

4th Golden Age Gym Festival 2014

WELCOME TO FRANCE FROM SEPT 28TH TO OCT 3RD



Toulouse!

Bulletin N°1

March 2013





The President's word

After Spain, Portugal and Italy, the fourth edition of the Golden Age Gym Festival will take place in France, Toulouse.

This European event is among the most prestigious.

Six days of the off-season, concocted especially for seniors sports of federations affiliated to the European Union of Gymnastics, are reserved.

Program of the pink city: friendliness, sport, leisure, gastronomy, along the banks of the Garonne, on the famous Place du Capitole, over the rue du Taur, at the Palais des Sports on the Island pigeon or tourism throughout the region.

The President Frédéric Venouil and his team have planned every detail throughout the stay to promote the well being and health for all.

Come!

James Blateau
French Gymnastic
Federation's President



Dear gymnastics friends

The organizing committee is proud to welcome you on the 4th Golden Age that will take place in Toulouse from September 28th to October 3rd, 2014.

Everything will be done to make your stay a moment of relaxation, serenity and pleasure.

TOULOUSE offers you the very best in terms of gymnastic practices and physical activities, leisure, discovery, of treats and party ... in a flourishing venue entitled "Toulouse Beach" along the Garonne river .

Toulouse is also at the heart of exceptional sites, all listed by Unesco as World Heritage ,as the cities of Lourdes, Albi, Carcassonne...: real cultural, spiritual and historical jewels....

Do not miss the opportunity to discover the region, famous for its savoir-vivre and come to share with us "the meeting of the movement and the joy of living".

But come also for 2014 other reasons to stay in Toulouse ...

Welcome to you, all friends from all over Europe !

Frédéric Venouil
President of the Local Organizing
Committee Golden Age Gym Festival
2014



Welcome Greetings from the TC GfA president tot he 4th Golden Age Gym Festival

Dear Gymnastics friends,
After the wonderful and remarkable event in 2012 in Montecatini we are now looking forward to Toulouse as the host city of he „4th Golden Age Gym Festival 2014“.

I think that we all have been impressed by the presentation in Montecatini last year what the responsible persons from Toulouse presented to us.

The TC GfA (Technical Committee Gymnastics for All) of the UEG had already meetings with the LOC (Local Organising Committee) and we got a very good impression about the venues and the overall layout of the event. We met experienced and capable members of the LOC and we have been surprised about the level of preparation. Most parts of the program have already been planned and scheduled in details and the organisational structure has already been settled.

As you all will learn from the 1st Bulletin we really will have fantastic venues and an exciting city of Toulouse where a lot of things can be seen.

On behalf of the UEG authorities I would seriously like to invite you to our next Golden Age Gym Festival in Toulouse.

Regards,
Detlef Mann
President of the TC GfA of the UEG





General information

So Toulouse, So Gymnastic!

Toulouse is the capital of the widest French region , Midi Pyrénées, 45000 km2, that joins many historical places and exceptional natural landscapes.

150 kms far from Mediterranean Sea, 250kms far from Atlantic Ocean, 110 kms far from the Pyrénées ski stations, Toulouse stands at an exceptional geographical situation.

Toulouse invites you to discover its various faces. Be that guest who will be pilgrim in its churches, historian and fond of art in its museums, navigator on the Garonne and star expert at the City of Space.

In 2014, Toulouse will innovate for the GAGF participants : demonstrations, shows, tastings Surprises !

So, enjoy yourself and come back !



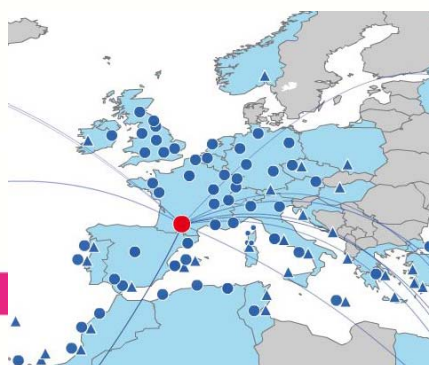
How to reach us ?

