16th WORLD GYMNAESTRADA 2019

DORNBIRN
VORARLBERG
AUSTRIA

7th to 13th July 2019

BULLETIN 5 EN

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1

World Gymnaestrada 2019 in Dornbirn

1.1 | Welcome

We are almost there

After years of preparation we are now getting closer to the 16th edition of our biggest FIG event, the World Gymnaestrada. The Local Organising Committee is finalising the last details and all visiting participants are getting ready for the journey to Dornbirn, Vorarlberg in the western part of Austria.

The FIG Gymnastics for All Committee has a supporting role towards both the Local Organising Committee and the participating Gymnastics Federations and it is a pleasure to work with all these enthusiastic, positive hard-working people. Everyone wants this to be a success and for that reason it will be.

All of us involved are counting down the days and it will be great to meet old and new friends in this beautiful area of Austria. I know the last part of the preparation means a lot of work for the Local Organising Committee but they have experience and that in combination with their friendly attitude will make us all feel welcome.

I am looking forward to this!

Margaret Sikkens Ahlquist
FIG Gymnastics for All Committee President

Everybody is waiting for all of you gymnasts

We can say that the World Gymnaestrada is a tradition as it has been an international event since 1953. At no other sports event can the participants really enjoy meeting each other and being together as at the World Gymnaestrada. We are very proud to welcome this colourful world festival with nations coming together and showing their colours, for the second time in the Vorarlberg Rhine Valley.

The organisation of the World Gymnaestrada has entailed a lot of hard work over many years and I would like to heartedly thank the whole of the organising committee and the many thousands of volunteers who have been preparing for this great festival, and to ensure for our guests that everything functions as well as possible during the week from 7th to 13th July.

Already the whole of Vorarlberg can hardly wait for the World Gymnaestrada to begin, to meet all of you gymnasts, watch your ambitious performances and that is guaranteed! As the host of the event, supported by many, many volunteers, we are really looking forward to welcoming you all on the 7th July in »Ländle« (our name for Vorarlberg)!

Marie-Louise Hinterauer
President of the Local Organising Committee

1.2 | News

Since the publication of Bulletin 4 in November 2018, four months have gone past and a lot has happened in that time.

Bulletin 5 – everything at a glance

Bulletin 5 is based on Bulletin 4 and is supplemented with additional information. What does that mean? Again, our new Bulletin contains all information. This has an advantage as it means that the previous version can be ignored. No more need to look something up, no need to compare, no need to search as all information is available in the latest edition of the Bulletin.

New in Bulletin 5

Update on hall plans, update on the programme (Opening Ceremony, World Team, Dornbirn Special, Closing Ceremony etc.), update on the schedule (rehearsal and performance times), update on the traffic plan including specific information on the arrival procedure, update on the list of countries in need of visa and on the list of countries having completed their Definitive Registration, additional benefits of the Participants Cards, latest news on the merchandising collection, update on the handling of press accreditation, some helpful »inside information« on our country and – last but not least – a sneak preview of our World Gymnaestrada App!

Continuation of the ideas from Helsinki – World Team and Special also in Dornbirn

In July 2015, 20,473 participants from 53 nations took part in the last World Gymnaestrada in Helsinki. What made the event so successful was not just the perfect and exemplary organisation but also the two new ideas: The Midnight-Sun Special and the World Team. The concepts were developed by the Finnish organisation team and the premieres were celebrated at the 15th World Gymnaestrada in Helsinki. Over 2,000 gymnasts from five continents took part in the World Team and all expectations were exceeded. We, in Dornbirn, would like to continue the success of both concepts here in Dornbirn, so that means there will be a World Team and a Special (Dornbirn Special). Details can be found on page 67 and 68.

At this point, we would like to congratulate the Helsinki Organisation Team for their future-oriented new ideas and at the same time a hearty thank you for all the cooperation on the joint further development! Kiitos!

Evaluation Meeting, November 2015 in Dornbirn.

Premiere of the World Team at the WG 2015 in Helsinki with more than 2,000 participants from five continents.

World Team Meeting: exchange of ideas between the Finnish and Austrian choreographers in February 2017 in Helsinki.

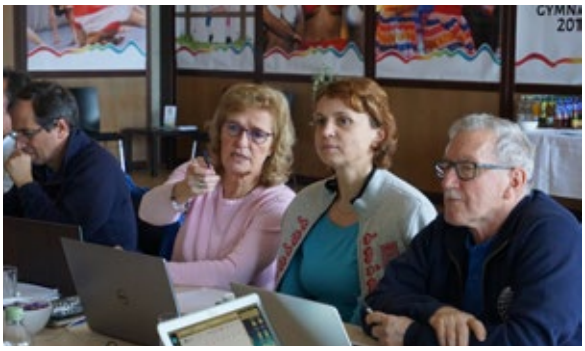
FIG Committee

Elections took place in November 2016, during the 81st FIG Congress in Tokyo. Morinari Watanabe was elected as the new FIG President, succeeding Bruno Grandi and the existing and well proven »Gymnastics for All Committee« was re-elected. Congratulations to the President Margaret Sikkens Ahlquist and the committee members Monika Šišková, Rogério Valério, Araki Tatsuo, Marco Antonio Bortoletto, Ruedi Steuri and Flemming Knudsen.
We thank you very much for your great support in our joint preparations for July 2019!

FIG-Committee at the Joint Meeting in November 2016.

Joint Meeting

The entire FIG Gymnastics for All committee gathered again in Dornbirn in February 2019. During the three-day joint meeting, many plans were conceived and important decisions for the final planning and organisation of the World Gymnaestrada 2019 were made. While the committee could get a detailed insight into the current status of the LOC preparations for such a big gymnastics event, many LOC members took the chance to exchange their thoughts and ideas with their committee contact persons.



1.3 | World Gymnaestrada

What is the World Gymnaestrada?

The World Gymnaestrada is a world-wide, non-competitive FIG Gymnastics for All event held every four years, attracting the largest number of active participants of any FIG event. Participation is for everybody, regardless of gender, age, race, religion, culture, ability or social standing.

The event is organised by a FIG Member Federation, in collaboration with a city and awarded by the FIG Council as stated in the Statutes. The FIG Member Federation awarded by the FIG Council, acts as the organising body, establishing their own organising structure, including a Local Organising Committee (LOC).

The responsibility for the World Gymnaestrada rests with the FIG Gymnastics for All Committee in cooperation with the appointed FIG Member Federation and their LOC. The roles and responsibilities between these parties are specified in the formal agreements established for the event.

Detailed regulations on the World Gymnaestrada can be found on the FIG website www.gymnastics.sport. These regulations are written for both participating and organising FIG Member Federations and can also be used for a national and/or continental Gymnaestrada.

What is Gymnastics for All = GfA

Gymnastics for All offers a variety of activities suitable for all genders, age groups, abilities, and cultural backgrounds. Gymnastics for All activities contribute to personal health, fitness and well-being – physical, social, intellectual and psychological.

The focus of Gymnastics for All activities is Fun, Fitness, Fundamentals, and Friendship and can involve:

- Gymnastics with or without apparatus
- Gymnastics and Dance

Gymnastics for All can be showcased through either demonstration, performance (e.g. »World Gymnaestrada«) or competitive team events (e.g. »World Gym for Life Challenge«).

Gymnastics for All offers aesthetic experiences in movement for participants and spectators while providing the opportunity to focus on items that are of particular interest in a national and cultural context.

» *The World Gymnaestrada plays an important role in promoting a world view in society where the focus is less on being better than somebody else, but about celebrating diversity, cooperation and community both on a social (age, gender, nationality) and physical (skills, forms) level.* «

Prof. Dr. Angela Wichmann
Lecturer at the Fresenius University of Applied Sciences in Munich.
As a gymnast, she had often taken part in the World Gymnaestrada and has studied the effects of belonging to a group in the form of a qualitative dissertation. This doctoral dissertation is published on www.wg2019.at.

2007 and 2019 in Dornbirn

Already in 2007, we hosted the World Gymnaestrada in Dornbirn. It was a tremendous success and gave us the courage to submit another application for the year 2019. The excitement that we had won the bid to host the World Gymnaestrada 2019 was overwhelming throughout the whole province!

Vorarlberg Hospitality

It is definitely something beautiful, the scope of anticipation from so many people in so many different areas, that we have experienced. It is not just the Vorarlberg Gymnastics Association and the organisation team, who are thrilled, but the whole of the Vorarlberg population is already full of anticipation and delight and cannot wait to welcome all the participants and to let them experience our hospitality for this special week!

Volunteers and Partners

More than two years before the Gymnaestrada we have already had numerous registrations from volunteers who want to be part of the Gymnaestrada and with their involvement are making an amazingly valued contribution. Also the city of Dornbirn, the province of Vorarlberg and those responsible in the Ministry of Sports, as well as numerous partners from industry and commerce, who have realised the value of the Gymnaestrada will partake, sponsor and want to be involved and have already promised their support. For us it is a great pleasure to see all this enthusiasm in the preparations from everybody.

Not a copy of 2007 and ambitious new goals

Thanks to the success of 2007 we can draw on our wealth of experience and the positive atmosphere and count on the population of Vorarlberg for their support again. This gives us a safety net but at the same time ample and fascinating scope to find new ideas and incorporate them. The World Gymnaestrada 2019 should not be a copy of its predecessor but to use the bonus of 2007 and to improve it. We are aware that there are great expectations after the last success, so we have set ourselves ambitious goals for 2019. The first goal was that there should be participants from over 50 nations (which – by the time of the publication of Bulletin 5 – looks very likely to be substantially topped). We hope that you all will want to be here, as only in such way, we can achieve that and make our slogan »come together. show your colours« reality.

1.4 | Our Guideline 2019

Motto – come together. show your colours!

The motto of the World Gymnaestrada 2019 is our guideline on the way to the event and the event week itself. This is displayed visually in communication as well as in the dramaturgy and choreography.

This motto is a reminder of the motto used for the World Gymnaestrada 2007 – *come together. be one.* Although it is a reminder, it has room to offer new ideas for 2019.

The first part *come together* for 2007 remains unchanged and reminds us of the coming together of all people and nations to celebrate a peaceful sports festival.

The second part *show your colours!* shows the variety and wide colour range of the world wide gymnastics community.

By word, *show your colour* means to show ones' true nature. With *colours* this is an invitation to all participants to perform at their best, to *present colourful shows.* Also it is an invitation to all of the World Gymnaestrada family to *show their variety, to make this a colourful festival.* Even for the organisation team, all volunteers and the local people this is an invitation to *show the world their hospitability and delight* in greeting all the visitors from all over the world!

come *together.*
show your ***colours!***

Logo – a colourful spiral

The yellow spiral on a blue background typified the World Gymnaestrada 2007 and is still a symbol for this successful event. The logo for 2019 should remind us of this successful experience and also introduce new aspects and ideas.

A new shape and colour scheme was consciously sought – a very colourful five radial »spiral galaxy«. Possibly associated with: rotation, fireworks, beauty, harmony, symmetry, choreography, the meeting of five continents, unification.

16th WORLD GYMNAESTRADA 2019 DORNBIRN VORARLBERG AUSTRIA

Guidelines and rules for usage of the WG2019 logo

1. Principles and aim

The present usage guidelines are established and applied by the **Weltgymnaestrada 2019 gemeinnützige GmbH,** hereafter WG2019-GmbH, holder of all the event's rights

»16th World Gymnaestrada 2019«
(hereafter »WG2019«)

The aim of the present guidelines is to promote and guarantee the unity and coherence of the verbal and visual identity of the WG2019.

2. Users

Three different uses of our logo:

2.1. To promote the event (using flyers, stickers, magazines, internet sites, etc.)
The logo may be used freely, if it respects our graphics charter.

2.2. For the official clothing of delegations
The logo may be used freely, if it is accompanied by the name of the group, of the federation or the country and that it respects our graphics charter. However, its usage by itself is not allowed.

2.3. For sales made in Austria and on the internet
Same guidelines as under 2.2.

We ask you to send us a copy of your proposal for approval before the beginning of the event, to the email address mentioned in point 4.

3. 2019 brands

Only the verbal designations and graphic signs (logos) described below may be used. No other form, nor any other derivation, declination, extrapolation or interpretation is authorised.

The associated verbal denominations (texts) are exclusively the following:

- 16th World Gymnaestrada 2019, Dornbirn Vorarlberg Austria
- 16th World Gymnaestrada 2019
- World Gymnaestrada, Dornbirn 2019
- WG Dornbirn 2019
- WG2019
- WG-2019

The event's official logo is exclusively the following:

For declinations (colour version, black/white version, portrait/landscape orientated version) we ask you to refer to our graphics charters which is available for National Federations via Gymnaplana. Access link:
http://dornbirn.gymnaplana.org/login/

4. Approval

A. General rule
The approval process applies to all the official products.

Authorised users cannot initiate the production of or have an official product made before obtaining the WG2019-GmbH's approval, in line with the present approval process.

The proposal should be sent by email only to the WG2019-GmbH at the following address: office@wg2019.at

If a proposal is not approved, the user can submit a new proposal for approval, after corrections or modifications that conform with the indications of the WG2019-GmbH have been made.

B. Basic Guidelines for obtaining approval
Logo orientation: The portrait variant of the logo (logo above, text below) is to be preferred. The landscape variant (logo left, text right) is nevertheless accepted when the available space makes the portrait variant impractical to use.

Logo size: The size of the official logo must not be less than 20 x 22 mm (portrait variant) or 33 x 12 mm (landscape variant).

Logo colour: The colour version is to be preferred. Black and white variants are accepted when the supporting elements colour makes the resulting variant illegible or simply not very attractive. When placing the logo on a photograph, use a white box surrounding the colour logo first (like an attached »label«), before considering the negative or positive logo variant.

Panorama band – the backdrop

An additional design element is the panorama band which derives from the Alpine world around Dornbirn and the Rhine Valley and offers a stage for the World Gymnaestrada.

Significance and possible associations

- Backdrop and stage of the World Gymnaestrada 2019
- The way to the World Gymnaestrada 2019
- A gymnastics apparatus (ribbon/cloth)
- A depiction of a sequence of movement

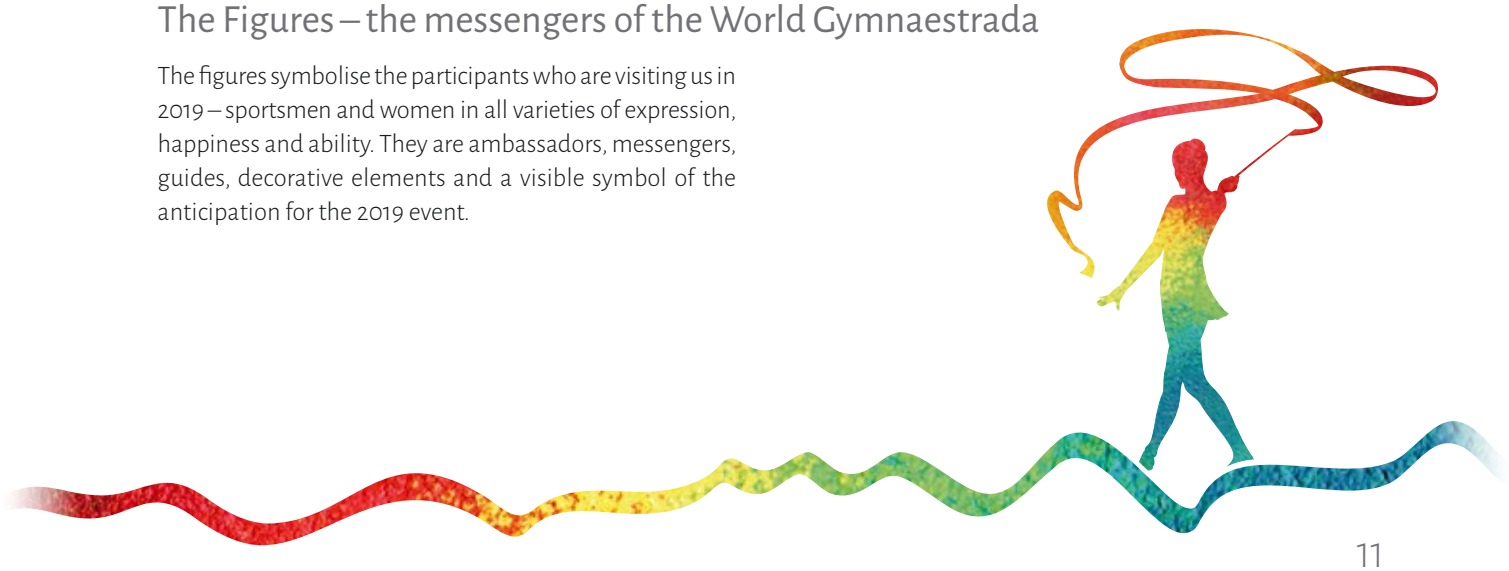
Colours – the great variety

A great variety, radiant colours and a vitality also from inside the colour areas characterises the event as multi-faceted, happy and full of energy.

The main colour of the World Gymnaestrada 2019 is »colourful« as it again mirrors the variety of the event. No individual colour is preferred.

The Figures – the messengers of the World Gymnaestrada

The figures symbolise the participants who are visiting us in 2019 – sportsmen and women in all varieties of expression, happiness and ability. They are ambassadors, messengers, guides, decorative elements and a visible symbol of the anticipation for the 2019 event.



Our mascot »Dorli« – a colourful cow!

A real Vorarlberg lady, sporty, active and open-minded – that's how the mascot of the World Gymnaestrada 2019 should be. We finally decided on a colourful cow as a symbol for the world's biggest Gymnastics for All festival.

As Marc Brugger, responsible for marketing and sponsorship, said »We have made the decision which animal should represent the World Gymnaestrada 2019 – and to be honest: it was not an easy one. What was important to us was that the mascot is the visual image of the event – regionally and at the same time being open-minded«.
The cow, an animal that is often found in pastures and on mountains in Vorarlberg, is a clear reference to our region.

Based on the motto of the World Gymnaestrada 2019 »come together. show your colours!«, this is not a classical brown cow but has a very colourful appearance – a symbol of the diversity of the over 20,000 participants from all over the world who will be visiting the gymnastics festival in 2019.

The name of our mascot was chosen via a competition in which 5,029 persons from 18 nations took part (by the way, the main prize went to Brazil!). With 1,925 votes »Dorli« could win that race and did already a great job at recent representative events.

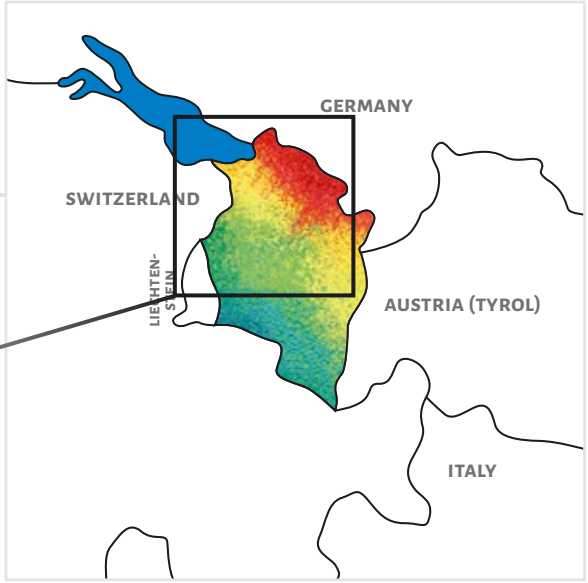
2

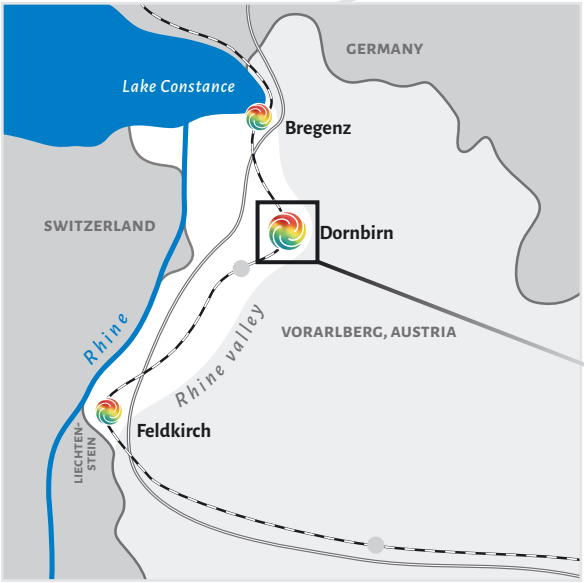
Host Country

2.1 | Location

Austria is a European country, member of the EU and geographically located in the heart of Europe.

Vorarlberg is one of nine Austrian provinces. It is the western most province and borders on to Switzerland, the Principality of Liechtenstein and Germany.





The Rhine Valley is an elongated valley, which is located east of the River Rhine, which forms the border to Switzerland.

Dornbirn is the biggest town in Vorarlberg, lies in the northern part of the Rhine Valley and has a population of almost 50,000.

2.2 | Austria – Vorarlberg – Dornbirn

Austria

It is the country in the heart of Europe with a long history and great tradition in gymnastics. The premiere of the World Gymnaestrada was back in 1965 in Vienna, and after Dornbirn 2007, the 16th World Gymnaestrada will be again in Dornbirn / Vorarlberg, the western most region of Austria, from 7th to 13th July 2019.

