

WGfLC'25 NEWSLETTER



5th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
22-26 JULY 2025



NEWSLETTER #04 NOVEMBER 2024



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1. WORLD GYM FOR LIFE CHALLENGE 2025 – LISBON

1.1. Welcome

Secretary of State for Sport



Dear Gymnastics Friends,

It will be a great honor to host The World Gym for Life Challenge in Portugal next year. In July 2025 Lisbon will host more than 2000 gymnasts from all over the world for the 5th edition of the World Gym for Life Challenge.

This is a global event that encourages people of all ages and fitness levels to participate in physical activities. With the aim of promoting health, wellness, and community involvement, participants can showcase their skills in different categories such as aerobics, dance, and other fitness routines.

World Gym for Life Challenge is an example that encourages healthy lifestyles and that the Government of Portugal applauds.

We believe that this will be an excellent opportunity to promote the practice of sports and the values of sport.

We all know the importance of sport and not only in the physical aspect, it brings us positive values and makes it possible to promote a culture of dialogue across borders.

It will be a honor to welcome the sports family to Portugal.

Pedro Dias

Secretary of State for Sport

Mayor of Lisbon



Dear friends,

The World Gym for Life Challenge is getting closer and closer. From one year on we will welcome you all in Lisbon, and we couldn't be happier after waiting strenuously for four years for this to happen in our city.

This four years' waiting made us even more eager to have you here. First, because the WGfLC shares our city's spirit. A city made for all to see, to feel, to live, just like the WGfLC brings the magic of gymnastics to all – allowing that magic to be seen, felt, and lived by everyone. This is what we will see during those 5 days in July 2025: participants from all over the world sharing the magic of gymnastics in Lisbon.

But the WGfLC isn't limited to gymnastics. It will also be an opportunity to discover Lisbon: the European capital of innovation, a capital of tourism, a capital of culture. Take the time to discover the unforgettable riverfront, to see the city through our castle, to walk by the Belém district... There is a lot to discover in this extraordinary millennium old city. Make the best of it!

See you all in 2025!

Carlos Moedas

Mayor of Lisbon

1. WORLD GYM FOR LIFE CHALLENGE 2025 – LISBON

1.1. Welcome

FIG GfA Committee President



The year of the event is arriving.

The beautiful city of Lisbon, Portugal will be hosting the second largest FIG event.

After the cancellation in 2021 due to the world pandemic, the Gymnastics For All community is excited to experience this unique event where all participants are equal winners but their group performances will be evaluated by experts.

The evaluation will look into the “entertainment value” of the show, discovering its “innovation, originality and variety” supported by the correct “technique, quality and safety” according to the gymnasts capacities. And the whole performance is brought together through the “overall impression”.

Be ready to impress everyone at the Challenge and share your joy of performing at the city stages.

We are looking forward to enjoying this unique event to celebrate the beauty of Gymnastics For All with every participant.

Take the opportunity to 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.

All this waiting has motivated us even more to create the best challenge ever!

From July 22 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 taking part in groups from all over the world. We look forward to you entertaining us with you fantastic performances, showing 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 kind of gymnastics. Performances 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 of gymnasts.

Groups can choose to participate in one of the following categories, which are divided by type of performance and size.