Not far from the Pyrenees, between Atlantic Ocean and Mediterranean Sea, you can reach Toulouse either by train or highways.

Toulouse Blagnac is an important airport platform too where 25 French, foreign or **low cost** airline companies fly .

So, to come to Toulouse "all ways are good ways" !

So, to reach Toulouse all the ways are good ways!





Map of the venues

Most of the venues are situated in the center of Toulouse, near the Garonne.

You'll easily reach each venue walking.



A map of central Toulouse, France, with the Garonne river flowing through it. Six blue callout boxes on the left point to specific locations on the map, each accompanied by a small photograph of the venue. The venues are: Sports Palace (top left), Capitole Square (top right), Raymond VI Garden (middle left), Daurade Square (middle right), « Toulouse Beach » (bottom left), and Ramier Island (bottom right). The map shows major streets like Bd d'Arcole, Bd Lascazottes, and Bd Matabiel Lecoucq, as well as landmarks like the Capitole and the Garonne river.

- Sports Palace
Opening and Closing Ceremonies . Gala
- Capitole Square
City performance
- Raymond VI Garden
City performance
- Daurade Square
City performance
- « Toulouse Beach »
City performance
Workshops
- Ramier Island
Workshops
Forum « Know your body »



	Sunday 28-sept-14	Monday 29-sept-14	Tuesday 30-sept-14	Wednesday 01-oct-14	Thursday 02-oct-14	Friday 03-oct-14	
MORNING							
08h00		Muscular awakening	Muscular awakening	Muscular awakening	Muscular awakening	Muscular awakening	
08h30							
09h00	Participants	Workshops Ateliers Corporels	Workshops Ateliers Corporels	Workshops	Workshops	Workshops	
09h30						training for Closing Ceremony	
10h00							
10h30		Arrival	Workshops Ateliers Corporels	Workshops Ateliers Corporels	Workshops	Workshops	Closing Ceremony rehearsal
11h00							
11h30							
12h00					group leaders meeting for Closing Ceremony		
12h30					group leaders meeting for Gala		
13h00							
AFTERNOON AND EVENING							
13h00							
13h30		Touristic and cultural activities	Touristic and cultural activities	Touristic and cultural activities			
14h00	Instructors meeting				Gala rehearsal		
14h30	Meeting for delegations leaders						
15h00	groups leaders						
15h30							
16h00	PARADE						
16h30					Official Reception VIP		
17h00			City Performance	City Performance			
17h30	Opening Ceremony	City Performance				Closing	
17h30					GALA	Ceremony	
18h00							
18h30							
19h00			FORUM	GAGF 2016	festive dinner (in option)	Farewell party (in option)	
19h30	festive dinner (in option)		Group leaders Delegation leaders	Group leaders Delegation leaders			
20h30							
21h00							
21h30		Dancing party	Dancing party	Dancing party			
22h00							



Gastronomics lunch
if reserved in advance !



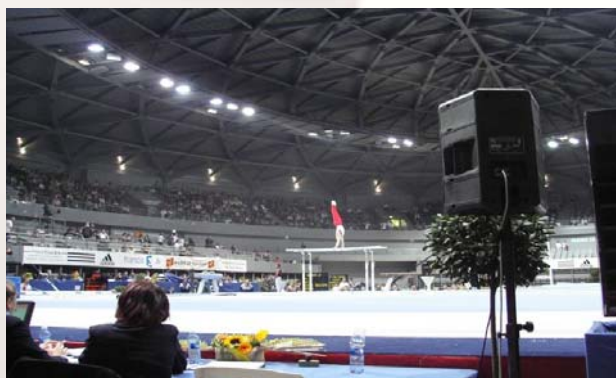
Each group will have a full free day.

Toulouse!

