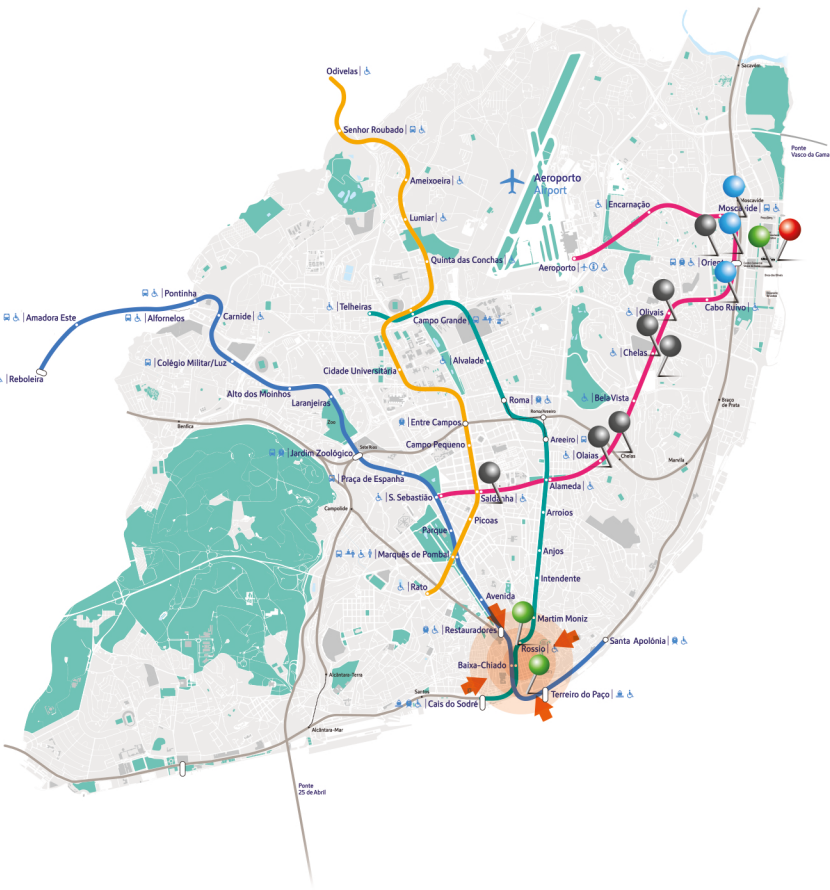


Schedule [July 2021]

M	T	W	T	F	S	S
12	13	14	15	16	17	18
<ul style="list-style-type: none"> Arrival of the Delegations 	<ul style="list-style-type: none"> Practice 	<ul style="list-style-type: none"> Practice Open Cerimony Contest 	<ul style="list-style-type: none"> Practice Contest 	<ul style="list-style-type: none"> Practice Contest 	<ul style="list-style-type: none"> Practice Gala Closing Ceremony 	<ul style="list-style-type: none"> Departure of the Delegations




4th WORLD GYM FOR LIFE CHALLENGE
LISBON // PORTUGAL
13-17 JULY 2021

-  Main venue
-  City stages
-  Hotels and hostel
-  Schools
-  City Center
-  Subway lines



4th WORLD GYM FOR LIFE CHALLENGE
LISBON // PORTUGAL
13-17 JULY 2021




2021
SEE YOU IN LISBON



www.gymforlife2021.pt info@gymforlife2021.pt



Portugal

One of the oldest countries in Europe - Having the same defined borders since 1249, almost 800 years ago.

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 tourist paradise of the highest quality. 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.



Why Lisbon?

Come and discover Lisbon, 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). Discover Lisbon, 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'll find out if you meet someone and ask them to explain, with lots of gestures and repetition, where the best place is to listen to Fado. After all, Lisbon is famous for its hospitality and the family-like way it welcomes visitors.

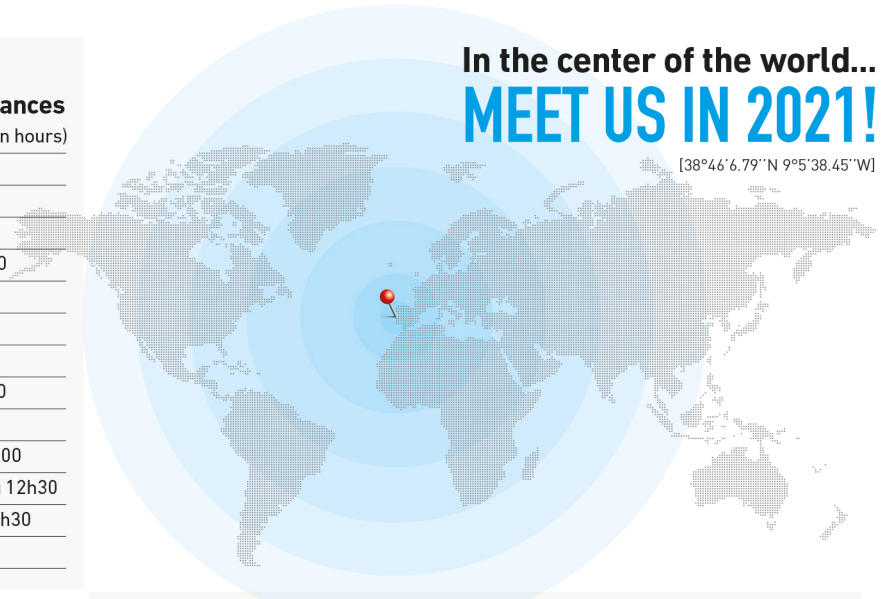


Flying distances to Lisbon (in hours)

Madrid	1h20
London	2h45
Zurich	2h50
Frankfurt	3h00
Oslo	4h00
Moscow	5h50
Tallinn	6h15
New York	7h00
Toronto	7h00
São Paulo	10h00
Johannesburg	12h30
Mexico City	13h30
Beijing	14h15

In the center of the world...
MEET US IN 2021!

[38°46'6.79"N 9°5'38.45"W]

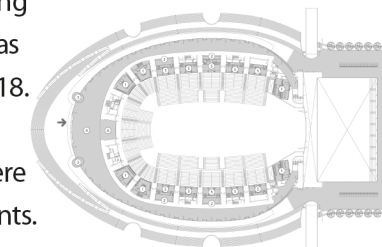


HISTORY OF PARTICIPATION IN PREVIOUS EVENTS

Edition	Countries	Continents	Groups	Participants
Dornbirn '09	27	3	67	1541
Cape Town '13	22	4	68	1405
Vestfold '17	23	5	88	2076
Lisbon '21 (expected)	30	5	100	2500

Main Venue?... Altice Arena

The Altice Arena is one of the largest indoor arenas in the European Union and the largest in Portugal with a capacity of 20.000 people. One of the most remarkable non-sporting events to ever take place there was the Eurovision song contest in 2018. The 12th World Gymnaestrada - Lisbon 2003 - was organized here with more than 25.000 participants.



WGfLC 2021

- ↳ 1 Presentation area 20x30m
- ↳ 1 Warm up area 53x28m
- ↳ 10.000 seats
- ↳ Public transportation services:
 - Bus
 - Subway