

# 1<sup>st</sup> Golden Age Gym Festival 2008

November, 16<sup>th</sup> – 21<sup>st</sup> 2008 Maspalomas, Spain



## Bulletin No. 2

**Comité Organizador**  
**1<sup>st</sup> Golden Age Gym Festival 2008**  
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Dear 1<sup>st</sup> Golden Age Gym Festival 2008 participants!

The Organisation Committee welcomes you to Maspalomas, Gran Canaria in Spain. We are very excited and will offer you a festival to remember. Such a big event requires good organisation and therefore we need your help. We ask you to please:

- Read through the Bulletin carefully. Fill in the registration form in detail and inform us your group's exact arrival and departure dates, times and places.
- Send this registration form until end of September 2008 to the OC **1st Golden Age Gym Festival 2008** or via the respective UEG member federation including the copy of the bank receipt of the total amount invoiced.

**OC contact address:**  
**Comite Organizador**  
**1st Golden Age Gym Festival 2008**  
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**Bank account:**  
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E-35006 Las Palmas, Spain  
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**Transfer mode:** charges OUR

**Conditions of participation**

- The 1<sup>st</sup> Golden Age Gym Festival 2008 is a meeting for the 50plus age group offering a wide range of sports, social and cultural activities.
- Gymnasts from groups or clubs belonging to the UEG member federations are eligible for participation.
- Participation requires the agreement of the national federation, which is also responsible for the final registration of groups from their country to the OC Golden Age 2008. The OC will inform UEG and the correspondent member federation about your registration.
- If a UEG member federation is not active, groups can send their final registration straight to the OC Golden Age 2008, but they shall inform their national federation.
- All groups are expected to take an active part in the programme and shape the week's events by contributing with their own performances and in the workshop activities.
- All groups are represented by their group leaders during the entire stay.

**Registration Procedure**

Each group should use the enclosed registration form to register. The schedule of the registration is as follows:

<b>Pre-Registration</b>	End of March 2008	Sending the Pre-Registration Form and 10% of the festival fee
<b>Final Registration</b>	End of September 2008	Sending the Registration Form per team and 90% of the festival fee

The participants list and lists information on the entire group, has to be filled in completely and be sent together with the registration form to the OC 1<sup>st</sup> Golden Age Gym Festival 2008 before September, 30<sup>th</sup> 2008.

The number of participants may only be changed until this deadline.

The Festival Fee for the participants accommodated in the official facilities is 70 € (PASS 1). If the teams opt for an alternative accommodation the Festival Fee per participant will be 85 € (PASS 2), due to the additional required logistics.

Pass	Type	Accommodation	Festival Fee
1	H3, H2 or H1 B4, B3 or B2	Official Hotel Official Bungalow	70 €
2	O	No official	85 €

The Festival Fee includes the following services:

- Free entrance to all the events during the Golden Age Gym Festival 2008
- Free entrance to the inauguration and closing ceremony
- Transport from the accommodation to the performances and return
- Transport from the accommodation to the workshops and return

## Opening ceremony

The Golden Age Gym Festival 2008 starts on Sunday November 16<sup>th</sup>, 2008 at 21:00 with the official Opening ceremony. Before the start of the official Opening ceremony the participants will parade through the town centre. The Opening ceremony takes place at the Centro Comercial Yumbo.

Opening ceremony timetable:

20.00-20.30	Meeting for the preparations and organization of the parade
20.30-21.00	March through the city centre to Centro Comercial Yumbo
21.00-22.00	Opening Ceremony

After the ceremony a party with live music will take place.

## Performances

The registered groups will perform twice during **the 1<sup>st</sup> Golden Age Gym Festival 2008**. The groups will present their performances on 3 open-air stages in Maspalomas.

There performances will take place in the Shopping Centre Yumbo, the Shopping Centre Plaza de Maspalomas and in the park of San Fernando. The performances using apparatus will be held in Plaza Maspalomas and Parque San Fernando.