Parade

The Parade will start at the Capitole, main Toulouse's square, close to the City Hall (11th century monument).

It will follow the busy shopping TAUR Street, than will go close to St Sernin cathedral, a Romanesque art's masterpiece (11th century), and after 15 minutes walk will finally reach the Sports Grand Palace where the Opening Ceremony will take place.



Opening Ceremony

The ceremony will offer you a show with Toulousian groups, French groups and various performances on a theme you'll discover in the next bulletin.



Workshops : 25 different activities!

Workshops will take place on two Venues:

« **Toulouse Beach** » where the Golden Age village will stand, the heart of the event on beaches and grassy spaces in the shade of trees.

Ramier Island around the summer swimming-pool (100m length with beach umbrellas) near the Garonne.

Each participant will choose 4 to 6 workshops in the proposed list.

Among those you will select, we guarantee at least 2 of them.

The 2 morning workshops will take place on the same venue.

Participants will have 30 minutes between each workshop.

All workshops will be held by state certified organizers.

Some will have two levels in order to be adapted to participant capacities and experiences.

3 kinds of activities will be proposed:

Gymnastic activities : Fit Ball ; Pilate ; Latin Aérobic; ; Step; Apparatus Gym; Gym Fun; Seated Gym; Yoga; Group Choreography; Aqua Gym;

Expressive and dancing activities : Karaté ; Taï Chi Chuan ; African Dance; Salsa ; Tango; Traditional Dance ; Relaxation; Aérobic; Clown laugh .

Local Games and Outdoor activities : Rowing; Climbing; City Bike; Ping Pong; Golf; Nordic Walking ; Outdoor Bowling.

2 workshops “ How to know your body” and “ To stay in good heath “ will be proposed.

Each delegation will subscribe one group to a specific workshop “ How to improve your City Performance “.

To help participants in their choice, workshops videos presentations will be available on our website.



City Performances

All the venues stand in the center of the city, in bustling places so that Toulouse people will stop for a while and admire the performances.

Each group will perform twice during the week.

The performances will last **6 minutes maximum, setting and gone off stage included.**

Participants will perform on 4 famous venues.



Capitole Square

Toulouse Beach

The Raymond VI garden

The quai de la Daurade

The venues



The Capitole Square is the heart of the city. A stage of 20mX20m will offer a wide space and 2 stands with 500 seats each to big groups.

The Quai de la Daurade is the meeting point for students and walkers strolling along the river. A stage of 16mX16 m where groups will perform in front of a 500 seats stand.

Toulouse Beach is the center of the festival with its entertainments . A stage of 16mX16m where groups will perform in front of a 500 seats stand.

The Raymond VI garden

Modern Art visitors or garden's walkers will be able to look at the Groups Performances. A natural stage of 16mX16m is leaned to the Garonne.



City performances music

The maximum length of a "Group Performance" is 6 minutes, entering and leaving the stage included.

The Organizing Committee will check the music before and in accordance with UEG instructions. Files with a too long music will be rejected.

The music should be backed up on a single CD or file.



Gala

Highlight of the event, the Gala will gather groups from nations with at least 3 groups performing.

Some groups will participate in the Gala, invited during the festival by the UEG technical committee.

Our professional choreographer will propose a theme that will give a soul to the show.

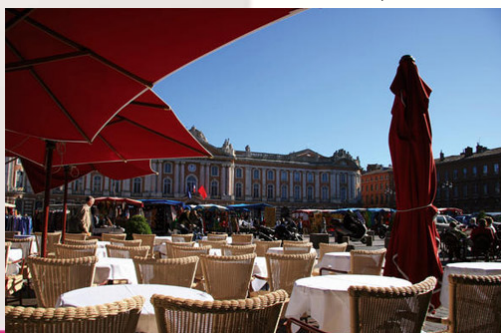


Forum

Each group leader and each delegation leader will be invited to participate to the forum.

