



LISBON  
**GYM**  
 FEST 2019

# GCP INTERNATIONAL GYMNASSTICS FESTIVAL

RIBEIRA DAS NAUS 21-23.June.2019  
 Lisbon - Portugal

[www.lisbongymfest.pt](http://www.lisbongymfest.pt) @ lisbongymfest@gcp.pt

@ f gcp lisbongymfest

**DIRECTIVES**

ORGANISATION



INSTITUTIONAL SUPPORT



SPONSORS





## **Dear Gymnastic Friends!**

On behalf of the Local Organizing Committee and Ginásio Clube Português it is with great pleasure that I welcome you to the GCP II LISBON GYM FEST, which will take place from 21<sup>th</sup> to 23<sup>th</sup> of June 2019.

This new gymnastics event will take place for the second time in Portugal in the beautiful city of Lisbon the Nation's Capital. This non-competitive event, will take place every year, under the motto of uniting gymnasts from all over the world, providing the opportunity for them to perform their team display routines on an international stage.

Performances, workshops and parties, the GCP LISBON GYM FEST will be a great social non-competitive event for young and not so young people where everyone is welcome.

Floor exercises, trampet, tumbling, acrogym, rhythmic and artistic gymnastic, as well as all kinds gymnastic expressions, these are just a few forms of gymnastics and dances taking place at this Festival, where there will be no limits regarding age or technical levels.

No points, no standings and no judging: at this Festival the only winner will be the participant and the joy of practicing gymnastics.

Gymnastic teams and groups from Clubs, Schools, Universities and Municipalities are all welcome to participate.

Our Country has gathered great experience skills in hosting major international events, and it is with no doubt that I say, we will meet if not exceed, the expectations of all the participants and guests of the this GCP LISBON GYM FEST 2019.

The chosen Venue for the GCP LISBON GYM FEST 2019 will be the Ribeira das Naus which is one of the main outdoor and emblematic Squares in the city, located near the Tagus River and with a massive river front view.

It is located in the Lisbon Downtown Town Area and it stands less than 30 minutes away from the Lisbon International Airport.

Lisbon has attractions and sights to suit every taste and interest – and most of them are within walking distance, being some of the most famous attractions in the city you can find the largest European Oceanarium, the Lisbon Castle, the cathedral among other ancient monuments and some of largest shopping areas.

But Lisbon has a lot more to offer. With a history that dates back to eight hundred years ago, it emerged as a nation in the early 12th century and Lisbon was ranked as one of the world's longest founded cities full of historic landmarks, great buildings and interesting sights and museums. The local gastronomy is among the world's most distinguished and innovative cuisines and is based on the Mediterranean kitchen in a friendly atmosphere.

I assure you that we will do everything we can to make this a hospitable home for all the participants in the GCP LISBON GYM FEST 2019, where you can not only test your routines on an international event, but also interact with like-minded people and make new friends.

I look forward to seeing you in Lisbon in June.

**Manuel Cavaleiro de Ferreira**

President of Ginásio Clube Português  
and Chairperson of GCP LISBON GYM FEST 2019



## GENERAL PRELIMINARY PROGRAM

The mornings will be spent taking part in programmed or free activities, with different workshop sessions to choose from, including, Fitness, apparatus, trampet, tumbling, among others, or on a tour around the Lisbon City.

In the afternoons and nights, teams will perform their display routine on stage at the Ribeira das Naus so all the people of Lisbon can come and see you perform.

### June 19 and 20<sup>th</sup>

- Arrival Delegations

### Friday and Saturday, June 21<sup>th</sup>– 22<sup>st</sup>

- Rehearsals & Exhibitions

**Rehearsals** with music will take place in the morning in the same arena of the afternoon and evening exhibitions, starting at 17:00. (According to schedule)

**Exhibitions** will take place each afternoon and evening, beginning at 19:00 and until 23:30. The arena will have changing rooms, warehouses and free entrance for the audience.

A complete schedule of the exhibitions can be found [here](#).

Note: Passes will be required to enter the stage area (reserved area).

### Sunday, June 23<sup>rd</sup>

- Rehearsals & Exhibitions (if necessary)

### Monday, June 24<sup>nd</sup>

- Departure of Delegations

## WORKSHOPS

**Gymnastics and Fitness workshops** will be held in the Ginásio Clube Português each day and will be open to all participants, with registration in advance.

A complete schedule of the workshops can be found [here](#) (soon available).



## Further Event Information

The GCP LISBON GYM FEST 2019 is more than just gymnastics and dance - it is a Sports Show and it proves that Gymnastics is Fun for ALL.