Facts & Figures

Neighbouring countries
Germany, Italy, Liechtenstein, Switzerland, Slovakia, Slovenia, Czech Republic, Hungary

Official language
German

Capital city
Vienna

Population
8,7 million

Currency
EURO (€)

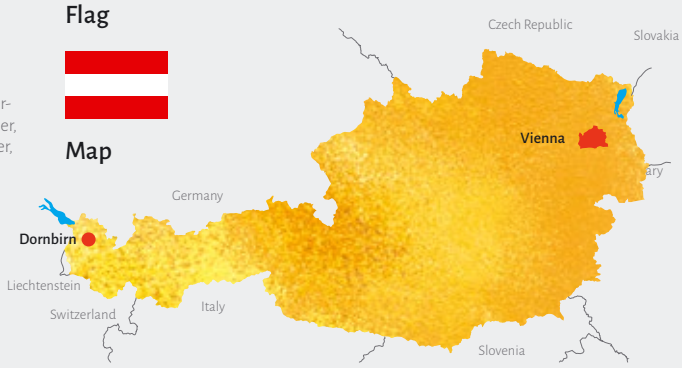
Famous Austrian Sports persons
David Alaba, Andreas Goldberger, Marcel Hirscher, Anne Marie Moser-Pröll, Anita Wachter, Franz Klammer, Niki Lauda, Arnold Schwarzenegger, Dominic Thiem

Highest mountain
Großglockner (3,798 metres)

Proud of
Mozart, Haydn, Strauß, Schiele, Klimt, Kokoschka

Flag

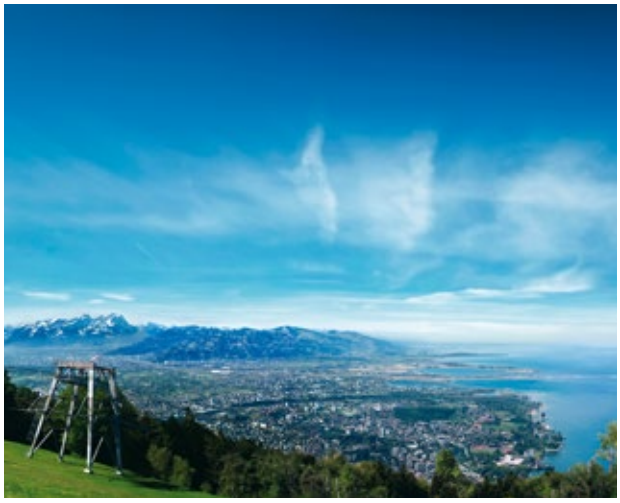
Map



Vorarlberg

Vorarlberg is because of its geographical position an ideal location to stage the World Gymnaestrada. The immediate neighbouring countries are Germany in the North and Switzerland in the West, both with long traditions in gymnastics. Vorarlberg with its favourable location to these countries has easy access to international airports like Zurich (CH) or Munich (D).

The Vorarlberg landscape plays a big role for the participants of the World Gymnaestrada 2019. The towns and villages as well as the event locations are surrounded by naturally beautiful scenery, whether it is Lake Constance, over the idyllic and natural reed lands right up to the impressive mountains of the Alps. The beauty of the landscape, the cultural offerings, historical sights and the varied gastronomy offers the participants impressive experiences daily.



Facts & Oddities

A special feature for sure is the Vorarlberg dialect, even those who speak perfect German, have to reckon on asking some words to be repeated again. For instance, on Austrian Television texts from Vorarlberg are often dubbed with German subtitles, so they can be understood throughout the whole of Austria. Thank goodness, English is the official Gymnaestrada language and what the hey .... we can always communicate sportsmanlike with our hands and feet!

Lake Constance, which borders on Vorarlberg belongs to Austria, Germany, and Switzerland. There are no clear borders and the lake is peacefully and jointly controlled by all three countries. If the question is asked to whom the fish belong... let's just say – everybody!

Vorarlberg has a great gymnastics tradition and the Vorarlberg clubs have over 9,500 members. This means every 40th resident of Vorarberg is into gymnastics!

Dornbirn and the Rhine Valley

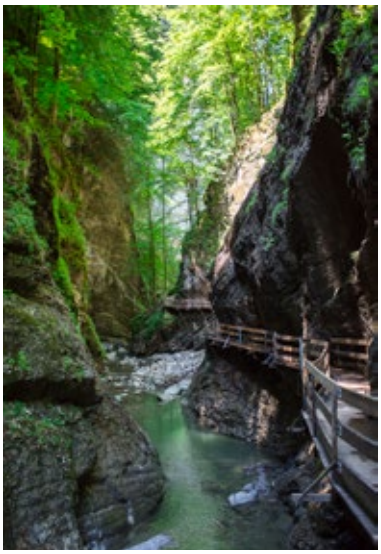
During the World Gymnaestrada, Dornbirn will be the centre of events. The Sports and Trade Exhibition town with a population of almost 50,000 excels with a good transport infrastructure, abundant schools and hotels as well as the Trade Exhibition Centre as the central venue for the World Gymnaestrada 2019.

Dornbirn is the largest town in the province of Vorarlberg but not the capital, which is Bregenz, located directly by the Lake of Constance. During the World Gymnaestrada the Large Group Performances will be held there. Bregenz is only twelve kilometers from Dornbirn and can easily be reached by train in only ten minutes.

Preparations for this gigantic gymnastics festival are also being made in other towns and villages in the Rhine Valley; there will be open-air stages in eight communities to thrill and delight the audience. The Vorarlberg Rhine Valley has many other communities in addition to Dornbirn and Bregenz with charming landscape characteristics, well-known for their hospitality.

On the basis of these conditions, it is for us a big objective to show the closeness and solidarity to the World Gymnaestrada participants. So the care and accommodation of the participants as in 2007, will be happening in the respective communities in a very personal atmosphere. With the creation of the so-called »National Villages« personal contact generates between the participating nations and the host towns and villages resulting in personal friendships and experiences. For many gymnasts it will be a »return to friends«, as in 2007 national villages were organised in this manner and easily led to many friendships.

Wishes and ideas of the participating nations regarding accommodation for 2019 will be taken into consideration as far as possible.



2.3 | National Villages

The participating countries will be accommodated in National Villages. The creation of National Villages was an idea that was implemented for the first time in Vorarlberg in 2007 and worked very well. For that reason, this concept will be used again in 2019.

What are National Villages?

All participants from the same country will be accommodated together. For instance in 2007, the Dutch were all accommodated in the area of Haselstauden in Dornbirn, the majority of the Finnish delegation stayed in Höchst and all the Canadian groups were allocated to Rankweil. The gymnasts could all communicate with each other and their head of delegation was also in the same place. This concept was of great benefit for all participants, the group leaders, the head of delegation and also for the population, who gave their best to ensure their nation would feel welcome. With the creation of the »National Villages« in 2007, many friendships and personal relationships were formed between the participating nations and their host towns and villages, which enabled the stay to become a personal experience. For many gymnasts in 2019 it will be like a »return to old friends«, so that's why we are taking over the proven and tested concept from 2007 almost in its entire range.

The locals are really delighted

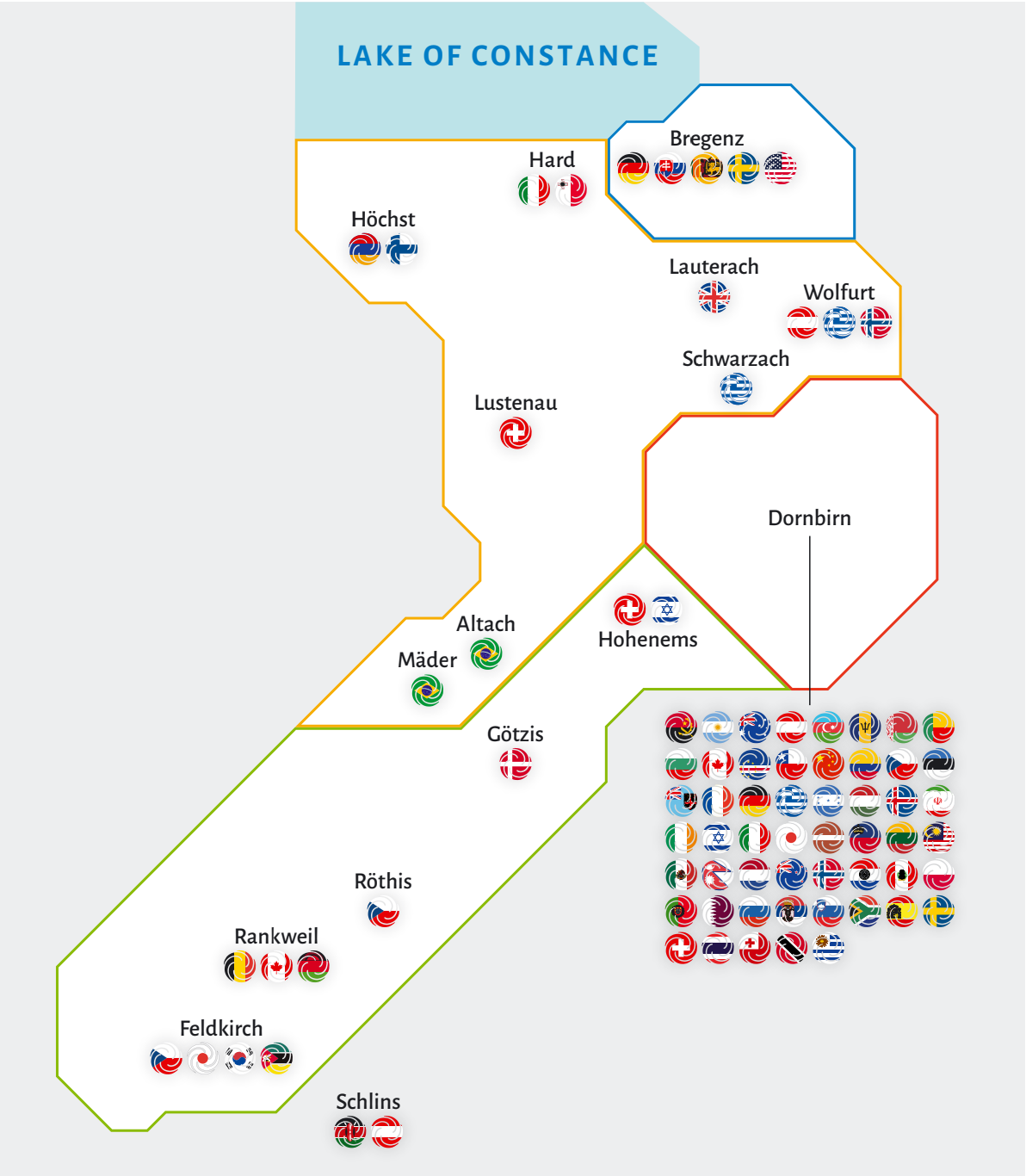
The population is really delighted and full of anticipation for the event. We have already had numerous requests from various towns and villages who would like »their« nation back, as participants and population became close-knit and the participants brought a sparkle and colour with them and the locals provided the local welcoming atmosphere! All participants are welcome in Vorarlberg and the Vorarlberg population is already full of anticipation and delight and cannot wait to be your hosts again!

Far away?

At first, it maybe sounds as if a long distance is involved, when all the participants are accommodated in different towns and villages. No, that is not the case! The Rhine Valley where all our participants will be accommodated is approximately the same size as Helsinki and with the very efficient public transport that we provide, you can reach all event venues from your accommodation in about 30 minutes.

Ideas and requests from our participating nations concerning accommodation for 2019 will naturally be taken into consideration when possible.

Allocation of participating countries to National Villages



We would like to thank all the above indicated 16 National Villages which are doing an excellent job as hosts for almost 14,000 participants being accommodated in schools. Without their co-operation, engagement and enthusiasm the World Gymnaestrada 2019 would not be such an overwhelming festivity full of friendship and hospitality.

2.4 | Accommodation

School dormitories – the classic

Most of the participants will be accommodated in schools. The classrooms become dormitories and per classroom there will be adequate sleeping arrangements to have enough space for both sleeping facilities (mattresses) as well as personal belongings. Sufficient toilets and washing facilities will be provided and cleaned daily. For a nice comfortable sleep inflatable mattresses, pillows and bedding were on offer and could be ordered via Gymnaplana. Details and prices can be found below. Breakfast, according to the criteria of the regulation manual will be served in the schools.

Sleeping-Sets for the school dormitories

For the best possible comfort of the Gymnaestrada participants two different sleeping-sets are on offer.

Products had to be ordered at the Definitive Registration on 7th January 2019.

Orders cannot be cancelled and ordered items cannot be returned. The WG2019 logo will be printed on all items except the mattresses. All products are of superior quality and those included in the Sleeping-Set »DELUXE« are even more outstanding.

Sleeping-Set »DELUXE«

The products included in our Sleeping-Set »DELUXE« are of outstanding quality and made by well-known companies such as Bestway, David Fussenegger and Hefel Textil. David Fussenegger and Hefel Textil are local manufacturers and we are extremely proud to be working with them.

The Sleeping-Set »DELUXE« contains the following items:

AIR BED »Bestway«:
Flocked air bed of high quality and comfortable size.

- size: 188 x 99 x 22 cm
- sturdy pre-tested vinyl
- rapid inflation / deflation screw valve
- flocked surface for a sound night's sleep

BLANKET »Deluxe«:
Lightweight and very cosy blanket in Gymnaestrada colours with Gymnaestrada logo produced by local manufacturer David Fussenegger.

- size: 140 x 200 cm
- 85 % cotton.

TRAVEL PILLOW »Deluxe«:
Foldable lightweight travel pillow produced by local manufacturer Hefel Textil.

- unfolded pillow size: 25 x 43 x 11 cm
- folded pillow size: 12 x 24 cm
- soft, comfortable and long-lasting

PILLOW COVER:
Pillow cover with Gymnaestrada logo

- size: 25 x 44 cm
- 100 % cotton

Price per set »DELUXE« **€ 109,–**

Sleeping-Set »BASIC«

The products included in our Sleeping-Set »BASIC« are of good quality and hard-wearing.

The Sleeping-Set »BASIC« contains the following items:

AIR BED »Bestway«:
Flocked air bed of high quality and comfortable size.

- size: 188 x 99 x 22 cm
- sturdy pre-tested vinyl
- rapid inflation / deflation screw valve
- flocked surface for a sound night's sleep

BLANKET »Basic«:
Nice fleece blanket with small Gymnaestrada logo.

- size: 140 x 200 cm
- 100 % knitted polyester fleece

TRAVEL PILLOW »Basic«:
Foldable lightweight travel pillow produced by local manufacturer Hefel Textil.

- unfolded pillow size: 24 x 42 x 12 cm
- folded pillow size: 15 x 25 cm
- soft and comfortable

PILLOW COVER:
Pillow cover with Gymnaestrada logo

- size: 25 x 44 cm
- 100 % cotton

Price per set »BASIC« **€ 79,–**

Hotels – with comfort

Vorarlberg is a tourist area and knows exactly what hospitality means. A lot of the hotels are family-owned and managed and charm you with their individual flair. Since the last World Gymnaestrada in 2007 a lot has happened in the hotel sector and many new hotels have been built so in 2019 we can offer you hundreds more beds as in 2007: Now that is comfortable!

We would like to point out here that National Federations had to make all hotel bookings for their participants via our partner Bodensee-Vorarlberg Tourismus (BVT). BVT's contact details are as follows:

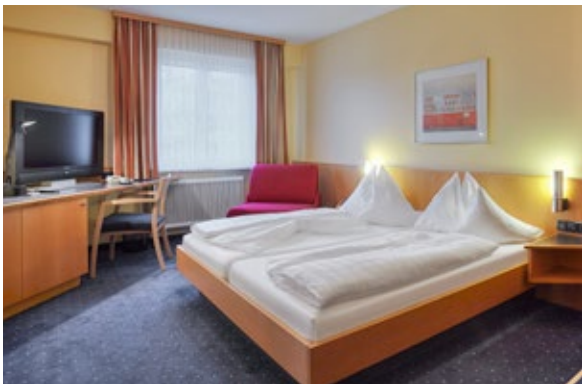
e-mail: accommodation@wg2019.at
or phone: +43 5574 43443-23

Only when having booked via BVT we could offer the prices as negotiated for the World Gymnaestrada and at the same time co-ordinate the National Villages.

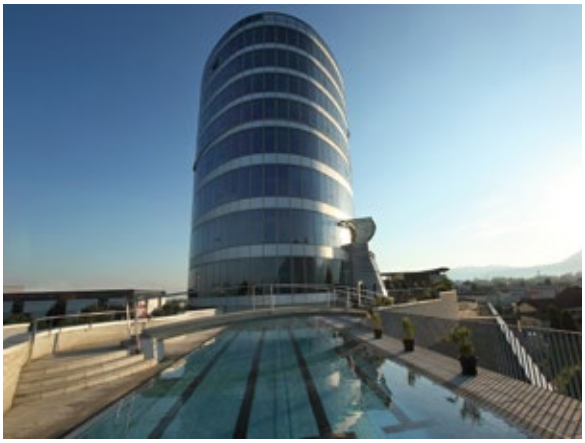
Hotel rates

Category A	€ 80,– to 100,–
Category B	€ 50,– to 80,–
Category C	€ 40,– to 50,–
Youth hostel	€ 30,– to 40,–

Prices are per person and night in a double room incl. breakfast. Reduction for booking of rooms with three or more beds, supplement for single rooms. Subject to minor modifications. Alternative possibilities for accommodation on request.
Please note: Tourists, guests etc. without Participant Cards for the World Gymnaestrada who are searching for an appropriate hotel accommodation may contact office@bodensee-vorarlberg.com for assistance.



© Hotel Krone | Dornbirn



2.5 | Catering

With Seidl Catering we have a highly-experienced partner on board for the catering of the World Gymnaestrada 2019 participants, having been the official caterer for the Austrian House during the last three Olympic Games. For the choice of the offered meals the main focus has been on regional fresh products, healthy, nutritious meals especially created for athletes and the integration of both national and international specialities.

The lunch menu contains:

- a menu of the day (alternatively vegetarian menu)
- a mixed salad
- variable fruit and dessert offering
- a beverage (mineral water, fruit juice)

All meals are offered on porcelain plates with proper cutlery in Hall 11, being the exclusive area for serving lunch for the entire duration of the World Gymnaestrada, with seating arrangements for 3,400 persons. In order to avoid waiting times, there will be recommended lunch times for all participants who have pre-ordered lunch. We kindly ask you to follow such given time slots which can be found in the festival guide, in the App and on our website www.wg2019.at.

Menu overview

Date	Menu of the day	Vegetarian menu
7th July	Pulled chicken burger with coleslaw, BBQ sauce and mini hash browns	Austria-style pasta »Schupfnudeln« with fresh goats cheese, cranberries, walnuts and parsley
8th July	Pasta with stir-fried beef, basil pesto and pomegranate	Pearl barley risotto, spinach, chard and alpine cheese
9th July	Prime veal with sage and lime juice, fried potatoes and cress breadcrumbs	Fried potato and vegetable dumplings with tomato ragout
10th July	Lemon chicken with caramelised heritage carrots, onions, olive oil and hazelnut polenta	Stir-fried noodles with vegetables Asian style and soy sauce
11th July	Organic braised beef, chilli mayo, green beans and sesame »Spaetzle« – Austrian home made pasta	Sesame »Spaetzle« – Austrian home made pasta with mixed mushrooms, roasted quinoa and wild garlic
12th July	BBQ style turkey steaks, basil yoghurt, grilled vegetables and rice with lentils	Fried potato filled with herb cheese, grilled vegetables and basil pesto
13th July	Tomato pasta with chorizo meatballs, arugula and cottage cheese	Austrian chopped pancake – »Kaiserschmarrn« – with plum compote

We reserve the right to slightly modify our menu ingredients in case of short-term changes in the market offering e.g. due to non-availability on the market or substantially increased supply prices.

With more than 13,000 requested menus per day it is simply impossible to respond to all of the existing allergies and to offer a selection of food that meets everyone's requirements. Instead, the focus is on a selection between the menu of the day and a vegetarian menu as alternative. In this respect please note that for a couple of years already it is legally binding in Austria to declare any allergens on the menu card. This will certainly also be implemented at the World Gymnaestrada 2019. Below-mentioned please find the complete list of allergens, relating to the respective WG menus for your further convenience.

Menu overview

Date	Menu of the day	Vegetarian menu
7th July	A, B, C, E, F, H, L, M, N, O, P	A, C, G, H, L, M, O
8th July	A, C, L, M, N	A, C, G, L, M
9th July	A, C, L, M	A, G, L, M
10th July	A, G, H, L, M	A, C, D, F, L, M
11th July	A, C, G, L, M, N	A, C, E, G, L, M
12th July	A, C, G, L, M, N	G, L, M
13th July	A, C, G, L, M	A, C, G, O

Dressings
Yoghurt dressing: C, G, L, M
Italian dressing: L, M

List of allergens to declare

A Cereals containing gluten (wheat, rye, barley, oats, spelt, kamut or their hybridised strains) and products thereof

B Crustaceans of products thereof

C Eggs and products thereof

D Fish and products thereof

E Peanuts and products thereof

F Soybeans and products thereof

G Milk and products thereof (including lactose)

H Nuts i. e. almond (Amygdalus communis L.), hazelnut (Corylus avellana), walnut (Juglans regia), cashew (Anacardium occidentale), pecan nut (Carya illinoiesis), brazil nut (Bertholletia excelsa), pistachio nut (Pistacia vera), macadamia nut and queensland nut (Macadamia ternifolia) and products thereof

L Celery and products thereof

M Mustard and products thereof

N Sesame seeds and products thereof

O Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as SO2

P Lupin and products thereof

R Molluscs and products thereof

2.6 | Public Transport

In the region where the World Gymnaestrada 2019 takes place, there is an excellent public transport system with buses and trains running regularly every 15 minutes. During the World Gymnaestrada this system will be extended according to the actual requirements and as a result this will further increase passenger capacity!
More modern new trains will be coming into service and also the region's fleet of buses has been continuously converted within the last few years to articulated buses which allows a large number of passengers to be transported on a regular basis.
The World Gymnaestrada 2007, which took place in the same region, brought in a great deal of new impulses for public transport. For instance, more modern and efficient railway stations have been built meanwhile.