To make it easy for participants, it will be organised on Tuesday evening from 7pm to 8.30pm.

Concretely, it will allow to share our knowledge and practices on the Physical activity in the treatment and prevention of the chronic pathologies to the senior, held in English, German and French.



Despite the week schedule loaded with workshops, city performances and forums, participants will have a free day for tourism, shopping or relaxation!



Transfers

A direct connection from Toulouse Blagnac airport.

A shuttle will connect the airport (20minutes far) or the railway station to the hotels booked with the LOC.

You'll find "meeting points" at the airport and the railway station.



Registration

You will subscribe online the GAGF website, 3 stages:

Before november 15, 2013: Each delegation will create online its own login and password when connecting for the first time.

Federations's pre-registration indicating: informations concerning the federation, the number of participants and the number of groups.

10 euros's payment per pre-inscription's participant (deducted from your final invoice).

Before January 31, 2014: Each group will create its own login and password when connecting for the first time.

Accommodation subscription (list at the end).

Payment, 50% of the Package or Accreditation's Card.

Before June 1st, 2014: Workshops, City Performances and Forum registration online.

Touristic Program Subscription.

Arrival and Departure informations.

Social Program

GOOD MORNING TOULOUSE !

Every morning, a muscular awakening will be organised on Capitole square so that early risers, seniors and passers by will be invited to begin the day on the right foot !



MUSEUM PASS

Free pass to visit all the museums in Toulouse.



THE SENIORS HEALTH MEETING.

Open to everyone, it will treat physical and well-being activity themes, health and nutrition, leisure and social activities for seniors.

Privileged moment where all professional categories, associations, enterprises who work daily for senior's well-being, will share their knowledge with you.

Conferences and demonstrations will be proposed to you, all around Toulouse.



THE TOULOUSIAN SENIOR NETWORK.

All Toulousian seniors will be invited to participate to the event with European seniors.

GASTRONOMY VILLAGE.

You will have lunch at the Village on Toulouse Beach, at river's edge and will taste the regional culinary specialities.



EXCURSIONS.

A varied excursion program will be proposed to you, so that you'll discover the Toulouse and regional tourist assets.

FESTIVE DINNER

Two convivial meals will be organized on Sunday September 28th and on Thursday October 2nd at the evening.

DANCING PARTY

Every night !!!! And Farewell Party on Friday October 3rd at the evening.



Toulouse!

Accommodation Registration



NOTHING BUT REGISTRATION ONLINE !

The LOC is pleased to offer you 2 different accommodation possibilities : Hotels or Residences (small apartments with a kitchen corner)

If you want to have the wished category, we recommend to fill the official registration form as soon as you can before deadline.

Rooms will be given on « first come, first served » basis.

The registration form will be send to the LOC with 50% account before **January 31, 2014**.

After the registration form and 1st account 's reception, the LOC will confirm your reservation.

The payment of the accommodation balance will be adjusted no later than **June 1st 2014**.

Any negligence in the payment in the fixed dates will cause the cancellation of the reservations.

Payment will be banking transfers.

When subscribing , you will pay the banking charges due to banking transfers.

Hotels

HOTELS PER CATEGORY	ROOMS CATEGORY	Number of person/room(1)	Package price /person(2)	Additional night/person(3)
*****	LUXURY	Single	1470	225
		Double/twin	834	119
**** Luxe	SUPERIOR	Single	1380	210
		Double/twin	798	113
*** Luxe	STANDARD	Single	1236	186
		Double/twin	708	98
2	LUXURY	Single	1164	174
		Double/twin	684	94
****	SUPERIOR	Single	1020	150
		Double/twin	606	81
*** Sup	STANDARD	Single	990	148
		Double/twin	570	75
3	LUXURY	Single	876	126
		Double/twin	534	69
*** Eco	SUPERIOR	Single	804	114
		Double/twin	498	63
** Sup	STANDARD	Single	732	102
		Double/twin	462	57
Sup**	STANDARD	Single	660	90
		Double/twin	426	51
4	SUPERIOR	Single	660	90
		Double/twin	426	51
** Eco	STANDARD	Single	588	78
		Double/twin	390	45
* Sup	ECONOMIC	triple	336	36
		quad	320	34

(1) = Twins or doubles : 2 persons in a room Twins = 2 small beds, doubles = 1 bed for 2 persons.