What GCP LISBON GYM FEST 2019 is all about?

- A weekend of fun and enjoyment for gymnasts, their coaches, family and friends.
- Gymnastics displays that each last up to 6 minutes by teams from all over the Europe and abroad.
- The age range of the participating gymnasts are from 8 years to over 80 years.
- The routines are all set to music and include any combination of skills from basic gymnastics through tumbling, vaulting, balances and dance.

Teams represent various gymnastic disciplines including General Gymnastics, Artistic, Acrobatic Gymnastics, Aerobic Gymnastics, Tumbling, Trampet, Rhythmic and Disability Gymnastics.



## REGISTRATION

### General Information

All clubs / teams should register on-line using the registration platform.

It is not possible to register during the event.

**Major Force Events:** If the event is cancelled the organisers shall not be responsible for airfare, hotel or other costs incurred by the participants. Insurance on this matter is recommended.

### Confirmation

After the LOC has received your registration, it will acknowledge its receipt. Your registration will then be processed and confirmation sent back to you as soon as your payment is confirmed.

### How much does GCP LISBON GYM FEST 2019 cost?

The participation in GCP LISBON GYM FEST 2019, is free of charge.

### Participant Pass with accommodation

What is included?

- Accommodation;
- Breakfast, lunches and dinners;
- Workshops;
- Exhibitions.

	Hotel 4*	Hotel 3*	Hostel/Youth Hostel	Shared Classroom
Single Room	300,00 €	260,00 €		
Double Room	250,00 €	220,00 €		
Triple Room	220,00 €	190,00 €	160,00 €	130,00 €
Extra Night	90/80/70€	80/70/60€	50,00 €	40,00 €

Please note that flights must be sourced individually by clubs and this is not part of any packages. The nearest airports to the destination are the Lisbon International Airport (10 km), Faro International Airport (300 km) and Oporto International Airport (300 km).

### MEALS:

**Breakfast:** Included at the accommodation site.

**Lunch/Dinner:** also included in the accommodation rates, will be served near the Festival Area.

### Key Dates:

- March 21th 2019- Register Interest (team and numbers);
- April 21th 2019 – Payment of fee and 50% of accommodation and meals;
- May 21th, 2019- Final Payment due (50% of accommodation), and online nominative entry.



## **PAYMENTS**

### **Bank Transfer**

**Beneficiary:** Ginásio Clube Português

**Address:** Praça do Ginásio Clube Português, nº 1, 1250-111 Lisboa

**VAT Number:** 500127174

**Bank Name:** Banco Português de Investimento

**Address:** Rua Braancamp, 11 A 1250-049 Lisboa

**IBAN:** PT50 0010 0000 2660 2950 0025 3

**NIB:** 0010 0000 26602950002 53

**SWIFT:** BBPIPTPL

- Bank transfer proof have to be sent to: [linbongymfest@gcp.pt](mailto:linbongymfest@gcp.pt);
- All payments must be processed in Euros;
- All expenses in connection with transferring must be paid by the participant Club;
- Please bring registration confirmation to the event and present it at the Accreditation Office counter. This will shorten waiting time and allow the process to move more efficiently.

All reservations will be made on the basis of “first come, first served”, according to the available number of rooms in each hotel.

Other options are also available on request.



## FESTIVAL VENUE

Ribeira da Naus is one of the most interesting places in Lisbon. Recently renovated, the old construction site of Portuguese ships is today an amazing river beach, with ample garden space and a considerable staircase that extends towards the river. Although bathing is prohibited, this area that connects Cais das Colunas in the Praça do Comércio to Cais do Sodré invites you to long sunbathing and to the rest of your tired feet of walking around the city. To make it even more comfortable, the Ribeira das Naus has a kiosk and a terrace to make the most of the light of Lisbon and the most impressive sunset of the city. Enjoy to wander in this riverside area that Lisbon has recovered for you and your visitors. It is a unique balcony on the Tagus, in a contemporary and attractive public space, a real river beach in the center of the city. To enjoy footwear and enchanted.





## **APPARATUS INFORMATION**

This stage will have a central area of 18mx18m with 7 foam roll mats (14x2mx30mm) and Velcro Stripes.

The following Gymnastic Apparatus will be made available on stage for teams to use:

- 6 Landing Mats (3mx2mx0,3m)
- 2 Happy Landing Mats (3,5mx2mx0,1m)
- 1 Airtrack (15mx2,8mx0,3m)
- 2 Teamgym Trampets (36 & 40 Springs)
- 1 Open end Trampoline
- 1 Foam Teamgym Table (1,35m height)
- 1 Vaulting Boxs

### **Music and Performing Times:**

All Teams must perform with music. Music shall be sent to the LOC until June 1<sup>th</sup>.

