



## Fun, fitness and friendship

**Finland - your host country** Between the Fast and the West, creative, contrasting, cool independent since 1917, member of the EU since 1995, introduced the euro in 2002, population 5,3 million, English widely spoken, total area 338,000 km², forests cover 75 % of the land area, 4 distinct seasons, July the warmest month, www.finland.fi

Helsinki - your host Capital a maritime city by the Baltic Sea, a compact metropolis, Olympic City - trendy, friendly, green, entertaining. Founded in 1550, capital of Finland since 1812, population of greater Helsinki 1,3 million, foreign nationals 6 %, total area 715 km², restaurants 1200, museums 80, universities 7, www.visitheisinki.fi

Finnish Gymnastics Federation - your host organisation 390 member clubs with 125,000 members, the biggest sports organisation in Finland for adult activities, the second biggest for children and your, strong education vision; symnastics, the most popular exercises and activities together, values: experiences and the joy of symnastics, success—by working together, high quality possibilities for the whole lifetime, www.voimistelu.fi

FINNISH GYMNASTICS FEDERATION HELSINKI

Ministry of Education and Culture