The very successful traffic concept of 2007 will be adopted

The region will be divided into four colour zones, which will allow the participants to travel easily and without language barriers. For all participants who are accommodated in schools or who have booked their hotel bed via Bodensee-Vorarlberg Tourism there will be a clearly structured traffic plan available at their place of accommodation, showing their nearest station, as well as the travelling times and best connections to and from the main venues (Stadium Birkenwiese Dornbirn, Trade Exhibition Centre Dornbirn, Casino Stadium Bregenz). In addition with the use of an »intelligent infrastructure«, the flow of the participants can be followed and additional buses can be efficiently deployed when needed. All the traffic plans can be viewed via the World Gymnaestrada-App or via www.vmobil.at.

Schedule to/from Trade Exhibition Centre

Express buses
7.30 – 23.30

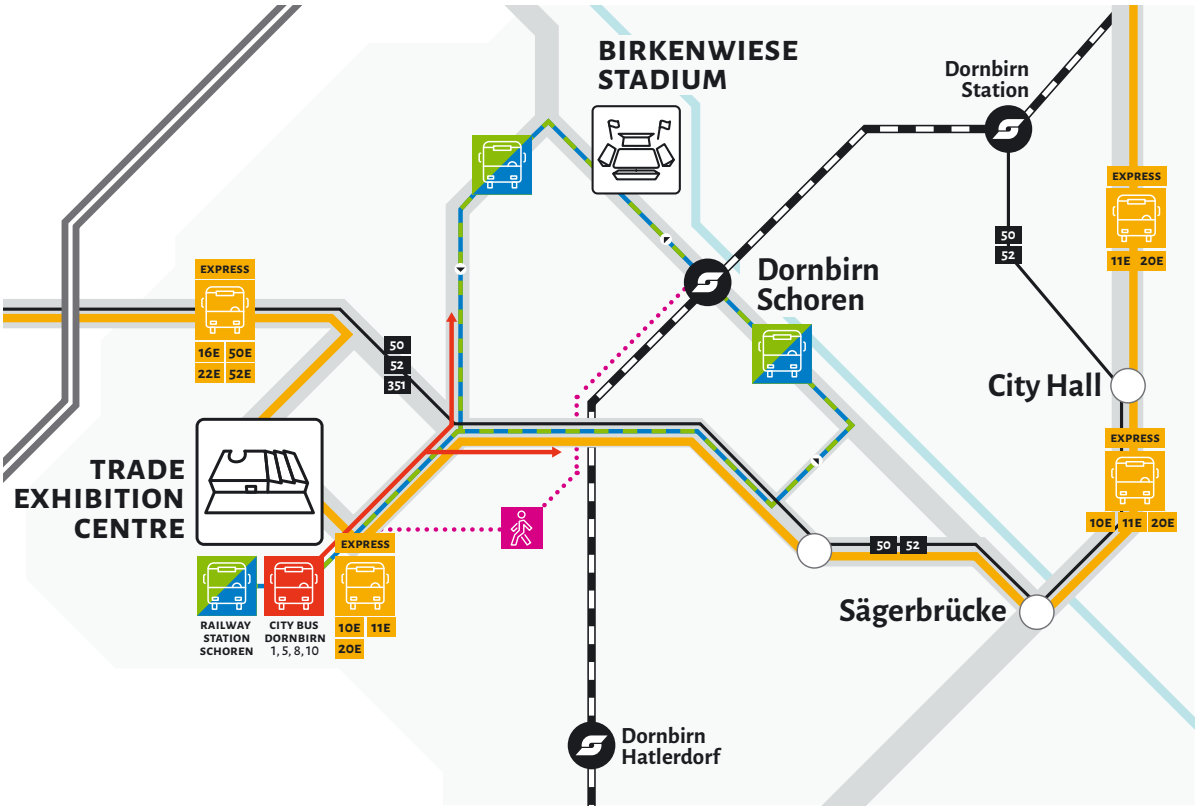
Buses to train station Dornbirn Schoren
7.30 – 23.30 in 5-minute cycles

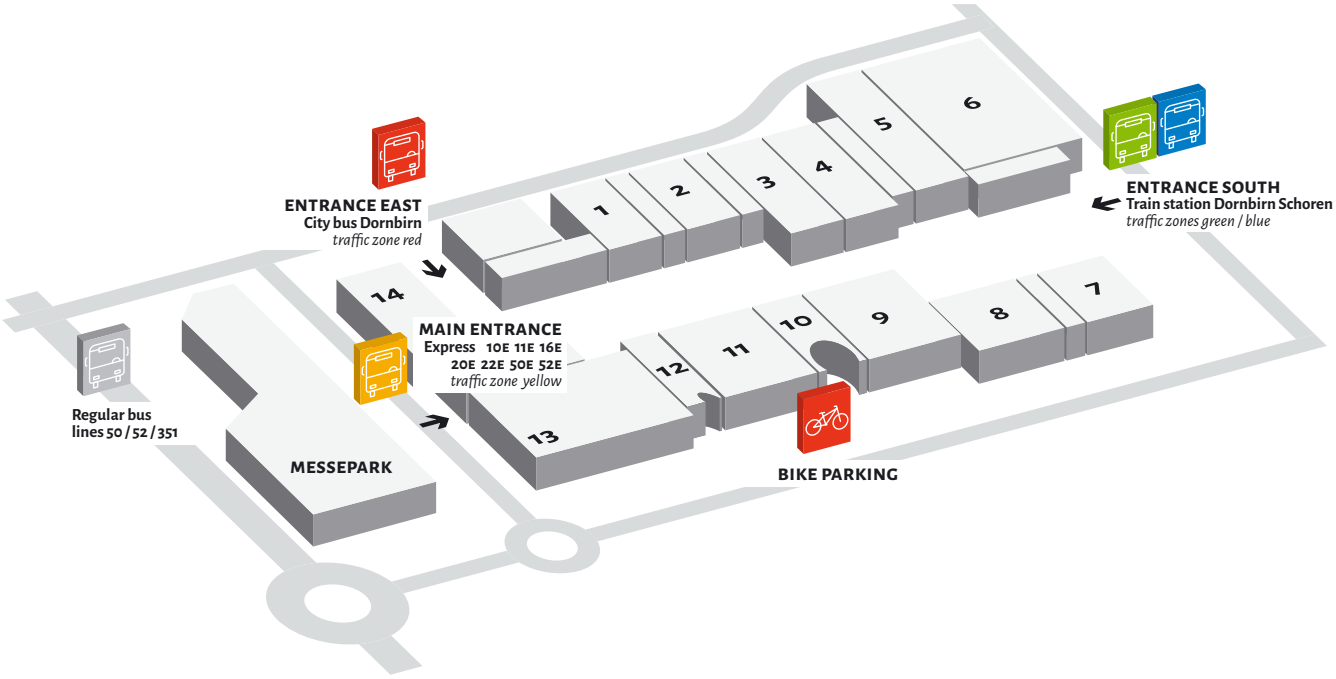
Trains
5.00 – 0.00
four connections per hour in both directions (north and south)

Regular bus lines
Timetables: www.vmobil.at
(not marked in the plan)

Travel plans to/from Trade Exhibition Centre Dornbirn

Buses commute to/from the train station Dornbirn-Schoren (traffic zones blue and green) directly to/from the Entrance South of the Trade Exhibition Centre. All buses to/from Dornbirn (traffic zone red) stop at the Entrance East. The Express buses (traffic zone yellow) stop at the Main Entrance, the regular buses at the Messepark-crossroads. There is also a well marked foot path from the train station Dornbirn Schoren to the Trade Exhibition Centre (approx. 20 minutes).





Travel plan for the Opening Ceremony, Dornbirn Special and Closing Ceremony

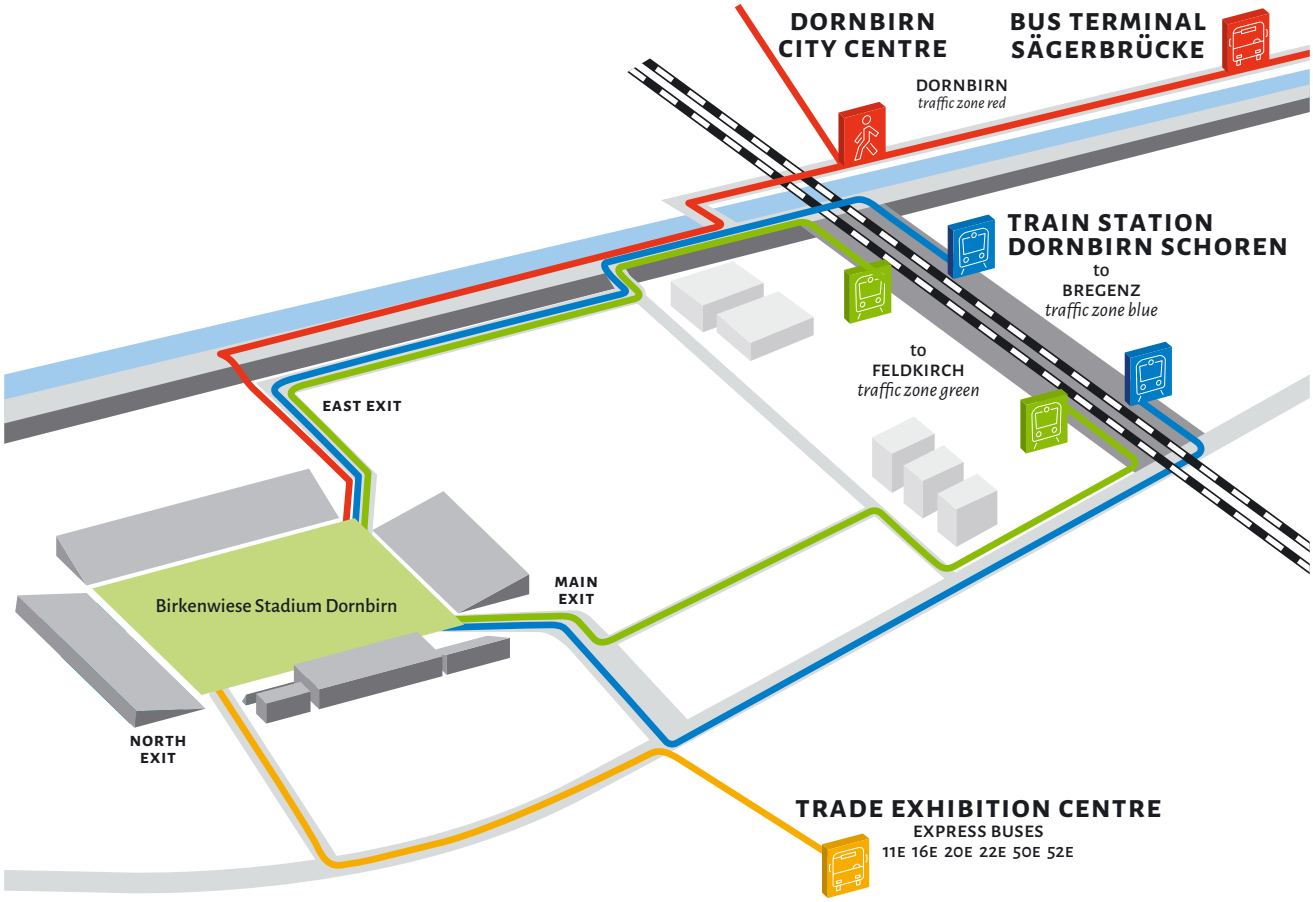
Before and after the events mentioned above the participants and spectators either walk to the Birkenwiese Stadium Dornbirn from the Trade Exhibition Centre (approx. 15 minutes) or travel directly to the train station Dornbirn Schoren by train, according to which traffic zone the individual accommodation is situated.

Return journey after the events

Traffic zones blue and green
to the train station Dornbirn Schoren (5 minutes walking distance)

Traffic zone red
The accommodations in Dornbirn are mainly within walking distance. Those situated at the city outskirts are very well connected via the Dornbirn city bus net whereby the bus terminal »Sägerbrücke« (20 minutes walking distance) serves as the main traffic hub.

Traffic zone yellow
foot path back to the Trade Exhibition Centre (approx. 15 minutes).
From there the Express buses go to the various National Villages.



2.7 | Excursion destinations

Tourism offers

So that we can bring you closer to the beauty and traditions of our region as well as of our neighbours in Germany, the Principality of Liechtenstein and Switzerland we have compiled a few ideas for sightseeing outings. We will gladly arrange the outings for you, or do you have any special wishes? Would you like to see some other places of interest in our region?

If you wish we can arrange this programme to be carried out within the framework of a Pre- or Post-Convention. Simply just tell us what we can do for you!

Contact

Bodensee-Vorarlberg Tourismus GmbH
Römerstraße 2 I 6900 Bregenz | Austria
Tel. +43 (5574) 434430
Fax +43 (5574) 43443-4
office@bodensee-vorarlberg.com
www.bodensee-vorarlberg.com

Bodensee Vorarlberg

Half-day outings (2 – 4 hours duration)

Rappenloch Gorge & Alploch Gorge *(Dornbirn, A)*

© Dornbirn Tourismus

These twin gorges are two of the largest in Central Europe and have been slowly carved out of the rugged limestone by the flowing waters of the River Dornbirner Ach over hundreds of thousands of years. Today a series of adventurous walkways lead through these wonders of nature, passing extraordinary rock formations. These safe and well-signed walking trails are an ideal excursion destination for World Gymnaestrada participants.

www.rappenloch.at

Karren Cablecar *(Dornbirn, A)*

© Dornbirner Seilbahn GmbH

For those wanting to rise above it all, the Karren mountain is just the thing. In less than five minutes the cable car transports its passengers to a height of 976 metres. From the summit station, there are fabulous views of the Rhine Valley, to the Swiss mountains and across the German border. On the twelve metre long Karren ledge, the visitor has the feeling of standing on almost nothing and experiencing close up the surroundings. The Panorama Restaurant delivers what it promises, allowing simultaneous indulgence in panoramic views and excellent food. In addition, the Karren is the starting point for numerous walking and hiking trails.

www.karren.at

Art Gallery Bregenz – KUB *(Bregenz, A)*

© Matthias Weissengruber | Kunsthaus Bregenz

The KUB, a building with an unmistakeable architecture for exhibitions of international contemporary art, opened in 1997.

www.kunsthaus-bregenz.at

Pfänder - the mountain at the lake *(Bregenz, A)*

© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH

The Pfänder Mountain (1,064 m high) is the most well-known lookout point of the Lake Constance region. The spacious panorama cable car will take you to the top in just six minutes. The walk to the Alpine wildlife park and around the eagle observatory starts near the restaurant Berghaus Pfänder.

Capacities: 80 persons per cabin,
928 persons per hour

www.pfaenderbahn.at

Festspielhaus (Festival Hall) Bregenz – Stage on the Lake *(Bregenz, A)*

© Karl Forster | Bregenzer Festspiele

Get to know the world's largest stage on a lake. In 2019, Giuseppe Verdi's opera »Rigoletto« is on the programme and with the romantic setting of the sun on the lake, this will surely enchant the spectators. The Bregenz Festival is only a five minute walk from the Casino Stadium where the Large Group Performances will be held.

www.festspielhausbregenz.at

Rolls-Royce Museum *(Dornbirn, A)*

© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH

The world's largest Rolls-Royce Museum has the jewels of automobile history including the Rolls-Royces of the »Queen Mum«, King George V, the dictator Franco or Prince Ali Khan in an exhibition area of over 3,000 m². A very successful programme highlight is the personal guided tour with a Rolls-Royce expert, including a visit in the own restoration centre.

www.rolls-royce-museum.at

inatura – Interactive natural history museum *(Dornbirn, A)*

© inatura – Erlebnis Naturschau

Nature, humans and technology. inatura museum in Dornbirn offers something for everyone, and does this in a particularly unusual way, because here touching is expressly encouraged. The main focus is on trying, playing, experiencing and understanding. The journey takes you through the different habitats that are characteristic of Vorarlberg: mountain, forest and water. In the final section of the museum, we go beyond the realms of possibility and in the truest sense of the word, go inside ourselves. inatura makes it possible to actually visit our bodies.

www.inatura.at

Jewish Museum *(Hohenems, A)*

© Dietmar Walser | Juedisches Museum Hohenems

The Jewish Museum documents the history of Jews who lived in Hohenems, their religious and daily life in a mainly Catholic region.

www.jm-hohenems.at

Schattenburg Castle Museum *(Feldkirch, A)*

© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH

Hugo I of Montfort started building the Schattenburg Castle around 1200. It still gives a good insight into the world of the early 16th century. The gothic castle chapel is beautifully decorated with frescoes. A number of works of art from local and other artists can be found in the former quarters of the stewards.

www.schattenburg.at

Bregenzerwälder Cheesehouse *(Andelsbuch, A)*

© Das Bregenzerwälder Käsehaus Spezialitäten GmbH

The Cheese house that opened in May 2001 is the place where you can experience shopping and local cuisine at the same time. It is a very interesting and eventful way from milk to the »birth of a cheese«, when the cheese-maker lifts the cheese in the cloth out of the cheese vat. You will enjoy the delicious flavour of these famous Alpine and mountain cheeses even more once you have seen how they are made.

For groups from 20 to 55 persons

www.kaesehaus.at

Boat trips on Lake Constance and a visit to the Isle of Lindau (D)

© Vorarlberg Lines

You reach the charming town Lindau on the island, within a few minutes on a passenger ship of the Lake Constance white fleet. Enjoy a concert on the promenade or wander through the narrow streets and alley ways of the old town. The Bodensee-Schifffahrt (Lake Constance passenger-ship company) offers round trips or special boat trips (boat trips at dusk, three-countries boat trip, summer night boat trip, etc)

www.bodenseeschifffahrt.at

Excursions to the Principality of Liechtenstein

Half a day mountain experience

Enjoy the beautiful Liechtenstein mountain area. The mountain village of Malbun lies in the Liechtenstein Alps at 1,600 metres above sea. You will take the chairlift up to the mountain hut Sareis where you will have a breath taking view of the alps of Switzerland, Austria and Liechtenstein. After a walk to the village of Malbun you will take part at a famous birds of prey show.

https://tourismus.li/lie/angebot/Gymnaestrada Ausflug- Ein halber Tag Bergerlebnis/

Half a day in Vaduz

Explore the capital of Liechtenstein. The city train takes you on a ride through Vaduz. You will see the most important sights. After that you will learn more about the 300 year old history of the Principality of Liechtenstein at the Liechtenstein National Museum.

https://tourismus.li/lie/angebot/Gymnaestrada Exkursion – Ein halber Tag in Vaduz/

Explore the Principality in one day

Liechtenstein might be small in size but has a lot to offer. You will start in the north with a delicious farmers breakfast. Afterwards you will explore Vaduz by city train and get to find out more about Liechtensteins history in the Liechtenstein National Museum. In Balzers you have the possibility to find a real castle on the hill – Gutenberg Castle.

https://tourismus.li/lie/angebot/Gymnaestrada Tagesausflug%3A Liechtenstein an einem Tag./

Daytrip from Vaduz to Malbun

Enjoy the bustling life of Liechtensteins capital Vaduz and the beautiful mountainscape of the alpine village Malbun. Explore the capital of Liechtenstein – the city train takes you on a ride through Vaduz. After that you will learn more about the 300 year old history of the Principality at the Liechtenstein National Museum. At the mountain village of Malbun you will take the chairlift up to the mountain hut Sareis where you'll have a breath taking view of the alps. After a walk to the village of Malbun you will take part at a famous birds of prey show.

https://tourismus.li/lie/angebot/Gymnaestrada Tagesausflug%3A Vaduz bis Malbun/

Organised excursions by bus

All prices given are based on a 50 seater bus. Prices valid as from February 2018 (subject to changes in 2019). In case there are not enough passengers for a certain route, smaller buses may be used (subject to availability) or alternatively smaller groups may be put together. **For more information on organised excursions by bus please get in touch with us via travel@wg2019.at.**

Silvretta-High Alpine Road (Montafon, A)

© Achim Mende | Silvretta-Hochalpenstraße

The Silvretta Hochalpenstraße (Silvretta High Alpine road) – is not just world famous because of its numerous breathtaking curves: It is one of the destinations of this most varied and interesting bus journey that takes us almost through the whole Province of Vorarlberg. But first the journey leads us via Feldkirch and Bludenz to Schruns in the Montafon Valley, where in 1925 and 1926 the famous American writer and Nobel Prize winner Ernest Hemingway enjoyed his ski holidays with his friends. Schruns is also the place, where he wrote »Fiesta«, his first successful novel. Only a few kilometres to the south lies Partenen – and here the famous Hochalpenstraße begins, only 18 kilometres long we »climb« up in our bus an incredible 1,000 metres to the final altitude of 2,000 metres to the so called »Bielerhöhe« with its magnificent view of the major peaks and glaciers of the Silvretta mountain range – and here you can see Vorarlberg's highest mountain the Piz Buin. (3,312 m).

The Silvretta is an extraordinary mountain range – it has in fact two faces. The larger part of the massif is on the Swiss side. But for mountaineers and tourists the Austrian part is the more popular and well-known. The highest peak of the Silvretta is Piz Linard, which is also in Switzerland and can only be climbed from there. From the mountaineers point of view the Austrian part with its very large glaciers is much more attractive and most of the Alpine huts providing catering and accommodation are also on the Austrian side. Some parts of the Swiss side seem to be very far away and difficult to reach.