**Presentation Times:** Maximum 6 minutes. Other options will be considered by the LOC upon request.

**Note:** Teams should bear in mind that the presentation should include diversity of moves, apparatus and skills. The larger the group and the longer the performance, the more important this point is.

The music equipment for the performances includes CD player and laptop. Two performances on different days will be given by every team in the event.



## DESTINATION

### Lisbon



Spread out across a flurry of hills on the banks of the River Tagus, Lisbon is a city whose lifeblood has always been its wide river and the access to the Atlantic Ocean that it so readily provides. The city grew rich during the Age of the Discoveries in the fifteenth and sixteenth centuries, when intrepid Portuguese explorers set off down the Tagus and out on to the open ocean on their epic voyages to Africa, the Far East and Americas.

Lisbon is a capital that very much wears its history on its sleeve with traces of the Phoenicians, Celts, Romans, and Visigoths and Moors all rumbling below the surface of a city that owes much of its current appearance to an eighteenth and nineteenth century makeover following an earthquake in 1755. The area follows a quadrangular plan and is called “Baixa”. On its streets graceful eighteenth century buildings complement rambling old districts like the Alfama and the Bairro Alto, while ornate Manueline styles provide a sharp contrast to the glass and steel modernity of the city’s newer developments.

Lisbon today is a thoroughly modern metropolis as it demonstrated when it held the title of European City of Culture in 1994 and then staged the highly successful World Expo in 1998, an event that brought a revamped underground system, a new bridge across the Tagus (Vasco da Gama) and the rebirth of the waterfront area at the Park of Nations Expo site. In 2004 this dynamic city also hosted many of the European Championship football matches, including the final.



Today Lisbon is not only at the heart of Portugal, but it also plays a central role as a gateway between North America and Europe. From the airport to the city centre off-peak takes only around 15 minutes. More direct airline routes than ever before, a high speed train link to Oporto and motorways to the north and to the Algarve mean that the Portuguese capital has never been better connected. These first-rate



transport links have helped firmly cement its position as one of the world's premier destinations. Lisbon is clearly a business hub on the move.

## USEFUL INFORMATION

### Contacts

Any questions about registration, accommodations and any other questions related to event should be sent to [lisbongymfest@gcp.pt](mailto:lisbongymfest@gcp.pt)

### Language

The official languages of the event are Portuguese and English.

### Climate and Clothing

Portugal has a mild climate without extremes of temperature. Winters are never too cold and summers are always moderately hot. Lisbon climate is strongly influenced by the Gulf Stream and is one of the warmest European capitals. Spring and summer months are usually sunny.

Average temperatures per month

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
°C	11	12	14	15	18	21	24	23	23	19	14	12
°F	52	54	57	58	64	69	74	73	73	65	57	53

Source:

<http://www.holiday-weather.com/lisbon/averages/>

### Currency and Banking

The unit of currency is the Euro (€).

Some banks have automatic exchange machines. Reception in most hotels will change money and they are entitled to charge a small extra amount to cover fluctuation exchange rates.

Traveller cheques and Eurocheques are accepted by all Portuguese banks and exchange bureaus. Visa, Amex, Eurocard, Diner Club and Master Card are the most useful credit cards.

### Passport and Visa Information

No visa requirements for EU passport holders. All non-EU citizens should contact their local embassies for specific requirements.

### Official Invitation

An official letter designed to assist in meeting administrative requirements in some countries (VISA), will be sent to any participant upon request. However, this invitation implies no obligation, financial or otherwise, by the Local Organising Committee.



**For more information:** [lisbongymfest@gcp.pt](mailto:lisbongymfest@gcp.pt)

### **Smoking Ban**

With effect from 1 January 2008, smoking is forbidden in almost all indoor public places, with the exception of some restaurants and bars that can designate 30 percent of their space for smokers if they are larger than 100 square metres.

Smoking will not be permitted indoors in the meeting area.

Non-compliance with this ban can lead to prosecution and a fine of up to 1.000,00 Euros.

**Electricity** The current is 220 volts AC, with a continental round pin plug.

### **Emergency Phone Numbers**

For Police and Ambulance emergency dial 112.