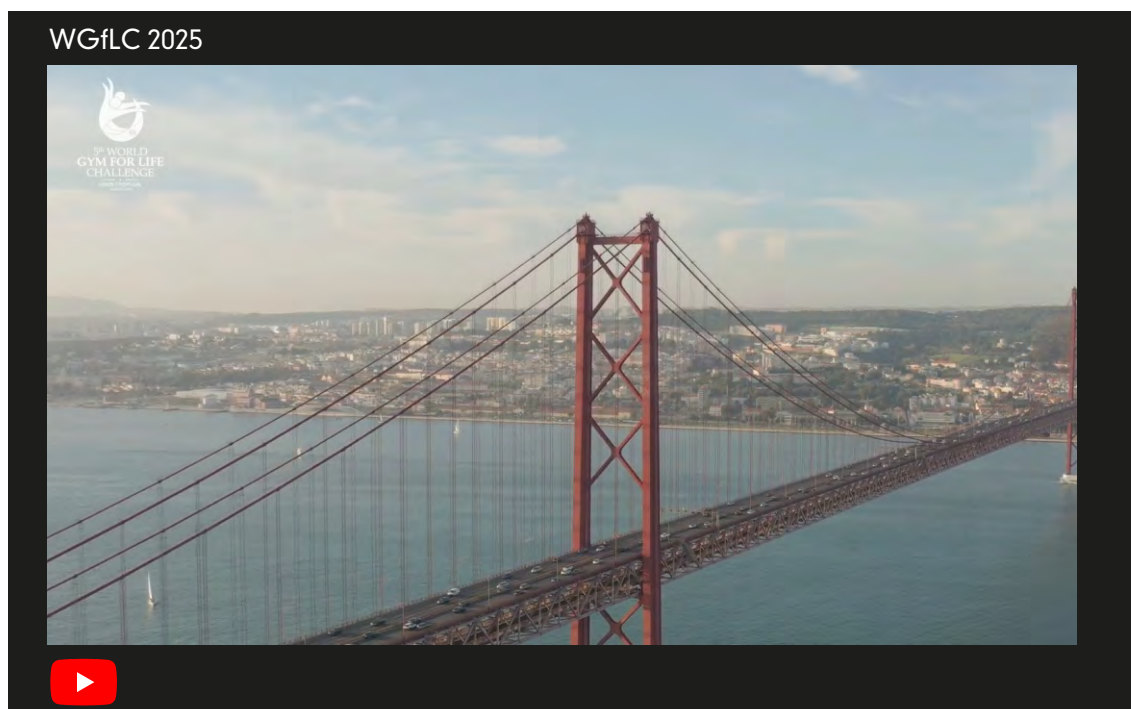
- > Gymnastics & Dance, small group (20 or less gymnasts)
- > Gymnastics & Dance, large group (21 or more gymnasts)
- > Gymnastics on or with large apparatus, small group (20 or less gymnasts)
- > Gymnastics on or with large apparatus, large group (21 or more gymnast)

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 the most 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.



Logo elements:

- > Top: gymnasts / group
- > Red and Green: national colours / flag

- > Blue: Tejo river / water / waves / movement
- > Bottom form: traditional river boats

5th WORLD GYM FOR LIFE CHALLENGE

LISBON // PORTUGAL
22-26 JULY 2025

[DOWNLOAD
LOGO BRAND GUIDELINES](#)

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 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.

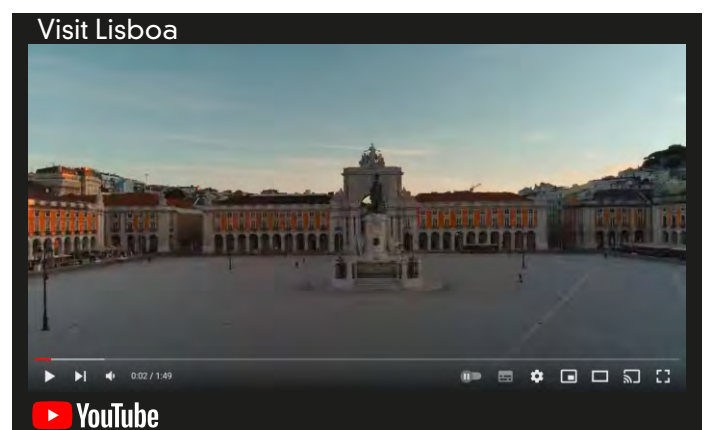
The summers are hot and dry, especially in the inland areas. Temperatures are slightly lower in the coastal areas, because of the influence of the sea.

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. 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 of 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 intended 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 was also a goal to achieve. 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. HOST COUNTRY

2.3.1. Schools

SLEEPING PACKAGES

To ensure that everyone gets a good night's sleep, participants can choose to purchase a sleeping package and renting a camping bed.