From Monday to Wednesday the performances will be shown on all three stages. At 20:00 on Thursday the 20<sup>th</sup>, November 2008 the Gala Golden Age will start at the stage "Centro Comercial Yumbo". At 20:00 on Friday the 21<sup>st</sup>, November 2008 the closing ceremony for the Golden Age Gym Festival 2008 will finished at the stage "Centro Comercial Yumbo" the event.

These performances will happen everyday late in the afternoon (20:00H). The group performances should last a maximum of 10 to 15 minutes each, including time for preparing the stage. Sound equipment, including a microphone and CD and cassette players, will be provided on the areas.

The performance areas are:

- A** "Centro Comercial Yumbo": Shopping Centre in Playa del Ingles,  
Size 14 m x 14m  
Stage Height: 1,70m  
Material 12x12x0,03 m carpet (optional) on wooden floor  
Spectators: one side
- B** "Plaza Maspalomas": Shopping Centre in Playa del Ingles,  
Size 12 m x 18 m  
Stage Height: 0m (at-grade)  
Material 12x12x0,03 m carpet (optional) on stone floor  
Spectators: four sides

- C** "Parque San Fernando": City Park in Playa del Ingles,  
Two stages:  
Stage Height: 0m (at-grade)  
Size 20 m x 40 m  
Material 12x12x0,03 m carpet (optional) on stone floor  
Or  
Stage Height: 1,20m  
Size 14 m x 14 m  
Wood floor  
Spectators: one side

### **Gala Golden Age**

At 20:00 on Thursday the 20<sup>th</sup>, November 2008 will start the Gala Golden Age at the stage "Centro Comercial Yumbo".

The group performances should last a maximum of 5 minutes each, including time for preparing the stage. The participation of the groups will follow the UEG Regulations and groups will be selected by the UEG Committee Gymnastics for All.

All selected groups must bring a CD with their music and have an exercise both shorter than 5 minutes.

The National Federations with at least 3 participating groups can nominate one group to perform. The UEG Committee Gymnastics for All can invite further groups.

### **Closing ceremony**

The Golden Age Gym Festival 2008 programme ends on Friday November 21<sup>st</sup>, 2008 at 20:00 with the closing ceremony. The closing ceremony will take place in the Centro Comercial Yumbo, with selected performances from participating groups presenting the results from the workshops. All participants are invited to take part in the closing ceremony. After the closing ceremony there will be a farewell party, which will close the 1st Golden Age Gym Festival 2008.

**Programme**

The programme for the 1<sup>st</sup> Golden Age Gym Festival 2008 Maspalomas, Gran Canaria is as follows:

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Programme Activity</b>	<b>Location</b>
Saturday	15.11.2008	17:00	Meeting of OC + CGG UEG	Hotel Beverly Park
			Arrival of participants	Airport
Sunday	16.11.2008	14:00	Meeting of Group leaders	to be defined later
		20:00	Preparation parade	Street Avda EEUU
		20:30	Start of the parade	Street Avda EEUU
		21:00	Opening Ceremony 1st Golden Age Gym Festival	CC Yumbo
Monday	17.11.2008	09:00 - 10:30	Workshops A	Pol. San Fernando
		10:30 - 11:00	Head of delegation Meeting	Casa de la Cultura
		11:00 - 12:30	Workshops B	Pol. San Fernando
		17:30 - 18:15	Workshops 22	Hotel Beverly Park
		20:00	Group Presentations	Plaza de Maspalomas
		20:00	Group Presentations	Parque San Fernando
Tuesday	18.11.2008	09:00 - 10:30	Workshops A / Forum	Pol. San Fernando
		11:00 - 12:30	Workshops B / Forum	Pol. San Fernando
		17:30 - 18:15	Workshops 22	Hotel Beverly Park
		20:00	Group Presentations	Plaza de Maspalomas
		20:00	Group Presentations	Parque San Fernando
		20:00	Group Presentations	CC Yumbo
Wednesday	19.11.2008	09:00 - 10:30	Workshops A	Pol. San Fernando
		11:00 - 12:30	Workshops B	Pol. San Fernando
		17:30 - 18:15	Workshops 22	Hotel Beverly Park
		20:00	Group Presentations	Plaza de Maspalomas
		20:00	Group Presentations	Parque San Fernando
Thursday	20.11.2008	09:00 - 10:30	Workshops A	Pol. San Fernando
		10:30 - 11:00	Gala Golden Age Meeting	Casa de la Cultura
		11:00 - 12:30	Workshops B	Pol. San Fernando
		15:30	Rehearsal Gala Golden Age	CC Yumbo
		20:00	Gala Golden Age	CC Yumbo
Friday	21.11.2008	09:00 - 10:30	Workshops A	Pol. San Fernando
		10:30 - 11:00	Closing Ceremony Meeting	Casa de la Cultura
		11:00 - 12:30	Workshops B	Pol. San Fernando
		15:30	Rehearsal Closing Ceremony	CC Yumbo
		20:00	Closing Ceremony	CC Yumbo
Saturday	22.11.2008		Final party for all participants	CC Yumbo
			Return of participants	Airport

