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

Those last months, many delegations from all over Europe, your federation’s representatives, came to discover Toulouse, our wonderful town, and to prepare your stay with us. So they discovered the sites which will welcome you, the streets which will enchant you, even our famous “Toulouse by night”!

We also organised a mini Golden Age with more than 180 French participants and so, we trained what will be the heart of our event in the future, The Village at Toulouse Beach!

It was a great success, so will be our September 2014 Golden Age Festival!

Our local organising committee, our Toulousian friends, our 9000 hotel’s bedrooms and 1200 restaurants, our heritage and the entire Midi-Pyrenees, region of Good art’s of living, impatiently prepare themselves to meet you.

It’s up to you now, make the first step by registering to the 2014 meeting of the movement and joy of living “!

Everything is ready: we are waiting for you!!!

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

* Toulouse!
**General information**

**So Toulouse, So Gymnastics !**

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!
The Local Organising Committee

LOC Co-Presidents: Jean-Claude MELAC and Frederic VENOUIL

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<th>Financial management</th>
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<td>Colette BAILLADE</td>
<td>Virginie HUSSON</td>
<td>Thierry GAUVIN / Yves BOQUEL</td>
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General Secretariat: Marie-Cecile DALEZAN / Michael ALGER

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<th>VIP/Delegations-Accreditations</th>
<th>Receptions / Protocol</th>
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<tr>
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<td>Virginie HUSSON</td>
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The registration’s modalities and form will be online the official internet Golden Age 2014 site since September 2013, on the 21st.

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.

Sustainable development

Let’s give a sign, together!

The local Organising Committee, the city of Toulouse and the CNOSF make a commitment to assure this 4th Golden Age Gym Festival edition will be a sustainable meeting.

Some sort out proposals and common sense actions will be suggested to you so that together we will try to protect what we have been given.
With its centered South-West situation, rocked by the sun and the relaxed way of living, the Pink City combines heritage, innovation, relaxation and delights of parties. A whole program!

TOULOUSIAN ATMOSPHERE

Heritage
Private mansions contemporaries of the golden age of woad’s production, religious buildings with bricks and stones decors, rich museums collections: be surprised from place to place!

At night, skillful lightings give a new aspect to the building’s facades, to the Garonne and the town’s monuments.

Way of life
To enjoy Toulouse region’s gentle way of life, take your time, walk around the bustling streets, stroll around the markets or make a stop at a café terrace. There, the atmosphere shows you the Personnality of people living in the south: authentic and friendly.

You will have a full free day for turistical visits, rest or shopping!
Thanks to its closeness to Spain, the ever so-dynamic and bubbling city of Toulouse perpetuates its strong passion for all kinds of celebrations. The town’s warm and friendly identity reveals itself through the beat of local sport games, cultural events, its many theatres, bars and night-clubs.

Sky and Space...

Since Clément Ader strange machine and the aéropostale air mail routes with his heroes such as Antoine de Saint Exupéry, Toulouse has become the European number one aerospace hub.

Science and technology enthusiasts can visit the Airbus assembly lines and explore the mysteries of the universe at the Cité de l’Espace theme park.
The Canal du Midi and the many parks and gardens are among the city’s natural areas dedicated to relaxation, strolls or leisure sports.

As for the Garonne river, it definitely illustrates the soul of the city: it flowstrough the heart of Toulouse and its quays are one of the focal point of Toulouse life.
On the left side of the Garonne, the Prairie des Filtres is acclaimed by Toulousian people for its surroundings and the events that are organised there.
On Toulouse Beach, « the Village » will be the festival’s heart!

You will find there:
* Info point,
* The Golden Age boutique,
* Stands showing gastronomical and crafts specialities
* Possibility to eat and drink
* Meeting point and various activities (games, music, Creative workshops, etc.).
The Midi-Pyrénées exceptional sites

Don’t miss it, can’t be ignored!
When you think about those exceptional sites of Midi-Pyrénées those words naturally come to your mind. The region has 25 famous sites emblematics of its culture, its history, its natural heritage.

We will proposed to you excursions so that you will discover Toulouse, Albi’s Cathedral, Lourdes or the medieval city of Carcassonne.
Activity is essential to Seniors. That’s why the Golden Age Gym Festival has been created. During some days, gymnasts are happy to meet other nations on a playful and cultural way.

This event takes place every two years, in a region where it is pleasantly warm in winter and if possible between seasons. So that bodies and minds get a fortifying sunbathing.