The package will include an air mattress, pillow, a sleeping bag and pillow cover with the World Gym for Life Challenge logo.

AIR MATTRESS - 70 x 190 x 16cm

- PVC/Vinyl material with Velour topping

PILLOW - 60 x 65 x 13cm

PILLOW COVER - 60 x 70cm

- Pillow cover with the WGFLC logo

SLEEPING BAG - 72 x 190cm

- Cosy single person sleeping bag with the WGFLC logo
- Made of 100% quality polyester



In the current edition of WGFLC you also have the option of renting a camping bed, for those who don't like sleeping on the ground.



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 meat or fish menu
- > a vegetarian menu
- > a fruit or dessert
- > drinks (mineral water)



2. HOST COUNTRY

2.5. Tourist Programms

During the World Gym for Life Challenge, it will be a great opportunity to get to know the city of Lisbon and the fantastic attractions it has to offer to those who visit Lisbon.

In addition to the many Museums and National Monuments that it will be possible to visit (hopefully for free by presenting the WGFLC Participant Card), it will also be possible to visit other interesting tourist attractions that you can choose the one that best suits your group.

More information about costs and booking conditions will be released soon on our official [website](#).

Tourist programms that we offer:



VISIT NOW



BOAT RIVER TOUR



HOP ON HOP OFF BUS TOUR



DISCOVERY SINTRA TOUR



RELIGIOUS FÁTIMA TOUR

2. HOST COUNTRY



LISBON AQUARIUM



FADO MUSEUM



MUSEUM OF ART, ARCHITECTURE AND TECHNOLOGY



SPORT LISBOA E BENFICA STADIUM + MUSEUM



SPORTING CLUBE DE PORTUGAL STADIUM + MUSEUM

2. HOST COUNTRY



BELÉM TOWER



ARRÁBIDA AND SESIMBRA BEACH



COSTA DA CAPARICA BEACH



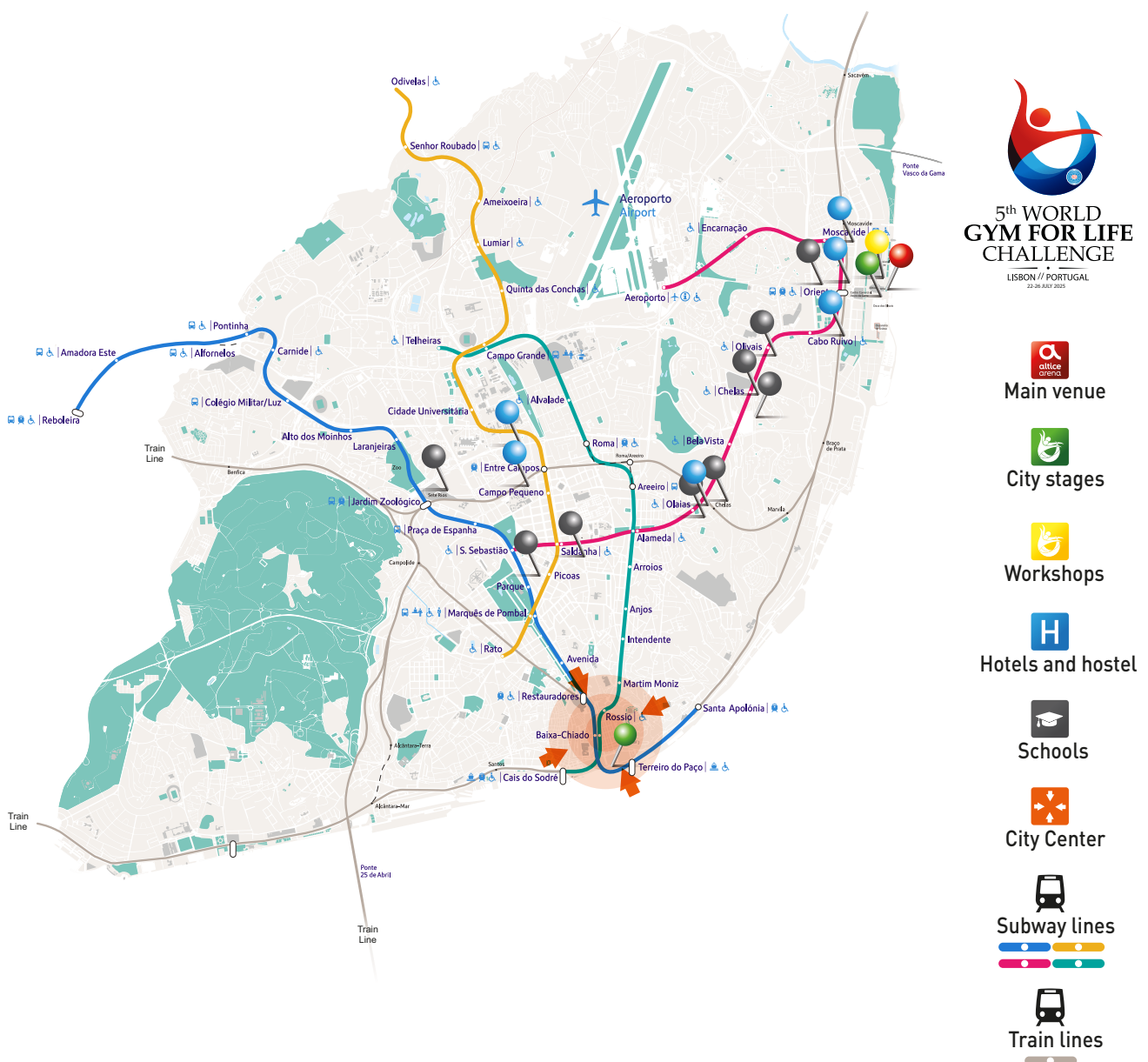
SURF GROUP LESSON

3. VENUES

3.1. General Map

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.

Built 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.