**Workshops**

The participants have the opportunity to experience gym related activities and others. These activities happen during the morning time. The workshops will be happening mainly in the area of the sports hall San Fernando. The local transports included in the participant card, will be ready to move all workshop participants from their accommodations to San Fernando and back. In the forms you can find a list of workshops and all groups are asked to point out their preferences (1 to 4).

When scheduling the workshops the OC will try to include at least two of the chosen workshops and try to include/fulfil most wishes.

<b>Workshop Code</b>	<b>Workshop</b>	<b>Instructor</b>	<b>Language</b>
<b>WS 011</b>	<b>Fitness Aqua gym</b> light exercises for the fitness in water environment	Sabrina Hernandez	English / Spanish
<b>WS 012</b>	<b>Aqua-salsa</b> exercises in water for shoulders, haunches & waist with latinamerican music	Sabrina Hernandez	English / Spanish
<b>WS 013</b>	<b>Aqua-fitness</b> similar to the previous water WS´s combined with the resistance of dumb-bells & weights to prpeare our muscles	Sabrina Hernandez	English / Spanish
<b>WS 02</b>	<b>Fun HydroBio</b> healthy power in water environment	Outi Kokko-Ropponen	English / Finnish
<b>WS 03</b>	<b>Alexander technique</b> A rejuvenator for body & soul, as a means to discover your full potential, to get the same goals with less energy.	Agneta Bächlin	English / Swedish / German
<b>WS 04</b>	<b>FFF; Fit, Fun &amp; Fifty</b> Start to identify yourself! With simple things to Fitness & Fantasy. The sports health concept applied for conditioned based body behaviour.	Christiane Kleinke	English / German / Spanish
<b>WS 051</b>	<b>Fit – Ball Wellness</b> Balanced and fit with the Fit-Ball method. A new corporal sensation with harmonic movements. Theoretical introduction and the practical movements with Fit-Ball are relevant.	Sanne Honore	English / Danish / German
<b>WS 052</b>	<b>Sports &amp; exercises for Seniors</b> Simple exercises especially oriented for the 50plus gymnasts	Sanne Honore	English / Danish / German
<b>WS 061</b>	<b>Tai Chi Chuan – basic movements</b> Harmonization & Activation of Chi with small and simple exercises	Rita Rattey	English / German
<b>WS 062</b>	<b>Tai Chi Chuan – daily routine of crows</b> A story is built up via TaiChi movements. We have our own view or vision and enjoy this harmonic, fluent mode of movement without stress.	Rita Rattey	English / German
<b>WS 063</b>	<b>Tai Chi Chuan – and the 5 principles</b> We want with the principles to understand and to feel the TaiChi movements. Relaxation & body awareness remains in foreground	Rita Rattey	English / German
<b>WS 07</b>	<b>Happy Gym</b> Movement, Health & Fitness for the club with coordination and flexibility activities, combined with dance and folklore.	Jane Sorensen	English / Danish
<b>WS 08</b>	<b>Latin Aerobic</b> Fit 4ever	Angela Orozco	German / Spanish
<b>WS 09</b>	<b>Line Dance</b> Lets us dance with western music	Christiane Kleinke	English / German / Spanish
<b>WS 10</b>	<b>FLOWGYMNASTICS 50+</b> Come and enjoy the flowing movement and music - good for your spine and posture.	Leeni Asola-Myllynen	English / Finnish
<b>WS 11</b>	<b>Chrisrobic</b> A different way for understanding Aerobic	Christiane Kleinke	English / German / Spanish
<b>WS 12</b>	<b>Body &amp; soul</b> Teaching of different physical exercises that can be done at home.	Miroslav Zlatko	English / Czech
<b>WS 13</b>	<b>Acrobatics 50plus</b> Basic knowledge for the movements in acrobatics	N.N.	English / and other
<b>WS 14</b>	<b>Flamenco dance</b> Teaching & learning the Spanish folk dance	Amparo Navarro	English / Spanish

