



# EMAKUMEAK MUGIMENDUAN

ADD/Parkour event for women and non binary

July 14th, 15th and 16th  
DONOSTIA



Organizer:



Collaborator:





# Emakumeak Mugimenduan 2023 Dossier

Art du déplacement / Parkour event

## Emakumeak Mugimenduan 2023



### LOCALIZATION

#### FRIDAY 14th

**MOUNT URGULL**, Donostia.

Meeting point:  
**Portaletas** at 17.00h



Meeting point

#### NOTES

If you need help to find the meeting point, get in contact with us at [emugimenduan@gmail.com](mailto:emugimenduan@gmail.com)



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**FRIDAY 14th**

**Minimum age to participate 14 years**

Exclusive for women and non binary

**WHEN: from 17.00h to 19.00h**

**WHERE: Mount Urgull in Donostia.**

**MEETING POINT: Portaletas at 17.00h**

This first day will consist of a training guided by Lotzen ADD and accompanied by the coaches.

## NOTES

**Remember** to bring comfortable clothes, sport shoes and water.

**Contact:** [emugimenduan@gmail.com](mailto:emugimenduan@gmail.com)



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# Emakumeak Mugimenduan 2023



## LOCALIZATION

**SATURDAY 15th**

**SUNDAY 16th**

**INTXAURRONDO**, Donostia.

Meeting point: **Fronton at Etzieta park** at 10:00h



**How to get there:  
By metro, Euskotren:**



Intxaurreondo metro station  
Exit: Zarategi

**How to get there:  
From the bus station:**



Bus line 9, heading *Baratzategi*  
From the *Tabakalera* bus stop  
To the *Galizia 18* bus stop

**How to get there:  
From Green Nest Uba**



On foot, 10 min.



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Art du déplacement / Parkour event

## Emakumeak Mugimenduan 2023

**SATURDAY 15th**

**Minimum age to participate 14 years**

Exclusive for women and non binary.

**WHEN: from 10.00h to 17.00h \***

**WHERE: Intxaurreondo, Donosti.**

**MEETING POINT: Fronton at Etzieta Park in  
Intxaurreondo, at 10.00h**

We will have three workshops on Saturday, each directed by one of the invited coaches. You will work on moving, facing challenges, building confidence and much more.

### NOTES

**Remember** to bring comfortable clothes and sport shoes, water and food. During the lunch break we won't have much time to buy food, so it is the responsibility of each participant.

**\*Schedule:** The end time of the workshops is approximate. After the workshops we will have time for conversation and free practice for whoever wants to participate.

**Dinner:** If you want to join us afterwards, let us know during the event.

**Contact:** [emugimenduan@gmail.com](mailto:emugimenduan@gmail.com)



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**Emakumeak Mugimenduan 2023 Dossier**

**Art du déplacement / Parkour event**

# Emakumeak Mugimenduan 2023

**SUNDAY 16th**

**Minimum age to participate 14 years**

Open for everyone

**WHEN: from 10.00h to 15.00h\***

**WHERE: Intxaurrondo, Donostia**

**MEETING POINT: Fronton at Etzieta Park in  
Intxaurrondo, at 10.00h.**

**On sunday everyone can join on a training guided  
by the coaches, where we will share and enjoy  
ADD/Parkour together.**

## NOTES

**Remember** to bring comfortable clothes, sport shoes, water and food (optional).  
We will not have a lunchbreak, as the event will finish at lunch time.

**\*Schedule:** The end time of the workshops is approximate.

**Contact:** [emugimenduan@gmail.com](mailto:emugimenduan@gmail.com)



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## COACHES

### VIVIANA SILVA

París



Born in Ecuador and currently residing in France, she started parkour in 2015. Today she is part of the Kimeo Volt Chase Tag team, conducts workshops for different women's associations and gives regular classes at Pink Parkour Paris.

In her workshop "Partners in crime" we will enjoy group challenges, cooperation and a lot of trust in the each other.

Of Romanian origins and raised in Spain, Gabriela has spent a decade in the world of the Art of Deplacement and two years as a coach.

In her workshop we will reconnect with our most natural side.

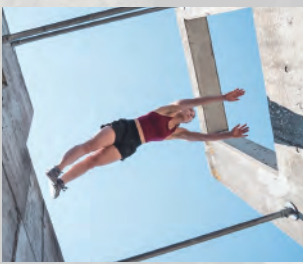
### GABRIELA CIOBOTĂRĂȘU

Valencia



### RENAE DAMBLY

Hamburg



Born and raised in Colorado, USA, she now resides in Hamburg, Germany. She has been training parkour since 2010, and is a Sports Science Graduate. She is especially interested in how different communities approach parkour, which has led her to travel abroad, and create the Spot Destroyer Jam.



# Emakumeak Mugimenduan 2023



## NOTES

### LUNCH

- On saturday around 14.00h there will be a lunch break.
- On sunday there will not be a lunch break until the end of the event.
- Food is the RESPONSABILITY OF EACH PARTICIPANT. We recommend bringing it already prepared since the time planned for the lunch break is tight.

### BREAKS

- The only programmed break is the lunch break. If anyone considers that they must take a break for whatever reason, feel free to let us know.

### RESTROOMS

- There are no public restrooms in the area. If you need to go to the restroom, in the previous page you can find a map with business establishments with restrooms.
- The organizing team will be available at all times to accompany you to the business establishments if needed.

### UNDERAGE PARTICIPANTES

- We remind you that to participate you must bring the LIABILITY EXEMPTION AND IMAGE RIGHTS DOCUMENTS SIGNED BY YOUR LEGAL TUTOR, which you will find attached in the same email.



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## SERVICES

### INTXAURRONDO - Etzieta Park

Pubs, shops and supermarkets 5-10 min on foot from Etzieta Park.

