

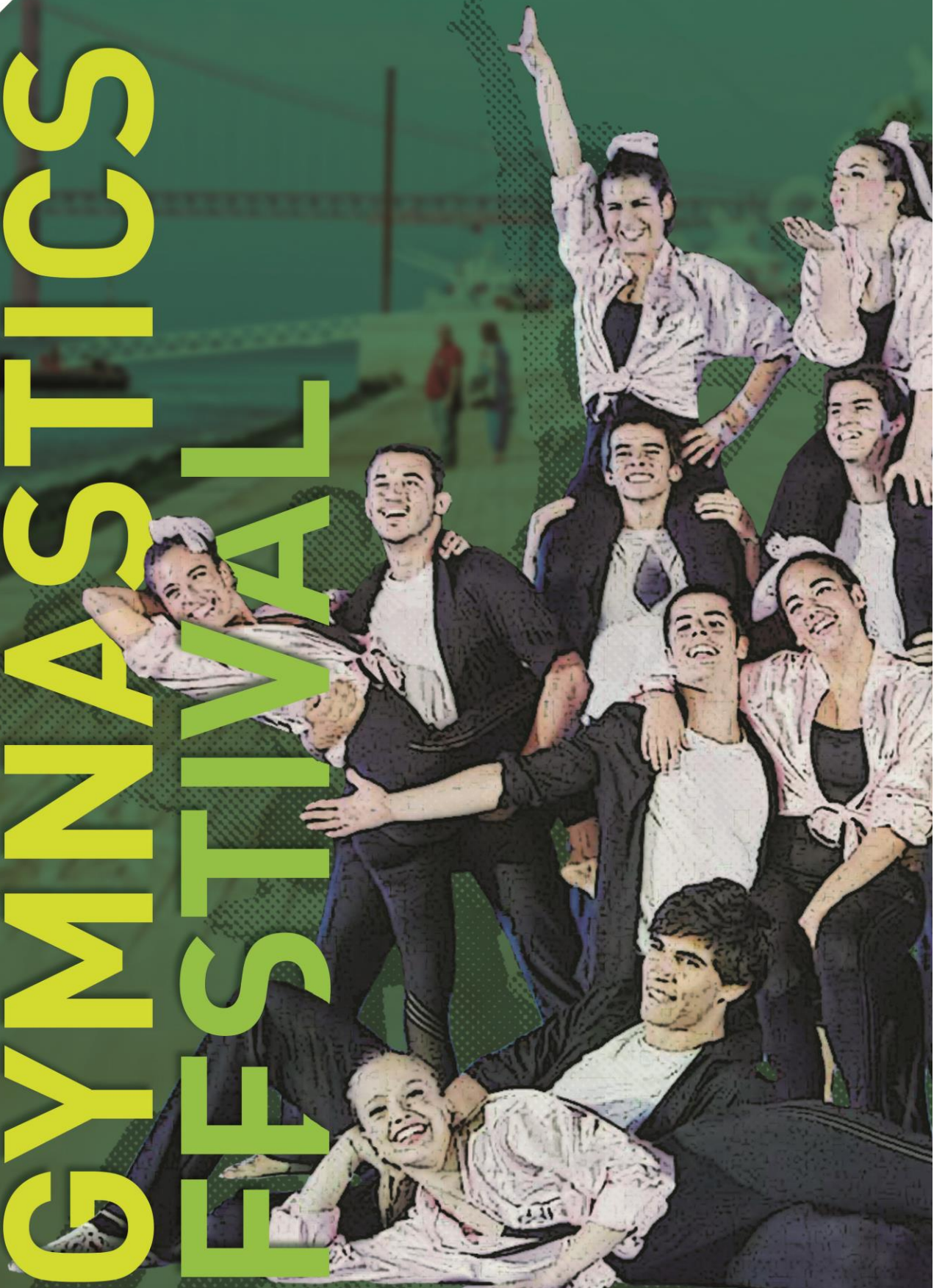


SPORTING GYMNASTICS FESTIVAL

7-10 July 2020

Lisbon, Portugal – Torre de Belém, Ribeira das Naus, João Rocha Arena & José Alvalade Stadium

More information at gymnasticsfestival.sportingevents.pt or send an email to: gymnasticsfestival@sporting.pt





SPORTING CLUBE DE PORTUGAL

Sporting Gymnastics Festival

Welcome to LISBON, the capital of Portugal, where history and tradition meet the 21st century. Enjoy gymnastics by the sea, challenge yourself at our unique workshops and make new friends while exploring the city during our sunsets parties.