WS 15	<b>Folklore Canary Islands</b> Bringing some knowledge start in the traditional dances	Antonio Sanchez	English / Spanish
WS 16	<b>Baile Salsa</b> Let's dance to the salsa rhythm	Jose Luis Sanchez	English / Spanish
WS 17	<b>Nordic Walking</b> Some basic knowledge is expected (sticks are available)	Sanne Honore	English / Danish
WS 181	<b>Stickwalking for beginners</b> Walking with sticks like mountaineers (sticks are available)	Marina Wolff-Bühning	English / German / Spanish
WS 182	<b>Stickwalking for experts</b> Walking with sticks like mountaineers (sticks are available)	Marina Wolff-Bühning	English / German / Spanish
WS 19	<b>Beach Volleyball</b> Recreational volleyball at the beach of Gran Canaria	Ester Alcon	English / Spanish
WS 20	<b>Jogging with Alexander technique</b> Enjoy it in a simple and healthy manner and without pressure	Agneta Bächlin	English / Swedish / German
WS 21	<b>Sinew- and bone-Qigong</b> The life energy will get activated and the body, mind and soul will get strengthened. Qigong mobilizes the body's defences for the prevention of illnesses.	Emmy & Otto Fischer	German / English
WS 22	<b>The important words for GA GF 50+</b> Useful words and idioms for a better understanding during the GA GF 50+ in English, Spanish, German and maybe other languages.	Marina Wolff-Bühning	English / German / Spanish
WS-F 23	<b>Workshop- Forum: Healthy sport in golden age</b> Relationship between gymnastics/sports & daily fitness activities. Lecture and personal training.	David Ruiz / Regina Beeler	English / German / Spanish
WS-F 24	<b>Workshop- Forum: Mental fitness through coordination skills</b> with different apparatus. Lecture and personal training.	Gyula Paczolay	German / English
WS 25	<b>Dynamic Tennis</b> With light racquets adjust for each age. A combination of Tennis & Table Tennis played in a Badminton field.	Hans Heins	German / English / Dutch
WS 26	<b>Petanque</b> Is an adequate sport for each age. It doesn't matter if male or female and can be played on every surface.	Jac Machielsen	German / English / Dutch
WS 27	<b>Pilates</b> The program focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine	Nina Dorokhova	English / Russian

## WORKSHOP FORUM

As a combination of an introductory lecture and personal training the Workshop Forum is open to registered participants and to guests who may not want do be physically active.

The OC 1st Golden Age Gym Festival 2008 offers the Workshop FORUM Program addressing specific topics that improves the international relationships and introduces the participants in the physical and daily fitness activities. It is warmly recommended to the delegation leaders. Registration is not necessary for listeners. Personal trainings can be repeated in small groups, as other workshops.

It is scheduled on Tuesday, the 18<sup>th</sup> November from 09:00 till 12:30 at the Auditorium of Casa de la Cultura.