It's difficult to believe but it is true: On the Silvretta reservoir there is a motor boat and you can enjoy a boat trip at an altitude of 2,000 metres and that is an absolute record in Europe. If you wish you can book a round-trip on the boat (optional) – and from this lake the view of the peaks surrounding the lake is even more impressive.

The journey afterwards down through the Tyrolean Paznaun valley is as beautiful as the journey up to the Vorarlberg mountains. The Paznaun valley became tragically famous a few years ago because of the many massive snow avalanches – but today there is nothing to remind us of this natural disaster: the beautiful villages of Galtür and Ischgl are flourishing as never before. The return journey is over the Arlberg Pass, one of the most important alpine passes which have been used by the Romans and many crowned heads of state to go from east to west and from west to east.

Prices

Full-day bus reservation	€ 850,–
Silvretta road toll (per person)	€ 4,–

Around Vorarlberg (A)

© Dietmar Walser | Vorarlberg Tourismus

Vorarlberg has many different faces: majestic mountains, lovely valleys and wide spaces. This big »Around Vorarlberg« excursion gives you a real comprehensive impression of the »Ländle«. (Ländle or small country is the name the locals call this province).

Prices

Half-day bus reservation	€ 595,–
Full-day bus reservation	€ 850,–

Swarovski Crystal Worlds (Wattens, A)

© Swarovski Kristallwelten

Wattens is a small town in Tyrol, where the world-famous crystal-glass manufacturer Swarovski and the unique Crystal Worlds are situated. To mark the 100th anniversary of the founding of the Austrian Swarovski Crystal Company in 1995, the famous Austrian artist André Heller was commissioned to design a virtual museum around the theme crystal at the company headquarters in Wattens.
Together with renown artistes like Brian Eno, Susanne Schmögner, Paul Seide and others, André Heller created a kaleidoscope of magic with nine inspirational chambers of wonder inside an artificially built water-spouting giant. Since then the Swarovski Crystal Worlds has become one of the biggest attractions in Austria and with approximately 500,000 visitors per year it is now the number two museum after the Schönbrunn Palace in Vienna. This outstanding success led to the creation of another seven Chambers of Wonders in 2003. We return to Vorarlberg via Inntal, Landeck and Klostertal.

Prices

Full-day bus reservation	€ 1,200,–
	+ entrance fee € 17,– (p. p.)

Mainau Island (D)

© Achim Mende

A place with links to the Swedish royal family and an unforgettable ambience changing its appearance and colours with the seasons, a »feast of flowers« for your eyes! Explore the parks and gardens, nature and botany of the island with all your senses: enjoy the palm trees, oranges and other exotic treasures and the orchid show in the palm house. The butterfly house, the largest in Germany, is an Eldorado for those who love butterflies.

Prices

Bus reservation to max. six hours	€ 625,–
Full-day bus reservation	€ 895,–
	+ entrance fee € 16,50 (p. p.)

Zeppelin Museum (Friedrichshafen, D)

© Michael Fischer | Zeppelin Museum

The Zeppelin Museum in Friedrichshafen has the world's greatest collection of objects concerning the history and technology of airships, from its beginning up to the new Zeppelin NT. The museum's main attraction is the reconstruction of a 33 metre long section of the LZ 129 Hindenburg where visitors can actually walk through.

Prices

Bus reservation to max. six hours	€ 595,–
Full-day bus reservation	€ 800,–
	+ entrance fee € 8,– (p. p.)

Säntis-Cablecar (Appenzell, CH)

© Säntis-Schwebebahn AG

Ride to the top of the Säntis mountain (2,502 m) in a modern cable-car and enjoy the breathtaking panorama view. A very special attraction is a visit to the exhibition »Mountain and Rescue« (admission is free) as well as »Säntis – the Weather« or the Säntis / Schwägalp Nature Discovery Park with its high moor and a great variety of rare mountain plants and animals.

Prices

Full-day bus reservation	€ 695,–
	+ cablecar € 27,10 (p. p.)

King's Castles (Schwangau / Bayern, D)

© Thomas Wolf

King Ludwig II – he was a great romantic but also an important and committed reviver who was always misjudged during his lifetime. Only in the last few years historians have become aware of the true significance of this monarch. Like no other monarch he was filled with ambition and did not hesitate to put the bulk of his private wealth towards the building of Königsschlösser in Füssen, which are now world famous.

The journey itself from Vorarlberg via the German Queralpenstraße (a well-known alpine road), past Oberstaufen, a famous spa, along the big Alpine lake, the Alpsee to Immenstadt, Wertach, Nesselwang and Pfronten, it's a wonderful and romantic experience. After a bus journey of about two hours we arrive in Füssen at the foot of the King's palace »Neuschwanstein«, which attracts millions of people from all over the world each year.

According to a letter to Richard Wagner dated 15th May 1868, King Ludwig II wanted to have the castle ruins »Vorderhohenschwangau«, rebuilt »in the true style of the ancient German knight's castle«. Ludwig II was motivated to build this castle by early plans of his father and especially after his journey in 1867 to Eisenach where he visited the Wartburg together with his brother Otto I, King of Bavaria. The Knights' Baths and the Minstrels Hall of the Wartburg were used as leitmotifs. It was not only the architecture and art of the German Middle Ages that inspired Ludwig II, but also the Moorish culture that had developed in Spain as well Richard Wagner's world of old German sagas. The architect Eduard Riedel also had to process ideas based on stage sets designed by the Munich scene painter Christian Jank.

The huge building site »fed« a whole region for two decades: Virtually every day at least 200 masons, bricklayers and other labourers and craftsmen worked on the site – this figure does not include all the suppliers, shops, etc. Official statistics of the years 1879/1880 prove that an enormous amount of building material was used: 465 tons of Salzburg marble, 1,550 tons of sandstone, 400,000 bricks and 2,050 cubic metres of timber for the scaffolding.

The Neuschwanstein castle can only be visited by participating in a guided tour (languages German or English) – it takes about 35 minutes (165 steps up and 181 steps down). In addition to that you can also visit the castle using an Audio-Guide. This also takes 35 minutes and the languages available are Japanese, French, Spanish, Italian, Czech, Slovenian , Russian, Polish, Chinese, Portuguese and Hungarian.

After a lunch in Füssen we travel back to Vorarlberg via Kempten, Isny and Lindau.

Prices

Full-day bus reservation	€ 995,–
	+ entrance fee € 12,90 (p. p.)

Abbey Library St. Gallen (CH) – UNESCO list of global cultural heritage sites

© Sandro Reichmuth | St. Gallen

The Abbey Library of the former Benedictine monastery of St Gall is one of the oldest libraries in the western world. The library was built between 1758 and 1767 as a reading and study room for the monks and is the most beautiful rococo hall in Switzerland. There are over 150,000 books in the library but its real treasures are the 2,000 manuscripts and incunabula dating back to the 5th century. The library is of inestimable importance to the entire world of art and history.

Prices

Bus reservation to max. six hours € 545,–
+ entrance fee € 11,60 (p. p.)

Rhine Falls Schaffhausen (CH)

© Rheinfall

The largest waterfall in Europe, offers a spectacular natural showpiece to visitors and is worth a visit at all times of the year. You can combine watching the Rhine falls with a boat trip or you can observe this attraction from a footpath which goes around. The Rhine Falls in Schaffhausen is open all year around and there is no admission fee.

Prices

Full-day bus reservation € 950,–

Pilatus Railways (Lucerne, CH)

© Pilatus Bahn

The famous Swiss town Lucerne on the Vierwaldstättersee (Lake Lucerne), is the starting point of the unique »Golden round-trip« experience a romantic boat trip over the Vierwaldstättersee (90 min.). The ascent with the world's steepest cog and pinion railway up to the Pilatus Kulm mountain (30 min.), the »silent« ride on the aerial cableway (5 min.) and return to Lucerne with the panorama gondola (30 min.).

Prices

Full-day bus reservation € 1,200,–
+ cablecar € 66,80 (p. p.)

Glacier Express (Chur, CH)

© glacierexpress.ch

Travel through the majestic high Swiss Alps from Chur to Zermatt in the slowest »express« train. The train will take you in an unhurried fashion from highlight to highlight with a splendid view of crystal clear mountain lakes and majestic glaciers to Zermatt, where you can admire the incredible Matterhorn mountain (4,478 m) with your own eyes, after a journey of almost six hours. Travelling over the Oberalpaß 2,033 m and 291 bridges. Enjoy a night in Zermatt and return the following day to Chur (good choice of over-night stays in Zermatt).

Prices

Journey to Chur and return	€ 850,–
	+ ticket from € 188,– (p. p.)

Specials

Luxury steamboat trips on the »Hohentwiel« (Lake Constance)

© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH

Enjoy the unforgettable experience of a steamboat trip on Lake Constance in the classic style of the 1900s. This package includes lunch, adventure and gourmet trips with live music. Enjoy the idyllic scenery of Lake Constance and the fabulous ambience on the ship.

Prices

Bus reservation to max. four hours	€ 450,–
	+ boat rent

Sightseeing flights with the Zeppelin (D)

© Achim Mende

More than 60 years after the end of commercial aviation with Zeppelins the Zeppelin NT was re-built in Friedrichshafen. Enjoy the fascination of this flight from a bird's-eye view in the largest operating airship in the world today. Cabin capacity: twelve passengers.

Prices

Bus reservation to max. six hours	€ 625,–
	+ zeppelin ticket from € 245,– (p. p.)

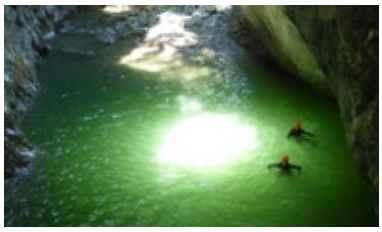
2.8 | Special offers for all participants

Many different sports and leisure facilities have created a special **World Gymnaestrada price** for all participants. To get the special price, please show your Participant Card at the respective ticket centre. While the following list of benefits indicates the current status by the time of publication of Bulletin 5, it is continuously extended. Please check our website **www.wg2019.at/participantsoffer** for a complete overview of the entire benefits.

Overview of some offers

- **inatura – Interactive Natural History Museum** *(Dornbirn, A)*
  The inatura museum offers something for everyone – in a particularly unusual way, because touching is expressly encouraged. The main focus is on trying, playing, experiencing and understanding. The journey takes you through the different habitats that are characteristic of Vorarlberg: mountain, forest and water. **20 % discount on entrance fee – www.inatura.at**

- **Canyoning** *(Dornbirn, A)*
  We do our Gymnaestrada special in the most beautiful Canyon in Vorarlberg. Jumps (optional), slides, abseils and a stunning nature. We provide all the equipment, pictures, certified guides. You just need a towel and swimwear and you can reach us by public transport. Trips last app. four hours and we speak English, French, German and Italian. **33 % discount (€ 60,– per person instead of € 90,–) – www.bigeyes.at**



- **Pfänderbahn cable car** *(Bregenz, A)*
  The Pfänder – local mountain on Lake Constance. The unique panorama of Lake Constance and 240 Alpine peaks of Austria, Germany and Switzerland make the Pfänder a famous lookout point of the region (height 1.064m).
  Group ticket prices even for individuals – www.pfaenderbahn.at

- **Combi Mountain & Bodensee** *(Bregenz, A)*
  Visit Bregenz and explore »mountain & Bodensee« at a valley price by choosing a cruise of your choice! The lower station of the Pfänder cable car is just a five minute walk away from the Bregenz harbour.
  Adults € 21,20 I Groups € 20,30 I Children € 12,30.

- **Vorarlberg Lines Boating** *(Bregenz, A)*
  Enjoy an one-hour-long tour with information about the beautiful shoreline landscape and the most impressive sights in the bay of Bregenz, passing the Bregenz Festival site, Hard, the Rhine dam, the island town of Lindau and Lochau back to Bregenz harbour.
  Adults € 11,50 I Group € 10,90 I Children € 6,20 – www.vorarlberg-lines.at

© Mark Mosman

- **Vorarlberg Museum** *(Bregenz, A)*
  The Vorarlberg museum does not only tell *the* story of Vorarlberg but many different stories about the region and its residents. **Discounted admission fee of € 7,– and free admission for people under 19 years. www.vorarlbergmuseum.at**

© Christiane Setz

- **Martinsturm** *(Bregenz, A)*
  € 1,- – www.bregenz.gv.at/kultur/martinsturm/

- **Rhein-Schauen Museum** ***(Lustenau, A)***
  The Rhein-Schauen Association provides the history of the Rhine regulation and operates a former service railway along the Rhine. During the World Gymnaestrada, three halls of interactive exhibition will be opened daily from 13:00 to 17:30. They offer a daily trip along the picturesque Rhine on a historic electric locomotive to the secluded nature reserve at Lake Constance.
  10% discount on entrance fee – www.rheinschauen.at

© Hanno Thurnher.

- **Jewish Museum** ***(Hohenems, A)***
  The permanent exhibition of the Jewish Museum Hohenems in the Heimann-Rosenthal Villa tells the story of the Jewish community from its beginnings in the 17th century to the end after 1938. **free entrance – www.jm-hohenems.at**

- **Palais Liechtenstein** ***(Feldkirch, A)***
  Feldkirch is celebrating its 800th anniversary. »From Hugo to date«, an exhibition hosted at the restored Palais Liechtenstein, spans the entire period from the city's origins to its contemporary challenges, focusing on borders, humanism and meaningful life. Impressive insights into Feldkirch and its prospects are guaranteed.
  50% disocunt on entrance fee – www.feldkirch800.at

- **All swimming areas within the Rhine Valley** ***(A)***
  Including the outdoor pools at Waldbad Enz in Dornbirn, the Strandbad in Lochau, the Strandbad and Mili in Bregenz, the Strandbad in Hard, the Parkbad in Lustenau, the Rheinauen in Hohenems and the Waldbad in Feldkirch as well as the indoor pool at the Stadtbad in Dornbirn. **10% discount on entrance fee**

Additional offers with vouchers on your participant card

- **Karren cable car** ***(Dornbirn, A)***
  Whether you would like to enjoy the fresh mountain air or just go and eat something at the Panorama Restaurant – it only takes five minutes for the cable-car to take you high above the city rooftops where a wonderful panorama awaits you. Superb hiking trails, the Rhine Valley beneath you and in the evening, the valley sparkles like a sea of light. The Karren is a popular meeting place in the region and starting point for some marvelous hiking trails.
  One free ride up & down – www.karren.at

- **Mineral Health Spa** ***(St. Margrethen, CH)***
  Leave stress behind and immerse yourself at the Health Spa St. Margrethen, gathering new strength and energy. The generous outdoor area of the Spa is accessible all year round where guests experience the pleasant effects of the 36 degrees warm mineral water in massage and whirlpool basins. In addition, three sauna concepts with various treatments are available at the generous sauna world of the Spa.
  discount of CHF 4,40 – www.mineralheilbad.ch

- **Free drinking bottle**
- **Free stylish Swarovski gymnastics bag**

2.9 | Helpful information

Travelling abroad should always be an enriching, enjoyable and positive experience. In order to make your upcoming trip to the World Gymnaestrada as positive as possible, we have put together some helpful information which – even though you may already have read some articles about the region of Vorarlberg – may contain some new information or other for you. For example, did you know that …

Tap water in Vorarlberg has drinking water quality

Due to the substantial reservoir of subterranean waters in the valleys and the very many springs in the mountainous regions, the waters in Vorarlberg in general have drinking water quality. That is why there is no need at all for purchasing water in supermarkets! Just turn on the tap and fill up your glass or bottle, it's as simply as that – cheers!

Don't panic on Saturdays at noon

Every Saturday at 12.00 sirens can be heard all over Vorarlberg. This is NO CASE OF EMERGENCY, but just a weekly check of our alarm system. So don't be scared, but rather continue enjoying your lunch.

Crossing borders is our daily business

Vorarlberg is sharing borders with Germany, Switzerland and the Principality of Liechtenstein. That is why there is quite a high interchange of both people as well as goods happening every single day – whether it is for business, leisure time or tourist reasons. While the geographical position of Vorarlberg offers plenty of opportunities, please also bear in mind the »side effects« of such location:

- Don't forget to have your passport with you when crossing the border.
- In general, the Euro is also accepted in Switzerland and the Principality of Liechtenstein as currency. Yet, for exchange rate reasons it is always good to have some Swiss Francs at hand.
- The charging of roaming fees has been abolished within the entire EU zone. However, please keep an eye on your mobile phone settings when being close to the border to Switzerland, as it is quite common for mobile phones to accidentally register onto Swiss mobile networks.

You are in safe hands

During the entire preparations for the World Gymnaestrada 2019 we have always been in close contact with our regional emergency services (police, ambulance, fire brigade). While there is a 24 / 7 emergency office installed within the Trade Exhibition Centre for the entire duration of the World Gymnaestrada 2019, participants should be aware of the following phone numbers in case of any emergency (also to be found on the back of the Participant Card):

133 – police **144 – emergency** **0043 810 810 600 – World Gymnaestrada hotline**

Attention: Please identify yourself as a World Gymnaestrada participant at the beginning of your call to make sure that you are connected to the right person!

Shopping and performing may be a perfect match

You probably know that the Messepark Dornbirn, being one of our premium sponsors, is the biggest shopping centre in the region of Vorarlberg – and a direct neighbour to the Trade Exhibition Centre. And just like in 2007, it will be possible for smaller groups to make use of a little performance area right in the middle of the shopping centre. As there won't be any fixed schedule but rather spontaneous shows on a »first come, first served« basis, we are as keen as our partners from the Messepark Dornbirn on finding out which groups will be adding an extra value on a Messepark shopping experience.

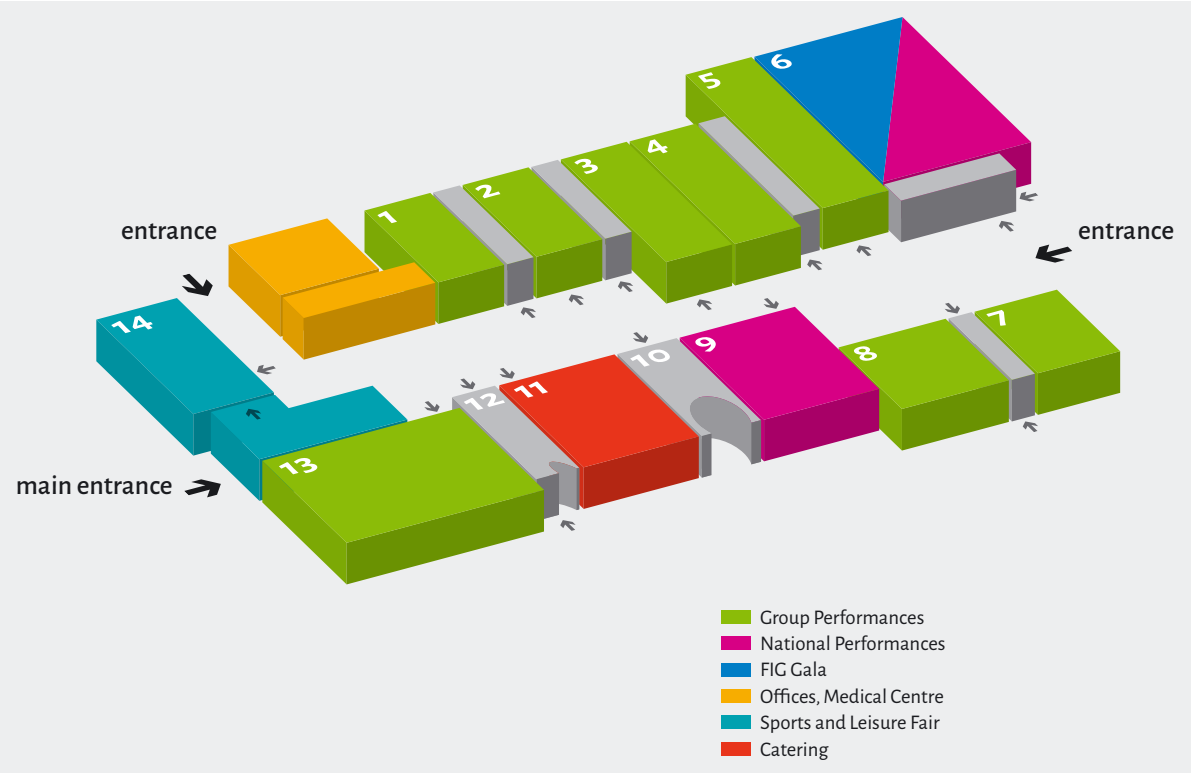
3

Venues

The venue locations for the World Gymnaestrada 2019 are spread throughout the Vorarlberg Rhine Valley and are easily reached by public transport. Those of you who were here in 2007 know that the distances are well manageable. While the Large Group Performances were held in Lustenau in 2007, now for 2019 they will be in Bregenz next to the Lake of Constance. The Opening and the Closing Ceremony as well as the Dornbirn Special will take place at the Birkenwiese Stadium Dornbirn and the Group Performances as well as almost all the evening events will be in the Trade Exhibition Centre Dornbirn. Also in eight different towns and villages open-air stages will be built.

3.1 | Trade Exhibition Centre Dornbirn

The Trade Exhibition Centre Dornbirn is the heart of the World Gymnaestrada, as all Group Performances, National Performances, the FIG Gala and also workshops will take place here. Catering, social gathering and entertainment are provided by the catering hall and the Gymnaestrada Mile. The whole area comprises of an exhibition and event area of 34,000 m² in 14 halls as well as an outside area of 18,000 m². At the moment building work is being undertaken and by June 2019 another new, modern hall will be available where the World Gymnaestrada will surely be the first big event experienced there.