Main venue



City stages



Workshops



Hotels and hostel



Schools



City Center



Subway lines

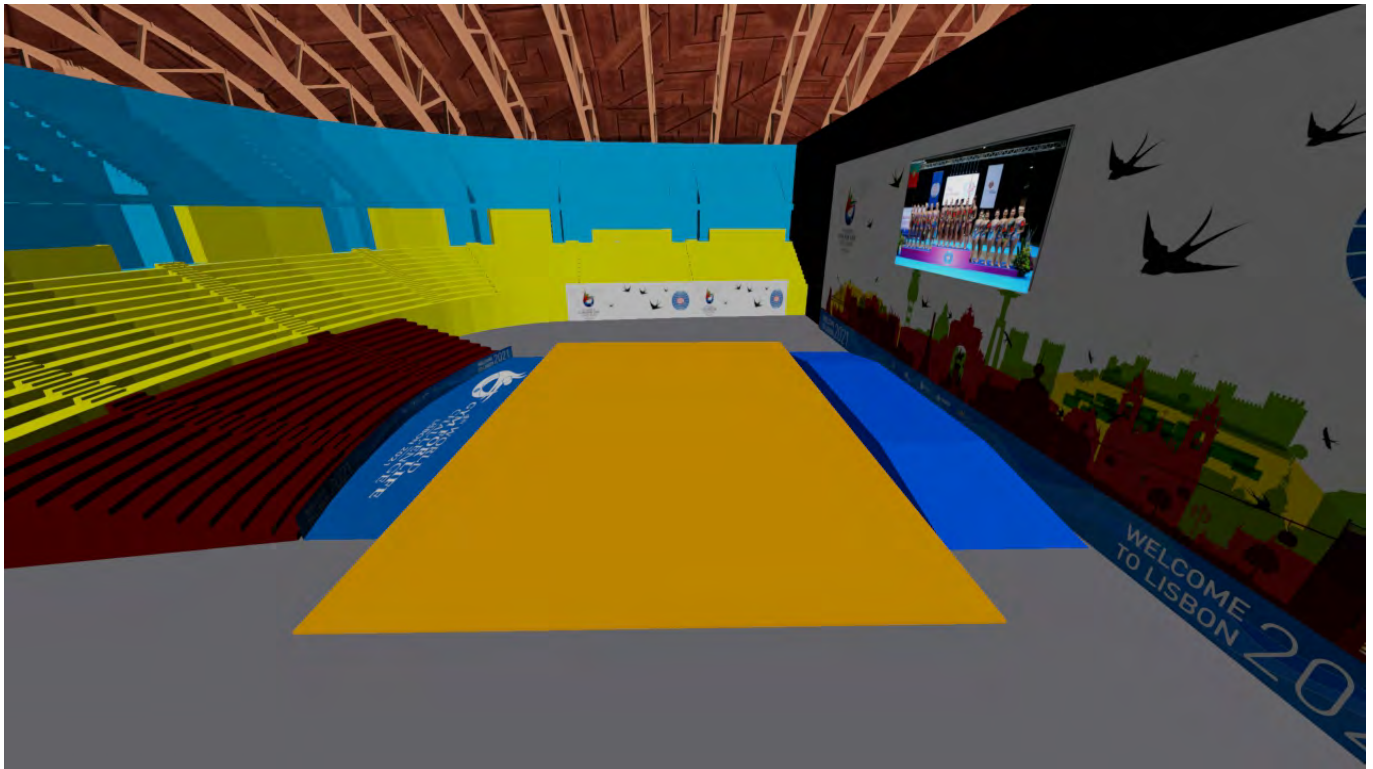


Train lines

3. VENUES

3.2. World Gym for Life Challenge Contest

Altice Arena



3. VENUES

3.3. 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.

As well as 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.



3. VENUES

3.4. Apparatus

Gymnastics apparatus will be provided free of charge up to a certain limit. Only apparatus approved by the FIG will be provided. If a group plans to bring their own apparatus, the LOC must be informed in advance, and the group must register the equipment with the LOC by the provisional registration date.

All apparatus must be ordered separately from the list below.

DRAFT APPARATUS LIST – WGFLC Contest

14	Rollable floor mats 14x2m, 35mm thick
4	Men's parallel bars + Landing mats
20	School mats 2x1m
1	Teamgym Vault
2	Vaulting boxes wooden
2	Vaulting boxes soft/foam (130x80x70cm)
2	Run up mat trampet 25 m, 25 mm thick
