



FIG - COURSE

“JOIN THE GYMNASTICS FOR ALL ACTIVITIES”

Novi Sad (SRB), February 2019

Preliminary Programme

Thursday – February 28.2.2019

	Arrival of participants	
18:00	Welcome and practical information	

Friday - February 1.3.2019

Time	Programme	Theme
	Breakfast	
09:00 – 10:30	Our sport & our federation	What is Gymnastics? Gymnastics for All, Events, Education and Projects FIG - Yesterday – Today – Tomorrow European Gymnastics Union (20 min)
10:30 – 11:00	Coffee break	
11:00 – 11:45	GFA within National federations	Participants (6 min) presentation for NF
11:45 – 12:30	Practical Session	
12:30 – 14:00	Lunch	
14:00 – 15:30	World Gymnaestrada	History Programme Preparation steps to participate
15:30 – 16:00	Coffee Break	
16:00 – 17:00	Practical session	
19:00	Dinner	

Saturday – 2.3.2019

Time	Programme	Theme
	Breakfast	
09:00 – 09:45	Practical Session	hotel
09:45 – 10:30	GFA within National federations	Participants (6 min) presentation for NF
10:30 – 11:00	Coffee break	
11:00 – 12:30	World Gym for Life Challenge	History Programme Preparation steps to participate
12:30 – 14:00	Lunch	
14:00 – 15:00	World/Regional/National Gym for Life Challenge	Evaluation & Feedback



15:00 – 15:30	Practical session	
15:30 – 16:00	Coffee Break	
16:00 – 16:30	What is the FIG offering to the National Federations?	Education, information and events
16:30 – 17:30	Summing up and discussion on where do we go from here.	
19:00	Dinner	

Sunday – November 26

Time	Programme	Theme
	Breakfast and Departure	