Performances in the Trade Exhibition Centre

- Group Performances
- National Performances
- FIG Gala

Technics

Group Performances (Hall 1 | 2 | 3 | 4 | 5 | 7 | 8 | 13)

Lighting	Static white light
Audio	Sound system and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Video	No
Radio Microphone	Yes

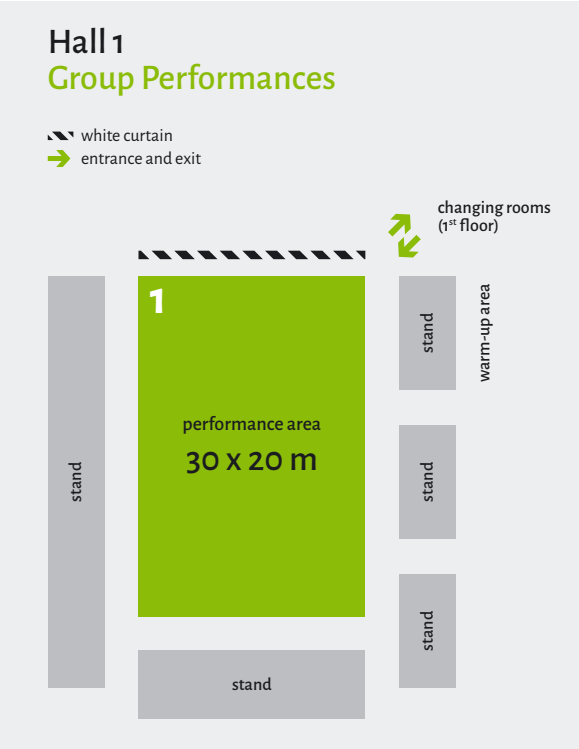
FIG Gala (Hall 6)| National Performances (Hall 6 | 9)

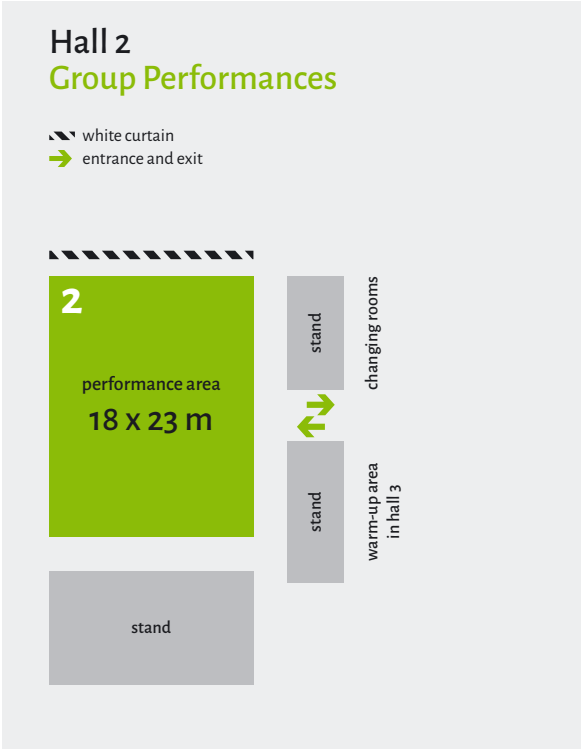
Lighting	Show light, follow spot, fog
Audio	Sound system and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Video	Videowall, DVD or USB Stick
Radio Microphone	Yes
Intercom	Yes

3.1.1 | Hall Plans

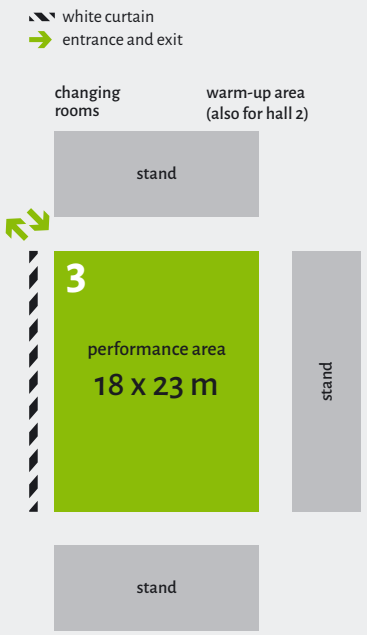
Please note that some hall plans have been modified (esp. with regards to the location of changing rooms and warm-up areas) due to the recent specification of storage facilities for apparatus and mats. In addition the performance area of hall 8 has been increased to 30 x 20 m because of the high number of groups with a big quantity of participants.

Hall plans for Group Performances

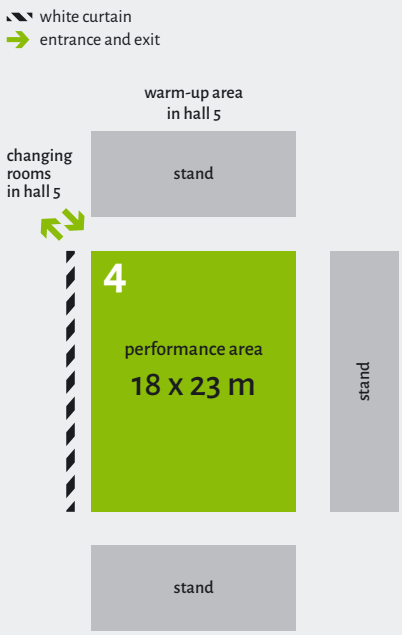




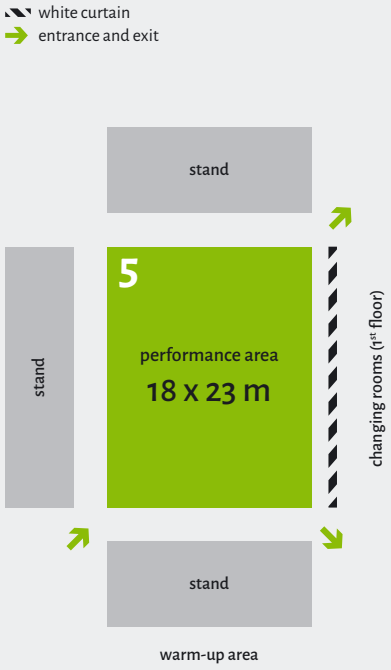
Hall 3
Group Performances



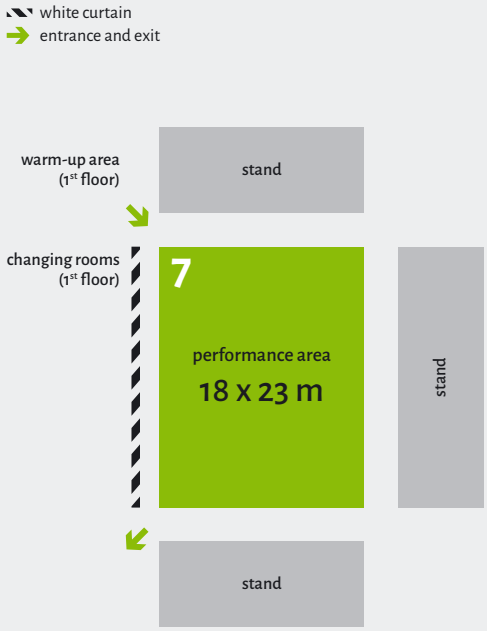
Hall 4
Group Performances



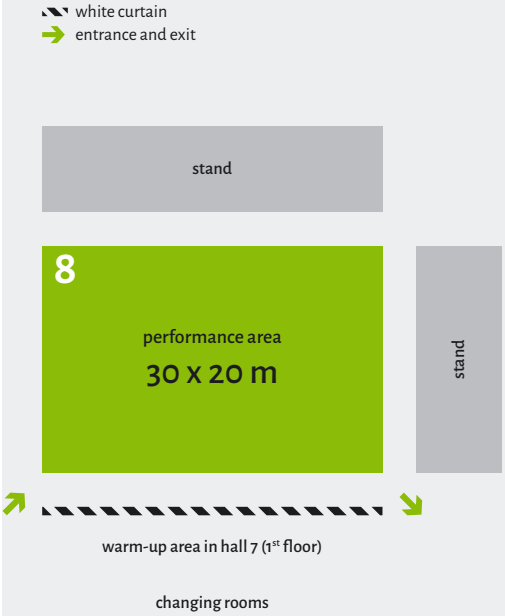
Hall 5
Group Performances



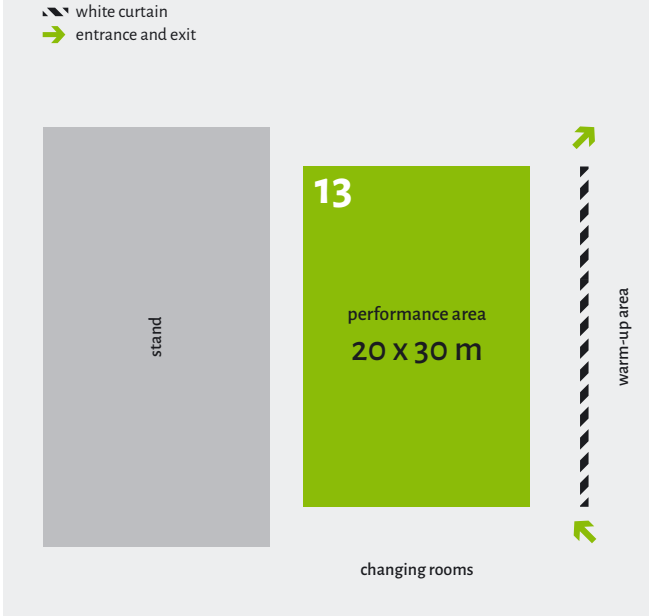
Hall 7
Group Performances



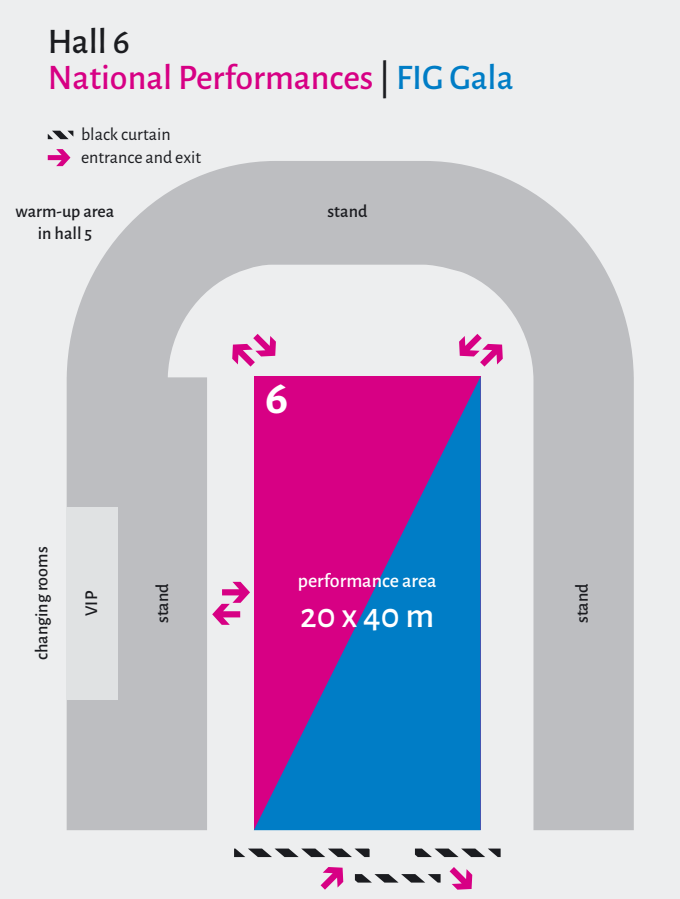
Hall 8
Group Performances

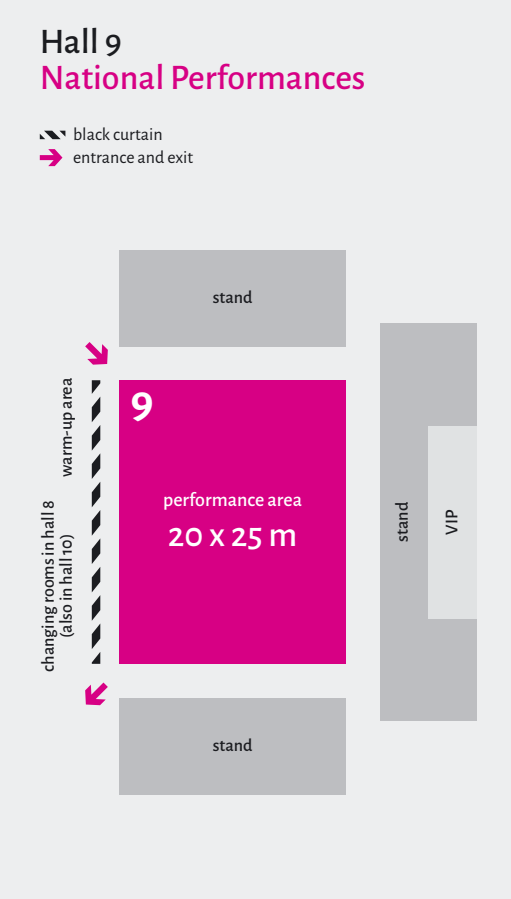


Hall 13
Group Performances



Hall plans for National Performances and FIG Gala





3.1.2 | Gymnastic Apparatus

The complete Gymnastic Apparatus which will be provided by SPIETH Gymnastics, Eurotramp and various clubs of the gymnastics federation of Vorarlberg will be sold at special rates after the Gymnaestrada. Prereservations can be made at any time via the LOC (marc.brugger@wg2019.at).

Apparatus
Parallel Bars
Pommel Horse
Springboard
Vaulting table
Airtrack
Balance beam
Magnesium stand
Mushroom
Minitrampoline
Grand Master Trampoline
Gymnastic Bench
Vaulting Box

Mats
Rollable mat
School mat
Landing mat
Competition landing mat
Foam core landing pit

We reserve the right to use alternative models of apparatus and mats in case of availability of a new product line by our suppliers. However, both key dimensions and functionality will certainly be identical to the apparatus and mats featured in this Bulletin.

There will be sufficient storage space provided near the performance areas for groups bringing their own apparatus, mats and further equipment. However, please note that each group is responsible for the transportation of such equipment to the respective performance area, the setting-up prior to a performance as well as the setting down and complete return back to the storage area.

In case groups are using own apparatus that are the products of companies other than our partners, all visible logos and other company identifiers must be covered during performances (e.g. with tape).

Kindly supported by:

SPIETH Gymnastics

EUROTRAMP

Description of the apparatus

Parallel Bars Champion »Stuttgart«, silver

FIG certified, ORIGINAL REUTHER. With stable steel frame, patented two-fold secured clamping jaw lock. Plywood rails, length 350 cm, with three glass-fibre inserts. Height adjustment in steps of 5 cm from 160 to 210 cm. Width adjustment from 41 to 61 cm.

Transport trolleys Parallel Bars (per pair)

For parallel bars »Champion Stuttgart«. New construction with large firm swivel rolls to clip to the face ends of parallel bars. Per pair available.

Pommel Horse, silver

FIG certified, ORIGINAL REUTHER. Two-leg base with height adjustment from 95 to 125 cm, body professionally upholstered with cowhide leather. Equipped with two hygroscopic aluminium pommels, tie-down chain with tension shackle for floor anchoring, four built-in retractable swivel rolls and outside lever control.

Springboard »Moskau 5«, orange

FIG-certified, ORIGINAL REUTHER. Competition springboard (soft version according to FIG-norms) equipped with revolutionary »Whisper Spring System«. With improved dynamic properties of the springboard's lower end. Carefully and precisely calculated positions of five conical tempered steel springs, passivized with golden color. Surface is made of hybrid carbon fiber sandwich, with 20 mm high density foam and with comfortable long-lasting needle fleece.

Vaulting table Pegases »TeamGym«

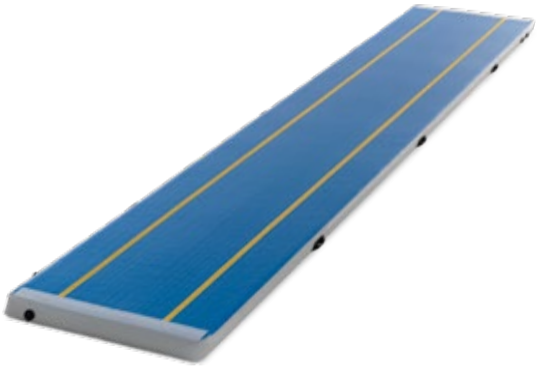
Height adjustment from 125 to 165 cm according to the Team Gym competition requirements.

Airtrack III »Superior« (15 m, 30 cm)

The airtrack Superior is super silent thanks to glued and sealed seams. Once the airtrack is inflated, which takes less than two minutes, the blower stops and will only turn on if the pressure gets too low. A versatile, flat track ideal for every club with recreational or starting gymnasts as well as schools and kindergardens.

Blower for Airtrack Superior

Blower with 250 mBar maximum pressure and maximum flowrate 1,700 l/min. For rapid inflation and deflation. Easy to transport. Fitted with a thermal cut-out. Two blowers are recommended for an Airtrack. Weight: 1,7 kg.



Run-up »SPIETHway« (10 x 1 m)

Size of each element 200 x 100 cm, with rollable floor exercise mat »TRIFLEX« 25 mm thick, thus having the same height as the airtrack.

Landing area »SPIETHway« (600 x 300 x 30 cm)

Landing area for Airtrack III »Superior«.
Size: 600 x 300 x 30 cm, with yellow and red marking of the landing area of 400 x 200 cm.

Balance beam »Soft Touch«, silver

FIG-certified, ORIGINAL REUTHER. Reduced impact forces on joints thanks to »Soft Touch technology«. The 500 cm non-warping beam made of special light metal profile with elastic top padding. A new shape of the aluminium profile lets the balance beam appear optically wider. Running surface is additionally stabilized, upholstered with hygroscopic synthetic leather. The end cushions of the balance beam are made of PUR foam. Two-legs base with built-in damping elements providing high peak force reduction. Height adjustment from 70 to 125 cm by means of a slide rail. The legs are equipped with nonmarking foot pads for more stability. The legs construction ensures the mats consistent position at all height settings of the balance beam.

Magnesium stand »München«, silver

Plastic shell on a metal base, with additional tray.

Mushroom, silver (Ø 60 cm, height approx. ca. 48 cm)

Mushroom on a wooden base, without pommel. Body with 60 cm diameter, covered with a seamless hygroscopic PUR-foam for maximum grip. Height: 48 cm.

Eurotramp Minitrampoline »Premium«

Frame: Flat-oval steel tube, galvanized, adjustable in height, jumping bed made of 6 mm wide weaved nylon bands, shock absorbing and stable frame pads.

Eurotramp Ultimate 6 x 4 Trampoline

Frame: Flat-oval steel tube 520 x 305 x 115 cm made of special steel; galvanized. Legs: Round tube made of special steel, strengthened by brace; galvanized. Jumping bed (426 x 213 cm) with 6 x 4 mm wide weaved nylon bands. 110 steel springs (length 258 mm, Ø 29 mm); galvanized. Shock absorbing and stable frame pads. Including one pair of safety platforms of type »Competition Universal«, one pair of safety mats »Competition« with wedge plus one Spieth spotting mat »Secura«. Total weight: 260 kg.

Gymnastic Bench

The multi-laminated, selected pinewood bench. Legs are made from hardwood, multi-laminated. The balance beam is 10 cm wide. Attachment ledge on one end of the bench to attach the bench to wall bars or vaulting boxes. All legs have non-slip, nonmarking rubber protectors. Length: 400 cm.

Vaulting Box

With cowhide leather cover, including built-in-casters, five sections 150 x 50 x 110 cm.

Description of the mats

Rollable mat FLEXI-roll, spiethblue (14 x 2 m, 40 mm)

Innovative, quick roll up and roll out without turning over.
No roll-up core needed. Available in spiethblue colour.

School mat (200 x 100 x 6 cm)

High-quality gymnastics mat, anti-slip, fabric-reinforced PVC cover, foam material in top quality.

