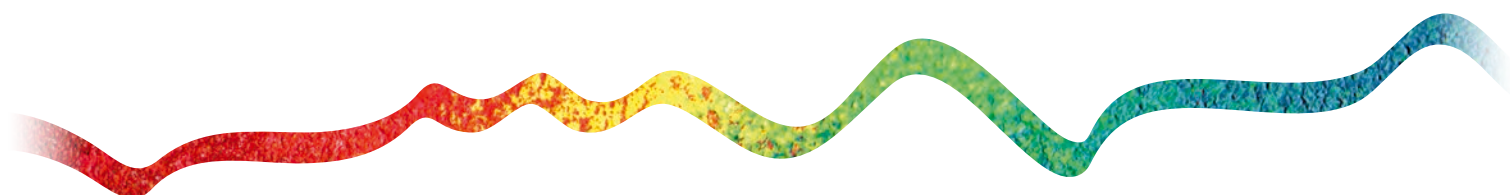




^{16th} **WORLD**
GYMNAESTRADA
2019 DORNBIRN
VORARLBERG
AUSTRIA

7th to 13th July 2019



BULLETIN 2 EN

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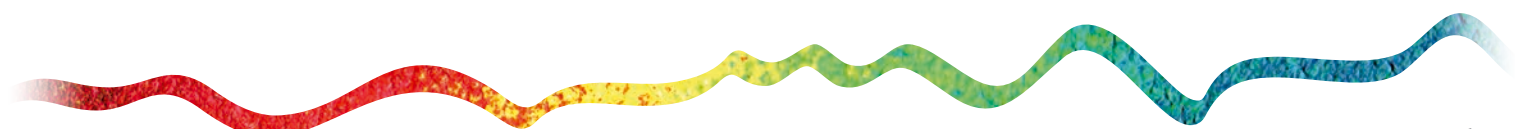
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1



World Gymnaestrada 2019 in Dornbirn

1.1 | Welcome

An FIG event to be proud of!

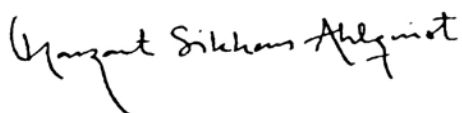
- In less than three years the World Gymnaestrada will be organised in Dornbirn, Austria
- It is Austria's third World Gymnaestrada
- Nine FIG Federations have organised a World Gymnaestrada and beside Austria, two other Federations have organised the event three times
- It will be the 16th edition of the World Gymnaestrada
- Since the start 1953, 5 000 is the lowest number of participants and 23 500 is the highest
- Since the start 1953, 14 is the lowest number of participating Federations and 55 the highest
- 80 of the FIG Member Federations have in one way or another participated in a World Gymnaestrada

Statistics give us the facts about the biggest FIG event, the World Gymnaestrada, and it inspires both the Local Organising Committee (LOC) and the FIG Gymnastics for All Committee (GfA C) to work hard to inspire more Federations to be part of this special event.

I know for sure that three more years of preparation is needed for both the LOC and the participating Federations. And even if it is the third time it is organised in Austria the LOC in Dornbirn have many new and exciting ideas for the event.

All FIG Member Federations will receive information and will also be invited to Information meetings and Courses to be well prepared for the 16th edition in 2019.

Make sure that you will be one of the proud and colourful National Federation, Gymnastics Team or Gymnast participating at the World Gymnaestrada in 2019.



Margaret Sikkens Ahlquist
FIG Gymnastics for All Committee President



For the third time

For the third time after 1965 and 2007, Austria has been chosen to organise the World Gymnaestrada 2019. Juan Antonio Samaranch, the President of the IOC said then in 1995 at the 10th Gymnaestrada in Berlin, that this big event “is the most important gymnastics festival in the world”.

For many years the World Gymnaestrada has been able to evoke increasing interest and more and more participants taking part in “Gymnastics for All”. Our Austrian gymnasts are looking forward to this outstanding event with great excitement and anticipation.

What is really popular is performing in a group, the feeling of solidarity and being able to train and prepare together. Already now, they can hardly wait to meeting again and getting to know other like-minded people in the world.

The World Gymnaestrada is actually a festival of bringing people together. That's why our Austrian participants, organisers, and fans of gymnastics are delighted in a special week filled with joy and many happy moments and lots of new friends: Welcome to “Dornbirn 2019”!



Ingrid Skorsch
Austrian Gymnastics Federation



Vorarlberg, the province for gymnastics

Vorarlberg may be the smallest of the nine provinces of Austria, but we lead in gymnastic sport – in competitive gymnastics winning the most medals in the provincial championships as well as in Gymnastics for All with eleven clubs from our provincial gymnastics association taking part in the last Gymnaestrada in Helsinki.

With commitment, specialist knowledge and a lot of experience from our volunteers we have today 36 clubs all based on a 150-year-old tradition of gymnastics. Being responsible for the sports side of the Gymnaestrada 2019 is a great honour and equally a challenge.

We are looking forward to welcoming our guests from all over the world, to whom the enthusiasm for gymnastics, and the magic of the Gymnaestrada connects and brings us together.



Monika Reis
President Gymnastics Vorarlberg and
Vicepresident of the Local Organising Committee



1.2 | News

Since the publication of the "Bulletin 1" in September 2016, six months has gone past and in this time a lot has happened.

Bulletin 2 – everything at a glance

Bulletin 2 is based on Bulletin 1 and is supplemented with additional new information. What does that mean? Our new bulletin contains all information. This has an advantage as it means that the previous version can be disposed

of. 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 2

National villages and accommodation, public transport concept, ideas for sightseeing and outings, additions to programme, and the venue locations, World Team, travel

to Dornbirn and Visa requirements, registration, 1st Information-Meeting, introducing FIG and LOC.

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

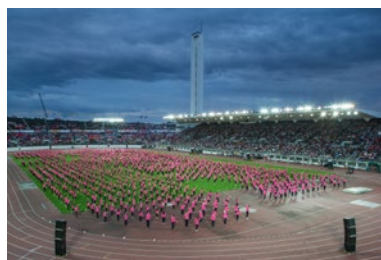
In July 2015, 20,473 participants from 53 nations took part in the last World Gymnaestrada in Helsinki. What made the event so successful was not just the perfect and exemplary organisation but also the two new ideas: The Midnight-Sun Special and the World-Team. The concepts were developed by the Finnish 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 34 and 37.

At this point, we would like to congratulate the Helsinki Organisation Team for their future orientated 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-Teams at the WC 2015 in Helsinki with more than 2000 participants from more than 5 continents.



World-Team-Meeting. Knowledge exchange 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 reelected. Congratulations to the President Margaret Sikkens Ahlquist and the commit-

tee members Monika Šišková, Rogério Valério, Araki Tatsuo, Marco Antonio Bortoletto, Ruedi Steuri and Flemming Knudsen.

We are looking forward to working together as a team!



FIG-Committee at the Joint Meeting in November 2016.

Joint-Meeting

The newly elected FIG committee was in Dornbirn in November 2016. During the three-day joint meetings, many plans were conceived and important decisions were made. What was really helpful was being able to draw on

the experiences and expertise of 2007. As nearly all the OC members, who had worked then were again working with great enthusiasm for 2019.



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 4 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).

This part of the Gymnastics for All Manual contains the World Gymnaestrada Regulations and, together with the formal agreement signed by the selected hosting FIG Member Federation, outlines the organisation for this event.

These regulations are written for both participating and organising FIG Member Federations. The regulations can also be used for 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 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!

