

# WGfLC'25 NEWSLETTER



## 5<sup>th</sup> WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL  
22-26 JULY 2025



## NEWSLETTER #01 MARCH 2023



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## 1. WORLD GYM FOR LIFE CHALLENGE 2025 – LISBON

### 1.1. Welcome

#### *FIG GfA Committee President*



The World Gym for Life Challenge is back in our calendar. The pandemic restrictions forced us to cancel the 2021 edition but we are all happy to be able to resume this fantastic event in the city of Lisbon, Portugal.

Teams from around the world have this unique opportunity to perform their best gymnastic group performance and surprise us. Every gymnast's effort is rewarded with a medal.

At this event, the groups have the opportunity to be evaluated and supported for further development with specialised feedback.

We are eager to welcome the “gold award” groups at the Gala of this event and be able to celebrate the beauty of Gymnastics for All with every participant.

Take this opportunity and inspire us all with the best show ever!

**Rogério Valério**

FIG Gymnastics for All Committee - President

#### *Gymnastic Federation of Portugal President*



Dear gymnastics friends.

When in 2021 the pandemic crisis caused by covid-19 did not allow us to receive you in Lisbon, we were sad but focused right away on the new goal; on the new date: July 2025 World Gym for Life Challenge 2025.

Hence all this waiting motivated us even more to receive you even better.

From July 22, 2025 to July 26, 2025 you are invited to visit Lisbon and Portugal. A country that despite having a temperate climate has 300 days of sunshine a year. We are the fifth safest country in the EU and the sixth in the world. One of the main touristic destinations in the world where you can combine sport and leisure, while enjoying the fantastic sports facilities available.

Held every 4 years, the World Gym for Life Challenge is the second major gymnastics event for all, with thousands of participants, groups from all over the world can present performances that will be evaluated in entertainment value, innovation, originality, variety, technique, quality and safety.

We want to see all of that, we want to see all of you. Your color and your magic.

See you soon.

**Luís Arrais**

President of the Gymnastics Federation of Portugal

## 1. WORLD GYM FOR LIFE CHALLENGE 2025 – LISBON

### 1.2. What is the World Gym for Life Challenge?

The World Gym for Life Challenge is a contest for groups of gymnasts of all ages and from any gymnastic discipline. Performance must be a maximum of 5 minutes, may incorporate any gymnastic element; with or without apparatus and may be accompanied by music.

To register, the group should have the minimum of two active gymnasts. There is no maximum number. Groups can choose to participate in one of the following categories, which are divided by type of performance and size.

- > Gymnastics & Dance, small group (20 or less gymnasts)
- > Gymnastics & Dance, large group (21 or more gymnasts)
- > Gymnastics on or with large apparatus, small group (20 or less gymnasts)
- > Gymnastics on or with large apparatus, large group (21 or more gymnast)

For the evaluation, the FIG-GfA Committee will invite a group of experts. In each category a ranking list is created using the total score. The ranking list is only used to

determine the Gold, Silver and Bronze awards and will not be published. The Gold will be awarded to the groups with the highest scores. The Silver and Bronze awards are divided equally among the remaining groups.

All groups awarded with Gold will participate in the World Gym for Life Gala, where they will perform. After the Contest two wildcards will be awarded for the Gala, chosen by FIG-GfA Committee. At the Gala the Bruno Grandi Trophy will be awarded to the group with more votes.

After each category of performances, feedback will be provided by a group of recognised experts in different gymnastics disciplines, artistry, choreography, performance and technique, invited by the FIG GfA Committee. This group will meet with the Evaluators and prepare the feedback that will be given to the group coaches. This feedback is optional and group coaches should indicate in advance if they will attend the feedback.



## 1. WORLD GYM FOR LIFE CHALLENGE 2025 – LISBON

### 1.3. Logo and Mascot

The World Gym for Life Challenge 2025 logo represents different elements of Lisbon, host city of this fantastic event, and gymnasts elements represented...



Logo elements:

- > Top: gymnasts / group
- > Red and Green: national colours / flag
- > Blue: Tejo river / water / waves / movement
- > Bottom form: traditional river boats

**5<sup>th</sup> WORLD  
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**Gymmy** is our official mascot for the World Gym for Life Challenge 2025. Very popular in our national events, Gymmy represents a leopard that is an animal with agility and speed. Also, in gymnastics these physical qualities are important for gymnasts.