## Accommodation & Catering

Due to the limited number of places, reservations for hotel or bungalow rooms will be taken in order of registration. Each group should use the enclosed reservation form for the chosen accommodation. The reservation form for the group has to be filled in completely and be sent together with the registration form to the OC 1st Golden Age Gym Festival 2008 before end of September 2008.

**Official Accommodation in Hotel:**

The OC 1<sup>st</sup> Golden Age Gym Festival Maspalomas 2008 recommends the official accommodation at Hotel \*\*\*BEVERLY PARK (H3) for 6 nights full board (breakfast, lunch and dinner) in a double room & 1 supplementary bed for 210 € and including the Festival fee and transport for a total price of 280 €.

The Catering will be offered in the Restaurant Buffet and the Schedule is as follows:

<b>Catering</b>	<b>Start</b>	<b>End</b>
Breakfast	7:00 a.m.	10:00 a.m.
Lunch	1:00 p.m.	2:30 p.m.
Dinner	6:30 p.m.	9:15 p.m.

If the group has a special wish caused to the gymnastics or leisure activities, the team leader shall inform the reception of the accommodation one day in anticipation.

For the registered groups in the official accommodation the meals include breakfast, lunch and dinner from **dinner** on Sunday 16<sup>th</sup> until **breakfast** on Saturday 22<sup>nd</sup> November 2008.

The groups shall opt for their own accommodation wishes and distribution of the participants. There are three types of room's reservation:

<b>Type</b>	<b>Number of persons</b>	<b>Room</b>
H3	Triple three (3) persons	Double room & 1 supplementary bed
H2	Double two (2) persons	Double room
H1	Individual one (1) person	Single room

The hotel accommodation price table for the teams is as follows:

<b>Type</b>	<b>Accommodation</b>	<b>Costs per person/night (Halfboard)</b>	<b>Costs per person/ 6 nights (Halfboard)</b>	<b>Costs per person/night (Fullboard)</b>	<b>Costs per person/ 6 nights (Fullboard)</b>
H3 (3 beds)	Hotel	27 €	162 €	35 €	210 €
H2 (double)	Hotel	31 €	186 €	39 €	234 €
H1 (single)	Hotel	41 €	246 €	49 €	294 €

**Official Accommodation in Bungalow:**

The OC 1<sup>st</sup> Golden Age Gym Festival Maspalomas 2008 recommends the official accommodation at Bungalow Maspalomas Oasis (B3) for 6 nights full board (breakfast, lunch and dinner) in a bungalow for 3 persons for 210 € and including the Festival fee and transport for a total price of 280 €.

The bungalow accommodation price table for the teams is as follows:

<b>Typ</b>	<b>Accommodation</b>	<b>Cost per person/night</b>	<b>Cost per person/night (Halfboard)</b>	<b>Cost per person/night (Fullboard)</b>	<b>Costs per person 6 nights (Fullboard)</b>
B4 (4 beds)	Bungalow	21 €	24 €	30 €	180 €
B3 (3 beds)	Bungalow	23 €	27 €	35 €	210 €
B2 (Double)	Bungalow	28 €	32 €	40 €	240 €

The groups should reserve the official accommodation as soon as possible and for this purpose the OC 1st Golden Age Gym Festival Maspalomas 2008 recommend doing it till July 1st, 2008. For the reservation in the official accommodation became secure, the groups should pay the Festival fee (70 €) till July 1st, 2008. The remaining amount shall be paid till end of September 2008.

If the team needs additional reservations for 4-star hotel or modifications for bungalows with halfboard or breakfast, they should present the options before July 1st, 2008.

**Excursions**

The Organising Committee is really delighted that you are coming to Gran Canaria and taking part in the 1st Golden Age Gym Festival in winter 2008.

The groups can find several suggestions for excursions so that they can get the opportunity to know the beautiful and varied scenery of the island as well as the islands of Tenerife and Lanzarote and the neighbouring African countries Gambia and the former Spanish Sahara.