Vorarlberger 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 Gymnastic Association and the organisation team, who are thrilled, but the whole of the Vorarlberg population are

already full of anticipation and delight and cannot wait to welcome all the participants and with everything together help you to experience our hospitality for this special week!

Volunteers and Partners

Already today, two and a half years before the Gymnaestrada we have 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 town 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 said they will support us. 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 is that there should be participants from over 50 nations. 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 hospitality 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 5 radial »spiral galaxy«. Possibly associated with: rotation, fireworks, beauty, harmony, symmetry, choreography, the meeting of 5 continents, unification.



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.



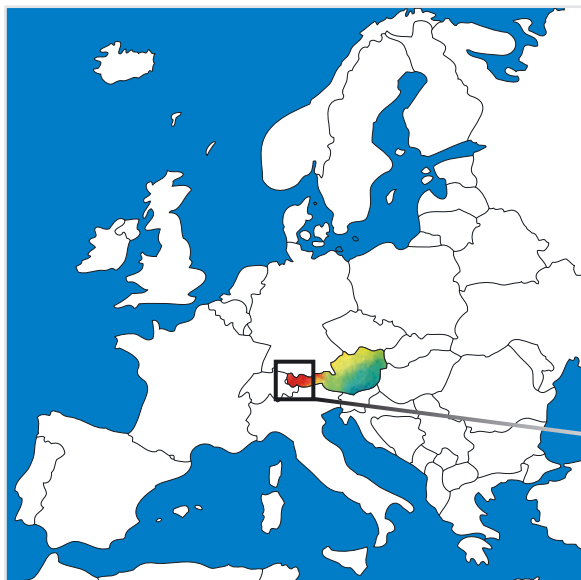
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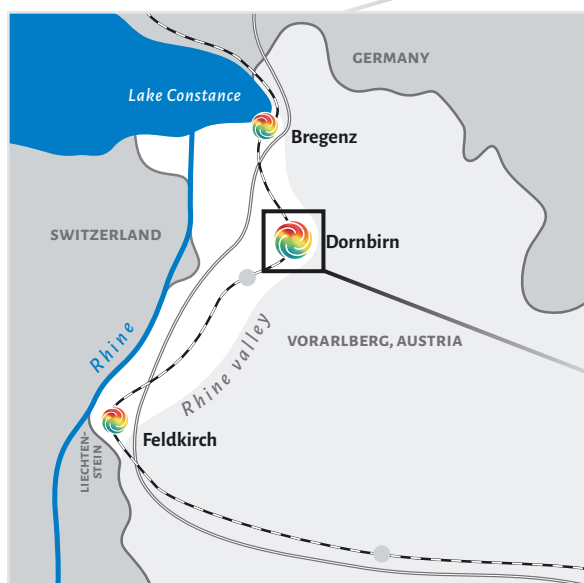
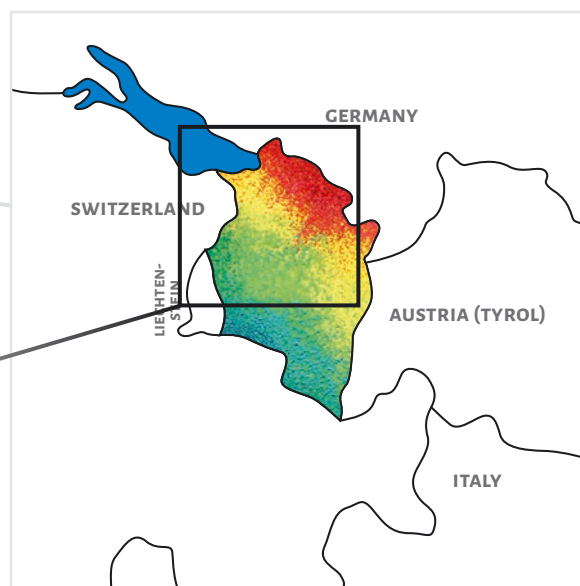
Host Country

2.1 | Location

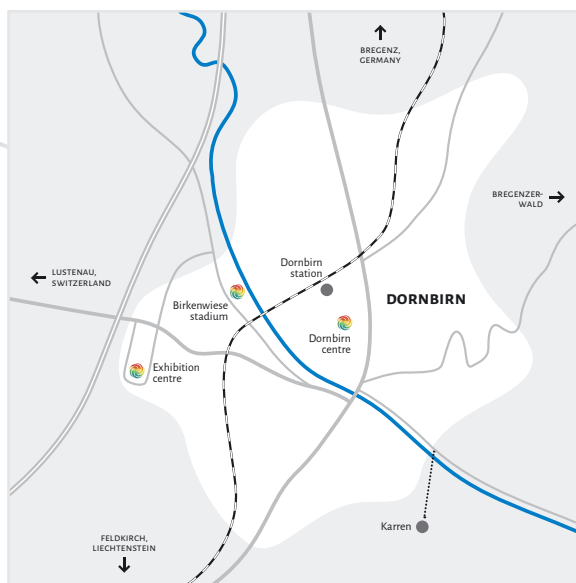
Austria is a European country, member of the EU and geographically located in the heart of Europe.



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 first time 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, Slovenian, Czech Republic, Hungary

Official language
German

Capital city
Vienna

Population
8.7 million

Currency
EURO

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

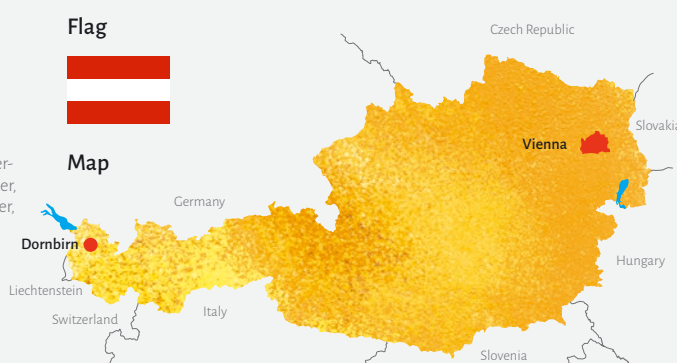
Highest mountain
Großglockner (3,798 metres)

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

Flag



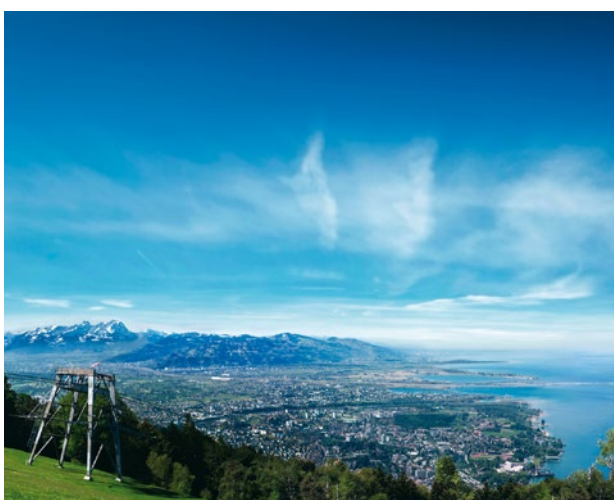
Map



Vorarlberg

Vorarlberg is because of its geographical position an ideal location to stage the World Gymnaestrada. The immediate neighbouring countries are Germany and Switzerland, both with long traditions in the gymnastic sports. Vorarlberg with its favourable location to these countries has easy access to international airports like Zürich (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 from 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 of it ... we can always communicate sportsmanlike with hand and foot!

The 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 lets just say - everybody!