Landing mat »Happy Landing« (400 x 200 x 10 cm)

PVC cover, blue, with zipper

Competition landing mat, spiethblue (300 x 200 x 20 cm)

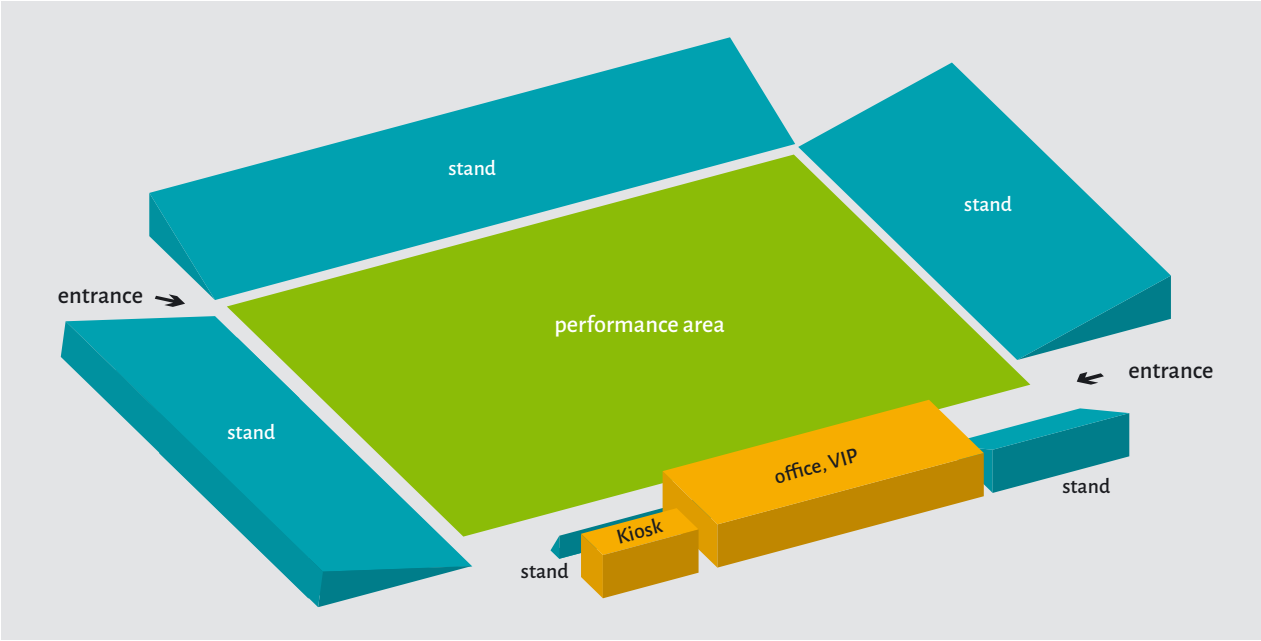
FIG certified in 20 cm. ORIGINAL REUTHER. Specially built up shock absorbing landing mat with special latticed polyester material integrated between the different foam layers, additional edge stabilization, patented handy grips at the sides and non-slip bottom for better footing, covered with velour carpet in spiethblue colour.

Foam core landing pit (300 x 200 x 30 cm)

With PVC cover and zipper consisting of two different foams.

3.2 | Birkenwiese Stadium Dornbirn

The Opening and Closing Ceremony will take place at the Birkenwiese Stadium in Dornbirn as well as the Dornbirn Special of the World Gymnaestrada 2019. With ideal transport connections to the whole of the Rhine Valley, it has standing tribunes for 25,000 spectators, with the nearby recreational area of the river Dornbirner Ache, it's an ideal location for the happy starting, finishing and the Dornbirn Special of this world gymnastics festival.



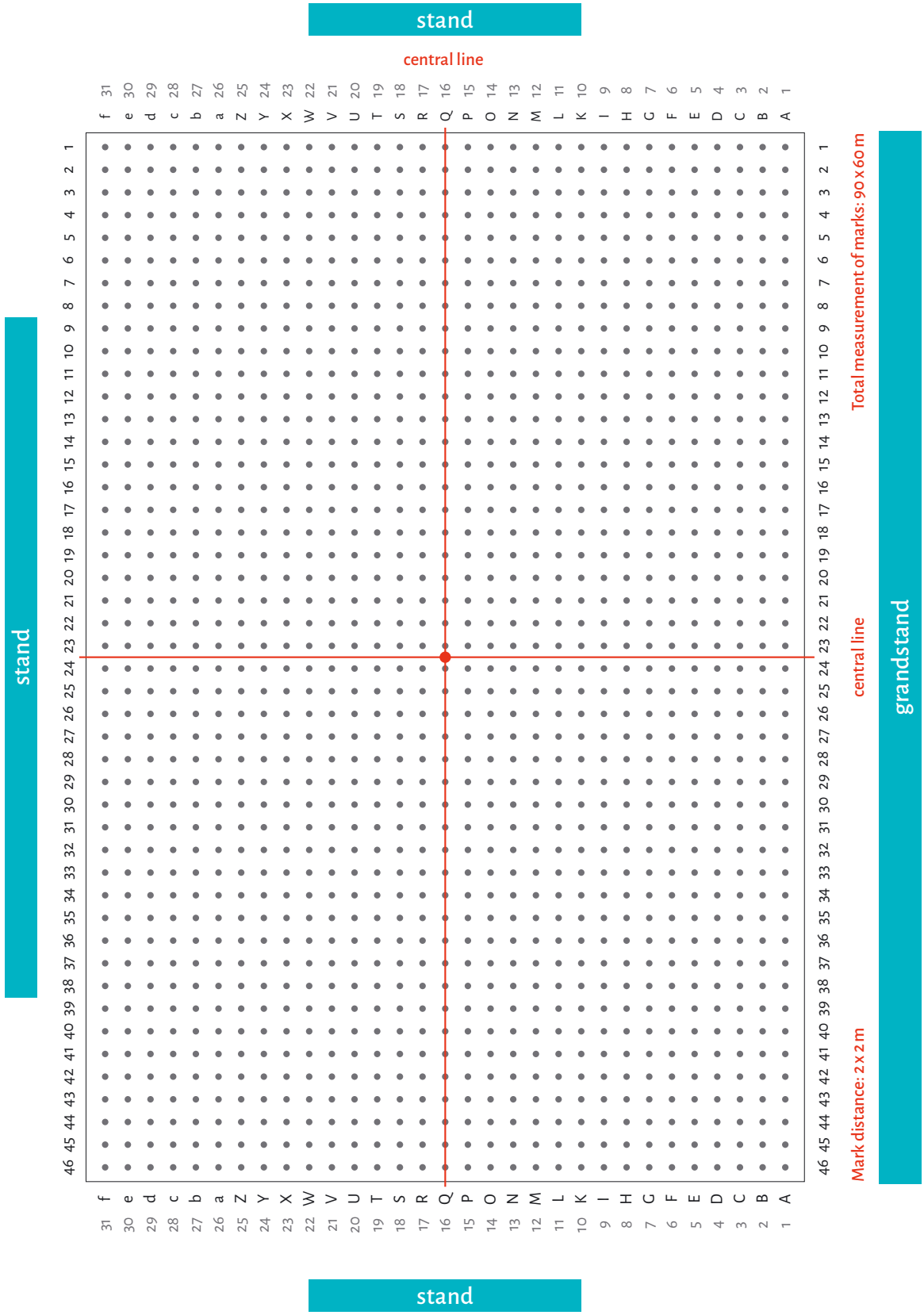
Performances

- Opening Ceremony
- Dornbirn Special
- Closing Ceremony

Technics

Audio	Sound system and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Radio Microphone	Yes
Radio	Yes
Intercom	Yes

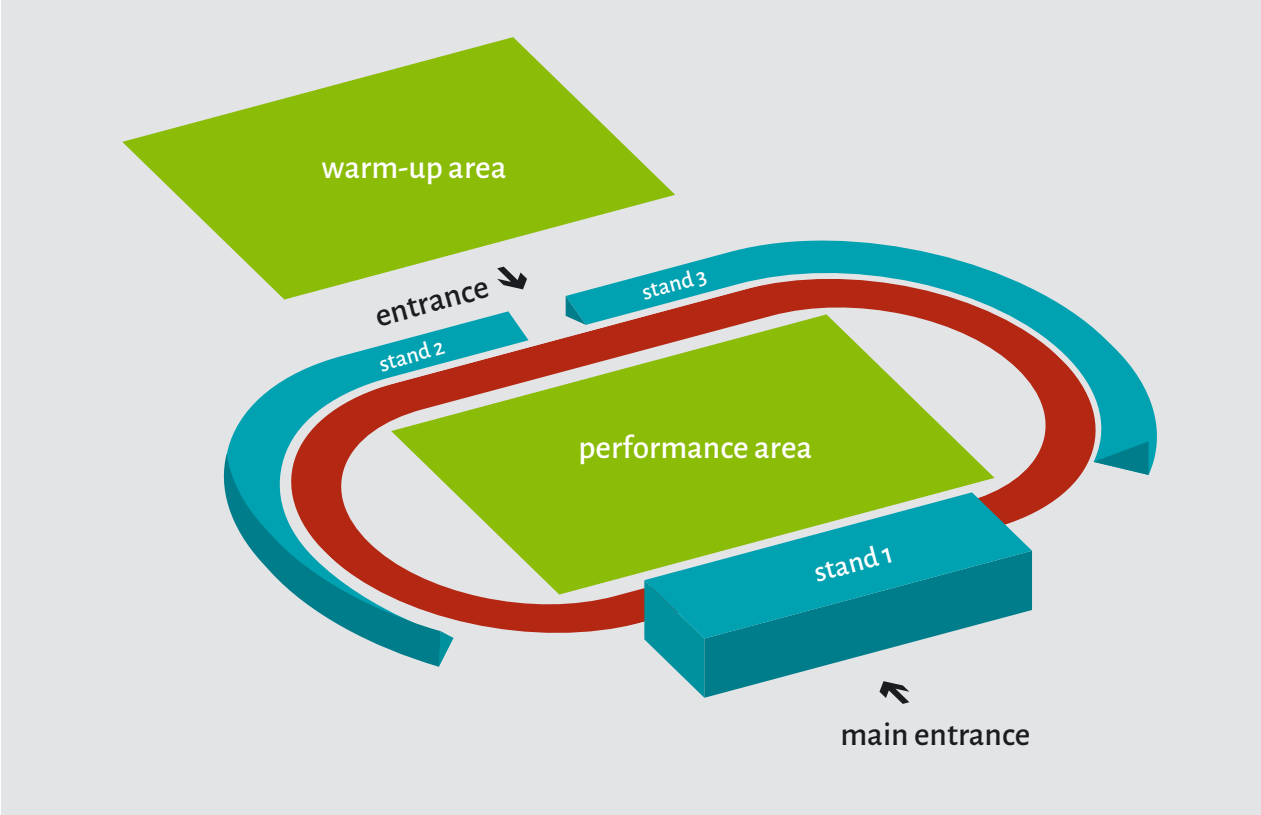
Groundmarks at the Birkenwiese Stadium Dornbirn



centre mark

3.3 | Casino Stadium Bregenz

The Casino Stadium in Bregenz has a 6,800 m² playing area, with seating for 2,600 (1,000 seats are roofed) and terraces for 7,600 spectators. It is located near the railway station, the lake and the city centre and so fulfils many requirements of the Large Group Performances taking place there.



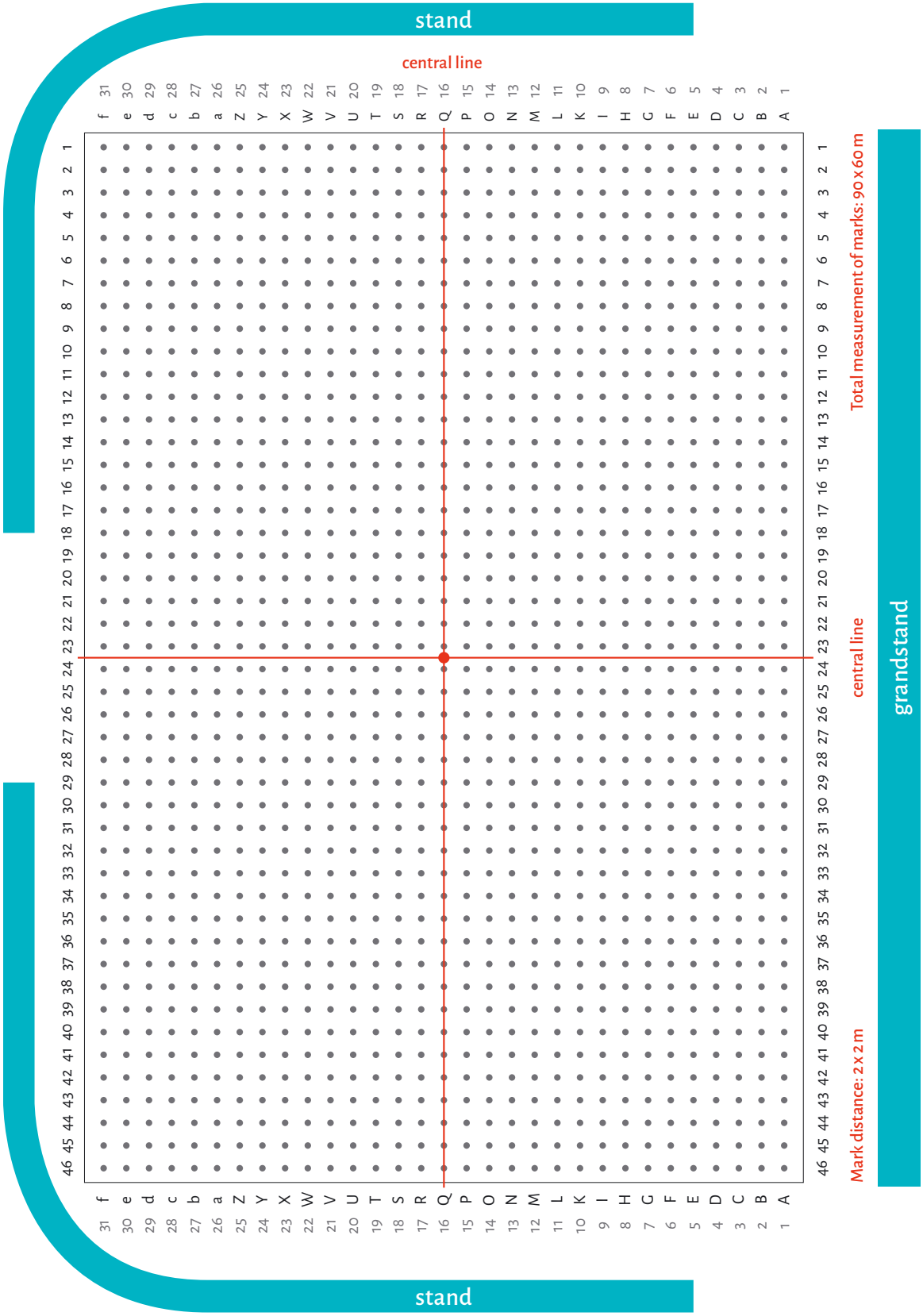
Performances

- Large Group Performances

Technics

Audio	Sound system and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Radio Microphone	Yes

Groundmarks at the Casino Stadium Bregenz



centre mark

3.4 | Open-air stages

In the centres of eight different towns and villages in Vorarlberg open-air stages will be built. The World Gymnaestrada is coming to the heart of the towns and it is certain the performances will thrill the spectators, as they will be close to the action, whether it is a planned visit or just by chance. Old and young, business people, families and pensioners, all passing through the centres of the towns and the World Gymnaestrada will be the middle point of this encounter.

The other way around

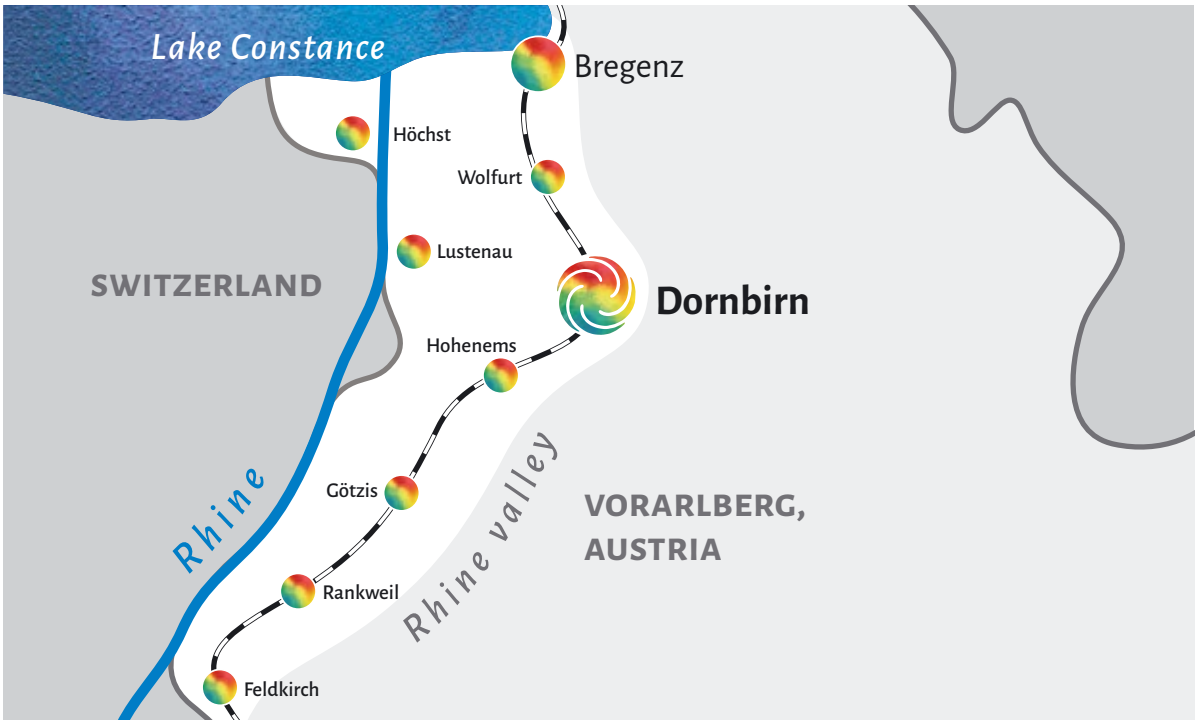
With the open-air performances, the Vorarlberg people are not coming to the World Gymnaestrada, but the World Gymnaestrada is coming to the people of Vorarlberg . This is a highlight that together with the National Villages is not just for the spectators but also for the participants to celebrate the World Gymnaestrada 2019 motto – »come together. show your colours!«

City Performances – the icing on the cake of your Group Performances

With the outdoor atmosphere at various »hotspots« within the Gymnaestrada region, performances on an open-air stage offer unique possibilities at attractive venues for every group which is interested in adding one or two extra shows to their three group performances at the Trade Exhibition Centre. And with the offered set-up (adequate dimensions of the performance area, completely covered stage to have both rain protection as well as sun-screens, easily reachable via the public transport system) there should not be any excuses for not performing at an open-air stage. Even more, the LOC can offer two stages (Wolfurt and Hohenems) which are equipped with a substantial number of gymnastic apparatus and will also assist in case of any transport needs between the Trade Exhibition Centre and the open-air stages.

Locations of the City Performance stages

The City Performance stages will be located in Bregenz, Höchst, Wolfurt, Lustenau, Hohenems, Götzis, Rankweil and Feldkirch.



Open-air stage details

© Dietmar Walser / Pfänderbahn AG

Bregenz

Stage dimensions: 16 x 16 m
Performance area: 14 x 14 m
Stage height: 0.4 m
Distance between stage and roof: 5.5 – 6.3 m
Stage location: harbour area, right at Lake Constance

Höchst

Stage dimensions: 16 x 16 m
Performance area: 14 x 14 m
Stage height: 1.3 m
Distance between stage and roof: 6.5 m
Stage location: church square, village centre

Wolfurt

Stage dimensions: 16 x 16 m
Performance area: 14 x 14 m
Stage height: 0.5 m
Distance between stage and roof: 6.5 – 9.5 m
Stage location: next to the event location »Cubus«, village centre

© Marcel Hagen, Lustenau Marketing

Lustenau

Stage dimensions: 20 x 20 m
Performance area: 14 x 14 m
Stage height: 0.6 m
Distance between stage and roof: 5.0 – 7.4 m
Stage location: in the middle of the sports park, next to park stadium

Hohenems

Stage dimensions: 20 x 16 m
Performance area: 14 x 14 m
Stage height: 0.8 m
Distance between stage and roof: 6 m
Stage location: castle square, city centre

Götzis

Stage dimensions: 16 x 14 m
Performance area: 14 x 12 m
Stage height: 1.1 m
Distance between stage and roof: 6 m
Stage location: next to »Saint Ulrich« church, village centre

Rankweil

Stage dimensions: 18 x 16 m
Performance area: 14 x 14 m
Stage height: 1.1 m
Distance between stage and roof: 6 m
Stage location: market square, village centre

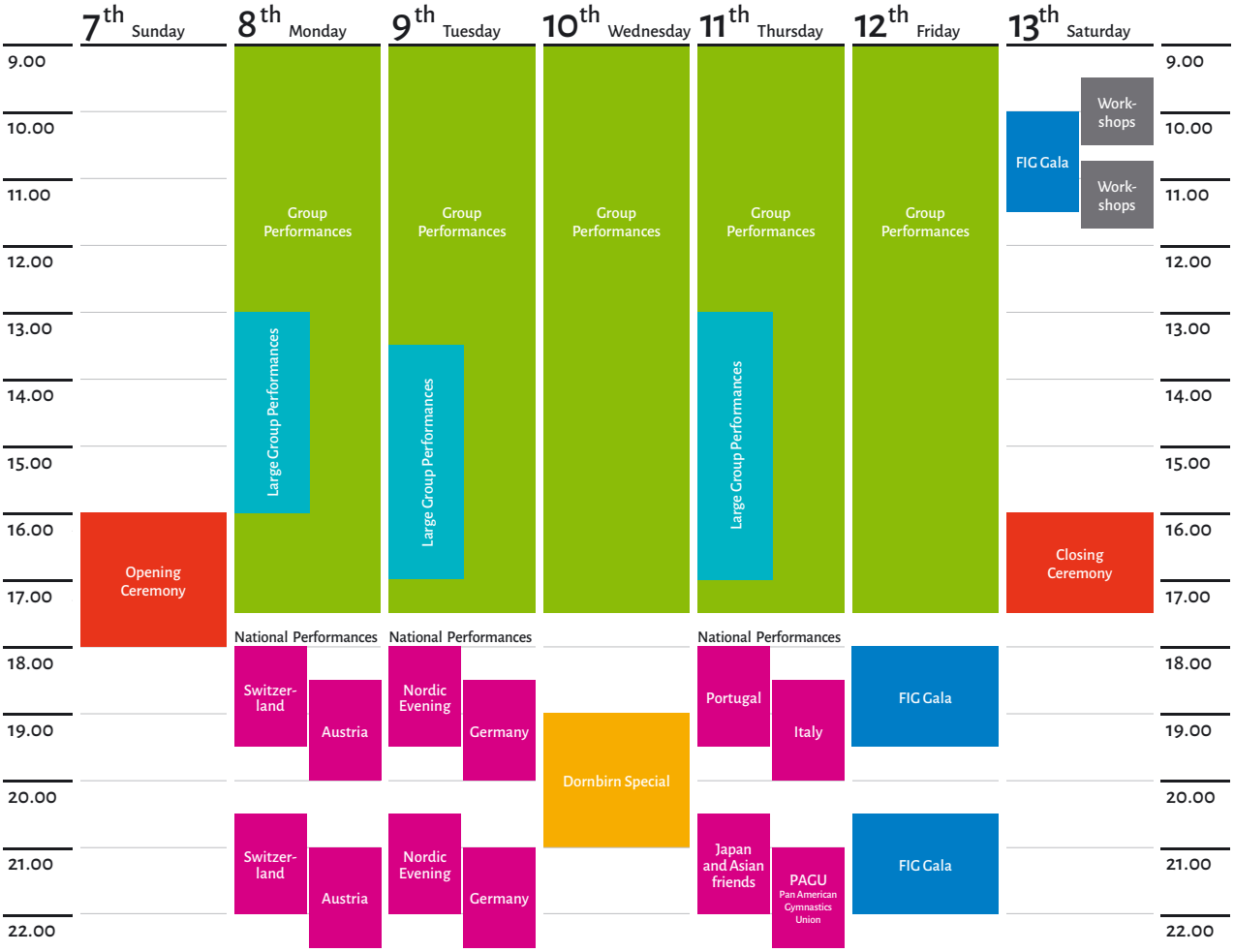
Feldkirch

Stage dimensions: 16 x 16 m
Performance area: 14 x 14 m
Stage height: 0.5 m
Distance between stage and roof: 6 m
Stage location: Reichenfeld area, close to city centre

4

Programme

4.1 | Timetable



Dated March 2019. Changes may still be made.

