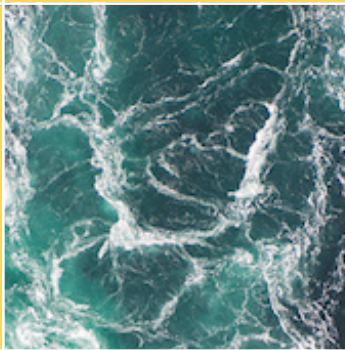
By showing your accreditation card, you get a lower price at 100 NOK.

**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.

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## 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

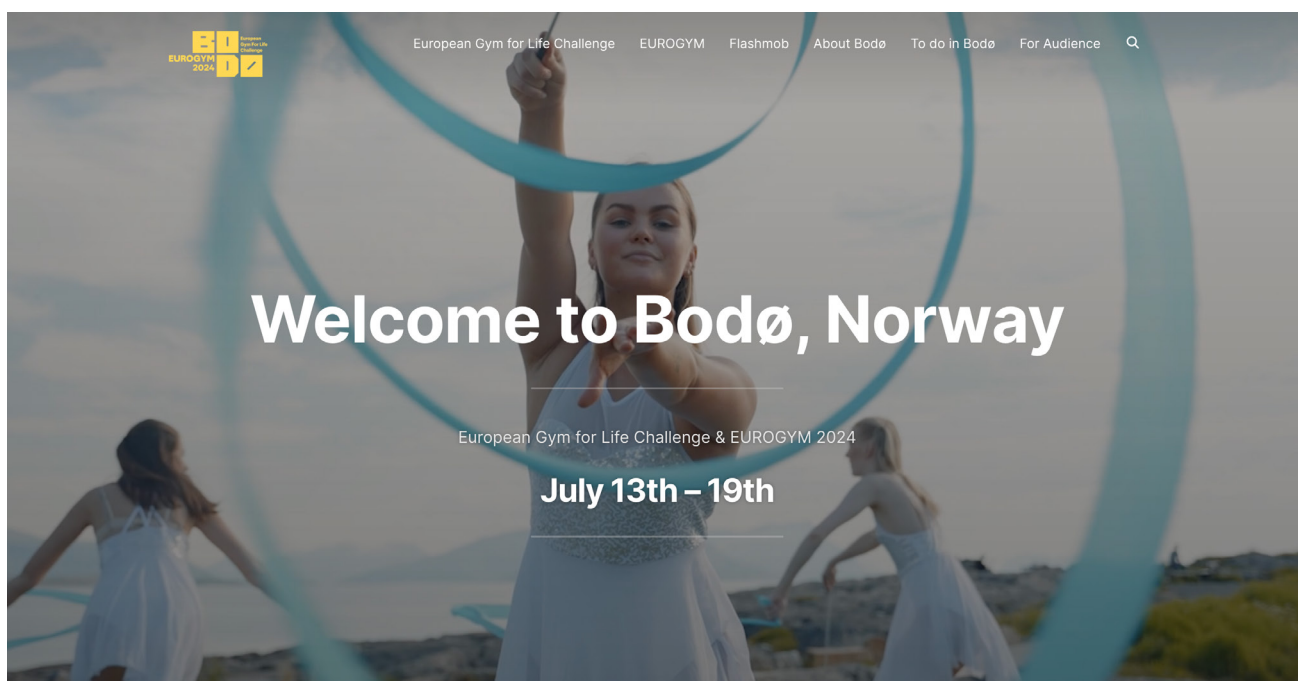
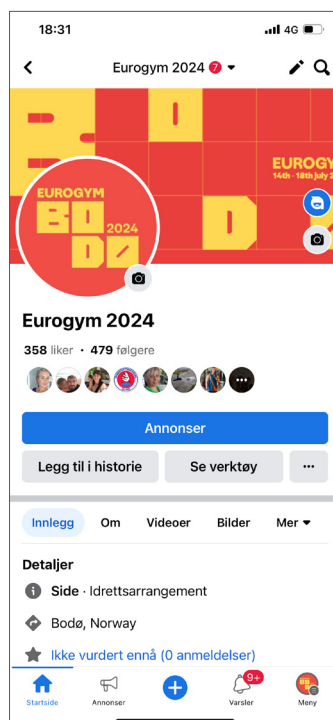
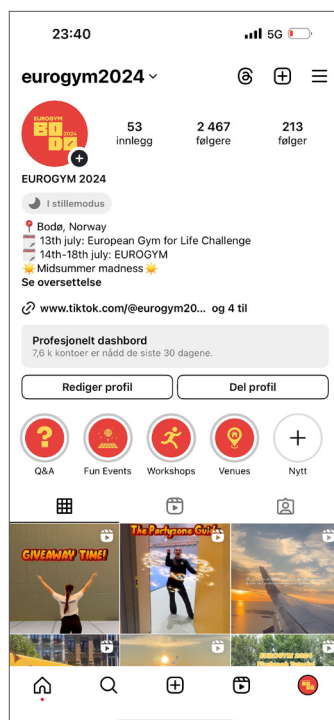
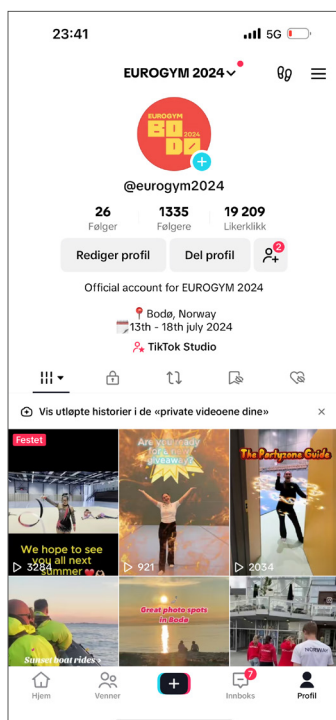
You will find the official flashmob on YouTube and eurogym2024.com  
Learn the moves and get ready to dance it out at the stroke of midnight sun.

## 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](https://eurogym2024.com)





## A sustainable European Gym for Life Challenge

The Norwegian Gymnastics Federation are 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 EGFL 2024 to contribute to creating a sustainable event. 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 European Gym for Life Challenge



**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**



## 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.instagram.com/midsummermadness2024)