Vorarlberg has a great gymnastics tradition and the Vorarlberg clubs have over 9,500 members. That means every 40th Vorarlberger does gymnastics!

Dornbirn and the Rhine Valley

During the 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.

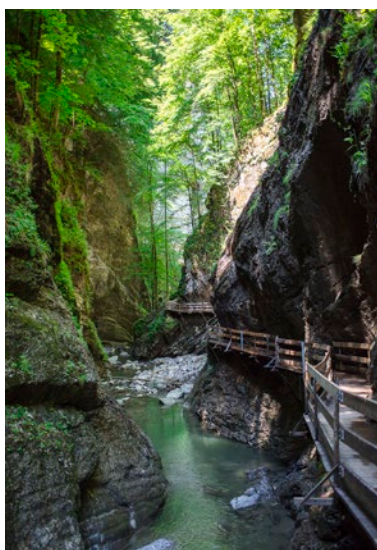
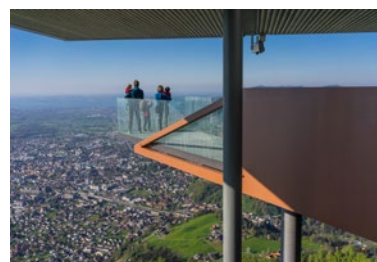
Dornbirn is the largest town in the province of Vorarlberg but not the capital, which is Bregenz, located directly by the Lake of Constance. During the Gymnaestrada the Large Group Performances will be held there. Bregenz is only 12km from Dornbirn and can be easily reached by train in only 10 minutes.

Preparations for this gigantic gymnastics festival are also being made in other towns and villages in the Rhine Valley; at the moment it is estimated that 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 and well-known for its hospitality.

On the basis of these conditions, it is for us a big objective to show the closeness and solidarity to the Gymnaestrada participants. So the care and accommodation of the participants as in 2007, will be taken 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 lead 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 Vorarl-

berg in 2007 and functioned 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 population of Haselstauden had concentrated on preparing Dutch signposts and menus. 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 trying to retain the structure from 2007.

The locals are really delighted

The population is really delighted and full of anticipation for the event. Already we have 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 are 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 so! 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.



2.4 | Accommodation

School dormitories – the classic

Most of the participants will be accommodated in schools. The classrooms become dormitories and per classroom will be sleeping arrangements for a maximum of 12 persons, with a guaranteed minimum of 6 m² for each person. sufficient toilets and washing facilities will be provided and cleaned daily. For a nice comfortable sleep inflatable mattresses, pillows and bedding will be on offer and can be ordered via Cymnaplana. details and prices will be published In Bulletin 3. Breakfast, according to the criteria of the regulation manuals will be served in the schools.



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 all hotel bookings should be made via us, the local organising committee (LOC). As only then can we get the prices as negotiated for the Gymnaestrada and at the same time co-ordinate the »National Villages«!



© Hotel Krone | Dornbirn

Camping sites – Easy Going

For all those who love the »easy going« outdoor life and have a sense of adventure and love the Austrian fresh air and have all the camping equipment our camping sites are just the thing. There are over six camping sites in the Rhine Valley with a total of over 1,000 tent pitches.

Bus connections to all venues are guaranteed and consequently you will want for nothing here.



© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH

The camping sites are in ...

Bregenz (3 x Lake camping sites), Fußsach (1 x Lake camping site), Feldkirch (1 x Forest camping site), Nenzing (1 x Alpine camping site) and Dornbirn (1 x Forest camping site).

There will be a new camping site in Dornbirn

In summer 2017 a camping site will be built fitted out with modern sanitary equipment to a ****star status.

2.5 | 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 to every 10 minutes and as a result this will increase passenger capacity by 50%!

More modern new trains will be coming into service and also the region's fleet of buses have been in the last few

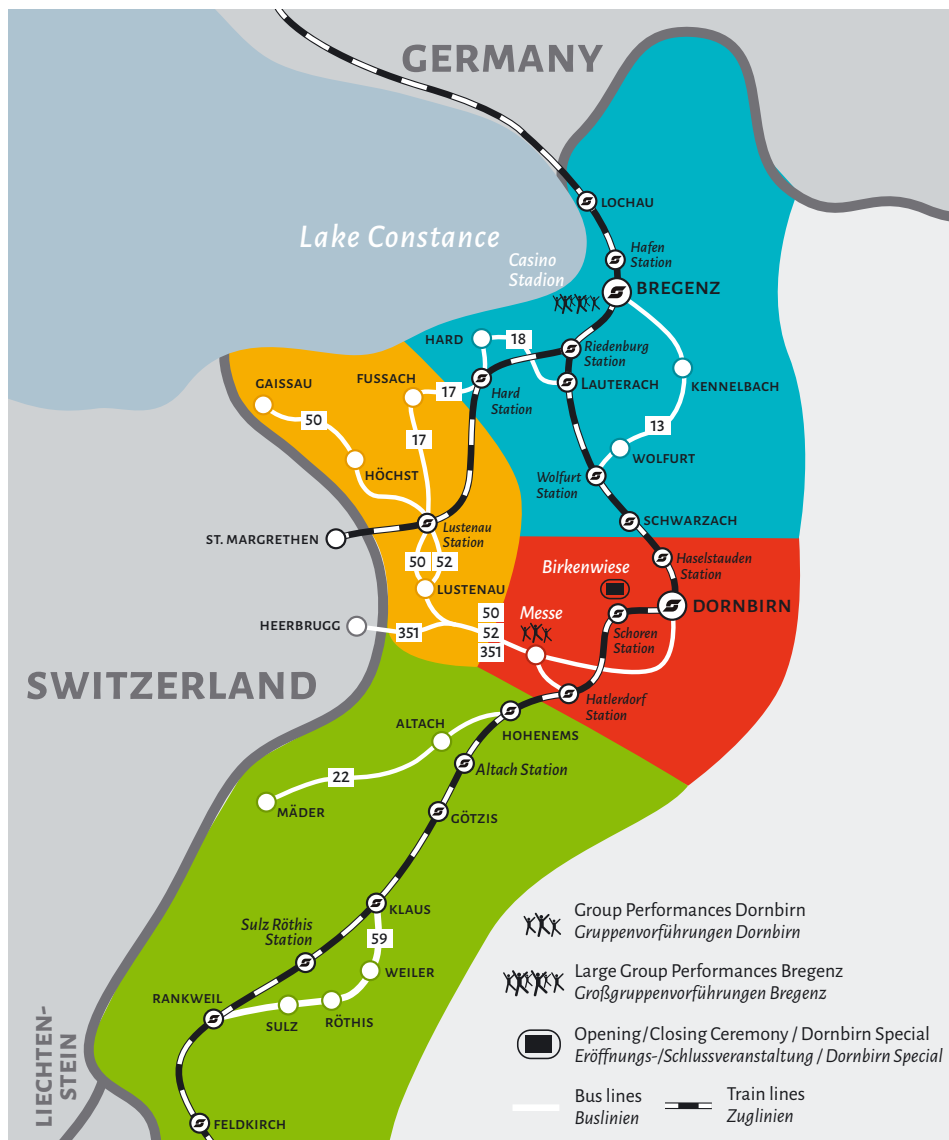
years continuously converted to articulated buses which allows a large number of passengers to be transported on a regular basis.

The World Gymnaestrada 2007 which took place in the same region brought in a great deal of new impulses for public transport. So meanwhile for instance more modern efficient railway stations have been built or are being built.