Sporting Gymnastics Festival will be from 7th to 10th July, 2020.

We look forward to welcoming you in Lisbon 2020!





Diretivas

(provisórias)

ORGANIZING COMMITTEE	<p>Sporting Clube de Portugal Rua Professor Fernando da Fonseca Apartado 4120 1501 – 806 Lisboa</p> <p>E-mail: gymnasticsfestival@sporting.pt Website: http://gymnasticsfestival.sportingevents.pt</p>
LOCAL	Lisbon, Portugal
DATE	7th- 10th July, 2020
EVENT FORMAT	<p>As a Gymnastics for All festival, the Sporting Gymnastics Festival (SGF) will provide a fantastic gymnastics week, great animation and exploring different cultures to all the participants.</p> <p>The SGF will have three distinct areas of activity: two stages and one arena. The two stages: Ribeira das Naus and Belém Tower Gardens - will be the exhibition venues. Each group can have up to two performances and can perform on both stages. The exhibits will take place in the afternoon.</p> <p>The João Rocha Arena will be the venue of three events: Opening Ceremony, Closing Ceremony and Gala. The Opening Ceremony will take place on the first day of the festival, the Gala will be on July 9th and the Closing Ceremony will take place on the last day of the event and will consist on groups chosen by the organizing committee during the event. All participating gymnasts will have free access to all three arena events.</p> <p>There will be two places of accommodation: school and hotel. Both will be located in Lisbon. Meals (breakfast and lunch) are included at the participant card.</p> <p>SGF participant card will include transportation for each participant on the days of the Festival. They can move by metro, bus or train.</p> <p>Each group registered in the SGF will have to choose three of the seven suggested workshops, that will be filled according to the order of registration. Each group will have workshops during three mornings and one free day.</p> <p>The accreditation includes free attendance to our sunset parties.</p>
VENUES	<p>João Rocha Arena - Opening and Closing Ceremony , Gala. João Rocha's Arena inauguration was on June 21, 2017. "Sporting Town" was born. It has 3.000 seats, distributed between 4 stands and a VIP area. It is the biggest arena on a nacional club level. João Rocha's can have concerts and cultural displays.</p>



Torre de Belém - Exhibitions (Stage 1)

Build strategically on the north shore of the Tejo river, between 1514 and 1520, to defend Lisbon, it's one of the architectures marvels of the kingdom of D.Manuel I.

Torre de Belém it's a cultural reference, a symbol of the specificity of the country that has a dialogue with others cultures and civilizations. In 1983 it was classified by the UNESCO as Intangible Cultural Heritage.



Ribeira das Naus - Exhibitions (Stage 2)

In this riverside space between Praça do Comércio and Cais do Sodré there were built many ships for the portuguese sailors. Today, after the requalification that was finished in 2013, it is a riverside walk with a lot of gardens that invites you to stay by the sun.



Carcavelos Beach - Workshops

It's a beach that benefits from a very easy access by public transportation or by car. Several beaches are linked by a beachside walk. It passes through the fort and has good night light with several benches, bars, fitness work machines and it's excellent for jogging.



WORKSHOPS

SURF

With more than 850 km, the Portuguese shore is a giant beach for surfing. The wind blowing, the sun shine all year and magical waves, makes it perfect to surf. Surfing is one of the most natural and complete experiences that you can enjoy.