6	Mini trampoline/trampet open ended
2	Mini trampoline/teamgym
1	Large trampoline with safety ends
2	Air track 15x3m
2	Springboards
4	Landing mats foam core 300x200x20cm
10	Landing mats foam core 300x200x30cm
2	Happy Landing

DRAFT APPARATUS LIST – WGFLC Show Performances

10	Rollable floor mats 14x2m, 35mm thick
20	20 School mats 2x1m
1	Air track 15x3m
4	Landing mats foam core 300x200x30cm
2	Mini trampoline/trampet open ended
2	Happy Landing



4. PROGRAMME

4.1. Event Schedule

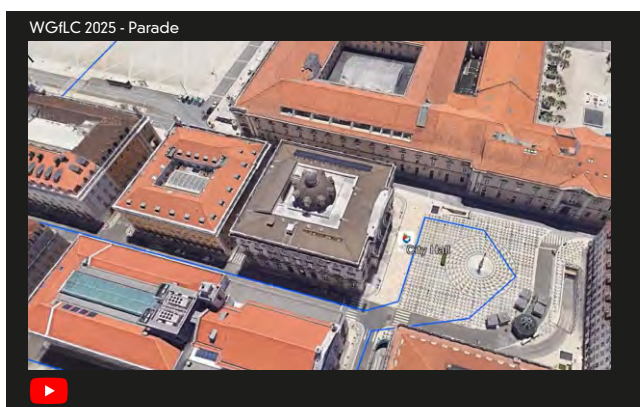
M	T	W	T	F	S	S
21	22	23	24	25	26	27
<ul style="list-style-type: none"> ↳ Arrival of the Delegations 	<ul style="list-style-type: none"> ↳ Practice ↳ Opening Ceremony 	<ul style="list-style-type: none"> ↳ Practice ↳ Contest ↳ Show performance 	<ul style="list-style-type: none"> ↳ Practice ↳ Contest ↳ Show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

4.2. Opening Ceremony

The Opening Ceremony is always an important moment at an event. At a Gymnastics for All event it means that the show and the party will begin.