The very successful traffic concept of 2007 will be mostly taken over

The region will be divided into four colour zones, which will allow the participants to travel easily and without language barriers. Every participant will receive his/her personal travel plan, which shows the best and easiest way

from his/her accommodation to the venues. 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.



2.6 | Excursion destination

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 | 6900 Bregenz | Austria

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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 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 5 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 12 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 unmistakable architecture for exhibitions of contemporary art opened in 1997.

www.kunsthau-bregenz.at

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



© Petra Rainer | Bodensee-Vorarlberg Tourismus GmbH

The Pfänder Mountain (1064 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 5-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-Royce's of the „Queen Mum“, King George V, the dictator Franco or Prince Ali Khan in an exhibition area of over 3000m². A very successful program highlight is the personal guided tour with the initiator of the museum, Franz Vonier.

www.rolls-royce-museum.at

inatura – Interaktiv 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)

© Diemar Wälder | 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-Schiffahrt (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.bodenseeschiffahrt.at

Excursions to Liechtenstein

The Liechtenstein Museum of Fine Arts



The Liechtenstein Museum of Fine Arts is a state-run museum showcasing modern and contemporary works of art.

The museum's collection covers works from the 19th century up to the modern day and includes important pieces - in particular sculptures, objects and installations - created by well-known artists. Solo exhibitions are regularly organised, as well as special exhibitions showing pieces from the Collections of the Prince of Liechtenstein.

www.kunstmuseum.li

Going though Vaduz by Segway



Take a guided Segway tour through the Principality of Liechtenstein and enjoy gliding effortlessly along on two wheels! During the tour, the participants will learn about the interesting history, the monarchy, political system, country and the people of this country. So to make your stay something really unforgettable enjoy a Segway tour!

www.segway.li

Treasure Chamber of the Principality of Liechtenstein



The Treasure Chamber of the Principality of Liechtenstein in Vaduz, the only museum of its kind in the Alps, focuses primarily on exhibits belonging to the Princes of Liechtenstein and other private collectors.

The exhibition entitled "The Principality, the World and Outer Space" shows a selection of items from the Princely Collections, including historic weapons, opulent presents and works of art made out of precious materials, belonging to rulers such as Prince Friedrich II of Liechtenstein and Emperor Joseph II of Austria.

www.toursimus.li

3



Venues

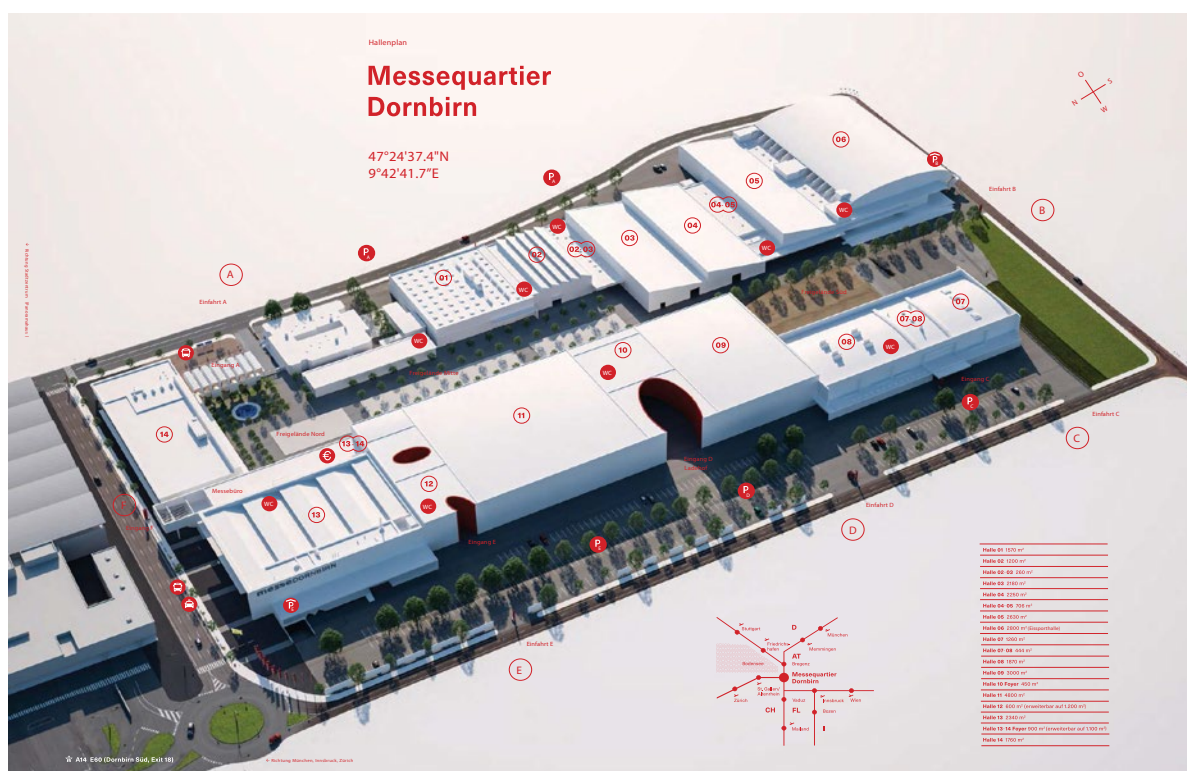
The venue locations for the World Gymnaestrada 2019 are spread throughout the Vorarlberg Rhine Valley and are easily reached by public transport. Those of you who were here in 2007 know that the distances are well manageable. While the Large Group Performances were held in Lustenau in 2007, now for 2019 will be in Bregenz next to

the Lake Constance. The Opening and the Closing events as well as the Dornbirn Special will be in the Dornbirn Birkenwiese Stadium and the Group Performances as well as almost all the evening events will be in the Dornbirn Trade Exhibition Centre. Also in different towns and villages open-air stages will be built.