Special the island of Gran Canaria not only shows the beach of Playa del Ingles or the highway from the airport to Maspalomas - but also pine-forest, beautiful mountains, valleys and lakes, museums, too. The excursions can be ordered by the participants under point 7.

The Sports festival Tours will be organised by a tourist agency. The tour-stops will be co-ordinated with the leader of the gym-group. The bus-driver will stop at the site-seeing points, lunch-time, etc. The groups will be picked up at 9.00 hour at the hotel and will be back at ca. 18.00 hour.

(1) The participation of a tour guide with knowledge of languages (English, German) is possible for the big groups (31-55 persons). For SAHARA Tour 18 persons are the minimum participation.

A special highlight will be the Atlantic Islands Cruise (E 07) following to the 1st Golden Age Gym Festival 2008 with AIDA bella. Visits to the islands Madeira, La Palma, Lanzarote, Fuerteventura, Tenerife and back to Las Palmas in 7 days. The reservation shall be done till the December, 21st 2007. Infos can be asked in ok.blume@t-online.de.

The excursion possibilities are:

Excursion Code	Excursion GRAN CANARIA	Day	Group 6-30 persons (1)	Group 31-55 persons	Guide English/German	Lunch
E 01	<p><b>Isle - Gran Tour</b>                      We start in the west coast of the Isle, visiting first Ingenio and his lava &amp; stone Museum, going through Telde and Tafira we stop at the highest point of the crater of Bandama. Afterwards we travel upwards to the centre of the island via La Atalaya, Santa Brigida, Pino Santo and Teror. If you choose a meal the bus will stop at Valleseco and afterwards it goes to Cueva Corcho, the cross of Tejeda till to the highest mountain of Gran Canaria, Roque Nublo (1.850 m). Then you proceed delighting the administrative capital of the touristical metropolis, San Bartolome de Tirajana. Returning to Maspalomas we stop at the castle of Tunte and follows to Fataga and Maspalomas.</p>	daily	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E 02	<p><b>Las Palmas city Tour</b>                      The capital of the island begin with the visit to the old town of Las Palmas, Vegueta, walking through the little streets and visiting the emblematic places like Episcopal Palace, the cathedral Santa Ana, including the Columbus Museum till to Triana, where we stop for approx. 1 hour. Afterwards we travel along the high part of the city till the Garden City proceeding till to Altavista, where we can make the photos of the complete capital. Then we bring you to the beach of Canteras ending at the shopping area of the Avenue Mesa y Lopez.</p>	Daily (Sunday Shopping areas closed)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E 03	<p><b>Agaete -Tour</b>                      Starting with Mogan through the former road where will be shown the diverse panoramic areas of the southern of the island, stopping first at the centre of Mogan. San Nicolas de Tolentino and la Aldea in the eastern part of Gran Canaria allows phantastic views till to the neighbour island of Tenerife. We follow the road till Agaete in the northeast, the valley of Los Berrazales and if chosen a lunch in Casa Romantica. The introduction at the Finca Tirma for the growing of bananas follows to the villages of Galdar, Guia and Arucas, where we stop at the cathedral and returning to Maspalomas.</p>	daily	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Excursion Code	Excursion Lanzarote, Tenerife & SAHARA	Day	Group 6-30 persons (1)	Group 31-55 persons (2)	Guide English/German	Lunch
E 04	<p><b>Lanzarote</b></p> <p>We start in Maspalomas driving to the airport of Gran Canaria. At the airport of Lanzarote we start in the south of the island in direction to the National Park of Timanfaya and the route of the volcano. We try it with a small walk on the camels. Afterwards we cross the wine area of La Geria, El Golfo and Los Hervideros participating in a wine tasting. We proceed to the north of the Lanzarote visiting the former capital Teguse. There we stop at the old district seeing the church. The next station will be Haria with sightseeing to the thousands palms and looking from the Mirador del Rio de little isle of La Graciosa. We end with Jameos del Agua, famous as a volcanic cave with the unique white &amp; blind crabs and for the volcanic stone Auditorium, special for the spectacular acoustics. On the way to the airport of Lanzarote we drive through Mala, Guatiza and Tahiche</p>	daily	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E 05	<p><b>Tenerife</b></p> <p>We collect the group from Maspalomas and bring them to the harbour of Agaete and by ship we arrive at Santa Cruz de Tenerife. We drive to the Loro Park at Puerto de la Cruz and there we have the possibility to view the attractions and shows, specially highlighting the dolphins and the penguins in one of the biggest aquariums of Europe and the great spectacle "Orca Ocean". All this in the panoramic environment of the tropical vegetation of the diverse gardens with a amazing collection of parrots. We finalise the visit at 4 p.m. and return to Maspalomas via Agaete.