Lisbon is an innovative city, and as such, the World Gym for Life Challenge 2025 will start differently, creating an atmosphere of celebration and promotion of the event, in the largest and most important Square in Lisbon – Praça do Comércio.

The first day of the event will begin with a Parade in the center of Lisbon and end at Praça do Comércio, where the Opening Ceremony will be organized, which will have several attractions and moments of great entertainment for everyone.



See what the parade will be like in this video.



4. PROGRAMME

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 open-air stages in Lisbon city center
Date: Wednesday, 23. July to Friday 25. July
Duration: 10 minutes/performance
Area: 16m x 16m

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



4. PROGRAMME

4.7. Workshops

The workshops are a part of the official program that all participants can experience and challenge each other. These workshops take place on the last day of the event and participants will be able to choose to participate in the following workshops. This choice must be made on the registration platform.

Traditional Portuguese Dance

Discover the richness and diversity of traditional Portuguese dances in this dynamic and engaging workshop! Throughout this lively session, we'll travel through various regions of Portugal, exploring the steps, music, and traditions that are part of our cultural heritage. Focusing on popular dances such as the Vira, Regadinho, Corridinho, and Fandango, participants will have the opportunity to learn and experience the joy and energy these dances bring. No prior experience is necessary — this workshop is open to everyone, from curious beginners to more experienced dancers looking to refine their skills.



Circus Arts

Step into the fascinating world of circus arts with this creative and interactive workshop! Designed for all ages and skill levels, this workshop offers a unique opportunity to experience the magic of the circus while developing coordination, balance, and teamwork.

During this session, participants will have the chance to learn and practice various circus techniques, such as juggling, acrobatics, balance on ropes, and more! In addition to challenging both body and mind, circus arts are a fun way to build confidence, concentration, and artistic expression.

4. PROGRAMME

Orienteering Workshop in Lisbon

Get ready for an outdoor adventure with our Orienteering Workshop in Lisbon! Discover the secrets of this exciting sport that combines navigation and running while exploring some of the most iconic landmarks in Portugal's capital.

Come dressed in sportswear and comfortable shoes and embark on this unique orienteering experience as you explore the charms of Lisbon. Challenge yourself to think and move at the same time while discovering stunning landscapes and remarkable land marks confidence, concentration, and artistic expression.



Canoeing Workshop in the Tagus River

Experience an unforgettable adventure in nature with our Canoeing Workshop in the Tagus River! This workshop offers a unique opportunity to explore the calm and stunning waters of the river while learning the fundamental techniques of canoeing.

Open to all ages and skill levels, this workshop is perfect for anyone looking to learn or improve their canoeing skills while enjoying a relaxing and active day in one of Portugal's most beautiful natural settings.

Acrobatic Gymnastics

Are you ready to take your skills to new heights? Join us for an exciting workshop where you will explore the fundamental techniques of acrobatics and learn how to incorporate them into your routines.

This workshop is open to all skill levels. Whether you're a dancer or a gymnast, you're welcome to join us.





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.



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 requires 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



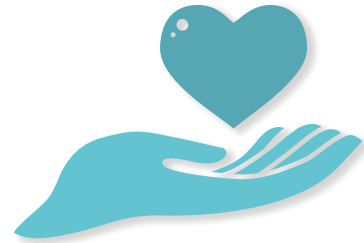
Who needs a Visa??

[Read here](#)

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 upon arrival through the LOC.