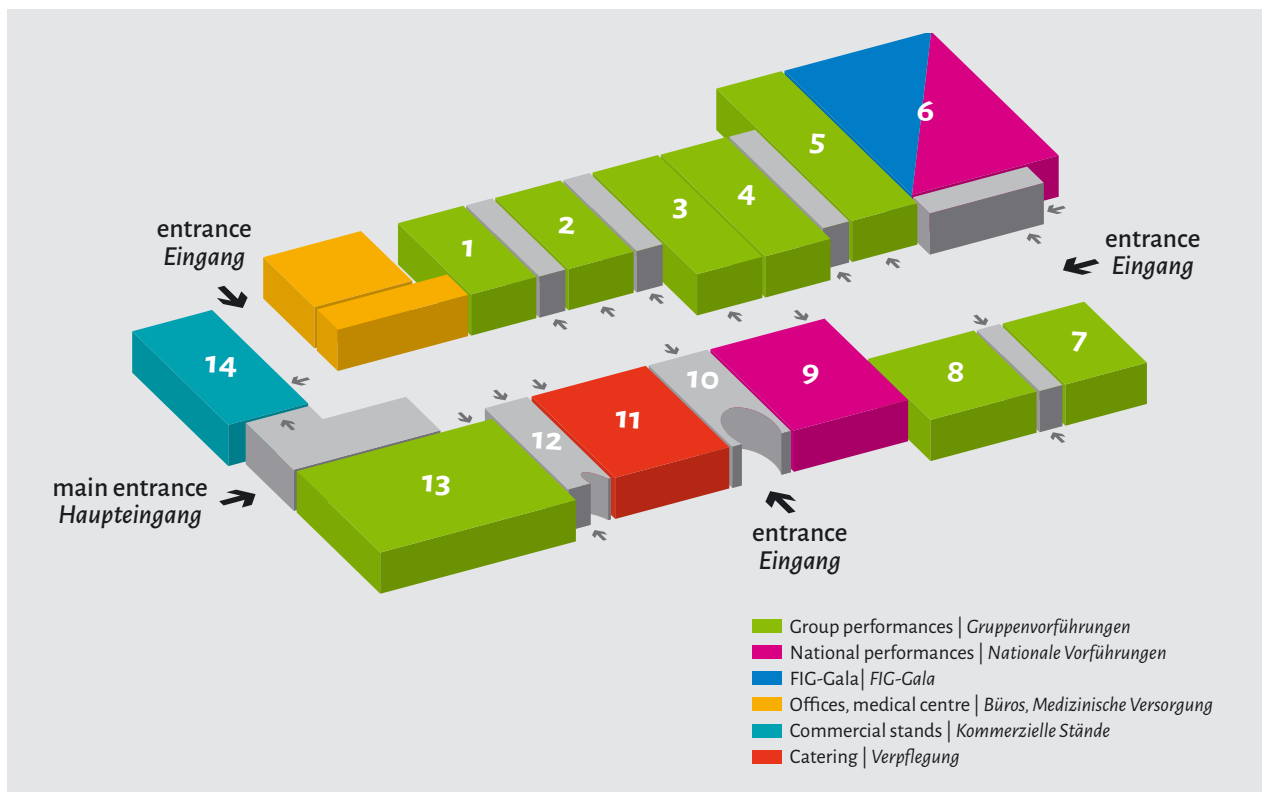
3.1 | Trade Exhibition Centre Dornbirn

The Dornbirn Trade Exhibition centre is the heart of the Gymnaestrada, as here all Group Performances, the National Performances and the FIG Gala will take place. Catering, exchanges and entertainment are provided by the catering hall and the Gymnaestrada Mile. The whole area comprises of an exhibition and event area

of 34,000sqm in 14 halls as well as an outside area of 18,000sqm. At the moment building work is being undertaken and by 2019 two new and modern halls will be available, where the World Gymnaestrada will surely be the first big event experienced there.



Hall Plan World Gymnaestrada



Performances in the Trade Exhibition Center

- Group Performances
- National Performances
- FIG Gala

Technic

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

Lighting	Static white light
Audio	PA-System and Monitor
Recording medium	CD or USB Stick (MP3 Format)
Video	No
Radio Microphone	Yes

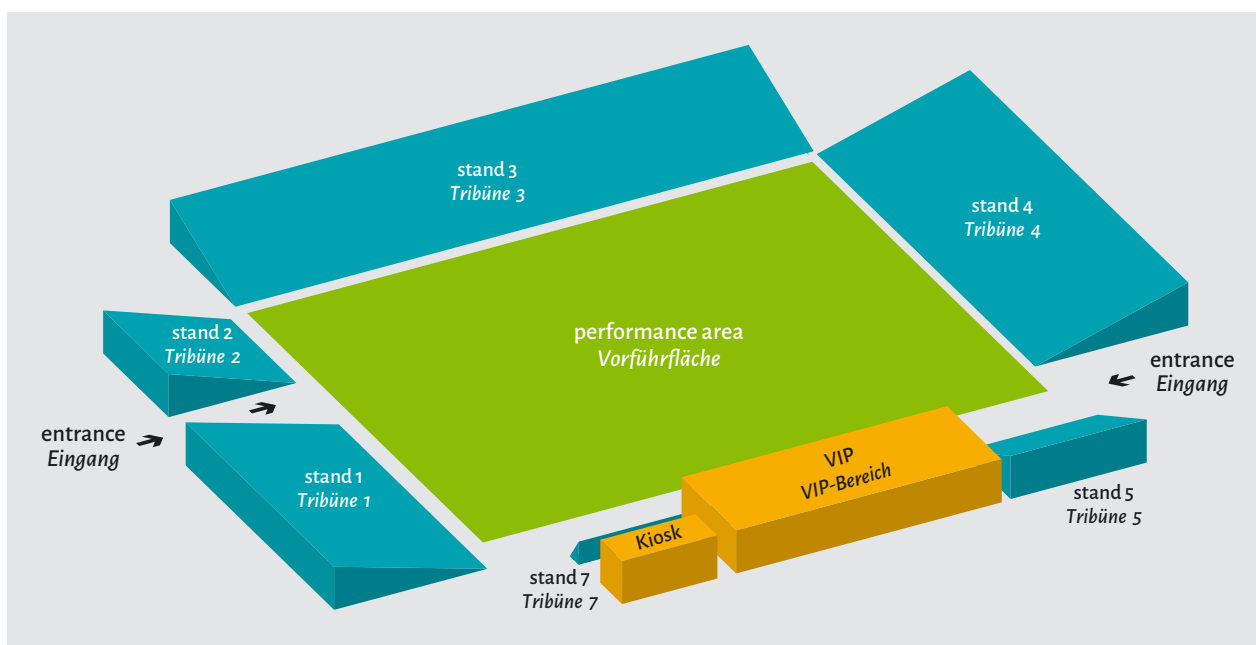
FIG-Gala (Hall 6) | National Performances (Hall 6 | 9)

Lighting	Static white light
Audio	PA-System and Monitor
Recording medium	CD und USB Stick (MP3 Format)
Video	Videowall, DVD or USB Stick
Radio Microphone	Yes
Intercom	Yes

3.2 | Birkenwiese Dornbirn

The Opening and Closing Ceremonies 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 Birkenwiese