For the test edition in 2005, 1300 participants coming from 20 national federations came specially and appreciated their winter journey!!

With such a success, the European Gymnastics Union decided to go on…

First edition held in November 2008 in Maspalomas/Gran Canaria: 17 nations, 64 groups and 1600 participants.

Second edition in 2010 Portugal/Portimao: 19 nations, 67 groups and 1400 participants.

Third edition in 2012 Italie/Montecatini: 19 nations, 103 groups and 1837 participants.

Fourth edition 2014 in France/Toulouse - Be many, join us, we try to reach 2014 participants!
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.
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, then 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 at the “Palais des Sports” a show with Toulousian groups, French groups and various performances on the theme: “The Family Gym in Toulouse!”. 
Workshops : 26 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:


Each delegation will subscribe one group to a specific workshop: “Improve one’s practice” and “Health”.


Local Games and Outdoor activities : Nordic Walking, Aqua Gym, Outdoor Bowling, Racket sports.

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.

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 16mX16m 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.

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.

The color of the carpet is beige (off white).
The maximum length of a presentation is 3 minutes, entering and leaving the stage included.

The Gala's theme will be « HAPPY TOGETHER ! » .
**Forum**

Each participant will be invited to the Forum. His contents will lean on the exchanges which will have taken place through our website on which you will ask your own questions. For this forum, eminent specialists will answer your questions. To make it easier for each participant, the forum will take place on Tuesday evening from 7.30pm to 8.30pm. Very concrete, in the 3 official event’s languages (German, English and French) it will permit to share our knowledge and our practicals about the physical activity’s situation for prevention and chronic disease’s treatments for the senior.

**Closing Ceremony**

Under the Sports Palace spotlights, the Closing Ceremony will assemble all the gymnasts who will wish to participate. After their registration, they will take part in the friday morning rehearsal with the workshops instructors and our choreographer Valérie Grandjean (you'll find the modalities in bulletin n°3). According to the registrations, we will organise the rehearsals of every choreography and the spinning of the entire spectacle. All the performances will be organised in a show around the theme "MUSICALS", each leader suggesting a French or a Broadway musical soundtrack's music to perform on. The traditional FAREWELL PARTY will follow, wish you will all participate!
Transfers Arrival-Departure

You’ll find “meeting points” at the airport and the railway station.

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

All the activities will be easily reached by walking in the city.

Bikes, tramway, metropolitan and buses will be at your disposal, whenever you want.

To move during the week, the Local Organising Committee will propose the « Transportation Package » included in the Golden Age Gym Festival 2014 Package.
Registration procedure

In 3 phases, registration through the official Golden Age 2014 website:

**Before december 15th 2013**: Federations pre-registration indicating: Federation’s informations, Number of participants and number of groups.
At first connection, login and password’s online creation per federation.

**Before january 31st 2014**:  
10€ payment per participant (deposit deducts from the total cost, no refund possible).

**Before february 28th 2014**:  
Accomodation registration (listing at the end of the bulletin).  
Packages or participants cards 50% payment.  
At firts connection, login and password’s creation per group.

**Before june 1st 2014**:  
Registration to workshops, city performances and forum.  
Registration to the turistical program.  
Transport informations: arrivals and departures.
Registration access

www.goldenage2014.eu

ACCESS FOR FEDERATIONS ON OFFICIAL WEB SITE (ENGLISH VERSION)

Login : FEDERATION
Password : Golden2014fed

This code is useful for the following forms (at first):
- Federations registration
- Delegations registration

GROUPS ACCESS

Access code to communicate to the federations for their groups.

Login : GROUPS
Password : GOLDENGROUP2014

This code is useful for groups registration.

After this registration request, as a confirmation, an identification code will be mailed and will give a personalized access to the others codes forms (city performances, workshops, accommodation, meals...).

The federations already registered will have their own access by clicking on their own flag through ADMINFEDE tab.
In order to pay your registrations, here are the LOC banking codes:

- Bank: Crédit Mutuel CCM Plaisance du Touch
- IBAN (International Bank Account Number): FR76 1027 8022 2900 0203 4770 162
- BIC (Bank Identifier Code): CMCIFR2A

The organising Committee remains at your disposal for any financing problem.
Contact us through the official web site.
GOOD MORNING TOULOUSE!
(free access and free with the Package)
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 with the package)
Free pass to visit all the museums in Toulouse.