STAND UP PADDLE

Paddling on top of a surf board is one of the fastest growing sports in the world. Stand Up Paddle is a very gratifying sport and a complement to who wants to practice and have fun in a very different way. With or without waves, it's a very good opportunity to train balance, strength, relax the mind and learn other ways to slide in the water.



BEACH VOLLEY

Beach Volley derives from indoor volleyball, the game is disputed in a 16x8 m field and each team is composed by 2 players. Due to the size of the field it's the perfect game to beginners



WALL ROCK CLIMBING

Rock climbing can be defined as a progression on a vertical or ceiling grounds, using hands and feet, sometimes with protective gear. The workshop will be on a wall.



USA

Like to move your hips? Like to dance and feel a bit sexy?

Come find your confidence, empowerment and sexiness all while getting a great workout! You will learn some basic dance movements from the areas of hip hop, jazz, ballet, belly dance These moves are then combined with aerobic and strength elements to give you a fun, sexy and energetic workout.



ROPE SKIPPING

Rope Skipping is a physical activity that has a basic motor skill that dates do ancient times: skipping rope. It uses a diversity of jumps, acrobatics and manipulation of the ropes as well as different combinations of skills. It should have a synchronism between jumpers and music.



LISBON WALKING TOUR

Visits and walks with fresh air, inspired by the books, by the good food and gastronomy and by the architecture of the city.



**PROGRAM
(PROVISIONAL)**

6 st July

All day: Arrivals
10h-19h: Reception of the participants/Accreditation/ Accommodation

7 th July

9h-10h30: Breakfast
12h-14h: Lunch
16h-17h30: Opening Ceremony
19h00: *Sunset Party*

8 th July

9h-10h30: Breakfast
11h-13h: *Workshops*
13h30-14h30: Lunch
16h-18h Exhibitions
19h: *Sunset Party*



	<p>9 th July 9h-10h30: Breakfast 11h-13h: <i>Workshops</i> 13h30-14h30: Lunch 16h-18h: Exhibitions 19h-20h30: Gala 22h: Free Night Out</p> <p>10 th July 9h-10h30: Breakfst 11h-13h: <i>Workshops</i> 13h30-14h30: Lunch 16h-18h: Exhibitions 19h-20h30: Closing Ceremony 21h30: Final Banquet</p> <p>11 th July 9h-11h: Breakfast All day: Departures</p>
PARTICIPATION	<p>Gymnasts of all ages can participate, since they have their registration complete (see registration regulations). Exhibitions can go up to 5 minutes. For classes with more than 40 gymnasts, the exhibition time can be up to 10 minutes (with all material setting).</p>
PARTICIPANT CARD	<p>Accreditation includes:</p> <ul style="list-style-type: none">○ School accommodation○ Breakfast¹⁾○ Lunch¹⁾○ Lisbon Transports○ 3 Workshops○ Sunset Parties○ Opening and closing ceremony○ Gala <p>The party letter does not include:</p> <ul style="list-style-type: none">○ Hotel accommodation (organized by the organizing committee)○ Final banquet○ Airport Transfer Lisbon airport-accommodation-Lisbon airport○ Insurance <p>Note:¹⁾ If you choose accommodation not organized by the organizing committee, you will not have the meals that are included in the participant card (breakfast and lunch).</p>
INTERNACIONAL TRANSPORTATION	<p>Flights should be to Lisbon airport (Humberto Delgado Airport). The travel form has to be received by February 29th, 2020.</p>
TRANSFER FROM/TO AIRPORT	<p>If the participants want the transfer from Lisbon airport to the accommodation (round trip) provided by the organizing committee, this will cost 20,00 €/person (on the official date of arrival and departures).</p>