- Opening Ceremony
- Dornbirn Special
- Closing Ceremony

Technic

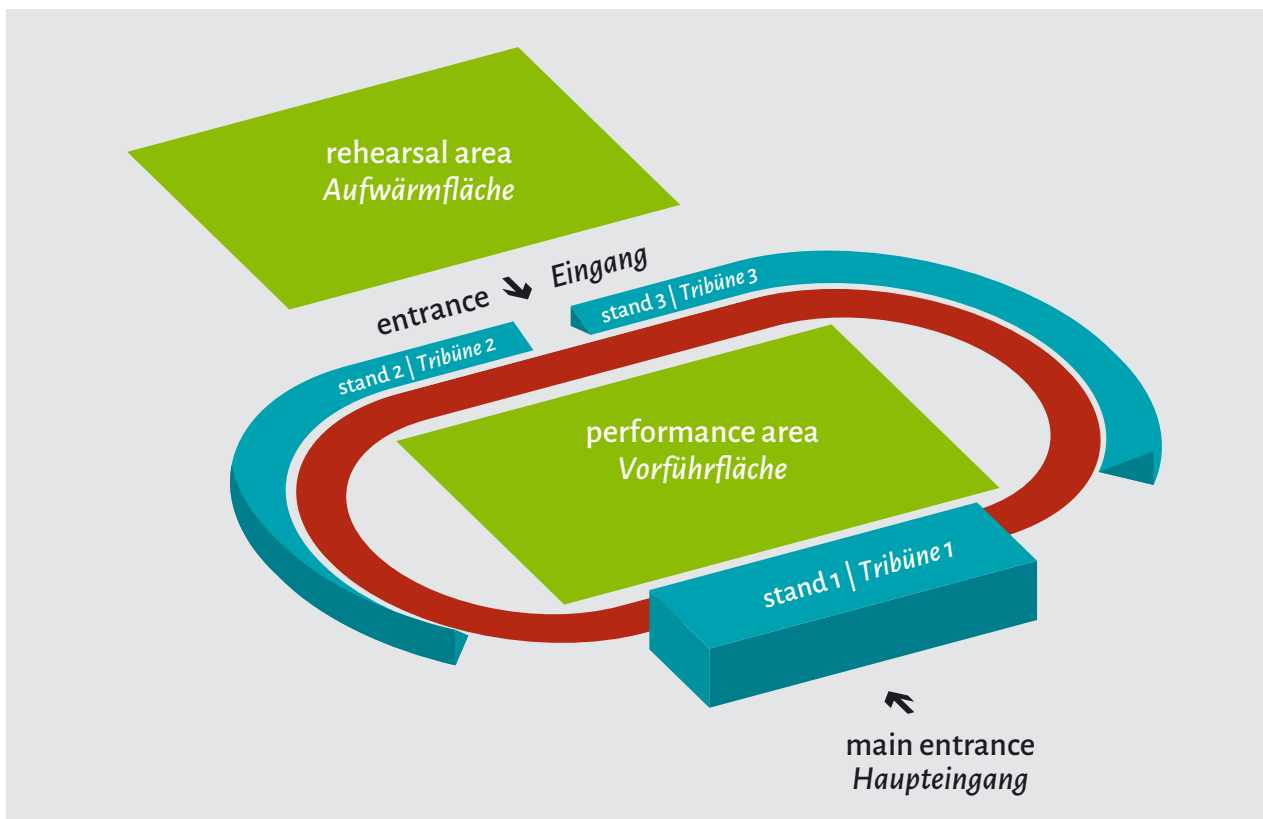
Casino Stadion Bregenz

Audio	PA-System and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Radio Microphone	Yes
Radio	Yes
Intercom	Yes

3.3 | Casino Stadion Bregenz

The Casino Stadium in Bregenz has a 6,800 sqm playing area, with seating for 2,600 (1,000 seats are roofed) and terraces for 7,600. 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 Casino Stadion Bregenz

- Large Group Performances

Technic

Stadium Bregenz

Audio	PA-System and Monitor
Recording medium	CD and USB Stick (MP3 Format)
Radio Microphone	Yes

[illegible]

center mark



Grandstand (west) | Haupttribüne

3.4 | Open-air Stages

It is estimated that 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 be 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

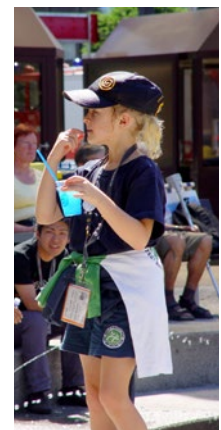
With the open-air performances, the Vorarlberg people are not coming to the Gymnaestrada, but the World Gymnaestrada is coming to the Vorarlberg people. This is a high-light, that together with the National Villages is

not just for the spectators but also for the participants to celebrate the World Gymnaestrada 2019 motto – »Come together. Show your colours!«

Size of performance area

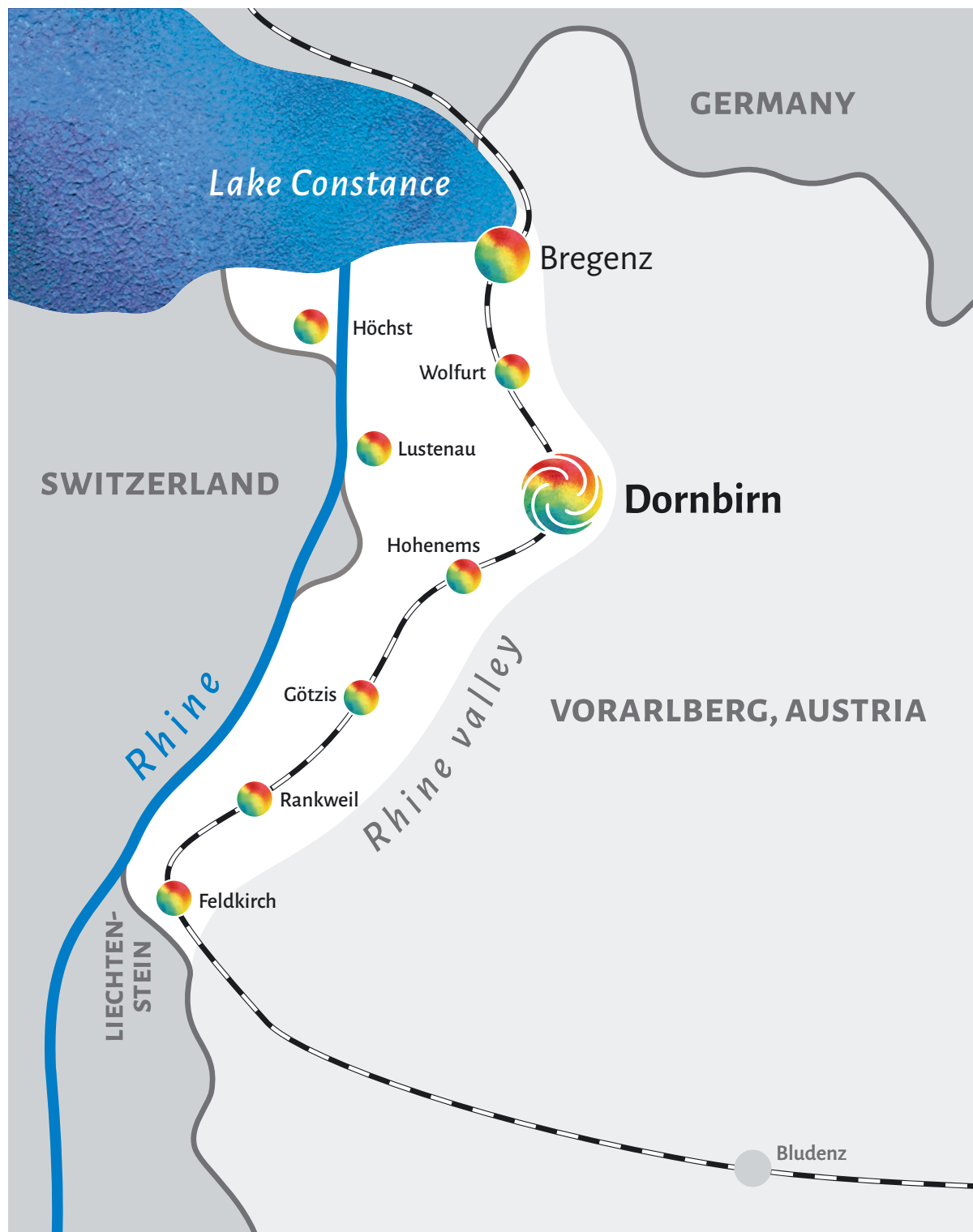
The size of the performance area is planned to be mainly in the range of 14 m x 14 m. The external dimensions of the City Performance stages will therefore be in the range of 16 m x 16 m with an average height of 50 – 80 cm and a roofing height of 6 – 8 m. The stages will be completely covered to have both rain protection as well as sunscreens.

At least two stages are planned to be equipped with a particular number of gymnastics apparatus. With such general set-up we hope that – just as in 2007 – as many groups as possible make use of the opportunity to present one or more shows on a City Performance stage.