### **Time Zone**

GMT (Greenwich Mean Time)

### **Opening Hours**

**Banks:** Are open from 08:30 a.m. to 03:00 p.m. Monday to Friday, closing on public holidays.

**Shops:** From 09:00 a.m. to 01:00 p.m. and 03:00 p.m. to 07:00 p.m. (working days). On Saturdays most shops close at 01:00 p.m., even though there are some open in the afternoon.

**Shopping Centres:** are open from 10:00 a.m. to 11:00 p.m. or midnight, every day of the week.



## HOW TO GET THERE

### Connections

Lisbon is easy to get to. It is a short flight away from most European cities, and is just as easily accessible by road, railway or sea.

### By air

Lisbon International Airport, 7 km from the city centre, has daily flights to and from the major cities in Europe and the world.

### Flight times to Lisbon from some European Cities

City	Time of flight	City	Time of flight	City	Time of flight
Amsterdam	2h50	Kiev	4h50	Prague	2h25
Brussels	2h40	London	2h50	Rome	2h45
Barcelona	1h45	Luxembourg	2h40	Sofia	4h20
Budapest	3h50	Madrid	1h05	Stockholm	4h15
Copenhagen	3h30	Milan	2h30	Stuttgart	2h50
Dublin	2h40	Moscow	5h25	Vienna	3h20
Frankfurt	2h55	Munich	3h05	Warsaw	4h00
Geneva	2h25	Oslo	3h55	Zurich	2h40
Istambul	4h25	Paris	2h20		

### Several popular airlines fly into Lisboa Airport

[See all airlines](#)

### Flight stats for Lisbon, Portugal

- Right now, 71 airlines operate out of Lisboa Airport.
- Lisbon Airport offers nonstop flights to 121 cities.
- Every week, at least 728 domestic flights and 3,451 international flights depart from Lisbon Airport.

### By rail

Scores of national and international trains arrive in Lisbon every day. In addition to Santa Apolónia terminal station, the city now has the new Gare do Oriente, which opened in 1998 adjacent to the Parque das Nações. Both stations have direct bus or underground connections to the city centre.



### **By sea**

The Port of Lisbon is the busiest port on the European Atlantic coast. It has three terminals for cruise ships: the Alcântara, Rocha de Conde d'Óbidos and the Santa Apolónia terminals. Lisboa is often a port of call for many cruise ships (coming from many different places). Furthermore, the city also has marinas for pleasure boats in the docks of Belém, Santo Amaro, Bom Sucesso, Alcântara and, most recently, the Olivais Docks.

### **By road**

Arriving in Lisbon by road is a pleasant experience, as the visitor can enjoy the beautiful countryside along the way. The city has good road accesses and the most frequently used routes are: the A1 highway (E90) entering from the north or A2/ A6 highway and then the 25th April Bridge or Vasco da Gama Bridge entering from the south for the Lisbon region.

## **LISBON CITY TRANSPORTS**

### **Bus**

[Carris](#) has the exclusive rights as the above ground mass public transport operator in Lisbon. The network is made up of 88 routes:

- 8 late night / early morning (from 11.45 p.m. to 5.30 a.m.)
- The network covers more or less 600 kms in the city of Lisbon.
- Buses from the airport to the town centre are n.º 5, 8, 22, 44, 45, 83.

### **Tram**

The tram network is made up of 5 routes, 3 funiculars (Glória, Bica and Lavra) and 1 lift (Santa Justa).

The tram network covers 48kms in the city of Lisbon.

The most touristic route is served by the number 28.

### **Aerobus**

Linking the Airport to downtown Lisboa and Cais do Sodré (every 20 minutes from 7 a.m. to 9 p.m.)

### **Subway (Metro)**

The Lisbon underground [www.metrolisboa.pt](http://www.metrolisboa.pt) has four major routes:

- Linha Azul (blue line) – Venue and Hotels
- Linha Amarela (yellow line)
- Linha Vermelha (red line) – Airport and Hotels
- Linha Verde (green line)

### **Network operation**

The opening and closing time of the Metropolitano de Lisboa stations is the following:

- Opens: 06:30.  
The first train leaves at 06:30 from the terminal stations of each line.
- Closes: 01:00  
The last train leaves at 01:00 from the terminal stations of each line.



**GINÁSIO  
CLUBE  
PORTUGUÊS**

Praça Ginásio Clube Português, nº 1  
1250 - 111 Lisboa

Phone.: (+351) 213 841 580

Fax: (+351) 213 841 589

e-mail: [lisbonrg@gcp.pt](mailto:lisbonrg@gcp.pt)

[www.lisbonrg.pt](http://www.lisbonrg.pt)