



FIRST COME FIRST SERVE
LIMITED TO 20 PLACES

24 - 29 JUNE

GOTHENBURG YOUTH GAMES

TEST YOURSELF AGAINST TOP ATHLETES
FROM DIFFERENT COUNTRIES AND RAISE
YOUR COMPETITIVE LEVEL IN A TRULY
GLOBAL SETTING.

COMPETITION DATES:

25 - 28 June 2026

REQUIREMENTS

Competition and
Performance Pathway

PRICE

AED 10,000
(Incl. Accommodation
Transport & Competition)

PAYMENT PLAN

Available



T&CS APPLY



Scandic Göteborg Central

The hotel offers a modern, comfortable base for young athletes in central Gothenburg, with easy access to venues, training facilities, and transport links. Spacious rooms, dining options, and communal areas allow athletes to rest, recharge, and socialize between competitions.



Transport

Convenient local transport will be available for transfers between the hotel, training venues, and competition sites. Depending on group size, private minibuses may also be provided to ensure safe, comfortable, and reliable travel for all participants.

Flight Information

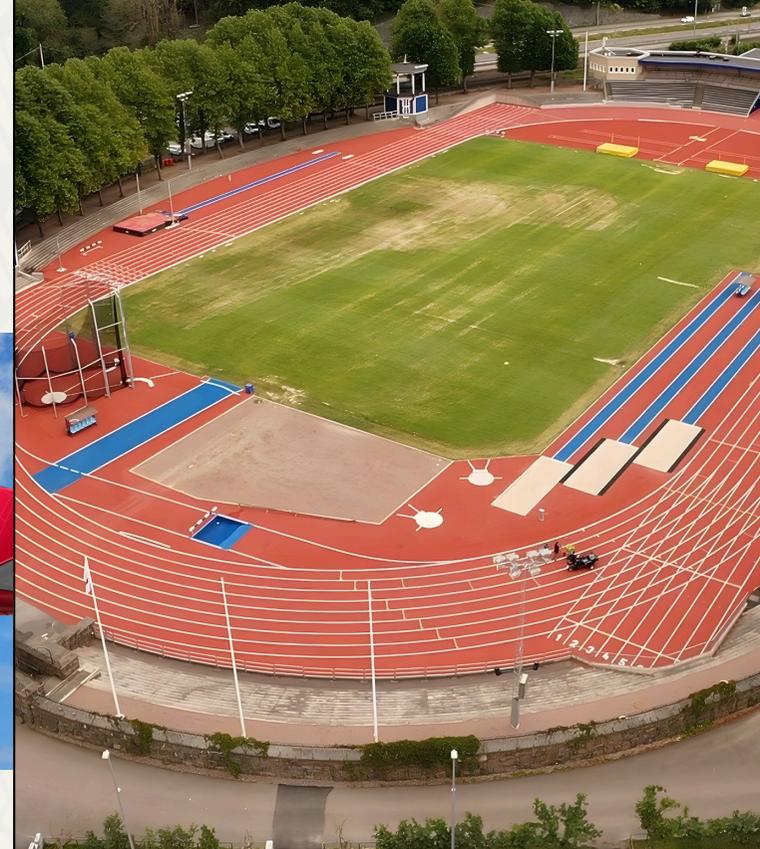
Dubai → Gothenburg
24 June 2026

Gothenburg → Dubai
29 June 2026



Why this trip?

- Compete internationally against youth athletes from across Europe and beyond
- Improve performance and gain experience in a supportive, high-level environment
- Build confidence, discipline, independence, and competition resilience
- Opportunity to experience race day routines and manage nerves in international events



Competition & Training

The Gothenburg Youth Games, established in 1996 and held at Slottsskogsvallen since 2023, are the largest arena competition in the Nordic region. Over 3,000 athletes from 27 countries compete across three days, with 8,000 starts. Past participants include future Olympic champions, creating a global, inspiring stage for young athletes.

The Games provide access to top-class facilities, with athletes competing in multiple events over three days alongside coached training sessions. The blend of training and international competition supports development, performance tracking, and confidence-building.



Daily Breakdown (Subject to change)

Day 1 – Wednesday, June 24: Travel & Arrival

- Morning: Flight from Dubai to Gothenburg
- Afternoon: Check-in at Scandic Göteborg Centra
- Evening: Team meeting, light stretching, and recovery session

Day 2 – Thursday, June 25: Orientation & Training

- Morning: Stadium familiarisation and light technical training session
- Afternoon: Social activity or guided city walk
- Evening: Recovery – foam rolling, stretching, and light yoga

Day 3 – Friday, June 26: Competition Day 1

- Morning: Pre-competition warm-up and drills
- Daytime: First day of competition (heats for track events, preliminary rounds for field events)
- Afternoon: Post-competition recovery session
- Evening: Team dinner and light social activity

Day 4 – Saturday, June 27: Competition Day 2

- Morning: Warm-up and final preparation for track and field events
- Daytime: Main competition continues, including track event finals
- Afternoon: Recovery – stretching, ice baths, or light physiotherapy
- Evening: Optional social activity, e.g., bowling, city walk, or Liseberg visit



Day 5 – Sunday, June 28: Competition Day 3 & Closing

- Morning: Competition day 3
- Afternoon: Awards ceremony, team photos, and celebration
- Evening: Light recovery session and team dinner

Day 6 – Monday, June 29: Recovery & Departure

- Morning: Recovery-focused session and light team activity
- Afternoon: Transfer to Gothenburg airport for return flight to Dubai

Activities

- **Liseberg Amusement Park:** Enjoy roller coasters, rides, and entertainment suitable for teens – a perfect balance of fun and relaxation.
- **Universeum Science Centre:** Hands-on exhibits in space, technology, and biology that combine learning with interactive fun.
- **Gothenburg Archipelago:** Explore the beautiful coastal scenery with a short boat trip or guided excursion.
- **City Exploration:** Safe, guided walks around central Gothenburg for shopping, sightseeing, and social activities.
- **Team Activities:** Bowling, escape rooms, and light group games to promote teamwork, problem-solving, and fun downtime.

Register your interest.

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