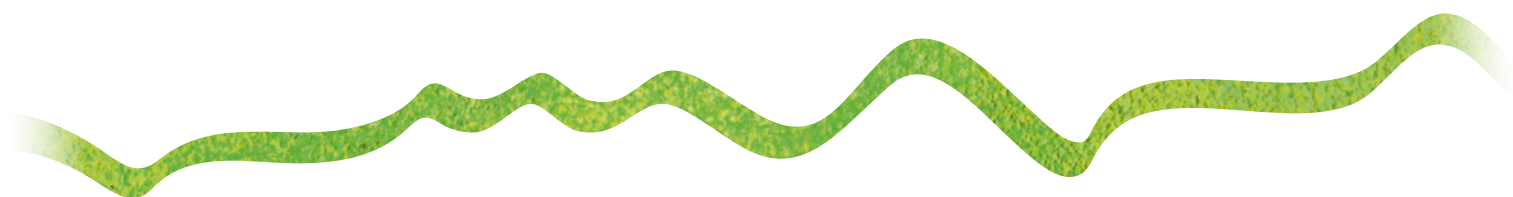
Locations of the city performance stages

According to current planning, the city performance stages will be in Bregenz, Höchst, Lustenau, Wolfurt, Hohenems, Götzis, Rankweil and Feldkirch.





4



Programme

4.1 | Provisional Timetable

	7 th Sunday Sonntag	8 th Monday Montag	9 th Tuesday Dienstag	10 th Wednesday Mittwoch	11 th Thursday Donnerstag	12 th Friday Freitag	13 th Saturday Samstag
9.00							
10.00							
11.00		Group Performances Gruppen- vorführungen	Group Performances Gruppen- vorführungen	Group Performances Gruppen- vorführungen	Group Performances Gruppen- vorführungen	Group Performances Gruppen- vorführungen	FIG Gala
12.00							
13.00							
14.00			Large Group Performances Großgruppenvorführungen		Large Group Performances Großgruppenvorführungen		
15.00							
16.00	Opening Ceremony Eröffnungs- veranstaltung						Closing Ceremony Schlussveranstaltung
17.00							
18.00		National Performances Nationale Vorführungen	National Performances Nationale Vorführungen		National Performances Nationale Vorführungen	FIG Gala	
19.00							
20.00				Dornbirn Special			
21.00		National Performances Nationale Vorführungen	National Performances Nationale Vorführungen		National Performances Nationale Vorführungen	FIG Gala	

Dated March 2017. This is a provisional timetable.

Changes may still be made. Rehearsal times will be communicated later.

Dated March 2017: This is a provisional programme outline, changes are possible. More detailed information will be published in bulletins to follow.

4.2 | Opening Ceremony

Location	Birkenwiese Stadium, Dornbirn
Date	Sunday, 7. July
Time	16.00
Duration	2 hours
Capacity	25,000 persons
Theme:	Show your colours!
Note	spectators standing on all sides of the arena
Measure	7000 m ²



4.3 | Group Performances

Location	Trade Exhibition Centre Dornbirn, 8 halls
Date	Monday, 8. to Friday, 12. July
Time	Daily from 9.00 to 18.00h
Duration	10 or 15 minutes per show
Capacity	Up to 1,000 persons
Measure	approx. 400m ²



4.4 | Large Group Performances

Location	Casino Stadium, Bregenz
Date	Tuesday 9. and Thursday, 11. July
Time	14.00 - 17.00
Duration	max. 15 minutes per show
Capacity	10,000 persons
Measure	6800 m ²



4.5 | City Performances

Location	An estimated eight open-air stages in centres of different towns and villages
Date	Monday, 8. to Friday, 12. July
Duration	5 to 15 minutes per show



4.6 | National Performances

Location	Halls Trade Exhibition Centre Dornbirn With a total of 12 National Performances: 6 National Performances in Hall 6 6 National Performances in Hall 9
Date	Monday 8., Tuesday 9. and Thursday, 11. July
Time	18.00h and 20.30h
Duration	1,5 hours
Capacity	Halle 6 seating for 4,000 Halle 9 seating for 2,500
Note	spectators sitting on three sides of the arena, curtain on backside
Measure	Hall 6: 20 x 40 m ² Hall 9: 20 x 30 m ²



4.7 | Dornbirn Special

As we loved the idea of "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 10. July
Time	19.00h
Capacity	25,000
Note	spectators standing on all sides of the arena
Measure	7000 m ²



4.8 | FIG-Gala

Location	Trade Exhibition Centre, Hall 6
Date and time	Friday 12. July 18.00h and 20.30h Saturday 13. July 10.00h
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 ²

The FIG Gala is an event organised by 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, we request all FIG federation members to suggest groups. This can be done with a film, which shows the standard and quality of the groups, which will enable us to make a selection.

All presentation materials submitted should show the general abilities of the group.

According to the guidelines of FIG, a coordinator will be nominated, who will work together with the choreographers – details can be seen in the Regulation Manual. Unfortunately not all groups can be accepted, as it is a choreographed show. This is the reason there is the following application procedure ...

Time Schedule for the Application Procedure

- Closing date for application is July 31, 2017 (at the very latest)
- Closing of the selection procedure: December 2017
- Information concerning the selection: January 2018

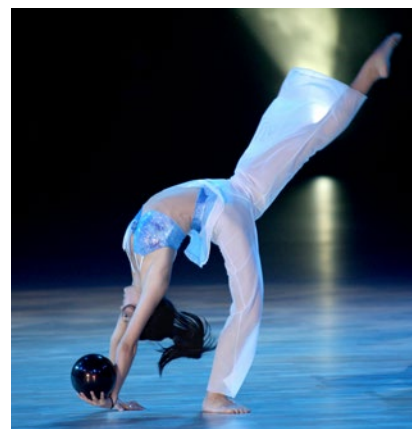
All Federations will be informed in writing about the selection of the groups. All Federations are requested to inform their successful groups accordingly and subsequently the Gala Coordinator will contact them.

Requirements to apply

All FIG-Federations are eligible to apply for this event.

Information necessary for the application

- Name of the Group
- Description of the group with their special performance skills
- Type of performance (Gymnastics, dance, acrobatics, with or without apparatus etc.)
- Choreographer, Trainer/Coach and contact person with contact details
- Film of the Group. The video needs to be available online – we suggest that you use Youtube, Dropbox, Google Drive or a similar service.



4.9 | Closing Ceremony

Location	Birkenwiese Stadium, Dornbirn
Date	Saturday 13. July
Time	16.00h
Duration	1,5 hours
Capacity	25,000 persons
Note	spectators standing on all sides of the arena
Measure	7000 m ²



4.10 | World-Team

In 2015 the LOC 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 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.*
- » *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)



Prof. Dr. Angela Wichmann

Lecturer at the Fresenius University of Applied Sciences in Munich. As a gymnast 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.

The Programme

The programme will be prepared the year before the World Gymnaestrada (DVD, Internet, written instructions) and will be presented at Information Meetings and other FIG events.