</p>	daily	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E 06	<p><b>Sahara</b></p> <p>The magic trip to Africa starts from Maspalomas on Friday and driving to the airport of Gran Canaria at 1 p.m. At 5 p.m. we arrive in El Aaiun the former Spanish capital of SAHARA. By jeeps we will transferred to the residence Vila Sahara / Hotel Parador (4****). In the evening we walk through the popular market, where we can find the "chilaba" or the turban, which is very useful in the SAHARA. We will have dinner at the residence at 9:30 p.m. On Saturday we start with a panoramic visit to the city of El Aaiun and viewing the contrasts of the former Spanish architecture with the modern side of the city. After the lunch in the residence we drive to the desert by jeeps following the routes of the herder of camels and dromedars. Samara, Al Mahhass, Daoura are some of the locations depending from the local conditions. We will camp at one of the camel herds hosted in the Jaimas – the typical tents for the deserts of the nomads. We share the dinner together with a Saharan tee and camel milk in a Nuala (the nomads meeting point). Please take a sleeping bag for the case of good weather! On Sunday after the breakfast we follow the hard work of the herdsman crossing the dunes. We will try to achieve the highest points of the dunes to get an overview of this magnificent landscape and to arrive a fountain where the camels are recovering from the long trip through the desert. We travel back to el Aaiun through the coast and taking the opportunity to jump into the ocean. We will have lunch together at the Residence and the rest of the time is free time till the departure to the airport at 6 p.m. We expect the arrival at Maspalomas at 9:30 p.m.</p>	Friday, Saturday, Sunday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Code	Atlantic Islands Cruise		
E 07	<p>Who is not looking for something special? We realise there are guests that value personal attention to detail, service and atlantic itineraries. After the Festival on Saturday, 22nd at 20:00 hour we start from Las Palmas with the cruise ship AIDAbella. Reaxed we will visit in 7 days five atlantic islands. First we arrive „<b>Madeira</b>“ with the lush botanical gardens and superbly landscaped terraces adorning the hills above the capital. Looking at the breathtaking coasts we can enjoy the cape Girao with cliffs of 580 meters. Settle down in a local café and soak up the scenery with a perfectly chilled glass of fortified wine - an island speciality. „<b>La Palma</b>“ a firework display of fascinating impressions. The vulcano origin of the island forms the special attraction. The mountains in the centre are full with rainforest, laurel and enormous ferns. The heart of the island is Caldera de Taburiente, the vulcano crater with walls of 2000 m. With the view from La Cumbrecita you will never forget La Palma. „<b>Lanzarote</b>“ welcomes us within the National Park Timafaya, where you feel the same as to land on the moon. With a spectacular nature with more than 180 original botanical and rare animal species. The unique landscape of the island was additionally inspired by the artist and architecture. In the north you will discover Jameos del Aqua a cave system with auditorium of approx. 6 km. „<b>Fuerteventura</b>“ an island like an endless beach. Within the dunes landscape and over 150 beaches Fuerteventura forms a paradise for sunbather, bathing and swimming and recovery enthusiasts. „<b>Teneriffa</b>“ with the highest mountain of Spain, the impressive volcano Teide with 3718 m. Take a deep breath. Can you smell bananas or pineapples? They are grown in the plantations which are just for a short ride away from the beautiful beach resorts and lively town centre of the island. Here we end the travel and we arrive Las Palmas de Gran Canaria at night.</p>	<p><b>7 days</b> <b>22.11.08 – 29.11.08</b> <b>Reservation only from October till December 2007</b></p>	<input checked="" type="checkbox"/>

## Flights

The International airport of Gran Canaria is directly connected with more than 40 European airports. The OC 1<sup>st</sup> Golden Age Gym Festival 2008 is offering flights from European airports for reasonable prices. The offers can be confirmed till July 2008.