In the previous World Gymanestrada, Gymmy made its first international appearance and was very popular and requested to take pictures with the participants. We hope that also in WGfLC 2025 this will happen. We are looking forward to a higher popularity.



## 2. HOST COUNTRY

### 2.1. Portugal

Portugal is a country that has the oldest borders in Europe, with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage, where tradition and modernity blend together in perfect harmony. Its superb cuisine, fine wines and hospitable people make this a wonderful country to visit.

Situated in the extreme south-west of Europe, just a few hours from any of the other European capitals, Portugal attracts visitors from all over the world.

The weather in Portugal varies considerably from one region to another and is influenced by the relief, latitude and proximity to the sea, which offers mild winters, especially in the Algarve.

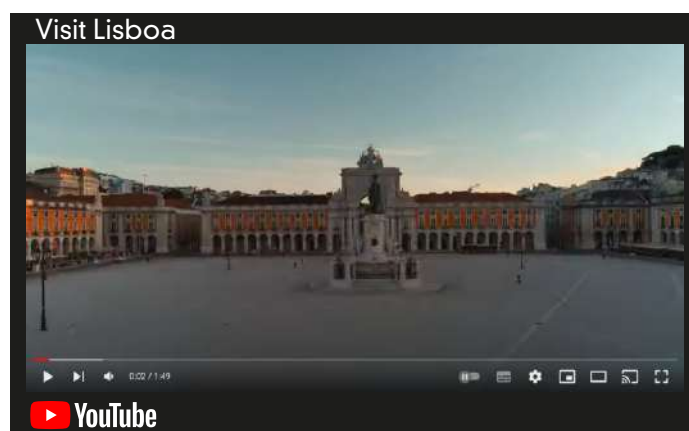
The summers are hot and dry, especially in the inland areas. Temperatures are slightly lower in the coastal areas, because of the influence of the sea.

Portugal has a population of about 10 million. The population density is at its greatest in Lisbon, the capital and its suburbs, where about 1.9 million people live. The second largest city in Portugal is Oporto in the north.

From a Latin root, Portuguese is spoken by about 250 million people in every continent, and is the 5th most spoken language in the world.

The Portuguese-speaking countries are scattered all over the world. Portuguese is spoken in Africa (Angola, Cape Verde, Guinea-Bissau, Mozambique and São Tomé e Príncipe), in South America (Brazil) and in Asia, (East Timor), and it is also the official language in Macao Special Administrative Region of China.

In Portugal, most people can communicate in English, French, and Spanish.



## 2. HOST COUNTRY

### 2.2. Why Lisbon?

Lisbon is a historical city full of stories to tell, where the sun shines 290 days a year and the temperature rarely drops below 15°C. A city where you feel safe wandering around day or night, where the cuisine is dedicated to creating over a thousand ways to cook the beloved bacalhau (salted cod), and where you'll find hotels and restaurants to suit every taste.

Lisbon is a city full of authenticity where old customs and ancient history intermix with cultural entertainment and hi-tech innovation. Lisbon is ageless, but it loves company, as you will find out when you ask where the best place is to listen to Fado.

The answer to how to get there will be with a lot of gestures and repetitions. After all, Lisbon is famous for its hospitality and the family-like way of welcoming visitors.

You may love Lisbon for the monuments, ideal conditions for the practice of sport or delicious gastronomy. Even for all these reasons and more. One thing is certain: all the time in the world won't be enough to enjoy our beautiful capital.

In 2021, the city of Lisbon was the European Capital of Sport. With this appointment the city intends to assert itself

as one of the main sports cities, continuing to invest in the development of various and dynamic sports culture.

The main objectives are to promote sport and association, reinforcing citizens' sense of belonging to the city and boosting a network of partners (schools, clubs and other sports agents) to work on a common vision for Sport. Increasing sports practice on the Tejo River and continuing to encourage regular use of the city's various green parks is also something to be achieved. Finally, to recover, monetize and enjoy symbolic municipal sports equipment of the city, making them available to citizens of Lisbon again.