Participation

All World Gymnaestrada participants as well as individuals

Programme

will be provided via DVD, Internet and written instructions

Rehearsals

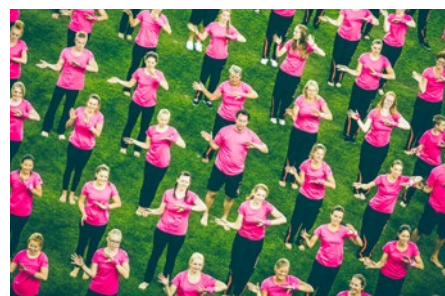
2 Rehearsals

Performances

2 Performances – Dornbirn Special and Closing Ceremony.

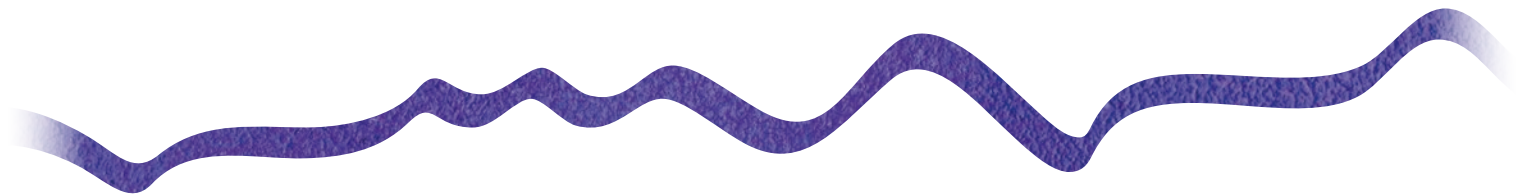


© WC 2015 Helsinki



© WC 2015 Helsinki

5



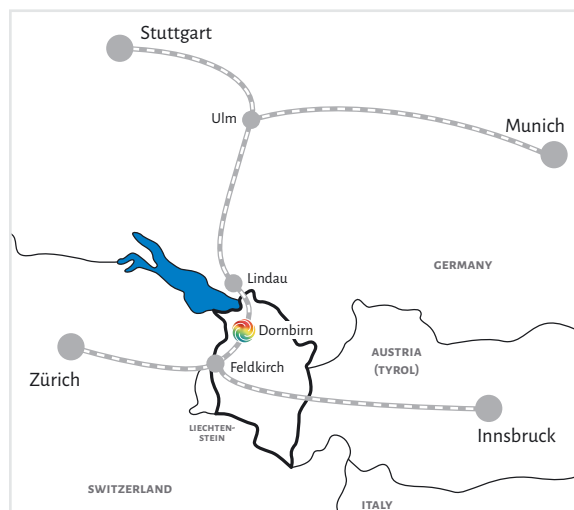
Organisation

5.1 | Travel

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

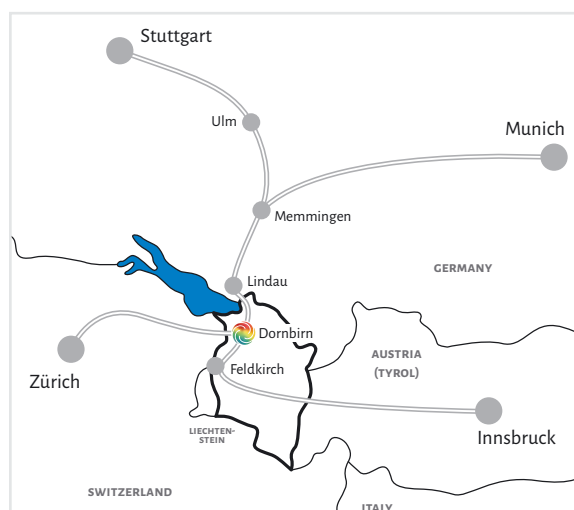
From central Europe by train ...

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



From central Europe by coach ...

- Zürich – 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

- Zürich
- Stuttgart
- Munich
- Innsbruck
- Friedrichshafen
- Memmingen
- Altenrhein



5.2 | Visa requirement

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	 Fiji	 Pakistan
 Albania	 Georgia	 Palestine
 Algeria	 Hong Kong, China	 Philippines
 American Samoa	 India	 Puerto Rico
 Armenia	 Indonesia	 Qatar
 Aruba	 Irak	 Republic of Congo
 Azerbaijan	 Iran	 Republic of Montenegro
 Bahrein	 Jamaica	 Russia
 Bangladesh	 Japan	 Saudi Arabia
 Belarus	 Jordan	 Senegal
 Benin	 Kazakhstan	 Serbia
 Bermuda	 Korea Dem. Pop. Rep.	 South Africa
 Bolivia	 Korea Rep.	 Sri Lanka
 Bosnie and Herzegovina	 Kosovo	 St. Vincent
 Cambodia	 Kyrgyzstan	 Sudan
 Cameroon	 Lebanon	 Syrian Arab Republic
 Cape Verde	 Libya	 Thailand
 Cayman Islands	 Moldova	 Tunisia
 China	 Mongolia	 Turkey
 Chinese Taipei	 Morocco	 Turkmenistan
 Cook Islands	 Mozambique	 Ukraine
 Cuba	 Myanmar	 Uzbekistan
 Dominican Republic	 Namibia	 Vietnam
 Ecuador	 Nepal	 Yemen
 Egypt	 Nigeria	 Zimbabwe
 Ethiopia		

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

6



Contact

6.1 | FIG – Fédération Internationale de Gymnastique

Fédération Internationale de Gymnastique

Avenue de la Gare 12a
1003 Lausanne, Switzerland

Ansprechpartner:
Mr. Alexandre Cola

acola@fig-gymnastics.org
Tel. +41 21 321 55 18

www.fig-gymnastics.com

FIG Gymnastics for All Committee



Margaret Sikkens Ahlquist
Sweden



Monika Šišková
Slovakia



Rogério Valério
Portugal



Tatsuo Araki
Japan



Marco Antonio Bortoletto
Brazil



Ruedi Steuri
Switzlernad



Flemming Knudsen
Denmark

6.2 | LOC – Local Organising Committee

Weltgymnaestrada 2019 gemeinnützige GmbH

J.-A.-Herrburger Straße 8
6850 Dornbirn
Austria

Contact person:
Ms. Christina Mäser

christina.maeser@wg2019.at
Tel. +43 5572 93 18 01

www.wg2019.at

Organising Committee

Executive Committee



Marie-Louise Hinterauer
President



Monika Reis
President Gymnastics Vorarlberg



Erwin Reis
CEO



Christina Mäser
Office Management and
International Contacts



Marc Brugger
Marketing and Sponsoring



Eva Thurnher
Consulting and VIP



Philipp Wüstner
Social Media



Herbert Kaufmann
Finances



Thomas Gangl
Finances



Günther Felder
Legal advisor

Sports and Programme



Thomas Bachmann
CEO Deputy



Karin Engstler
Vice President Austria Gymnastics



Britta Hafner
Choreography



Kerstin Beiter
Choreography



Susanne Dür
Organisation Opening Ceremony



Harald Rauch
Organisation Opening Ceremony



Siegfried Kernbeiß
FIG-Gala



Gerda Mittelberger
National Performances



Nicole Tschabrun
Austrian-Evening



Susanna Pröll
Austrian-Evening



Klaus Schmid
Large Group Performances



Thomas Koch
Large Group Performances



Franz Marte
Workshops



Wolfgang Hinteregger
Sport Grammar School

Infrastructure Sports



Werner Stiebinger
Head Infrastructure and Apparatus



Günter Feuerstein
Trade Exhibition Center



Jürgen Albrich
Venues Dornbirn



Gerold Perle
Birkenwiese Stadium



Christophorus Schmid
Security Birkenwiese Stadium



Herbert Palli
Birkenwiese Stadium

Public Services



Hans-Peter Ludescher
Head Security



Robert Spiegel
Head Medical Support

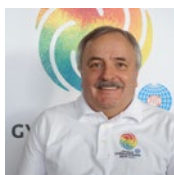


Johanna Kaufmann-Dreibholz
Medical Support



Ilse Dreher
VIP-Hosting

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



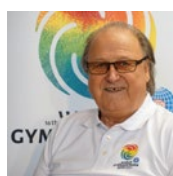
Christian Schützinger
Head Vorarlberg Tourism



Urs Treuthardt
Head Bodensee Vorarlberg Tourism



Lisa Hehle
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