

Cosmogym



Festival

COSMOGYM 2012

20 - 24 June 2012

Athens – HELLAS

Under the auspices of:

Municipality of Peristeri
Hellenic Gymnastics Federation



Dear Friends of Gymnastics,

Sport Cultural Union Yitane, member of the Hellenic Gymnastics Federation, in collaboration with Municipal, Public and Private Organizations gives you the opportunity to participate in **Cosmogym Gymnastics for All International Festival**, which takes place in Athens, a city with more than 2500 years of history, which had the responsibility to organize **the Olympic Games of 2004**.

Teams from several countries like **Japan, Israel, Austria, Germany, Estonia, Spain, Portugal, England, Turkey, Denmark, Finland, Scotland, Italy, Republic of San Marino, India, Ethiopia, Nigeria, Lithuania, Hungary, South Africa, Sweden, Czech Republic, Albania, Slovenia and Greece**, have participated in our Festival.

Gymnastics teams or groups from Clubs, Schools, Universities, Municipalities etc, are welcome to participate. The performances may contain elements of artistic, rhythmic, acrobatic, tumbling, trampoline, modern and classic dance, aerobic, jazz dance, folklore and any other kind of gymnastics, with usual or unusual apparatus.

It will be our pleasure to accept our invitation to participate to this Festival by sending a group of gymnasts.

Yours in Gymnastics,

Simeon Skouteris
Head of O.C.

- **Dates – Place**

The Cosmogym Gymnastics for All International Festival will take place from **20 to 24 June 2012**. The performances will be in Municipal Sport Arena of Peristeri and other Municipalities sports centers.

| Important dates | Action |
|-------------------------|---|
| 31/01/2012 | Deadline for Pre Registration Form |
| 31/03/2012 | Deadline for Final Registration Form - payment of 40% |
| 15/05/2012 | Payment of remain 60% |
| 20 – 24 /06/2012 | COSMOGYM 2012 |

- **Program**

The provisional program is as follows:

| Date | Activity | Time limit |
|-----------------------------|---|--------------|
| Wednesday 20/6/2012: | Arrival of Teams – Final Gym Day of our Club (18:00 -21:00) | 3 min |
| Thursday 21/6/2012: | Groups performances (16:00 – 18:00) (19:00 – 21:00) | 10 min |
| Friday 22/6/2012: | Groups performances (16:00 – 18:00) (19:00 – 21:00) | 10 min |
| Saturday 23/6/2012: | Groups performances (11:00 -13:00) (16:00 – 18:00) (19:00 – 21:00) | 10 min |
| Sunday 24/6/2012: | COSMOGYM “The Best of...2012” (18:00 -22:00) | 5 min |
| Monday 25/6/2012: | Departure of participants | |

The above program is subject to participating teams and may be change without notice. Details of final program will be on line about 7 days before your arrival.

- **Technical information**

The following Gym Apparatus are available for the Performances:

- 10 Gym mats 200cm x 120cm x 7cm
- 4 Loading mats 200cm x 200cm x 40cm
- 3 Mini Trampolines 112cm x 112cm euro tramp open ends
- 1 Vaulting Box
- 1 Gym Area 14m x 14m (thickness 37 mm)

The time limit for each performance is 10 minutes and 5 min for the Cosmogym "The Best of...2012". The music equipment includes CD player.

Two performances on different days will be given by every team and one 5 min performance for the night THE BEST OF... 2012.

- **Festival Pass**

The Festival pass costs 35 euro/per person and includes the following: participation rights, entrances to the sport places, festival T-shirt, commemorative gift for every team and diploma for all participants, entrance to Cosmogym The Best of...2012, security service, travel assistant and first aid during performances.

- **Transport Service**

For the participants, the transport service in Athens includes the following:

1. Airport – Hotel – Airport
2. Hotel – Sport Venue – Hotel (three time - only for the performances)

Transport Package in Athens costs 50 euro/per person. The organizing of transport service will be available for the teams with more than 10 participants.

Athens public transport networks operate from 5 am to midnight. The public transportation is operated by the metro, the yellow trolley buses, the blue city buses, the tram and the taxis. All these can bring you to the most of the city's sightseeing with a rather low fare (daily ticket 4 euro and weekly 14 euro). Airport bus cost 5 euro and 2,5 (until 18yrs) More info on tickets please visit <http://www.oasa.gr>

- **Medical Care**

In all sport places there will be medical team ready to give you **first aid and paramedical help** in any case. The participating teams are obliged to cover the expense of insurance for their members in case of illness and accident.

- **Security Services**

The Cosmogym Gymnastics for All International Festival has made security in a top priority.

The Festival is under responsible of General Police Department. The service includes 24 hours security in all Sports Arenas.

Gymnasts from all over the world can participate in Cosmogym Festival in the knowledge that all are prepared with professional response.

- **Visas**

The Organizing Committee will provide assistance to teams from countries whose citizens need a Visa to enter Greece. We will send an invitation letter to the respective Consulates of Greece informing them about your participation. **We inform you that the final issued of visas is subject to Embassies / Consulates of Greece in your country.** Please follow their suggestions for documentation needed for issued Visas.

- **Bonus**

Bonus of 1 FREE "Festival pass" for every 10 paid passes.

Bonus of 1 FREE "Transport service" for every 15 paid persons

Bonus of 1 FREE person in triple room "Hotel package B/B" for every 25 paid persons

All kinds of Bonus are applied when all registration process is on time. (Pre registration, Final registration, payments of 40% and 60%).