The organization of world events in different sports is also one of the key objectives for Lisbon, enhancing the different sports facilities and the excellence in the ability to organize major sporting events.



## 2. HOST COUNTRY

### 2.3. Accommodation

#### 2.3.1. Schools

For the participants accommodated in schools, the classrooms become dormitories and per classroom there will be sleeping arrangements. Sufficient toilets and washing facilities will be provided and cleaned daily. Breakfast will be served in schools.



#### 2.3.2. Hotels

It will also be possible to book hotel rooms. Lisbon is a city that receives thousands of tourists and its capacity is of high quality.



## 2. HOST COUNTRY

### 2.4. Catering

Our catering partner is a highly-experienced company, responsible for the catering in all events organized in Altice Arena, and now also for World Gym for Life Challenge 2025 participants. 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 menu contains:

- > a soup
- > a fish menu
- > a meat menu
- > a vegetarian menu
- > a salad
- > variable fruit and dessert
- > drinks (mineral water, coffee and milk)

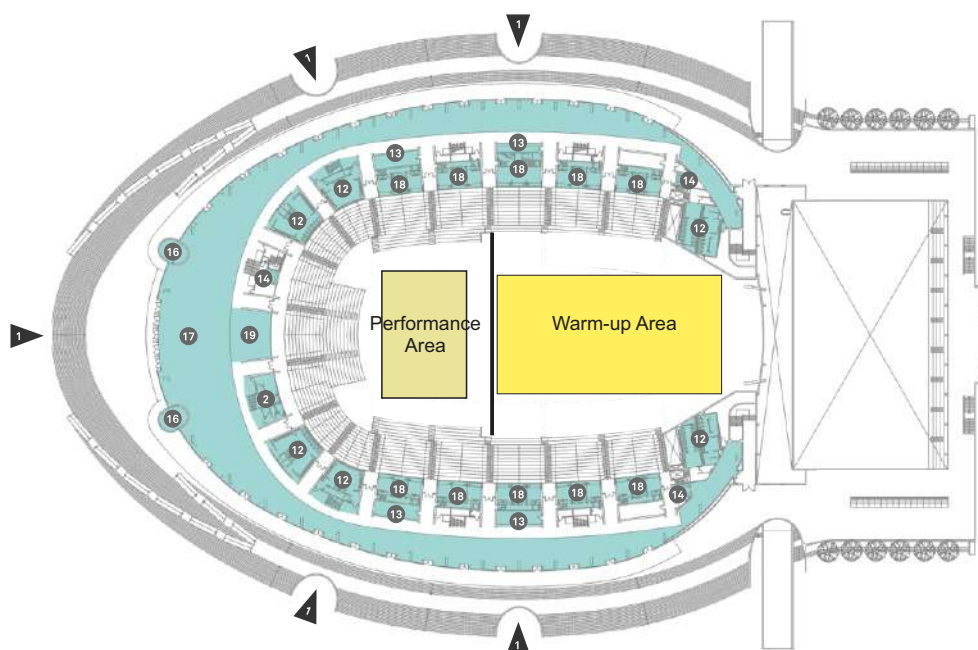


## 3. VENUES

### 3.1. Altice Arena

In the heart of Parque das Nações and 10 minutes from Lisbon International Airport you can find this multipurpose facility with a set of rooms prepared to receive the most diverse events.

Build with the aim for being the stage for music, sports, art and culture it is the biggest concert hall in the country where the big events gain a new life. It's the Arena where all will want to be.



#### WGfLC 2025

- 1 Performance area  
20x30m
- 1 Warm up area  
53x28m
- 5.000 seats
- Public transportation  
services:
  - Bus
  - Subway

### 3. VENUES

#### 3.2. Show Performances Stages

During the WGfLC 2025 the city of Lisbon will also be the stage for Show Performances, and we invite all the groups to be part of these moments, when it is intended to bring Gymnastics to well known places of Lisbon.

Apart from the residents of Lisbon, thousands of tourists from all over the world, who visit Lisbon on these dates, will be able to watch the various shows of each group, showing the beauty and real value of Gymnastics.