Dated March 2019

4.2 | Opening Ceremony

Location	Birkenwiese Stadium Dornbirn
Date	Sunday, 7th July
Time	16.00 (doors for the audience will open at 15.00)
Duration	2 hours
Capacity	25,000 persons
Theme	Show your colours!
Note	spectators standing on all sides of the arena
Measure	7,000 m^2
Gathering	The gathering of all participants for the marching in will start at 14.00 right outside the Birkenwiese Stadium. Specific information on the actual gathering areas for all the National Federations and the march routes will be distributed later. Beverages and snacks will be served at the gathering area and toilets are also available on site. To shorten the waiting time, various entertainment activities (mascot, flashmob, etc.) are going to take place. Furthermore, there is also a lot of shade due to the large number of trees right at the stadium.
Marching In	Each country will follow their national flag and name board (in English alphabetical order). Federations are asked to define the person carrying the national flag. All gymnasts taking part in the marching in must wear their national clothing and follow the instructions of the organizers. After the parade, all participants will move to their assigned area at the stands to watch the opening ceremony.
Programme	It will start with an official part including opening speeches and the hoisting of the flags, followed by a both colourful and entertaining choreography of the gymnastics federation of Vorarlberg in co-operation with groups from Germany, Switzerland and Liechtenstein. In the course of such large group performances more than 1,700 participants from all different fields of gymnastics will be involved. Obviously the World Gymnaestrada song will also play its part in such event.

Departure	At the end of the opening ceremony, there is a clear routing for every single participant towards the appropriate bus and train stations to take the quickest way to the place of accommodation in the national village. In each and every of the sixteen national villages there will be welcome receptions on Sunday evening for all the participants being accommodated, organised by the hosting institutions (local clubs in co-operation with village/ city representatives). Thereby a close interaction between participants and hosts shall be established from day one! While we feel proud and honoured for having gymnasts from so many countries with us, every single participant shall feel very much welcome and almost like being at home – in a global get-together of the World Gymnaestrada family!

4.3 | Group Performances

Location	Trade Exhibition Centre Dornbirn, 8 halls
Date	Monday, 8th to Friday, 12th July
Time	Daily from 9.00 to 17.30 (max.)
Duration	10 or 15 minutes per show
Capacity	Up to 1,000 persons
Measure	6 halls with 400 m² 2 halls with 600 m²
Music	All music must arrive via Gymnaplana by 30th April 2019, at the latest.
Warm-Up	Groups are invited backstage 45 minutes before their performance time. A volunteer will guide each group to the changing rooms and to the warm-up area. Groups will take care of their own apparatus, mats and further equipment during the performance. To show respect for the participating groups and to focus on their performance, the audience is asked to avoid any unnecessy movement and to take / leave a seat only during breaks.

4.4 | Large Group Performances

Location	Casino Stadium Bregenz
Date	Monday, 8th, Tuesday, 9th and Thursday, 11th July
Time	13.00 – 17.00
Duration	max. 15 minutes per show
Capacity	10,000 persons
Measure	6,800 m^2
Rehearsals	Monday, 8th July – 8.40 to 12.00
Music	All music must arrive via Gymnaplana by 30th April 2019, at the latest.
Warm-Up	Groups are invited backstage 45 minutes before their performance time. Volunteers will guide each group to the changing rooms and to the warm-up area.

4.5 | City Performances

Location	Eight open-air stages in centres of different towns and villages
Date	Monday, 8th to Friday, 12th July
Time	mainly from 16.00 to 19.00, yet some stages have performance times from 14.00 onwards or lasting till 20.00
Duration	5 to 15 minutes per show
Note	Please check the actual schedule (via the App or the website) as some stages offer daily City Performances while others are running for three days only.
Music	All music must arrive via Gymnaplana by 30th April 2019, at the latest.
Warm-Up	Groups are invited to arrive at the registration desk 45 minutes before the start of the one hour slot they have been scheduled. Unless there are any special requests voiced by the involved groups, the sequence of performances within an hourly slot will coincide with the sequence of arrival at the registration desk. A volunteer will guide each group to the changing rooms and to the warm-up area. Groups may enter the changing room 30 minutes before their scheduled performance time and shall be moving to the side of the stage 5 minutes prior to their actual performance.

4.6 | National Performances

Location	Trade Exhibition Centre Dornbirn, Hall 6 and 9
Performances in Hall 6	**Switzerland** | Monday, 8th July, 18.00 and 20.30 **Nordic Evening** | Tuesday, 9th July, 18.00 and 20.30 **Portugal** | Thursday, 11th July, 18.00 **Japan and Asian friends** | Thursday, 11th July, 20.30
Performances in Hall 9	**Austria** | Monday, 8th July, 18.30 and 21.00 **Germany** | Tuesday, 9th July, 18.30 and 21.00 **Italy** | Thursday, 11th July, 18.30 **PAGU – Pan American Gymnastics Union** | Thursday, 11th July, 21.00
Duration	1.5 hours each
Capacity	Hall 6 seating for 4,000 persons Hall 9 seating for 2,200 persons
Note	spectators sitting on three sides of the arena, curtain on backside
Measure	Hall 6: 40 x 20 m Hall 9: 25 x 20 m
Rehearsals	Times have been communicated to all the involved federations with the signing of the respective contract for a National Performance.
Tickets	While federations have booked tickets for their participants until 7th January via Gymnaplana, remaining tickets can be bought online (for more information on ticket presale please check our website) or – fingers crossed – on site in case the respective performance is not sold out by that time.
Note	Any gymnasts, coaches and additional persons being involved in a National Performance will be having a special sign on their participant card to be granted access for both rehearsal and performance times.

4.7 | Dornbirn Special

As we loved the idea of the »Midnight Sun Special« in Finland we decided to use this concept ourselves. On Wednesday evening we have now organised a special event for the Large Groups and we have called it the »Dornbirn Special«.

Location	Birkenwiese Stadium Dornbirn
Date	Wednesday, 10th July
Time	19.00 (doors will open at 18.00)
Rehearsal	Wednesday, 10th July, 16.00 – 18.00 for all the involved groups
Capacity	25,000 persons
Note	spectators standing on all sides of the arena
Measure	7,000 m²
Programme	Just like at the Midnight Sun Special in Helsinki 2015, the Dornbirn Special is going to be an evening dedicated to Large Group Performances. In this respect we would like to thank the federations of Finland, Germany, Denmark, Norway and Switzerland for their willingness to be involved in the Dornbirn Special. We can certainly also look forward to the premiere of the World Team and to a Large Group Performance of around 450 local kids with their parents. Finally, there will be another local touch added with a joint performance of the four Dornbirn brass bands.

4.8 | World Team

In 2015 the LOC in Helsinki introduced the World Team for the first time and set a new mile-stone for the World Gymnaestrada. The World Team is an international large group performance in which gymnasts from all over the world can take part. What is special is that it is not connected with any group but all of those who participate in the World Gymnaestrada can take part, even individuals. There were so many registrations at Helsinki – and over 2,000 people took part in the World Team.
The study by Prof. Dr. Angela Wichmann shows which emotions were left behind by the participants.

Participants Voices

Participants describe their impressions in the following words:

» *It fulfils my old gymnast's heart with pride that we are now doing truly international gymnastics. I would have never dared to even dream about that.*

» *We speak different languages, we live in different places, we have different cultures, but we are all united by gymnastics and through the dance and the gymnastics we are all speaking the same language. So, it kind of takes down a lot of barriers.*

Prof. Dr. Angela Wichmann
Lecturer at the Fresenius University of Applied Sciences in Munich. As a gymnast, she had often taken part in the World Gymnaestrada and has studied the effects of belonging to a group in the form of a qualitative dissertation. This doctoral dissertation is published on www.wg2019.at.

» *My God, can you believe that we are out here on the field with 2,000 people from all over the world and we are all dancing together. And it was a huge feeling of unity and inclusion and just very special.*

(Source: Prof. Dr. Angela Wichmann, Participating in the World Gymnaestrada – An expression and experience of a supra-national community, 2015)

Motto

We celebrate all colours from all over the world!

The Programme

The complete choreography has already been presented to the FIG committee in February 2018 at the 2nd Joint Meeting; a further demonstration took place at the GfA course in Ottawa, Canada. Since April 2018 everybody interested is able to download the entire instruction material for learning the World Team choreography from our website www.wg2019.at.

Participation	All World Gymnaestrada participants as well as individuals
Programme	Available via DVD, Internet and written instructions
Outfit	**T-Shirt:** Orders have been processed at the Definitive Registration via Gymnaplana (Price: € 15,– including two cloths) **The gymnasts wear comfortable blue jeans (bring your own!) and perform barefoot**

© WG 2015 Helsinki

© WG 2015 Helsinki

Due to the high demand for the World Team with, at the same time, limited capacity on the performance area at the Birkenwiese Stadium Dornbirn, we had to split the World Team into two groups, World Team »Blue« and World Team »Green«. This will ensure that everybody interested can in fact also participate in the World Team and will be involved in two performances.

While the preliminary allocation of participants interested in the World Team towards Team »Blue« and Team »Green« has already taken place, it will only be fixed and published upon a final review and confirmation by the involved federations. This is going to happen by the end of April, upon a comprehensive check of the entire scheduling for Group Performances, Large Group Performances as well as City Performances by all participating federations.

World Team »Blue«

Rehearsals	• Tuesday, 9th July, 11.00 to 13.00, Casino Stadium Bregenz • Wednesday, 10th July, 8.30 to 10.30, Birkenwiese Stadium Dornbirn
Performances	• One performance within the Dornbirn Special, Wednesday, 10th July, Birkenwiese Stadium Dornbirn • One performance at the end of the Large Group Performances, Thursday, 11th July, 16.40, Casino Stadium Bregenz

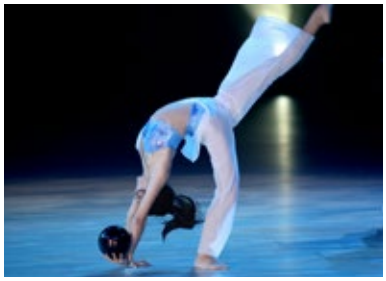
World Team »Green«

Rehearsals	• Tuesday, 9th July, 8.30 to 10.30, Casino Stadium Bregenz • Wednesday, 10th July, 11.00 to 13.00, Birkenwiese Stadium Dornbirn
Performances	• One performance at the beginning of the Large Group Performances, Thursday, 11th July, 13.00, Casino Stadium Bregenz • One performance within the Closing Ceremony, Saturday 13th July, Birkenwiese Stadium Dornbirn

Please make sure that you can attend both rehearsals! While you may fully master the choreography with all its movements and steps, it is certainly somewhat different to perform together with hundreds of additional persons involved in such international Large Group Performance – and with thousands of spectators watching!

4.9 | FIG Gala

Location	Trade Exhibition Centre, Hall 6
Date and time	Friday, 12th July, 18.00 and 20.30 Saturday, 13th July, 10.00
Duration	Each time 1.5 hours
Capacity	4,000 persons per show
Aim	shows the variety of Gymnastics for All
Note	spectators sitting on three sides of the arena, curtain on backside
Measure	40 x 20 m
Tickets	With federations having booked tickets for their participants at the Definitive Registration via Gymnaplana, all three FIG Gala performances are already sold out! However, for those participants who have failed to get a ticket, there is the opportunity to attend the public viewing of the 2nd FIG Gala on Friday, 12th July, 20.30 in hall 9. Tickets for such public viewing can be booked via sending an e-mail to tickets@wg2019.at Close to the event you will receive information by e-mail where and when you may pick up your reserved tickets on site. The ticket price is € 10,– while there is free seating.



The FIG Gala is an event organised by the FIG, which shows the variety of Gymnastics for All and this is shown by their interpretation. In order to select groups for the FIG Gala, all FIG Federation members have been requested to suggest groups. This was done with films showing the standard and quality of the groups to enable a proper selection. All presentation materials submitted should show the general abilities of the group.

According to the guidelines of the FIG, Siegfried Kernbeiss has been nominated as the coordinator in this area, working together with the two choreographers Marina and Guy Mäder. Unfortunately not all groups could be accepted as the FIG Gala is a choreographed show. This is the reason why a comprehensive application procedure was exercised, including a defined time schedule for the submission of application material, the sequence of the selection procedure and the information concerning the selected groups.

In February 2018 all involved federations were informed in writing about the selection of the groups. All federations have meanwhile informed their successful groups accordingly.

The following nations and groups are represented at the FIG Gala 2019:

Australia	PCYC Gymaroos Performance Team
Austria	Novus & The Freaks acrobatics showteam
Benin	Les super acrobates
Canada	Team Saskatchewan
Czech Republic	Sokol Kampa Trampoline Praha
Denmark	Gjellerup
Finland	Team Finland
Germany	TV Ludwigshafen-Bodensee »Showteam Blues Brothers«
Greece	Olympiada Thrakomakedonon
Israel	Maccabi Dan
Italy	Societa dilettantistica gimnastica
Japan	International Old Boys
Mexico	Holistica Gimnasia
Norway	Fredrikstad Gymnastics Club
Portugal	Mãe D'Água
Sweden	Malmöflickorna
Switzerland	Swiss rings & Welsch Master Team
United States	Chattooga
Zimbabwe	Zimgym

4.10 | Workshops

The topic of the workshops is called **»Movement offer for anyone, for all participants and spectators«**

The workshops will take place on Saturday morning in four different halls in the Trade Exhibition Centre where Group Performances are scheduled from Monday to Friday. In addition it is planned to offer outside platforms to participating groups (coaches, trainers) on different days during the week with the intention to also address and involve the local population. Thereby the well-established initiative »Vorarlberg moves«, focusing on low-threshold offers for sports-interested people will be joining forces with the World Gymnaestrada in order to support the de-centralized workshop offerings. In such way it should be achieved that – just like with City Performances – the Gymnaestrada workshops go out to the audience, to the National Villages.

The way of presentation should be practical for all participants and ensure that as many as possible can take part. Examples for the workshops are:

- Health sports
- Fitness sports
- Typical dances from the participating countries
- Gymnastics for All
- Movement offer for kids
- and so on

We would like to thank all the Federations which have already provided us with both interesting and entertaining workshop proposals – with a special THANKS to all the motivated instructors for taking their time to put together compelling and interactive programmes.

Trade Exhibition Centre:
Saturday, 13th July: 9.30 to 10.30 and 10.45 to 11.45 in Halls 1 – 4

De-centralized workshops:
During week-days at different places of the National Villages (according to availability of coaches, trainers and in agreement with local clubs)

Programme:
The final programme will be published via the festival guide and can also be found in the App and on the website.

4.11 | Closing Ceremony

Location	Birkenwiese Stadium Dornbirn
Date	Saturday, 13th July
Time	16.00 (doors will open at 15.00)
Duration	1.5 hours
Capacity	25,000 persons
Note	spectators standing on all sides of the arena
Measure	7,000 m²
Programme	Again, Large Group Performances will be playing a key role in the very last event of an unforgettable gymnastics week full of festivities, friendship and fantastic performances. We are very much looking forward to performances from Great Britain, Germany, the joint performance of the Czech Republic and Slovakia as well as a performance of several African countries. World Team »Green« will also be an essential part of the Closing Ceremony. Furthermore, we are pleased to announce that the Netherlands, as hosts of the 17th World Gymnaestrada in 2023, will be doing a welcome performance before the Closing Ceremony comes down to a big farewell party for both participants and spectators.

4.12 | Ticket prices

With the purchase of a Participant Card most of the events taking place within the World Gymnaestrada week are included in the price. This applies to the Opening Ceremony, the Dornbirn Special and the Closing Ceremony (each taking place at the Birkenwiese Stadium Dornbirn). In addition, the Participant Card enables free entry to the Group Performances (Monday to Friday) and the workshops (Saturday) in the Trade Exhibition Centre Dornbirn, to the Large Group Performances at the Casino Stadium Bregenz and, of course, also to the City Performances on the eight open-air stages, where in general no entrance fee has to be paid. On top of that the Participant Card allows the use of the entire public transport system (trains and buses) not only within the region where the World Gymnaestrada 2019 takes place (colour zones blue, green, red and yellow), but in the entire province of Vorarlberg!

Holders of a Participant Card have to pay extra costs for National Performances and for the FIG Gala, having the following price categories:

National Performances	
category 1	€ 28,–
category 2	€ 24,–
category 3 (standings, only Hall 6)	€ 18,–

FIG Gala	
category 1	€ 35,–
category 2	€ 31,–
category 3 (standings)	€ 25,–

Ticketing

On Monday, 26th November 2018, the official ticket sales have started. World Gymnaestrada participants are covered for most of the events via their Participant Card (which includes the Opening Ceremony, Dornbirn Special, Closing Ceremony, Group Performances, Large Group Performances and City Performances). At the same time they could apply for tickets for the National Performances and the FIG Gala at the Definitive Registration. Due to the high demand for FIG Gala tickets all three performances are sold out, yet the LOC offers the opportunity of a public viewing of the second performance at 20.30 in hall 9 for only € 10,– per person.

Tourists, visitors, etc. can get hold of tickets via the following sources:

Online via ...
- www.laendleticket.com
- www.oeticket.com
- www.ticketcorner.ch
- www.eventim.de

or locally ...
at more than 100 branches of either banking institution »Raiffeisen« or »Sparkasse« .

For further information on all the available performances and prices please check www.wg2019.at. Just click on »Tickets« in the right menu and secure tickets for your favourite events and groups.

5

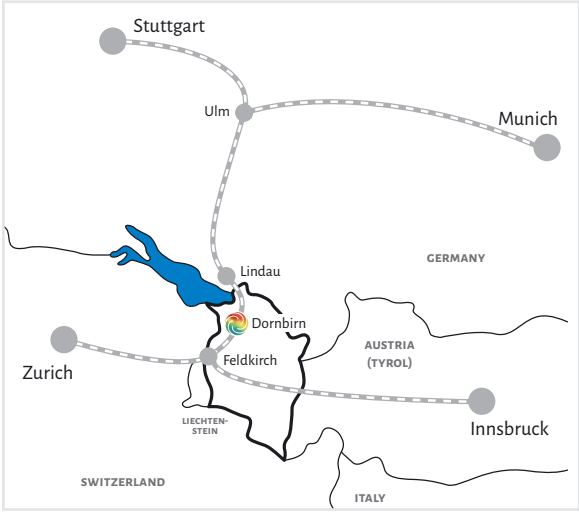
Organisation

5.1 | Arrival

Dornbirn is in the heart of Europe and is easily reachable with different means of public transport.

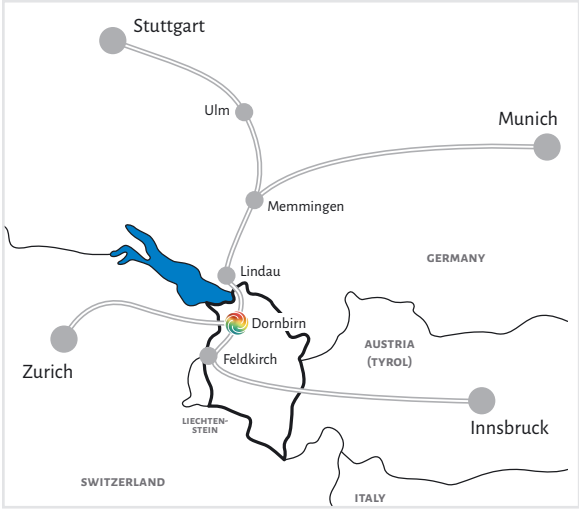
From central Europe by train ...

- Zurich – Feldkirch – Dornbirn
- Stuttgart – Ulm – Lindau – Dornbirn
- Munich – Lindau – Dornbirn
- Innsbruck – Dornbirn
- Vienna – Innsbruck – Dornbirn



From central Europe by bus ...