- Accommodation**

Accommodation is provided in 4**** hotels next to the seaside (1, 2, 3, 4 beds rooms), with B/B, H/B or F/B.

There are a limited number of rooms in each of the following options. The registration will be on 'a first come first serve' basis. The following hotel rates are approximately and valid for registration in the festival dates (See important dates) and after is subject to change.

| Hotel | 1 bed room | 2 beds room | 3 beds room | 4 beds room | Lunch | Dinner |
|--|------------|-------------|-------------|---------------|-------|--------|
| Emmantina 4**** | 55 € B/B | 65 € B/B | 78 € B/B | Not available | 13 € | 13 € |
| Palmyra Beach 4**** | 55 € B/B | 65 € B/B | 78 € B/B | 90 € B/B | 13 € | 13 € |
| The hotel rates are per room/per night with breakfast and include VAT and municipal taxes. B/B with breakfast, H/B with halfboard, F/B with full board. Note, that you can arrive before or depart after events days in the same hotel rates. | | | | | | |

*You can also book your accommodation with your own travel agency from your country
 For more information about bookings in Athens please visit the web site www.booking.com
 In this case you only inform us the name of the hotel and its address in order to arrange your transportation.*

- Payment Schedule**

The final acceptance of the participation occurs when you send us the Final Registration Form, with an attached copy of the bank transfer receipt, including the 40% of your total cost until **31/03/2012**.

The remaining 60% must be sending until **15/05/2012**.

The registration of the teams is not valid until the payment is done.

| Bank Details | |
|---|--|
| National Bank of Greece | swift code ETHNGRAA |
| Stadiou str. branch | zip code 080 |
| International bank account number (IBAN): | GR0801100800000008094852103 |
| Beneficiary name: | Simeon Skouteris |
| Details of payment: | Fees for Cosmogym |
| | |
| Informative office | |
| Sport Cultural Union Yitane | |
| Latri 10 str. GR 114 76 Athens, Greece | Phone: +30 6972277366 Fax: +30 210 6412 184 E-mail: info@yitane.com Web site: www.yitane.com |
| During festival days the secretariat will be in sport venue. Festival mobile phone: +30 698 470 6242 (available from 15/06/2012 – 28/06/2012). Use this number to come in contact with our travel assistant in case of bus delay from and to the airport etc. | |

TOURIST INFORMATION DURING FESTIVAL

- **ATHENS SIGHTSEEING (code 4010)**

Morning Tour DEP.: 09:00 - RET.: 13:00

This tour gives you an opportunity to observe the striking contrasts that make Athens such a fascinating city. Our expert guides take you to see the centre of the city, Constitution Square (Syntagma), the House of Parliament, the Memorial to the Unknown Soldier and the National Library.

Driving down Herod Atticus Street, you will see the Evzones in their picturesque uniform and the Presidential Palace.

On your way to the Acropolis, you will see the Panathenaic Stadium, where the first Olympic Games of the modern era were held in 1896, (shortstop), and the Temple of Olympian Zeus.

On the Acropolis visit its Museum and the architectural masterpieces of the Golden Age of Athens: the Propylaea, the Temple of Athena Nike, the Erechtheion and, finally, "the harmony between material and spirit" the Parthenon.

- **CAPE SOUNION (code 4020)**

Afternoon Tour DEP.: 15:00 - RET.: 19:00

Drive along the coastal road, past the wonderful beaches of Glyfada, Vouliagmeni and Varkiza to the most southern point of Attika, Cape Sounion where the white marble pillars of the Temple of Poseidon stand. On the way you have a splendid view of the Saronic Gulf and the little islands offshore. After visiting the Temple of Poseidon, you have time to walk at leisure on the rocky promontory of Sounion.

- **HYDRA – POROS – AEGINA ISLANDS (code 4030)**

One day cruise. DEP.: 08:00 – RET.: 19:15 approximately

08:00 in the morning we take you by bus, from your accommodation to Marina Trokadero for your embarkation to the cruise boat. At 08:30 departure to Hydra where we arrive at 11:30. Here you have free time for a walk or a swim. At 13:30 embarkation and sail for Aegina past through Poros and seashore of Peloponissos. The lunch will be served during the voyage. At 15:30 we arrive at Aegina where you have time for a swim. At 18:00 embarkation for the voyage of return to the port. Arrival to Trokadero late in the afternoon.

- **MYCENAE – NAFPLION - EPIDAUROS (code 4040)**

One-day tour. DEP.: 08:00 – RET.: 18:30

Leave by the coastal road along the Saronic Gulf to the Corinth Canal, which connects the Aegean Sea with the Ionian Sea (shortstop).

Drive on to Mycenae, the Homeric city of the Atreides – the city "rich in gold" of the ancient poets. Visit the Lion's Gate, the Cyclopean Walls, the Royal Tombs etc.

Depart for Nafplion through the fertile plain of Argolis, the picturesque town nestling at the foot of a cliff crowned by the mighty ramparts of the Palamidi Fortress. After lunch, leave for Epidaurus to visit the Theatre (4th century B.C.) famous for its astonishing acoustics. Return to Athens by the national road. Lunch in Mycenae or Nafplion.

**All Festival Tour departs from your Hotel.
The costs of festival tours are subject of the interest.
Booking and payment on your arrival in Athens.**