## 4. PROGRAMME

### 4.1. Event Schedule

M	T	W	T	F	S	S
21	22	23	24	25	26	27
<ul style="list-style-type: none"> <li>➤ Arrival of the Delegations</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practice</li> <li>➤ Opening Ceremony</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practice</li> <li>➤ Contest</li> <li>➤ Show performance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practice</li> <li>➤ Contest</li> <li>➤ Show performance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practice</li> <li>➤ Contest</li> <li>➤ Show performance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Workshops</li> <li>➤ Practice</li> <li>➤ Gala</li> <li>➤ Closing Ceremony</li> </ul>	<ul style="list-style-type: none"> <li>➤ Departure of the Delegations</li> </ul>



## 4. PROGRAMME

### 4.2. Opening Ceremony

Location: Altice Arena  
Date: Tuesday, 22. July  
Capacity: 5.000 persons  
Area: 20m x 30m

### 4.3. World Gym for Life Challenge Contest

Location: Altice Arena  
Date: Wednesday, 23. July to Friday 25. July  
Duration: 5 minutes/performance  
Capacity: 5.000 persons  
Area: 20m x 30m

### 4.4. Show Performances

Location: Two/Tree open-air stages in Lisbon city center  
Date: Wednesday, 23. July to Friday 25. July  
Duration: 5 minutes/performance

### 4.5. World Gym for Life Challenge Gala

Location: Altice Arena  
Date: Saturday, 26. July  
Duration: 5 minutes/performance  
Capacity: 5.000 persons  
Area: 20m x 30m

### 4.6. Closing Ceremony

Location: Altice Arena  
Date: Saturday, 26. July  
Capacity: 5.000 persons  
Area: 20m x 30m