## Transport

When arriving to Gran Canaria there will be a 1st Golden Age Gym Festival 2008 welcome desk in the arrival lounge. Our Golden Age staff members will guide those groups that have ordered the bus transport from the OC to their buses. Please find the 1st Golden Age Gym Festival 2008 welcome desk when you arrive so you can get answers to your first and most important questions.

The OC 1st Golden Age Gym Festival 2008 offers by arrival the transfer from the airport to the accommodation and by departure the transfer from the accommodation to the airport at a cost of 12 € per person. The transfers can be ordered by the teams following the instructions in Bulletin Nr. 2.

During the Sports festivals days each participant will get the transport ticket for the use of the Festival transport network. The Time Schedule for the bus transport will be distributed at the OC office by arrival. The public transport is not included in the transport ticket. After the Opening & Closing Ceremonies the buses will be available until 24:00 hours. Daily the bus system will be available until 23:00 hour. Transportation between the three stages will be available.

## Transfer

The arrival of the groups in Gran Canaria will be at the airport Gando / Las Palmas. It is located approximately 25 km away from the official accommodation in Hotel Beverly Park in Maspalomas. The OC 1<sup>st</sup> Golden Age Gym Festival 2008 offers by arrival the transfer from the airport to the accommodation and by departure the transfer from the accommodation to the airport at a cost of 12 € per person. The transfers can be ordered by the teams under the chapter 2.

**Health and accident insurance**

All registered group members have to prove adequate coverage by a health insurance. The OC 1st Golden Age Gym Festival 2008 offers all groups an insurance at a rate of 1,50 € (<64 years) and 2 € (>64 years) per person/day, covering the time of the Festival event. This will cover the time of the actual event, from 16<sup>th</sup> to 21<sup>st</sup> November including the travel to and from Gran Canaria. The insurance is restricted to costs incurred in Spain up to 2500 €. Interested groups can only apply for such insurance under chapter 8 of the Registration Form. Further details will be available in the Final Bulletin.

**Golden Age T-Shirts**

The organizer gives all participants the chance to order the official UEG Golden Age T-Shirt at a special price of 8 €. Interested groups can apply for the Golden Age T-Shirts under chapter 7. During the event the UEG Golden Age T-Shirt will be sold at a price of 10 €.

**Official contact address**

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**Organiser**

Europäische Turnunion / European Union of Gymnastics / Union Européenne de Gymnastique

**Local organiser**

Asociación Deportiva BLUME – GRAN CANARIA

**Partners**

Gobierno Autónomo de Canarias  
Cabildo Insular de Gran Canaria  
Ayuntamiento de San Bartolomé de Tirajana  
Real Federación Española de Gimnasia  
Federación Canaria de Gimnasia

**Responsible persons for 1st Golden Age Gym Festival 2008 on behalf of TC GfA/UEG are**

Alberto Claudino Loureiro Nunes and Birna Björnsdottir.

**Organising committee 1st Golden Age Gym Festival 2008**

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Vicepresident	Amado Ramos Pérez
Vicepresident	Carlos Gutiérrez Salgado
Vicepresident	Sara Rodríguez Darías
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Technical Programme	Cornelio Ortega Martínez & Alejandro Rodríguez
Flights & accommodation	Jürgen Klughammer
Gala & Group Performances	Klaus Witte
Workshops	Bärbel Schöttler
Cultural, leisure activities	Nenuca Gonzalez Alonso
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Infrastructure coordination	Juan Ortega Pérez
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