- Zurich – St. Margrethen – Lustenau – Dornbirn (N13)
- Stuttgart – Ulm – Memmingen – Lindau – Dornbirn (A8, A7, A96, A14)
- Munich – Memmingen – Lindau – Dornbirn (A96, A14)
- Innsbruck – Dornbirn (A12, A14)



From all over the world by airplane ...

- Zurich
- Stuttgart
- Munich
- Innsbruck
- Friedrichshafen
- Memmingen
- Altenrhein

Transfer rates

We are pleased to be at your service for the booking of your transfer from the airport to your accommodation (school or hotel) in your national village. The mentioned prices are per person and transfer (for a return trip you'll have to take the double price):

Zurich airport	€ 30,–
Munich airport	€ 45,–
Memmingen airport	€ 30,–
Friedrichshafen airport	€ 26,–

These transfers can be booked at the Definitive Registration via our registration platform GYMNAPLANA.

In addition to such transfer offers we are also at your service regarding your travel arrangements. In this respect we are pleased to have Lufthansa City Center (LCC) as a valuable partner on board, ready to answer all your questions concerning your travel planning for the World Gymnaestrada 2019. Please feel free to get in touch with LCC via **travel@wg2019.at**

Lufthansa City Center – Who We Are

Founded in 1991, Lufthansa City Center (LCC) is a worldwide travel agency franchiser based in Frankfurt, Germany with 650 offices in 80 countries. We empower independently-owned and operated travel agencies by co-branding with LCC. Our focus on individual, tailor-made customer products for both leisure and corporate customers allows us to combine flexibility and innovation to provide a comprehensive service portfolio. All franchisees are the best at their game in our respective countries. As a global team, we are invincible. Our LCC concept offers a global program with local relevance to nurture the cultural differences and dynamics required in each market. A global presence with local capabilities ensures the best opportunity for delivering exceptional customer service.

Lufthansa City Center

Welcome desks

There will be World Gymnaestrada Welcome Desks at Zurich and Munich airport to help arriving participants with any situation at the airport: lost luggage, finding the way to the shuttle bus terminal / the train station etc. As Friedrichshafen and Memmingen airport have only been named by very few participants as arriving destinations, there will be some volunteers on site to assist arriving persons with finding their way to their National Village.

Arrival and departure transfers

In Gymnaplana you will find the arrival and departure transfers which have been booked. Please note that such transfers can only be confirmed once the federation has assigned the participants to their particular accommodation (school or hotel) via Gymnaplana.

5.2 | Visa requirements

All nationals from EU countries, the EEA countries (European Economic Area) and Switzerland do not need visas for the Republic of Austria. All other nationals need a visa when travelling to Austria, a member country in the Schengen zone.

This concerns the following countries:

- Afghanistan
- Algeria
- Angola
- Armenia
- Aruba
- Azerbaijan
- Bahrain
- Bangladesh
- Belarus
- Benin
- Bermuda
- Bolivia
- Cambodia
- Cameroon
- Cape Verde
- Cayman Islands
- China
- Cook Islands
- Cuba
- Dominican Republic
- Ecuador
- Egypt
- Ethiopia
- Fiji
- India
- Indonesia
- Iraq
- Iran
- Jamaica
- Jordan
- Kazakhstan
- Kenya
- Korea Dem. Pop. Rep.
- Kosovo
- Kyrgyzstan
- Lebanon
- Libya
- Malawi
- Mongolia
- Morocco
- Mozambique
- Myanmar
- Namibia
- Nepal
- Nigeria
- Pakistan
- Palestine
- Philippines
- Qatar
- Republic of Congo
- Russia
- Saudi Arabia
- Senegal
- South Africa
- Sri Lanka
- Sudan
- Syrian Arab Republic
- Tanzania
- Thailand
- Tunisia
- Turkey
- Turkmenistan
- Uzbekistan
- Vietnam
- Yemen
- Zimbabwe

We will help you at all times in regard to visa applications.

Attention: Please bear in mind that even in case your country is not mentioned in the above list, you may still have participants with one of the above mentioned nationality amongst your delegation. Vice versa, a delegation coming from one of the above-indicated countries may have participants with a nationality which is not requiring a visa at all or persons who already have a Schengen visa.

5.3 | Insurance

Participants of the World Gymnaestrada 2019 are offered the following insurance cover during their stay:

Assumption of costs incurred in case of an acute medical condition or accident up to a sum of € 50,000,–
The insurance covers the costs of necessary hospital treatment (both inpatient and outpatient) in a public hospital (General Healthcare Fee Class), the transport to and from the nearest hospital, doctor's fees for medical treatment outside hospital and prescription medication. The extra costs of repatriation are covered by the insurance without maximum rate in such cases where appropriate medical treatment is not possible in Austria.

The insurance cover specified above is valid upon receipt of the personal data and the premium of **€ 20,–** per person (insurance tax included) and basically applies to the duration of the World Gymnaestrada (7th to 13th July 2019). In practical terms, the insurance cover starts with the moment of entering Austria and ends with the moment of leaving Austria whereby the maximum insurance cover period is defined from 1st July 2019 to 1st August 2019. For participants who have booked a transfer from an airport or railway station outside Austria (e.g. Zurich or Munich) to their accommodation and back via the WG-LOC, the insurance cover starts from the moment of reaching such arrival airport/railway station (in-bound) and ends at the moment of reaching the departure airport/railway station (out-bound). The insurance cover for the agreed services basically refers to Austria, however it is also applicable for the Schengen region (including Switzerland, Germany and the Principality of Liechtenstein) in case of visiting a place of excursion within such countries during the duration of the World Gymnaestrada.
We would like to mention that an insurance, which covers medical cost abroad and for events, is obligatory for all participants. If you purchase your insurance in your country, you have to provide the relevant data (name, insurance number) to your National Federation upon your registration.

In cooperation with
our insurance partner:

GENERALI

5.4 | Definitive Registration

We are extremely proud and honoured to announce that a record number of 68 nations have completed the Definitive Registration. Even more pleasant is the fact that no less than 15 countries will be participating for the very first time at a World Gymnaestrada. This is a tremendous credit of trust and motivation for the LOC in its ambition to bring such global gymnastics festival to the next level in terms of international recognition, attendance and active involvement.

The list of federations which have completed the Definitive Registration in Gymnaplana contains the following countries:

- Angola
- Argentina
- Armenia
- Australia
- Austria
- Azerbaijan
- Barbados
- Belarus
- Belgium
- Benin
- Brazil
- Bulgaria
- Canada
- Cape Verde
- Chile
- China
- Colombia
- Czech Republic
- Denmark
- Estonia
- Fiji
- Finland
- France
- Germany
- Great Britain
- Greece
- Honduras
- Hungary
- Iceland
- Iran
- Ireland
- Israel
- Italy
- Japan
- Kenya
- Korea
- Latvia
- Liechtenstein
- Lithuania
- Malaysia
- Malawi
- Malta
- Mexico
- Mozambique
- Nepal
- Netherlands
- New Zealand
- Norway
- Paraguay
- Peru
- Poland
- Portugal
- Qatar
- Russian Federation
- Serbia
- Slovakia
- Slovenia
- South Africa
- Spain
- Sri Lanka
- Sweden
- Switzerland
- Thailand
- Tonga
- Trinidad and Tobago
- United States of America
- Uruguay
- Zimbabwe

5.5 | Merchandising

WE CARE

The products of the WG2019 collection are now available in our online shop.
Some of them are already on sale, others will follow within the next weeks.

Sustainability is our priority, even concerning our merchandising products! That is why most of our products are created in cooperation with local companies or social facilities and according to ecological standards. We hope you will love our products!

Our products

Premium-Collection

Basic-Collection

Mascot-Collection

Promotional Items

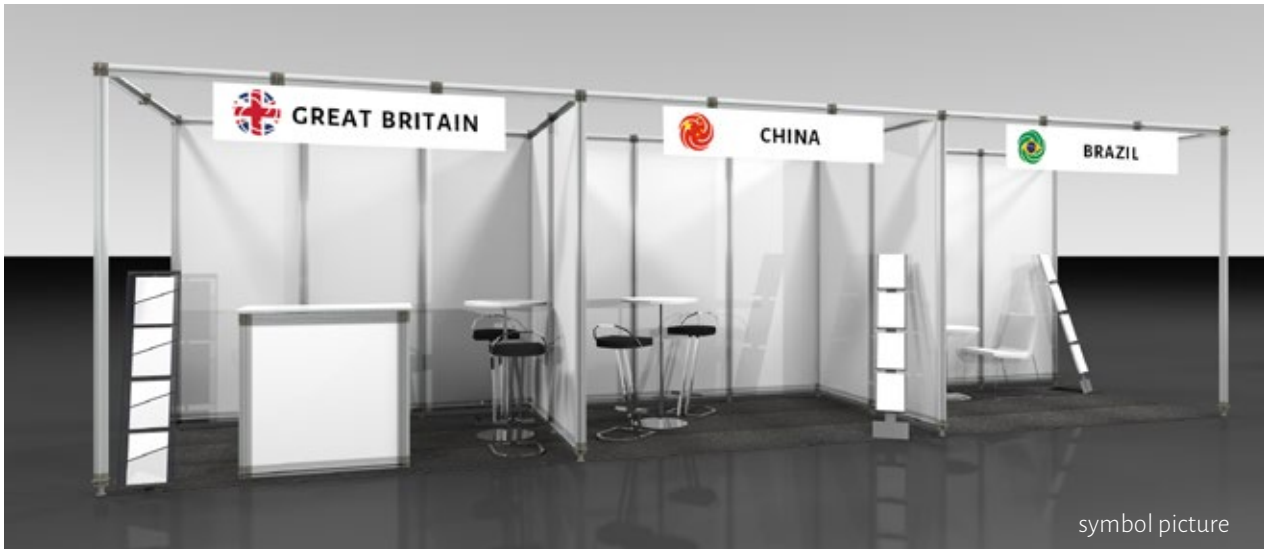
These and many more items are available in our online shop:
shop.wg2019.at

For team orders or special inquiries please contact:
shop.wg2019.at or
+43(0)699 17153083

HEP PRO SASU pretty things inside a brand of heppro
OFFICIAL MERCHANDISER
WORLD GYMNAESTRADA 2019

5.6 | Stands

Exhibition space for both national stands and commercial stands is available in the Trade Exhibition Centre Dornbirn in Hall 14 and in the foyer between Halls 13 and 14. To define the appropriate layout and setting of its stand each National Federation/exhibitor can choose amongst different sizes and an extensive variety of rental equipment.



symbol picture

Federation Stands

Basic Booth: White Profile System wall elements (System Pila), dark grey carpet, name plate 180 x 35 cm and electrical connection including three plugs (220 V).

Size	Price
booth 6 m²	€ 1,038,–
booth 12 m²	€ 1,750,–
booth 18 m²	€ 2,330,–
booth 24 m²	€ 2,850,–
booth 30 m²	€ 3,420,–
booth 36 m²	€ 3,910,–

Federations Booking Area:
http://dornbirn.gymnaplana.org/login

Additional rental equipment

Party table	€ 42,–	Trash can	€ 24,–
Bar stool	€ 42,–	Refrigerator	€ 174,–
Meeting table	€ 42,–	Storage room (1 x 1 m) + curtain	€ 216,–
Chair	€ 36,–	Storage room (1 x 1 m), lockable	€ 252,–
Info counter, open	€ 156,–	1 m wall element, 2,5 m high	€ 54,–
Info counter, lockable	€ 180,–	Carpet, dark grey, per m²	€ 18,–
Brochure holder (DIN A4)	€ 42,–	Capsico coffee machine incl. 100 mixed coffee capsules	€ 199,–

Prices incl. 20 % VAT as per March 2018. Subject to modification.

bar stool

party table

chair

meeting table

info counter, open

info counter, lockable

brochure holder

trash can

refrigerator

Storage room lockable (different sizes possible)

Commercial Stands

In addition, commercial exhibitors from their country can present themselves at the World Gymnaestrada 2019.

Information on prices can be found via **www.wg2019.at**
or directly from the responsible LOC person:

Mr. Marc Brugger, MBA
phone: +43 664 2134354
e-mail: marc.brugger@wg2019.at

Weltgymnaestrada 2019 gemeinnützige GmbH
Messeplatz 1
6850 Dornbirn
Austria

5.7 | Media

Media accreditation

Accreditation requests can be submitted by any interested media representative via the respective FIG media platform. Until the 22nd of May 2019 journalists, photographers and TV crews can process their online accreditation via the following link: **https://media.gymnastics.sport/**
Please note that requests for an accreditation can only be made via such platform. The LOC office of the World Gymnaestrada 2019 is not authorised to handle any applications for media accreditation. Hereby we also ask all involved National Federations to effect the accreditation of their media representatives via such FIG media platform. Media accreditation will provide the relevant access to the Main Press Centre (MPC) as well as to the media positions at the different venues.

Host broadcaster

At the Second Information Meeting it has been announced that the Austrian Broadcasting Company ORF is going to be the official host broadcaster of the World Gymnaestrada 2019. This cooperation will assure a wide coverage of this FIG Gymnastics for All event not only within Austria, but also on an international scale via different media partnerships. Live coverage of the Opening Ceremony, a FIG Gala as well as the Closing Ceremony has already been determined; on top of that daily summaries of the most interesting performances were fixed as well. Further negotiations are currently underway in regard to the televising of National Performances. Generally speaking it can be said that with the know-how of the professional ORF sports media team a comprehensive coverage of the World Gymnaestrada 2019, whether on TV, radio or via online reports, is assured!

5.8 | World Gymnaestrada App

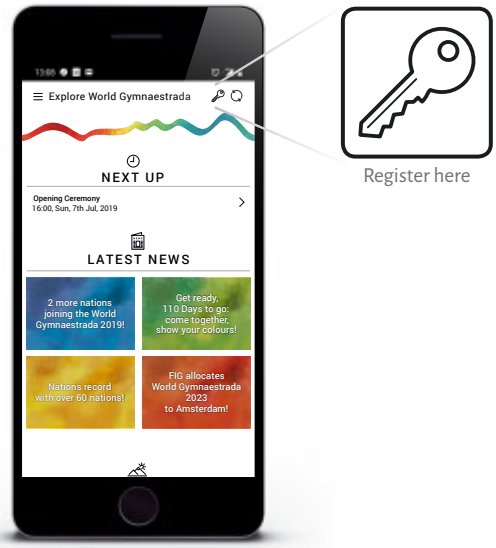
Free, up-to-date and optimized information about the World Gymnaestrada straight to your pocket – it's all in the app! The World Gymnaestrada app is designed as a simple and user-friendly information portal. It will provide all the most up-to-date info, guide you through the wealth of events, lets you know about potential postponements, gives rehearsal and performance reminders and helps you navigate between the different venues. With various filters, favourites and location sharing options, you can access all the information that is most relevant to you. The app also provides useful information about Vorarlberg, sightseeing highlights, National Villages, public transport and exhibitors. What's more, the »Social Media Wall«, »News« and »Story of the Day« features make socializing as easy and as fun as possible. We have always got our phone within reach these days, so with the World Gymnaestrada app you have literally got all the info you need at your fingertips – now that is smart!

Free registration in the weeks prior to the World Gymnaestrada

The World Gymnaestrada app will already be available in the run-up to the event and can be found as a free download for both iOS and Android users. The official launch will be announced on our homepage and by social media.

Download at home – register in Dornbirn

Participants can download the app before the event and use it immediately. You will also receive a supplementary personal login code on your Participant Card upon arrival in Dornbirn. **This registration gives you access to participant specific information, such as your very own personal timetable, rehearsal reminders, and prior information about any postponements which may occur. We highly recommended for all participants to register – miss it and you will miss out!**



Heads up: online / offline mode!

Once the app is downloaded, its contents are also available offline, but updates and push notifications (for example, postponements info or rehearsal / performance reminders) require an active internet connection.

Internet: no full-coverage Wi-Fi

Unfortunately there is no full-coverage Wi-Fi available within the World Gymnaestrada region. For this reason, we ask participants to use their own mobile data to assure internet access. Thanks to new EU laws, there should no longer be any additional roaming costs when using your mobile phone outside your own country in other EU countries. Participants from outside the EU can get online using the free Wi-Fi at the Trade Exhibition Centre, although due to the high number of users we can't guarantee a stable connection at all times. For this reason, we specifically request all participants to get informed about the possible prices or offers for using their phone abroad, and to try to sort out your own stable mobile internet prior to the event.

Attention: Swiss Mobile Networks

Due to the immediate proximity to Switzerland, it can be quite common in Vorarlberg that mobile phones unintentionally register onto Swiss mobile networks. The Swiss mobile network radiates a good ten kilometres across the border and thus reaches most of the areas where the World Gymnaestrada takes place. **Please be very careful because using mobile phones on the Swiss networks can be very expensive!** This can be prevented by deactivating automatic network selection on your mobile phone and manually selecting an Austrian network.

TO AVOID – Swiss Networks: Swisscom, Sunrise, Salt

TO USE – Austrian Networks: T-Mobile, A1, 3AT

6

General Information

FIG Gymnastics for All Committee

Margaret Sikkens Ahlquist
Sweden

Monika Šišková
Slovakia

Rogério Valério
Portugal

Tatsuo Araki
Japan

Marco Antonio Bortoletto
Brazil

Ruedi Steuri
Switzerland

Flemming Knudsen
Denmark

Local Organising Committee

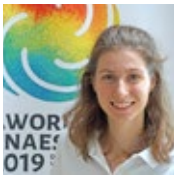
Executive Committee

Marie-Louise Hinterauer
President

Erwin Reis
CEO

Nadine Flatz
Office Management Sports

Marc Brugger
Marketing and Sponsoring



Linda bij de Leij
Office assistance (through European Solidarity Corps)

Herbert Kaufmann
Finances

Günter Felder
Legal advisor

Monika Reis
President Gymnastics Federation Vorarlberg

Nina Amann
Office Management and International Contacts

Christina Üblackner-Mäser
Office assistance and Communication / App

Nina Mathis
Office assistance
Marketing and Sponsoring

Eva Thurnher
Consulting and VIP

Thomas Gangl
Finances

Sports and Programme

Thomas Bachmann
Head of Sports Group/Large Group/ National Performances, FIG Gala, Workshops, City Performances

Susanne Dür
Responsibility events at Birkenwiese Stadium Dornbirn

Britta Hafner
Choreography Opening/Closing Ceremony, World Team

Anne Thaeter
Choreography World Team

Thomas Koch
Large Group Performances

Peter Simeaner
National Performances Hall 6

Nicole Tschabrun
Dornbirn Special, Austrian Evening

Siegfried Kernbeiss
FIG Gala

Wolfgang Hinteregger
Sports Grammar School

Karin Engstler
Head of Sports Opening/Closing Ceremony, Dornbirn Special, World Team, Austrian Evening

Harald Rauch
Responsibility events at Birkenwiese Stadium Dornbirn

Kerstin Beiter
Choreography Opening/Closing Ceremony

Günther Schmidt
Group Performances

Klaus Schmid
Large Group Performances

Anita Stanzl
National Performances Hall 9

Susanna Pröll
Dornbirn Special, Austrian Evening

Franz Marte
Workshops

Infrastructure Sports

Werner Stiebinger
Head Infrastructure and Apparatus

Günter Feuerstein
Trade Exhibition Centre
Dornbirn

Jürgen Albrich
Venues Dornbirn

Gerold Perle
Birkenwiese Stadium
Dornbirn

Christophorus Schmid
Security Birkenwiese Stadium
Dornbirn

Herbert Palli
Birkenwiese Stadium
Dornbirn

Public Services

Hans-Peter Ludescher
Head Security

Robert Spiegel
Head Medical Support

Johanna Dreibholz
Medical Support

Ilse Dreher
VIP Hosting

Marc Gächter
Media

Wolfgang Berchtold
Media

Technics

Josef Madlener
Head Light and Sound Engineering

Bruno Hämmerle
Light and Sound Engineering

Herbert Frühwirth
Light and Sound Engineering

Michael Wimmer
Light and Sound Engineering

IT and Design

Lukas Köb
Gymnaplana

Johannes Rinke
IT Consulting and Administration

Sebastian Nagel
Kapitel 4
Design

Accommodation and Catering

Christian Schützinger
Head Vorarlberg Tourism

Urs Treuthardt
Head Bodensee Vorarlberg Tourism

Anja Gunz
Hotel accommodation

Heinz Amann
Head School accommodation

Hanno Ölz
School accommodation

Martin Stiebinger
Catering

Andreas Gstach
Catering

Transportation

Karl-Heinz Winkler
Head Transport

Armin Hinterauer
Coordination VIP Transport

Matthias Frick
VIP Transport

6.3 | Partners

Premium Sponsors

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Austria VORARLBERG
vkw Energie für Generationen.
Heineken
Messepark
WKO Wirtschaftskammer Vorarlberg
HEP PRO SASU Official Merchandiser
erima
METRO
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HEFEL Bed and Sleep
Karren
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DB SCHENKER
Run on clouds.
tip Kommunikations GmbH
Diezano
GASTEINER Kristallklar
ready2music

Classic Partners

VVA Druckkompetenz
GARZON Dornbirn · Feldkirch Gut. Leist. Bar
11er elfer Austria

Media Partners

ORF V
VN Vorarlberger Nachrichten
VOL.AT

Performance Partners

FIG
ÖFT
vts Vorarlberger Turnerschaft
Bodensee Vorarlberg
LIECHTENSTEIN

Institutions

DORNBIRN
Vorarlberg unser Land
Bundesministerium Öffentlicher Dienst und Sport