WGFLC Insurance:
Duration of insurance: 21 July - 27 July

5.4. Participant Card

The Participant card includes:

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



TIME SCHEDULE

Newsletter #1 – March 2023
Newsletter #2 – January 2024
Newsletter #3 – April 2024
Newsletter #4 – November 2024
Newsletter #5 – April 2025

5. ORGANISATION

5.5. Provisional Registration

The Notification of Interest period ended on July 2024. Up to now, 24 countries, from all continents, have expressed their interest in participating at the World Gym for Life Challenge 2025. These 24 countries together have a total of 3.803 participants, representing 151 groups!

This number of participants will be a record number of participants that will take part in the World Gym for Life Challenge 2025.

Currently the list of those Federations who have entered the Provisional Registration includes the following National Federations:

PROVISIONAL REGISTRATION

NATIONAL FEDERATION	GROUPS	PARTICIPANTS
Gymnastics Australia	3	50
Turnsport Austria	4	113
Azerbaijan Gymnastics Federation	1	30
Fédération Royale Belge de Gymnastique	5	102
Gymnastics Canada	0	2
Danmarks Gymnastik Forbund	8	217
Estonian Gymnastics Federation	2	32
Finnish Gymnastics Federation	5	68
British Gymnastics	16	367
Deutscher Turner-Bund	14	381
Hellenic Gymnastics Federation	22	585
Gymnastics Ireland	3	67
Federazione Gimnastica Italia	6	119
Japan Gymnastics Association	1	12
Lithuanian Gymnastics Federation	2	38
Malaysian Gymnastics Federation	1	20
Federacion Mexicana de Gimnasia	0	1
Norwegian Gymnastics Federation	5	104
Gymnastics Federation of Portugal	36	944
National Gymnastic Association of Sri Lanka	2	60
Schweizerischer Turnverband	11	388
Slovak Gymnasticka Federacia	2	40
Uzbekistan Gymnastics Federation	1	36
Gymnastics Zimbabwe	1	30

5. ORGANISATION

5.6. Volunteers

Participate as a Volunteer!

You will be part of a great Gymnastics event. Take the opportunity to meet people from all over the world, learn new skills and create lifelong friendships. Your support is vital to the success of the event.

You will help with logistics, assisting participants and shows, ensuring a smooth experience for everyone. You will enjoy the vibrant atmosphere of the city of Lisbon, its exciting landscapes and culture, whilst contributing to a memorable international event.

Be part of this team!!

LINK: <https://www.ginastica.org/en/wgflc2025/voluntarios>

What we offer:

- An experience of a lifetime
- Accommodation at school if you live more than 50 km away (6 nights with breakfast included)
- 1 meal per day (lunch or dinner)
- Official World Gym for Life Challenge 2025 wear kit
- Local transport (LOC transports and public)
- Volunteer Diploma



SCAN NOW AND APPLY
FOR VOLUNTEER



6. GENERAL INFORMATION

6.1. FIG Gymnastics for All Committee



President
Rogério Valério



Vice-President
Monika Siskova



Vice-President
Tatsuo Araki



Member
Gemma Barton



Member
Marco Bortoleto



Member
Jérôme Huebscher



Member
Petrina Hutchinson

6. GENERAL INFORMATION

6.2. Local Organising Committee



President
Luís Arrais



GFP Vice-President
Alexandra Pereira



Executive Director
Álvaro Sousa



First Deputy
Ricardo Lima



Second Deputy
José Carlos Manaças



Financial Director
Raquel Nabais



Quality / Risk Control
Isabel Xara-Brasil



Administrative
Paula Araújo



**Marketing and
Communication**
João Chú



**Technical &
Equipment**
André Nogueira



Security
Miguel Balsas



**Protocol & Social
Programme**
Josefina Cruz



Catering
Bernardo Tomás



Transports
Gonçalo Alves



**Lisbon Gymnastics
Association**
Mariana Lemos



2025

SEE YOU IN LISBON

🌐 www.ginastica.org/wgflc2025

✉ info.gymforlife2025@ginastica.org