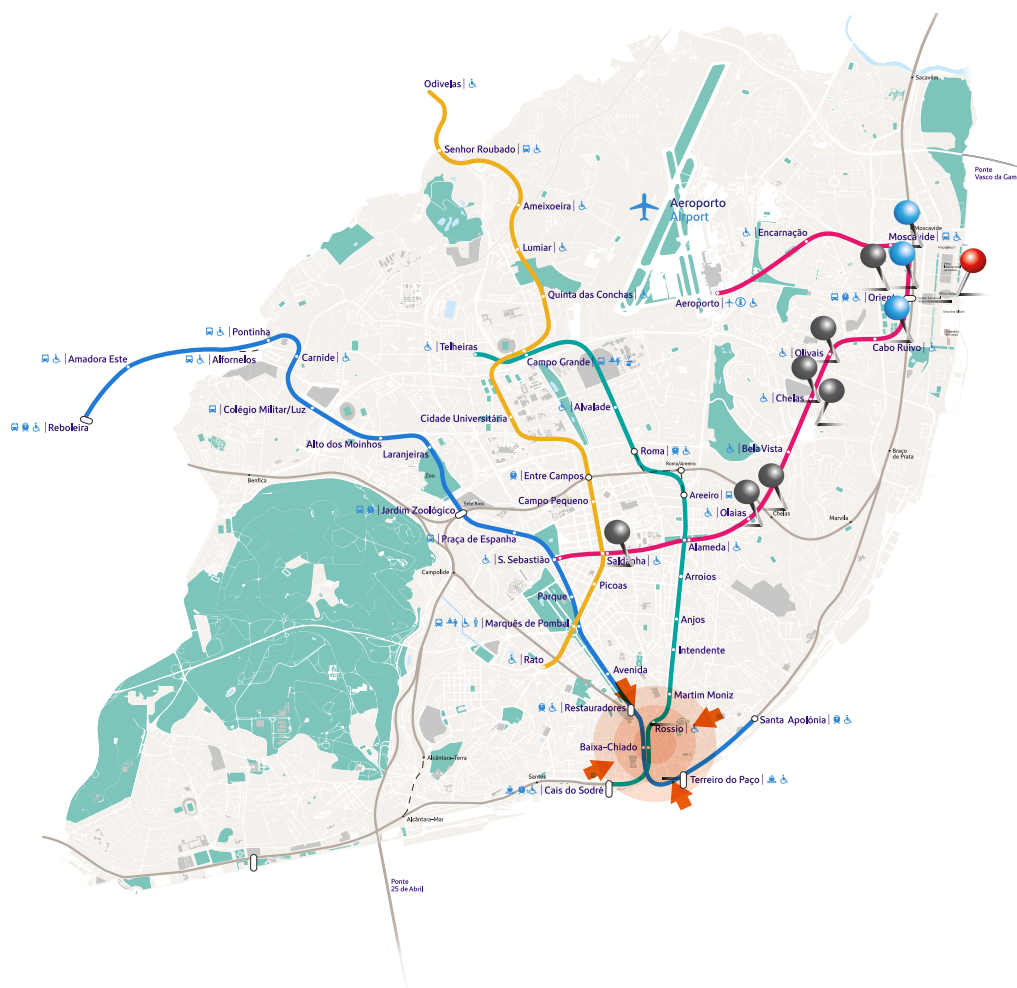


## 5. ORGANISATION

### 5.1. Travel to Lisbon

There are many ways to get to Lisbon and all of them are easy to use. With the airport just a few minutes from the centre of the city, stations with international rail links and various ports for cruise ships, there are many options for getting to the capital of Portugal. If you prefer to come by car, there are excellent roads from various points north and south along the border with Spain.

We are pleased to be at your service for the booking of your transfer from and to the airport.



Main venue



Hotels and hostel



Schools



City Center



Subway lines

### 5.2. Visa Requirements

All nationals from EU countries, the EEA countries (European Economic Area) and Switzerland do not need visa for Portugal. All other nationals need a visa when travelling to Portugal, a member country in the Schengen zone. Please verify if your country required visa to travel to Portugal.

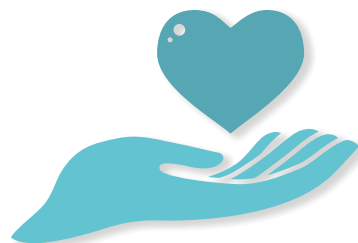
All federations/groups that require a letter of invitation for visa purposes, please send request letter to [info.gymforlife2025@ginastica.org](mailto:info.gymforlife2025@ginastica.org)



## 5. ORGANISATION

### 5.3. Participant Insurance

Participating FIG Member Federations must provide insurance coverage for all members of their delegation. The insurance must cover illness, accident and repatriation costs during the entire stay at the World Gym for Life Challenge. The insurance can be organized by the FIG Member Federations own insurance company or bought in advance or on arrival through the LOC.



### 5.4. Deadlines

The Participant card includes:

- > Entry to all Contests;
- > Local Transportation between official accommodation and event venues
- > 50% Reduced price for WGfLC Gala ticket;
- > Opening and closing ceremonies;
- > City Performances;
- > Workshops.

**2024**  
**PROVISIONAL REGISTRATION**  
**DEADLINE: JULY 21<sup>ST</sup>**



**2025**  
**DEFINITIVE REGISTRATION**  
**DEADLINE: JANUARY 20<sup>TH</sup>**



## 6. GENERAL INFORMATION

### 6.1. Contacts



#### FIG - FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

Fédération Internationale de Gymnastique  
Avenue de la Gare 12a  
1003 Lausanne, Switzerland

Contact person:

Mr. Alexandre Cola

[acola@fig-gymnastics.org](mailto:acola@fig-gymnastics.org)

Tel. +41 21 321 55 18

[www.gymnastics.sport/site/](http://www.gymnastics.sport/site/)



#### FGP - GYMNASTICS FEDERATION OF PORTUGAL

Gymnastics Federation of Portugal  
Estrada da Luz, N° 30 A  
1600-159 Lisboa, Portugal

Contact Person:

Mrs. Teresa Loureiro

[teresa.loureiro@ginastica.org](mailto:teresa.loureiro@ginastica.org)

Mr. Ricardo Lima

[info.gymforlife2025@ginastica.org](mailto:info.gymforlife2025@ginastica.org)

Tel. +351 21 814 11 45

[www.ginastica.org/wgflc2025](http://www.ginastica.org/wgflc2025)



5<sup>th</sup> WORLD  
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# 2025

## SEE YOU IN LISBON

🌐 [www.ginastica.org/wgflc2025](http://www.ginastica.org/wgflc2025)

✉ [info.gymforlife2025@ginastica.org](mailto:info.gymforlife2025@ginastica.org)