(2) = The package includes : chosen accommodation for 6 nights, arrival on 09/28 departure on 10/04 + breakfast+ taxes + accreditation card + museum pass + transport pass

(3) = additional night with breakfast+ taxes per person



RESIDENCES / INNS	ROOMS CATEGORY	Number of person/ room(1)	Package Price(2)	Additional night (3)	DESCRIPTION
1 / Adagio Partenon Residence ****	LUXURY	Single	1164	174	Apartment 4 pers capacity (1 room + 1 sofa)
		Double/twin	714	99	Apartment 4 pers capacity (1 room + 1 sofa)
		Triple	564	74	Apartment 4 pers capacity (1 room + 1 sofa)
		quadruple	492	62	Apartment 4 pers capacity (1 room + 1 sofa)
2 / Citadines Residence ***	SUPERIOR	Single	1008	148	Studio 2 pers capacity (2 beds or one bed)
		Double/twin	600	80	Studio 2 pers capacity (2 beds or one bed)
		Triple	558	73	Apartment 4 pers capacity (1 room + 1 sofa)
		quadruple	468	58	Apartment 4 pers capacity (1 room + 1 sofa)
3 / Adagio Cyprien Residence ***	STANDARD	Single	870	125	Studio 2 pers capacity (2 beds or one bed)
		Double/twin	564	74	Studio 2 pers capacity (2 beds or one bed)
4 / Inn	ECONOMIC	quadruple	298	30	4 persons dormitory with Bathroom+WC+kitchen No breakfast
	NO Breakfast	sextuple	288	28	6 persons dormitory with Bathroom+WC+ kitchen No breakfast

(1) = Twins or doubles : 2 persons in a room Twins = 2 small beds, doubles = 1 bed for 2 persons

(2) = The package includes: chosen accommodation for 6 nights, arrival on 09/28 departure on 10/04 + breakfast (except inn) + taxes + accreditation pass + museum pass + transport pass

(3) = additional night with breakfast (except inn) + taxes





Package

WHAT IS INCLUDED IN YOUR PACKAGE :

The Accreditation Card

Accommodation : Hotels (breakfast included) or Residence, depending of your choice.

Free Museums Pass for Toulouse museums.

Free transport to your hotel from the airport , if you fly to Toulouse and only if you booked your accommodation trough the LOC.



Accreditation card

ACCREDITATION CARD

100€

Access to the Official Golden Age Gymnastic Festival

Free transport in Toulouse (Bus, Metropolitan, Tramway)





14 Good reasons to come to Toulouse !



More than 1000 restaurants : gastronomy and oenology
 The Canal du Midi, Unesco World Heritage Site and The Garonne
 Famous attractive sites : Pic du Midi, Lourdes, Carcassonne, Albi...
 Paths of St Jacques de Compostelle
 European capital of space, and global Center of Aviation: City of Space, Airbus
 160 gardens and parks
 15 important museums
 His swimming pools, fountains and basins
 Many festivals, expositions and shows
 The Capitol Theater and Opera, many concerts halls
 His ENIGME tour, his Casino, his places and terraces, his student life
 Sports exhibitions, flashmobs, Congress, Conferences
 Exhibitions on Capitol Square
 The Parade through streets and historical places of Toulouse
And 2000 others to discover when you'll be there !!!



Official Website

All information on <http://www.goldenage2014.eu>



SEE YOU

6th October

in Toulouse - 2014



www.goldenage2014.eu