LOCAL TRANSPORTATION	Local transportation (Lisbon) is included at the participant card, without additional costs.
ACCOMMODATION	The accommodation included at the participant card is in a school. If you want, you can choose to stay at the B&B hotel through the organizing committee. This option will have an extra cost of 40,00 € / person / night.
MEALS	Breakfast and lunch are included at the participant card (except ¹⁾ above).
FINAL BANQUET	The Final Banquet will have live music during dinner followed by a disco night . The Final Banquet is not included at the participant card and has a cost of 35,00 € / person.
ACCREDITATION	Accreditation will be at the school and at the hotel B&B (from the organizing committee).
INSURANCE	The organization will not be responsible for any obligations in case of accident, injury, repatriation and others. All participants are responsible to have a valid insurance, covering injury, illness, accident and repatriation for all members of the delegation. The organizing committee will verify the insurance during accreditation time (a copy of the valid policy must be provided). Members of the delegation with insufficient insurance should inform the organizing committee until 29 February 2020 . In these cases, the organizing committee will provide insurance for participants (40,00 € / person / day).
FEES	<p>If registration is made by December 31, 2019 (A)</p> <ul style="list-style-type: none">○ Accreditation: 200,00 € / person <p>If you apply by February 29, 2020 (B)</p> <ul style="list-style-type: none">○ Accreditation: 250,00 € / person <p>Extras:</p> <ul style="list-style-type: none">○ Hotel accommodation: 40,00 € / night / person○ Final Banquet: 35,00 € / person○ Transfer from Lisbon airport-accommodation-Lisbon airport: 20,00 € / person○ Insurance: 40,00 € / person / day <p>Note: Entries will be considered valid when received by email (gymnasticsfestival@sporting.pt), well completed and with a proof of payment attached.</p>
DUE DATES	<p>A)</p> <p>Until 31 of December 2019</p> <p>50% Participant card 50% Hotel Accommodation (if that was your accommodation option) 100% Final Banquet (optional)</p> <p>Until 29 of February 2020</p> <p>50% remaining Participant card 50% remaining hotel accommodation (if that was your accommodation option) 100% Transfer airport-accommodation-airport (optional) 100% Insurance (optional)</p>



	<p>B) Until 29 of February 2020 100% Accreditation 100% Hotel Accommodation (if that was your accommodation option) 100% Final Banquet (optional) 100% Transfer airport-accommodation-airport (optional) 100% Insurance (optional)</p>
ACCOUNT INFORMATION	<p>Payments should be made by transfer to the account with the following details:</p> <p>Account Name: Sporting Clube de Portugal Millennium BCP IBAN: PT50.0033.0000.0011.8046.7700.5 SWIFT: BCOMPTPL</p> <p>Note: All bank transfer fees are the responsibility of the participants.</p>
CANCELLATION POLICY EVENT CANCELLATION POLICY	<p>Until 31 of December 2019: Full refund of the amount paid. Until 29 of February 2020: 50% refund of the amount paid. After 1 of March 2020: There is no refund of the amount paid.</p>
MEDICAL SERVICES	<p>The organizing committee will have firefighters at the event venues.</p>
TICKET	<p>The Opening Ceremony and Gala are included in the participant card, with no extra charge.</p> <p>For non-SGF participants, the entrance fees are: Opening Ceremony: 5,00 € Gala: 5,00 €</p> <p>The stage exhibitions and closing ceremony are free to enter, but the entry to the closing ceremony it has to be with a ticket (free ticket) - more information will be given to you later.</p>



DUE DATES SUMMARY

Inscrição A	
Participant Card payment (50%)	Until 31 de dezembro 2019
Hotel Accomodation Payment (if that was your accomodation option) (50%)	
Final Banquet Payment (optional) (100%)	
Participant Card payment (remaining 50%)	Until 29 de fevereiro de 2020
Hotel Accomodation Payment (if that was your accomodation option) (remaining 50%)	
Transfer airport-accommodation-airport (optional) (100%)	
Insurance payment (optional) (100%)	
Submit Travel Form	
Inscrição B	
Participant Card payment (100%)	Until 29 de fevereiro de 2020
Hotel Accomodation Payment (if that was your accomodation option) (100%)	
Final Banquet Payment (optional) (100%)	
Transfer airport-accommodation-airport (optional) (100%)	
Insurance payment (optional) (100%)	
Submit Travel Form	