THE SENIORS HEALTH MEETING
(free access and free with the Package)
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.

GASTRONOMY VILLAGE (free access)
You will have lunch at the Village on Toulouse Beach, at river’s edge and will taste the regional culinary specialities.

DANCING PARTY (free access)
Every night !!!!

EXCURSIONS (in option)
A varied excursion program will be proposed to you, so that you’ll discover the Toulouse and regional tourist assets.

FESTIVE DINNER (in option)
3 convivial meals will be organized on Sunday September 28th and, on Thursday October 2nd at the evening and Farewell Party on Friday October 3rd at the evening!
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 sent to the LOC with 50% account before February 28th 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.
Our hôtels proposals

RESIDENCE ADAGIO CYPRIEN

HOTEL ANATOLE FRANCE 1*

HOTEL DU PÈRE LEON 3***

HOTEL DES CAPITOULS 4****

HOTEL DU CAPITOLE 2**

Have a look on our hotels proposals and appreciate the toulousian quality and variety.
## Hotels

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<tr>
<th>HOTELS PER CATEGORY</th>
<th>ROOMS CATEGORY</th>
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<th>Package price /person (2)</th>
<th>Additional night/person(3)</th>
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(1) = Twins or doubles : 2 persons in a room Twins = 2 small beds, doubles = 1 bed for 2 persons.
(2) = The package includes /person : 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

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<td></td>
<td></td>
<td>Triple</td>
<td>558</td>
<td>73</td>
<td>Apartment 4 pers capacity (1 room + 1 sofa)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>quadruple</td>
<td>468</td>
<td>58</td>
<td>Apartment 4 pers capacity (1 room + 1 sofa)</td>
</tr>
<tr>
<td>3 / Adagio Cyprien Residence ***</td>
<td>STANDARD</td>
<td>Single</td>
<td>870</td>
<td>125</td>
<td>Studio 2 pers capacity (2 beds or one bed)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Double/twin</td>
<td>564</td>
<td>74</td>
<td>Studio 2 pers capacity (2 beds or one bed)</td>
</tr>
<tr>
<td>4 / Inn</td>
<td>ECONOMIC NO Breakfast</td>
<td>quadruple</td>
<td>298</td>
<td>30</td>
<td>4 persons dormitory with Bathroom+WC+kitchen No breakfast</td>
</tr>
<tr>
<td></td>
<td></td>
<td>sextuple</td>
<td>288</td>
<td>28</td>
<td>6 persons dormitory with Bathroom+WC+kitchen No breakfast</td>
</tr>
</tbody>
</table>

(1) = Twins or doubles : 2 persons in a room Twins = 2 small beds, doubles = 1 bed for 2 persons
(2) = The package includes /person: choosen 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
Meals proposals (on reservation)

EVERY DAY
LUNCH & DINNER
At Toulouse Beach

18€

You may reserve
48h in advance
at the village

EVERY DAY
LUNCH & DINNER
At Toulouse Beach

FOR 10 MEALS
RESERVED
(LUNCH OR DINNER
SERVED AT THE VILLAGE)

+ 1 MEAL OFFERED !
Meals (on reservation)

OPENING CEREMONY
COCKTAIL DINNER
23€
Sunday evening
Sport’s Palace

GASTRONOMICAL
GALA DINNER *
29€50
Thursday evening
Mermoz hall
* on reservation

CLOSING THE EVENT *
FAREWELL PARTY
REGIONAL
BUFFET
23€
Toulouse Beach
Friday night
* on reservation
The Partner restaurants...

Only for you!
In the next bulletin you’ll get the partner’s event restaurants listing, close to your hotels, where you’ll get a «Golden Age special price » from 12€.
Packages

PACKAGE GOLDEN AGE GYM FESTIVAL 2014

What is included in your package:
The Accreditation Card: access to the official festival program, Transportation Pass and Toulouse Museums Pass included.
Accommodation: Hotels (breakfast included) or Residence, depending on 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 through the LOC.

ACCREDITATION CARD 100€

Access to the official Golden Age Gym Festival program:
Workshops, City Performances, Ceremonies, Good Morning Toulouse and Forum.
Toulouse Transportation Pass (Bus, Metropolitan, Tramway).
Toulouse Museums Pass.
NB: no transportation from the airport or railway station.
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 in Toulouse - 2014

www.goldenage2014.eu